



# Area Trails

**THE OTTERBAHN TRAIL** is about one and a half miles round trip. Beginning in Seldovia, it traverses the coastline through the woods to Outside Beach. The trail crosses a small creek at the beach. Hiking boots, water sandals or rain boots are advised.

**THE ROCKY RIDGE TRAIL** is a three mile loop through the spruce forest, providing views of Seldovia Bay.

**PLEASE STAY ON THE MARKED TRAILS.**



# Information

We have provided information for you to enjoy some of the more common plants around Seldovia. Enjoy the plants, but please don't remove them from their environment. Some of the edible plants look similar to other non-edible plants. We recommend that you refer to knowledgeable locals and printed resources for descriptions and further information about the plants you see during your visit.



Salmonberries flower in June.

## WILD GREENS RECIPE

Ingredients: Goosetongue and vinegar.

- Pick the Goosetongue leaves when they are young and tender, preferably before the flowers come up.
- Boil water while you are washing the greens.
- Place the Goosetongue greens into the boiling water and bring the water to a boil.
- Remove the greens, dress with vinegar and enjoy.



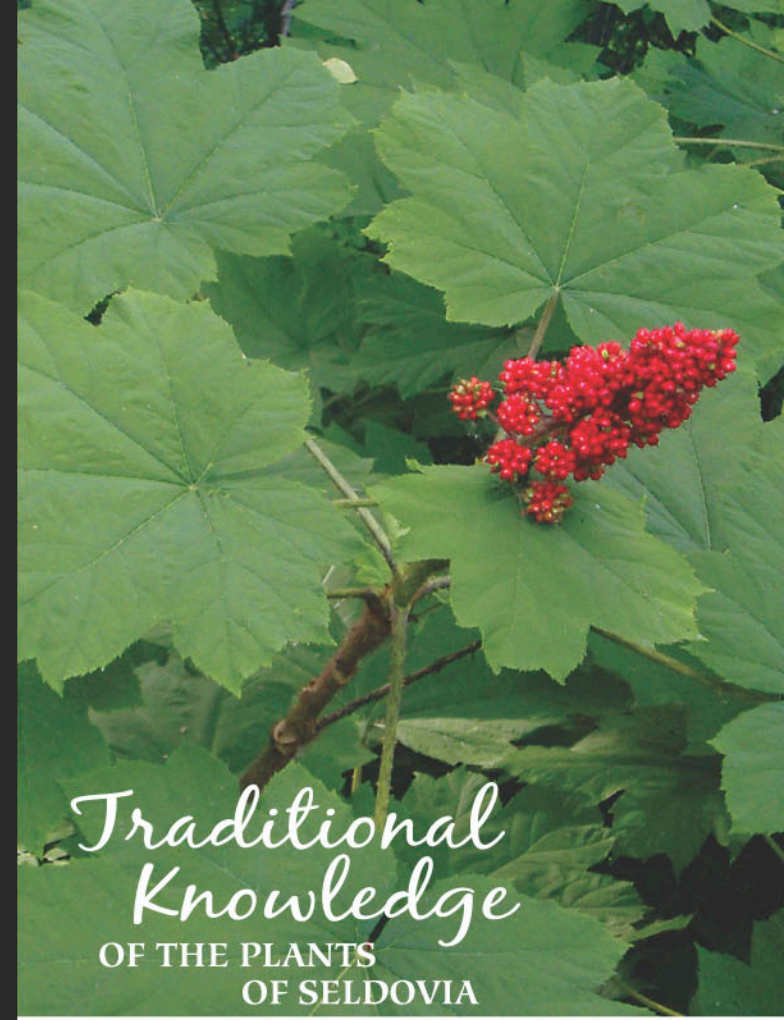
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Photos courtesy of Michael Opheim, Crystal Collier and Megan Holloway. Bog Cranberry and Beach Rye sketches by George West.  
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# THE INDIGENOUS Plants OF SELDOVIA



*Go ahead... explore!*



*Traditional  
Knowledge  
OF THE PLANTS  
OF SELDOVIA*

**S**eldovia is located at the base of the Kenai Mountains along the shores of Kachemak Bay. The ocean and land that we call home is abundant with life and the foods we harvest throughout the year. Please be respectful of our home. Help us keep Seldovia clean by putting your trash in the proper receptacle and picking up any trash you see on the beach or trails. Enjoy your time in Seldovia.



# THE INDIGENOUS *Plants*



## WILD GERANIUM *Cranesbill Geranium erianthum*

Wild Geranium can be seen in meadows and clearings. The root and leaves of the Wild Geranium may be used as medicine. The flowers and leaves are edible.

## PRICKLY ROSE *Rosa acicularis*

Prickly Rose flowers and "hips" are edible. The hips are a good source of vitamin C and can be made into a jelly.



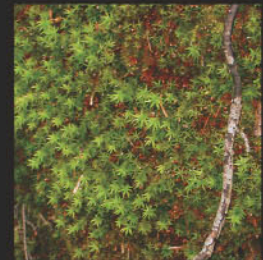
## NETTLE *Urtica gracilis, Urtica lyallii*

Nettle can be found in moist places along the road and in meadows. Young Nettle leaves, harvested throughout the spring and summer, provide an important source of iron. The leaves can be cooked or dried for tea or as an addition to any meal. Also referred to as stinging nettle, the leaves and stem have tiny hairs that sting the skin when touched. Drying or steaming the plant will eliminate the sting. Nettle is also used medicinally.



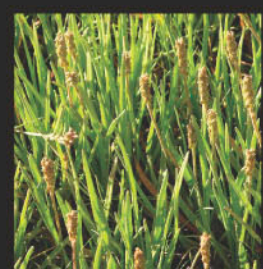
## SPHAGNUM MOSS *Sphagnum fuscum*

Found in peat bogs, forest and tundra, Sphagnum Moss holds moisture and is habitat to many plants. It is traditionally used for padding, chinking, as an absorbent material and medicinally.



## GOOSETONGUE *Plantago maritima*

Goosetongue grows along the coastline and is an important source of food. Available to harvest by June and July, Goosetongue leaves are eaten raw or boiled and may also be used medicinally.



## BEACH PEA *Lathyrus maritimus*

Belonging to the pea family, the Beach Pea grows in sandy soils along the shoreline. The young shoots can be eaten in early spring and the pea and pod can be eaten raw or preserved for winter. The pea is high in protein and vitamins A and B.



## PETRUSHKI *Beach Lovage Ligusticum scoticum*

Found growing along the shoreline, Petrushki leaves are harvested in early to mid-summer for use in soups and with fish or dried or frozen for use as an herb in winter. Petrushki is also used medicinally.



## NOOTKA LUPINE *Lupinus nootkatensis* and Large-Leafed Lupine *Lupinus polyphillus*

Part of the Pea family, Lupine roots can be eaten in the spring or fall.



## SPRUCE *White Spruce Picea glauca, Sitka Spruce Picea sitchensis* and *Black Spruce Picea mariana*

Spruce forests surround Seldovia and are important habitat for many plants, birds, and animals. Spruce tips are edible in the spring and the sap can be chewed like gum. Spruce has numerous medicinal applications and is an important source of wood for heat and building homes, dry racks, smoke houses, piers and boats.



## FIREWEED *Epilobium angustifolium*

Fireweed grows well in disturbed soils and is important in the succession of an area. You will find it along roads and in meadows around Seldovia. In early spring, the red, somewhat spicy shoots can be eaten. The showy pink flowers of mid-summer are also edible. Fireweed also has traditional medicinal applications.



## DEVIL'S CLUB *Alaskan Ginseng Echinopanax horridum, Oplopanax horridus*

Found in the spruce forests around Seldovia, Devil's Club is especially abundant close to streams and springs. Devil's Club is traditionally a very important plant with numerous medicinal applications. In the spring, the leaf buds can be harvested before the spines get hard and eaten raw or cooked. The leaves and stems have thorns that can cause festering wounds if left in the skin and the berries are poisonous.



## PUSHKI *Cow Parsnip Heracleum lanatum*

Locally called Pushki, Cow Parsnip can grow to be eight feet tall in meadows and woods. Also known as Wild Celery, Pushki stalks are peeled and eaten raw or cooked like celery. (This is done in early summer before the stems become woody.) The roots are used medicinally. The leaves and stems have "hairs" that can cause skin irritation and blistering.



## WILD RICE *Chocolate Lily Fritillaria camschatcensis*

Blooming in meadows and clearings in June and early July, the bulb of the Chocolate Lily is edible as well as medicinal. True to its name, the bulb resembles wild rice.



## MARSH VIOLET *Viola epipsila ssp. repens*

Found in wet areas from sea level to the alpine, the young leaves, buds and flowers of the Marsh Violet are edible. The leaves are high in vitamin C. The entire plant is used as a traditional medicine.



## TRAILING RASPBERRY *Rubus pedatus*

Picked in August before they are completely ripe, the berry of the Trailing Raspberry is edible.



## DWARF DOGWOOD *Bunchberry Cornus canadensis*

The Dwarf Dogwood berries are edible, though the plant is more commonly used medicinally. Bunchberry can be found in the spruce forests and are characterized by their four flower-like white bracts which fall off as the "bunch" of red berries form.



## BLUEBERRY *Early Blueberry, Blue Huckleberry Vaccinium ovalifolium, Alpine Blueberry Vaccinium uliginosum, Bog Blueberry Vaccinium uliginosum ssp. microphyllum*

You will find blueberry bushes on the roadside, forests and marshes surrounding Seldovia. The pink flowers bloom in June and berries begin to form in July and are ready to harvest in August and September. They are a very good source of vitamin C and can be used for making jam, jelly and pies. The leaves are used as a tea and the berries make a red dye.



## WATERMELON BERRY *Twisted Stalk Streptopus amplexifolius*

Watermelon Berry grows in moist areas in spruce and alder forests. The spring shoots can be cooked or eaten fresh. Ripe in August, the red berry is edible.



## SALMONBERRY *Rubus spectabilis*

Salmonberries are ripe and ready for harvest in July and August. The young stocks of the plant can be eaten raw in the spring. The plants also have medicinal applications.



## CRANBERRY *High Bush Cranberry Viburnum edule* is found in the forest lowlands and *Bog Cranberry Oxycoccus microcarpus* is found in wet areas and among Sphagnum Moss. Cranberries are high in vitamin C and good for the digestive and urinary systems, can be used as a dye, and are used medicinally.