

# Tulalip Lushootseed Family Activity

## Cedar Oil

## Summer Unit

The goal of the summer unit is to remind and teach families about the importance of seasonal activities and harvesting

### Activity Overview:

In this activity, families will harvest cedar as medicine to make cedar oil.

## Lushootseed

ʔuləχəd – *Gather from nature*

χpayʔac – *Cedar tree*

stidgʷəd – *Cedar bough*

st'əljiχʷ – *Medicine*

ʔəst'igʷid – *Thankful*

ʔuʔuləχəd čəʔ  
*We will go harvesting.*

ʔəsʔəχidalus tiʔəʔ  
*What color is this?*

čutəyʔalus tiʔəʔ – *It is green.*

stab tiʔəʔ – *What is this?*

stab čəxʷ ʔəsšudxʷ  
*What do you see?*

# Activity Instructions



## Making Cedar Oil

1. Check your yard for any ḡpayʔac (cedar tree), if you have one at your house, you can use that. If not, take a drive or a walk and see if you can identify a cedar tree to ʔuləḡəd (harvest from nature).
2. Once you have found a ḡpayʔac (cedar tree) appropriate to harvest from (must have bright green cedar tips), say a prayer to the cedar tree and thank the tree (t'igʷicid ḡpayʔac) before beginning to harvest.
3. Once the cedar tree has been thanked, you may ʔuləḡəd (harvest) the stidgʷəd (cedar tips) by cutting or pulling of the bright green tips from the tree. Make sure you do not over harvest in one area, take a little bit from different areas. Gather enough cedar tips to fill a mason jar. This is a great time to incorporate Lushootseed:
  - ʔəsʔəḡidalus tiʔəʔ - *What color is this?*
  - čuʔəʔalus tiʔəʔ - *It is green*
  - stab tiʔəʔ - *What is this?*
  - stab čəxʷ ʔəsšudxʷ - *What do you see?*
4. After you have finished harvesting, thank the cedar tree (t'igʷicid ḡpayʔac) again and make sure to lay out the cedar tips on a flat surface in a dry area for a few days. Make sure they are not holding any moisture before putting them into the mason jar.
5. Fill the mason jar close to the top of the jar (bəčad čəxʷ ti stidgʷəd ʔal ti spəčuʔ) with the stidgʷəd (*cedar tips*), without pushing down to condense the contents.
6. After filling the jar with cedar tips, fill the jar up with extra virgin olive oil to the top of the jar, tap the jar on the table or counter to settle the contents to ensure you don't need to add more oil.
7. Close, label and date jars.
8. Place jars in a window with sunlight and leave for 6-8 weeks with occasional shaking while speaking good intentions into your st'əlʔixʷ (*medicine*).
  - daʔ čəxʷ ʔust'əlʔixʷ - *You will be good medicine*
  - ʔugʷəhəliʔtxʷ čəxʷ ti ʔaciʔtalbixʷ - *You will heal the people*