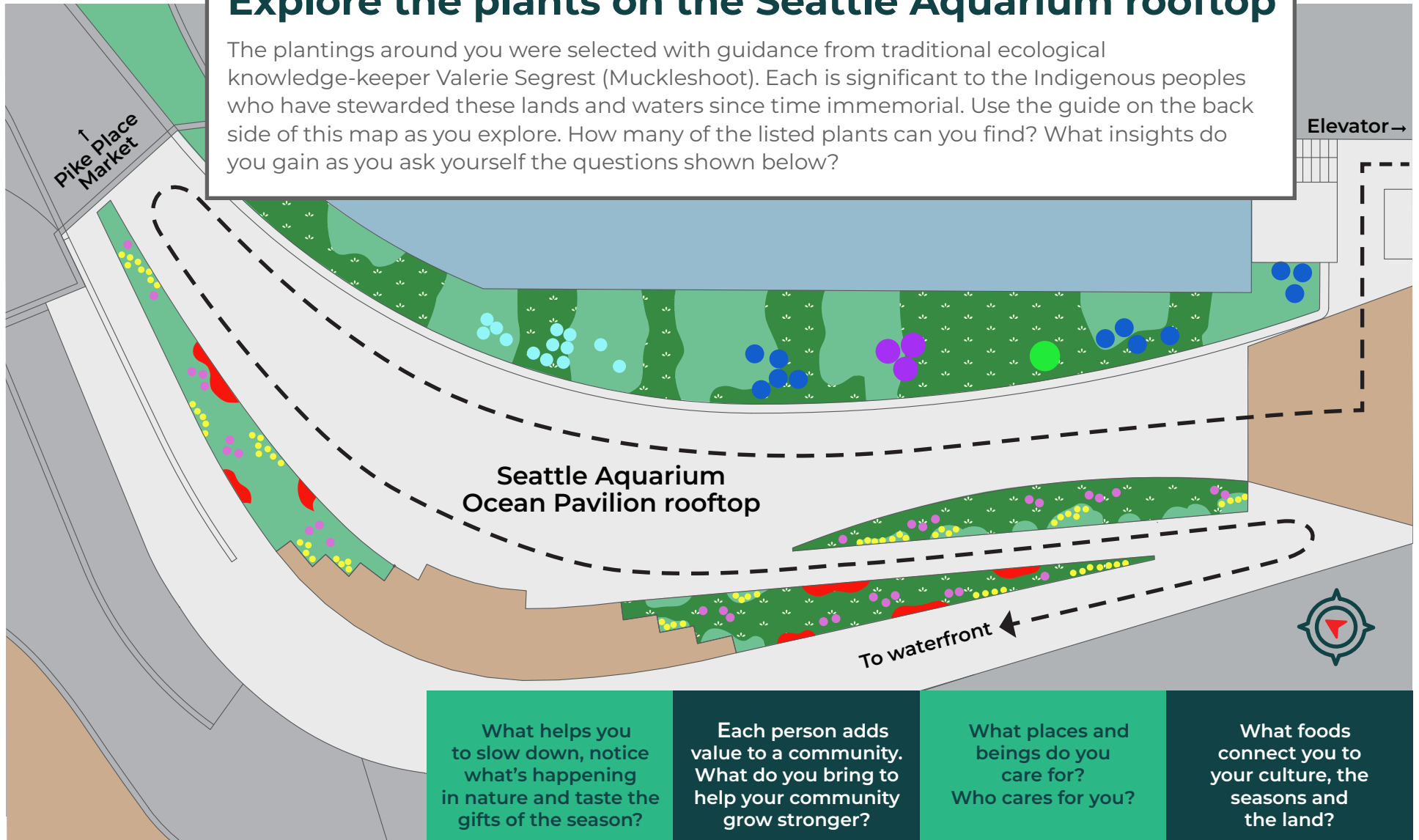


Explore the plants on the Seattle Aquarium rooftop

The plantings around you were selected with guidance from traditional ecological knowledge-keeper Valerie Segrest (Muckleshoot). Each is significant to the Indigenous peoples who have stewarded these lands and waters since time immemorial. Use the guide on the back side of this map as you explore. How many of the listed plants can you find? What insights do you gain as you ask yourself the questions shown below?



What helps you to slow down, notice what's happening in nature and taste the gifts of the season?

Each person adds value to a community. What do you bring to help your community grow stronger?

What places and beings do you care for? Who cares for you?

What foods connect you to your culture, the seasons and the land?



Map created via a collaboration between the Native Plants & Foods Institute and the Seattle Aquarium, with support from the Institute of Museum and Library Services.



How many plants can you find on the rooftop?

Camas



Reciprocity: People care for camas prairies and camas feeds people in return. This circle of care helps keep camas prairies in existence.

Evergreen Huckleberry



Food is medicine: Evergreen huckleberries have nutrients that support cardiovascular health. They're delicious and can be harvested into early winter.

Wild rose



Love, acceptance, protection: Rose brings grace during difficult times, offering beauty, love and protection. Hips are immune-boosting and antioxidant.

Cedar



Kindness: Cedar is called Grandmother and cares for others, including trees and people. How can we be gentle and kind in our interactions with others?

Salal



Endurance: Salal has thick leaves that survive through harsh conditions. The berries are high in nutrients and antioxidants to sustain energy.

Wild strawberry



Embrace the moment: Wild strawberries remind us to find gifts in the moment. Even when things are hard, we can seek contentment and let it feed us.

Crabapple



Preparedness: Crabapples are small and very tart, but when prepared with care, they can be a delicious, nutritious food that lasts through the winter.

Thimbleberry



Savor the season: Thimbleberries are a delicious, sweet and tart summer treat. They remind us to embrace seasonal gifts—including wild foods.

Yarrow



Boundaries: Called "Warrior Plant," yarrow helps stop bleeding, fight infections, heal wounds and break fevers. It helps us create healthy boundaries.