

# Tulalip Lushootseed Family Activity

## Licorice Fern

## Traditional Foods and Healing Unit

Traditional Foods and Healing explores different plants that have been essential to the survival of our ancestors and people today.

### Activity Overview:

This activity will explore the Licorice fern. We will explore how to identify, harvest, preserve, and use licorice fern.

## Lushootseed

sq̓ičəy - Licorice Fern

dx<sup>w</sup>shədalq<sup>w</sup>u? - Tea

stabał ʔáx<sup>w</sup>dup ti?ə?  
What kind of plant is this?

sq̓ičəy ti?ə? - It is Licorice Fern.

ʔəstaq<sup>w</sup>u? čəx<sup>w</sup> ʔu - Are you thirsty?

ʔi or x<sup>w</sup>i? - Yes or No

ʔupaʔad čəł ti sq̓ičəy  
dx<sup>w</sup>shədalq<sup>w</sup>u?  
We will try licorice fern tea.

ʔulačəd - Gather from Nature

ʔuhiʔhədəb - Spring

# Activity Instructions



- Before going to harvest licorice fern roots, follow the link and listen to Roger Fernandes tell the “Licorice Fern Story.”
- ṣq̣ịč̣əỵ is an easy fern to identify because it is the only fern that can grow out of the side of a tree. It grows in the thick moss patches on old growth trees (see picture).
- When harvesting, it is important to follow protocol by introducing yourself, asking permission, and thanking the plant for giving its life. Be gentle when pulling back the moss to uncover the root. Once the root is revealed, find the end of it, and pull it from the tree.
- After harvesting ṣq̣ịč̣əỵ root, try to close the moss again to cover the wound, so it can heal faster.
- ṣq̣ịč̣əỵ is good for cramps, sore throats, colds, and stomach aches. You peel off the small hairs and skin to reveal the root, then chew it up to extract the juice. It tastes just like black licorice, so enjoy!
- The roots can also be cut up and roasted in a 200-degree oven for an hour to remove all moisture and stored for later use. Or add the roots directly to boiling water for 10 minutes, strain, and drink. (see video)

