

The sorrel, according to our informant, was also frequently "canned", by simply chopping up and filling into bottles for use in the winter.

There are several wild mints which may be made into mint-sauce and used quite acceptably as relishes with meat.

ROOT FOODS.

The bulbs of the leek, *Allium tricoccum*, and the garlic, *Allium canadense*, are found very plentifully in many localities and are quite as good eating as onions and other garden vegetables of the kind.

Other edible roots found in similar situations are pepper-root, *Dentaria diphylla*, and Indian cucumber-root, *Medeola virginiana*. Pepper-root has a pungent, cress-like flavor and is frequently eaten as a salad with a little salt and pepper. Indian cucumber-root may be eaten in the same way and is very much like the cucumber in flavor.

In Western Canada there are a number of food roots which are used more or less extensively by the Indians. Several of these, such as the dog's-tooth violet, *Erythronium grandiflorum*, and the Claytonia, have eastern representatives which may also offer some possibilities. Both have tubers which can be found only by digging down about seven or eight inches into the soil.

The most widely known of the western food materials is probably the root of the camass, *Camassia esculenta*. This plant belongs to the lily family. The roots are dried and afterwards cooked in pits by means of hot stones placed at the bottom, a large fire being also kindled on the top. In filling the pit, the roots are placed alternately with the branches of the fir and other trees. Other roots are prepared in the same way, some requiring a couple of days' cooking.

Various southern British Columbia tribes use the roots of a western form of the bracken, *Pteris aquilina* var. *lanuginosa*. The root of a lily, *Lilium columbianum*, is also cooked and eaten.

BARK AND STEM FOODS.

Many of our Indian tribes still use the bark and other portions of the stems of trees, shrubs and plants.

The Ojibwa Indians peel off the outer bark of the birch and poplar and scrape up the juice mixed with the woody material found beneath. This is quite sweet and is in high favor as a means of refreshment.

The Iroquois use the fresh shoots of the grapevine, *Vitis vulpina*, raw, without peeling; also those of the white pine, *Pinus strobus*; sumac shoots are peeled and eaten, as are those of the red raspberry, *Rubus idaeus aculeatissimus*.

The Indians of southern British Columbia use in the same way the young shoots of the cow parsnip,

Heracleum lanatum, these being considered a great delicacy; also those of the great willow weed, *Epilobium angustifolium*, the various kinds of raspberry, and the *Balsamorhiza sagitta*, the latter being peeled.

The Iroquois claim to have pulverized the bark of the soft maples, *Acer saccharinum* and *Acer rubrum*, and made it into a bread. This was no doubt an emergency or famine food.

Slippery elm, *Ulmus fulva*, inner bark is frequently boiled by various Indian tribes and the mucilaginous decoction eaten as a food.

The stems and leaves of plants and the bark and twigs of shrubs and trees were quite commonly, and are, even at present, steeped and drunk as beverages at meal-time. Among these were the twigs of the black birch, *Betula lenta*; the spice bush, *Benzoin aestivale*; the witch hazel and the red raspberry; the roots of the sassafras and the stems of the wintergreen, yarrow, *Monarda fistulosa* and others. Even hemlock leaves were sometimes employed in a similar way. For a more extended reference to Iroquois beverages, see Memoir 86 of the Geological Survey, Department of Mines, Canada, p. 144.

FRUITS.

There are several wild fruits which apparently have received but little attention recently, though they were no doubt more popular a century or so ago.

The elderberry is often allowed to go to waste, although it is excellent for pies and makes a fairly good, but somewhat seedy, preserve. It was formerly in demand for making wine.

The wild black cherry, *Prunus serotina*, is very plentiful in many places. This can be made into a most appetizing jam for pies and other purposes. It is also supposed to have medicinal virtues. Black cherry wine is a well-known beverage.

The chokecherry, *Prunus virginiana*, grows throughout a range somewhat similar to that of the black cherry, and is also used for jam.

The wild gooseberry is often found in considerable quantities and makes an excellent preserve and sauce. The prickles are removed by scrubbing the fruit about in a stout bag.

Various species of Juneberry, (*Amelanchier* spp.) are preserved, or eaten raw with cream and sugar.

A very good substitute for cranberries is found in the high-bush cranberry, *Viburnum opulus*. This also has quite a wide distribution.

The ground cherry (*Physalis* spp.) is found growing in many places, and makes a very good sauce or preserve. It is gathered when ripe, a condition indicated by its becoming greenish-yellow, also by the yellowing of the husk.