

Tulalip Lushootseed Family Activity

Stinging Nettle



Activity Overview:

This activity will introduce us to the Stinging Nettle plant. We will discover how to identify, harvest, and preserve nettle.

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.

Lushootseed

sq̓iç̓əy - Licorice Fern

sçəd̓z̓ç̓ - Stinging Nettle

ʔuhiʔhədəb - Spring

çad kʷi dæxʷʔəs̓t̓əl̓lils
Where does it live?

ʔəs̓t̓əl̓lil ʔal ti swətixʷtəd
It lives in the forest.

stab çəʔ ʔəçtxʷ ti sçəd̓z̓ç̓
What can we use stinging
nettles for?

st'əl̓jixʷ - Medicine

dxʷshəd̓alqʷuʔ - Tea

sʔətəd - Food.

Activity Instructions



- Listen to the story told by Rodger Fernandes called, “How Nettle Saved the People.”
- Look at the picture of sc̣ədʒ̣ǰ with your family before going out to harvest so everyone can know what to look for.
- It is important to gather plants in places away from heavy traffic and pesticides. sc̣ədʒ̣ǰ by the dxʷlilap fish hatchery (10610 Water Works Rd, Tulalip, WA 98271) is one place sc̣ədʒ̣ǰ grows.
- ʔuhiʔhədəb is the best time for this activity while the sc̣ədʒ̣ǰ is young and tender.
- When harvesting, wear gloves, long sleeves, and pants to avoid being stung. Cut the base of the nettle above a group of leaves so that plant can keep growing and stick it in a bucket or paper bag. Please watch video.
- Drying sc̣ədʒ̣ǰ is a preferred way to preserve the plant. Rinse the nettle with warm water for 2-3 minutes, then place in a paper bag on a counter near a window. Within 1-2 days, your sc̣ədʒ̣ǰ will be dry. Please watch video and see additional recipes below.
- sc̣ədʒ̣ǰ can treat arthritis, allergies, skin conditions, supports prostate health, lowers blood sugar levels, and aids in pain relief. It, also, is rich in vitamins and minerals.