

PLANT SURVEY – SHERINGHAM POINT

Dr. Nancy Turner – Ethnobotanist, Univ. of Victoria

Plants of the Sheringham Point Light House & Trail (T'sou-ke First Nation traditional territory)

Present: N. Turner, R.D. Turner, W.C. Turner, Ian Fawcett and Sandra Fawcett
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We walked down the road from the main parking area

1. Upper area – beautiful red alder woods, with hemlock, salmonberry, red huckleberry, salal
2. Down to parking gate – mostly shaded woods, with disturbance alongside road and some introduced species
3. From gate down to beginning of garden area – mixed conifer woods, mostly second growth Douglas-fir (Douglas-fir, hemlock, western redcedar, Sitka spruce), shaded, with evergreen huckleberry, salal, some bitter cherry; introduced grasses and weedy species alongside road, in disturbed areas
4. Start of area where houses and buildings were; dense Scottish broom and weedy plants/grasses, some remnant native trees and shrubs
5. Apple tree and garden area with extensive recent clearing and broom removal: ornamental species, Himalayan blackberry,
6. Area between lower gate and lighthouse; cliffs, and rocky bluffs
7. Marine subtidal area

TREES, Evergreen

Sitka spruce (*Picea sitchensis*) (3,4,5)

Shore pine (*Pinus contorta ssp. contorta*) (5,6)

Douglas-fir (*Pseudotsuga menziesii*) (1,2,3,4,5,6)

Western redcedar (*Thuja plicata*) (3,4,5)

Western hemlock (*Tsuga heterophylla*) (1,3,4,5)

Note: all of these trees are sources of medicine for the T'souke and other First Nations, as well as sources of materials (fuel, pitch for waterproofing, wood for construction, especially cedar)

TREES, Deciduous

Broadleaf maple (*Acer macrophyllum*) (2,3)

Red alder (*Alnus rubra*) (1,3,4,5,6)
Bitter cherry (*Prunus emarginata*) (1,2,3,5,6)
Scouler's willow (*Salix scouleriana*) (2,3,4,5)

Note: Almost all of these trees have medicinal properties; they also provide food (crabapples), and materials for various purposes.... (e.g. cherry bark for wrapping implements, willow bark for reef nets)

SHRUBS

Kinnikinnick (*Arctostaphylos uva-ursi*) (6 – across on bluffs)
Salal (*Gaultheria shallon*) (1,3,5,6)
Oceanspray (*Holodiscus discolor*) (3,4,5,6)
June Plum (*Oemleria cerasiformis*) (1)
Trailing currant (*Ribes laxiflorum*) (1, 2)
Dwarf wild rose (*Rosa gymnocarpa*) (3)
Nootka rose (*Rosa nutkana*) (2,3,5,6)
Blackcap (*Rubus leucodermis*) (3)
Thimbleberry (*Rubus parviflorus*) (1,2,3,4,5)
Salmonberry (*Rubus spectabilis*) (1,2,3,4,5,6)
Trailing wild blackberry (*Rubus ursinus*) (1,3,4,5 – large patch,6)
Red elderberry (*Sambucus racemosa*) (3)
Evergreen huckleberry (*Vaccinium ovatum*) (3,4)
Red huckleberry (*Vaccinium parvifolium*) sporadic (1,5)

HERBACEOUS FLOWERING PLANTS

Yarrow (*Achillea millefolium*) (6)
Wild onion (*Allium cernuum*) (6)
Thrift (*Armeria maritima*) (6)
Short-styled thistle (*Cirsium brevistylum*) (2,5)
Willowherb (*Epilobium ciliatum*) (3,5)
Seaside strawberry (*Fragaria chiloensis*) (6)
Sweet-scented bedstraw (*Galium triflorum*) (1)
Tarweed (*Grindelia integrifolia*) (6)
Alumroot (*Heuchera micrantha*) (6)
Cow parsnip (*Heracleum maximum*) (4,5,6)
Wood rush (*Luzula multiflora*) (1)
Cut-grass (*Scirpus microcarpus*) (1)
Hedge-nettle (*Stachys cooleyae*) (1,2)
Douglas aster (*Symphyotrichum subspicatum*) (6)
Starflower (*Trientalis latifolia*) (1, 3)

FERNS AND FERN-ALLIES

Lady fern (*Athyrium filix-femina*) (1)
Sword fern (*Polystichum munitum*) (1,5,6)
Bracken fern (*Pteridium aquilinum*) (1,2,5,6)

Introduced shrubs:

Scotch broom (*Cytisus scoparius*)* (1,3,4,5 – extensive,6)
Himalayan blackberry (*Rubus armeniacus*)* (1, 2,3,4,5,6)
Cutleaf blackberry (*Rubus laciniatus*) (5,6)

Introduced flowering plants noted:

Aira (*Aira caryophylla*)* (2,5)
Couchgrass (*Agropyron repens*)* (6)
Bentgrass (*Agrostis capillaris*)* (3,4)
Sweet vernal grass (*Anthoxanthum odoratum*) (2,3,4)
Soft brome grass (*Bromus hordeaceus*)* (?3)
Tall brome grass (*Bromus* sp.) (5,6)
Ox-eye Daisy (*Chrysanthemum leucanthemum*)* (1,5,6)
Canada thistle (*Cirsium arvense*)* (1,4)
Scottish thistle (*Cirsium vulgare*)* (3,5,6)
Orchard grass (*Dactylis glomerata*) * (3,5,6)
Foxglove (*Digitalis purpurea*)* (2,5)
Redtop (*Festuca rubra*)* (5)
Cudweed (*Gnaphalium uliginosum*)* (5)
Velvetgrass (*Holcus lanatus*)* (1,3,4,5,6)
Cats-ear dandelion (*Hypochaeris glabra*)* (?6)
Hairy cats-ear (*Hypochaeris radicata*)* (3,4,5,6)
Field peppercress (*Lepidium campestre*)* (?3,5,6)
Wall lettuce (*Mycelis muralis*)* (1)
Narrow-leaved plantain (*Plantago lanceolata*)* (2,3,5,6)
Kentucky bluegrass (*Poa pratensis*) (4)
Selfheal (*Prunella vulgaris*)* (1)
creeping buttercup (*Ranunculus repens*)* (1)
sourgrass or sheep sorrel (*Rumex acetosella*) (5,6)
dock (*Rumex conglomeratus*)* (5)
groundsel (*Senecio sylvaticus*)* (3)
Prickly sow-thistle (*Sonchus asper*)* (1,5,6)
Red clover* (*Trifolium pratense*) (5)
White clover* (*Trifolium repens*) (5,6)
Winter vetch (*Vicia hirsuta*)* (3,5,6)
Common vetch (*Vicia sativa*)* (5)

Garden Plants

Cypress (?*Cupressus* sp.) (5)
Holly (*Ilex aquifolium*) (5)
Apple (*Malus domestica*) (5)
Montbretia (*Crococoma montbretia*) (5)
St John's wort (*Hypericum frondosum*) (5,6)
Spearmint (*Mentha spicata*) (5)

Opium poppy (*Papaver somniferum*) (5)

Marine species (noted from up above; may not be accurate)

Bull kelp (*Nereocystis luetkeana*) (7)

Surfgrass (?) (*Phyllospadix scouleri*) (?7)

Eelgrass (*Zostera marina*) (?&)(?7)

Short kelp (? *Costaria costata*) (?7)

Short kelp (*Alaria marginata*) (7)

Sargasso weed (*Sargassum muticum*)* (7)