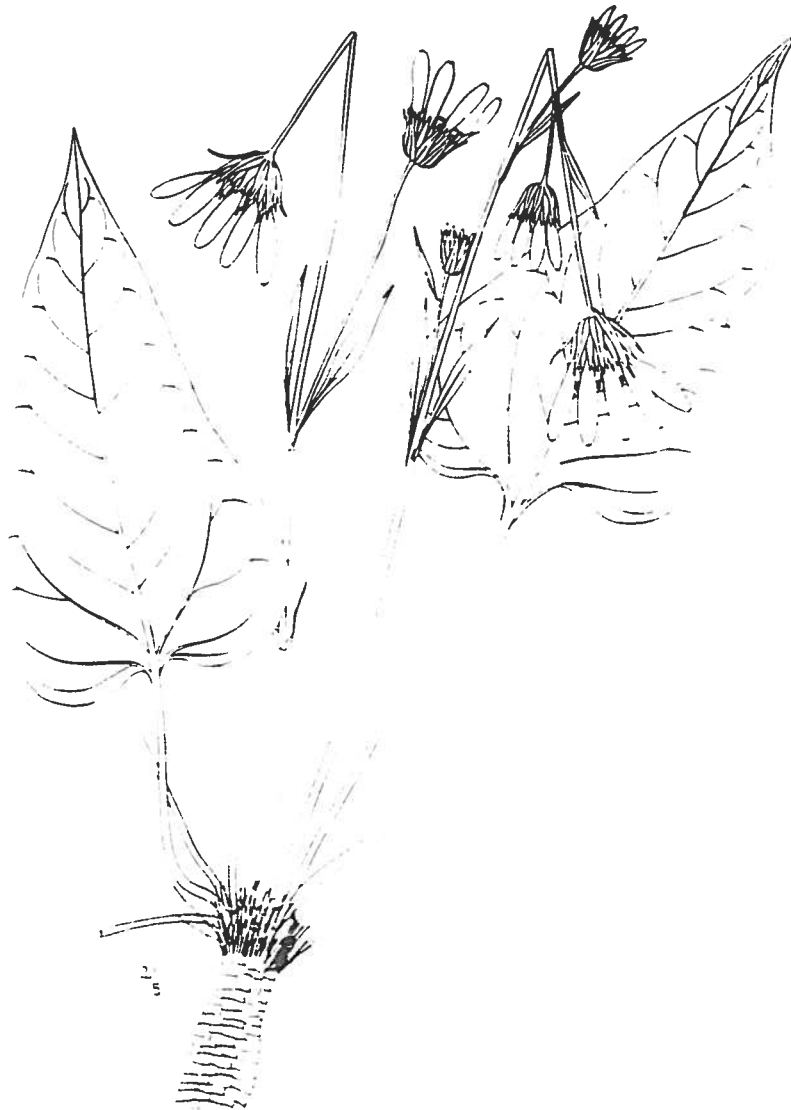


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The Sunflower, balsam root sunflower (*Balsamorhiza careyana*) plant is also found in the low-lands in early spring time. The plant is picked when the flowers are budding. It has velvety stem. The Sahaptin people have various names for this plant, the Warm Spring people call it *pashxash*, the Yakama people call it *xamsi*, others call it *pt'ishpt'ish*. One elder told me the roots are not eaten. "We only eat the stems when they are fresh from the ground." This root is set on the table after the *pyaxi*, *breadroots*, and *xasya*.



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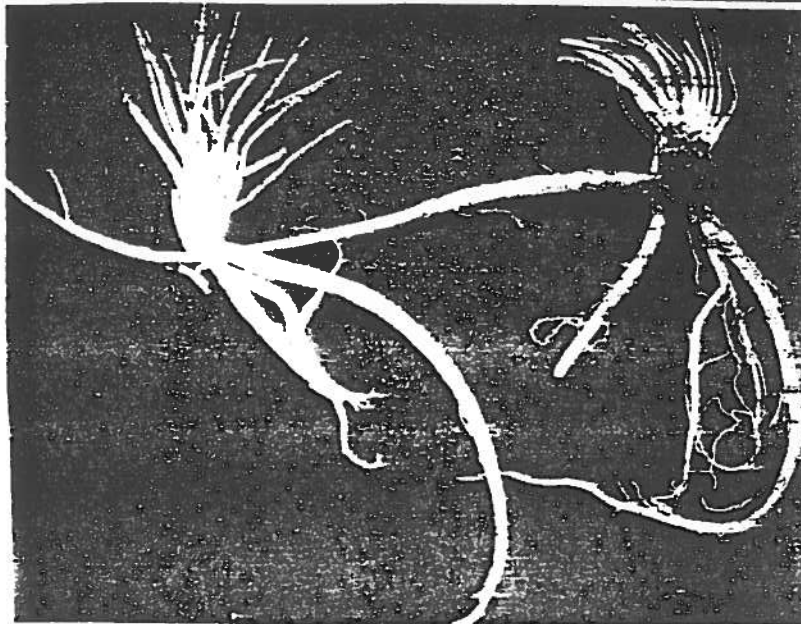
Weather permitting, when the roots are mature, the next feast is the Root Feast to celebrated the new roots and salmon. In the fall time the new huckleberry feast is held.

The Wild Celery (*Lomatium nudicaule*) is obtained in the low hills as soon as the snow melts in the Spring. The stems very succulent and they are eaten fresh. This food is not preserved because when it matures it becomes inedible. The stems are soft and have the celery smell and taste like those we purchase in the food store. Sometimes the dry seeds are used for sachet.



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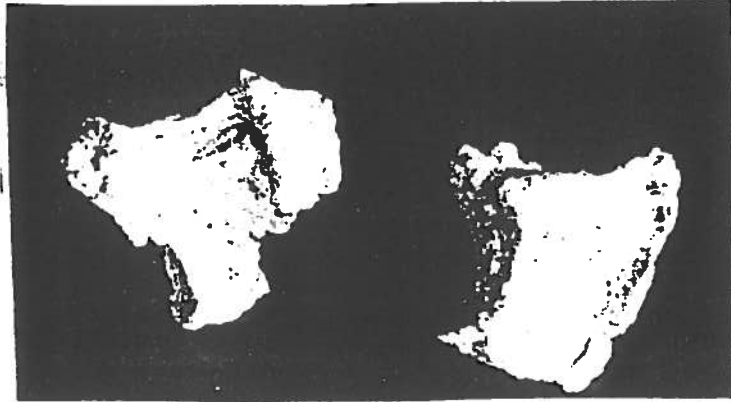
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BITTER ROOT. (*Lewisia rediviva* Pursh), Warm Springs. "Pe sh ke." pronounced pē-ā'kē

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SAHAPTIN DESERT PARSLY
Sium sp. (Sium) Lakson
Sium sp. (Sium) Lakson

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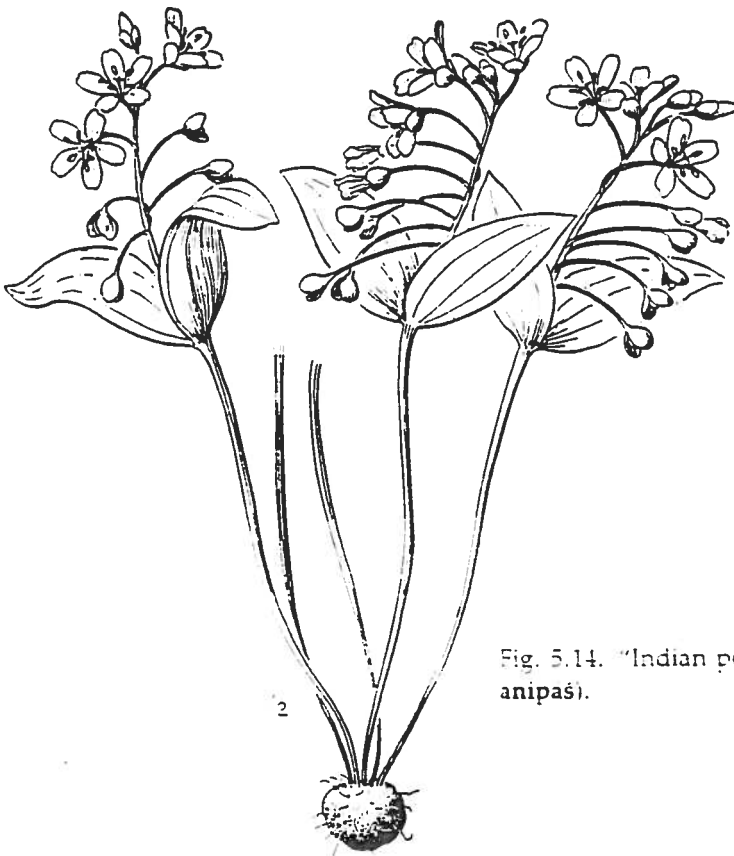


Fig. 5.14. "Indian potato" (*Claytonia lanceolata*:
anipaš).

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INDIAN CARROT or FALSE CARAWAY (*Perideridia gairdneri* (H. & A.) Mathias) Indian Saw-wick. Umatillas call it Sā-hwēt'; Utes call it yam'-pä.

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This root, known as "wild carrot" on the reservation, is washed and put through a food chopper with skin intact. Using thumb and three fingers the pulp is shaped into the "three-finger" or "palm" cakes similar to those previously discussed for luksh. In this case the cakes are called "saw-wictk-me." If the pulp is dry, a little water is added for shaping. These cakes are then placed on mats made of dried cattail stems connected with twine or on clean cloths to dry. They are placed in the hot sun and turned daily so that they will dry evenly and thoroughly, then stored in air-tight cans. Before the day of the food chopper or grinder, the roots were beaten into a pulp with stone mortar and pestle. This root grows in the same places as camas. "Wild carrot" also can be eaten raw or cooked as a vegetable when fresh.

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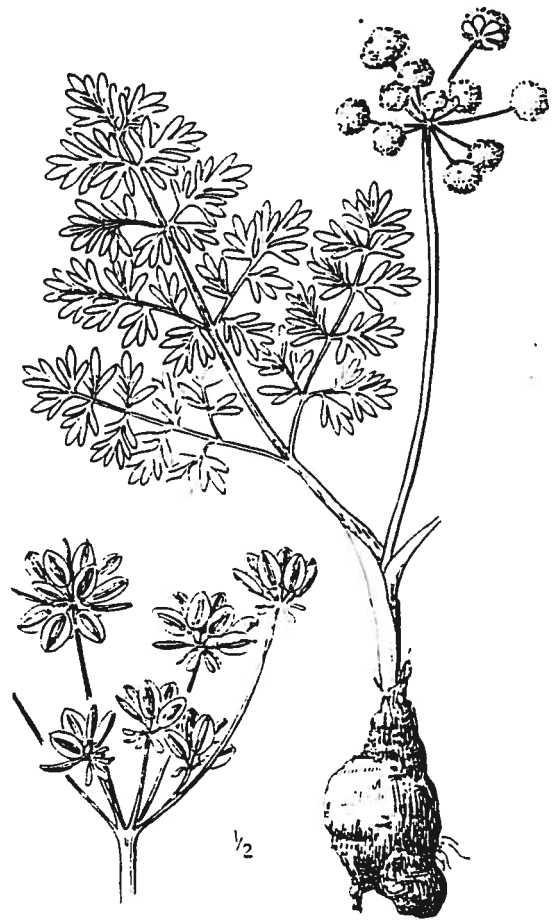


Fig. 5.12. Cous (*Lomatium cous*; xawš).

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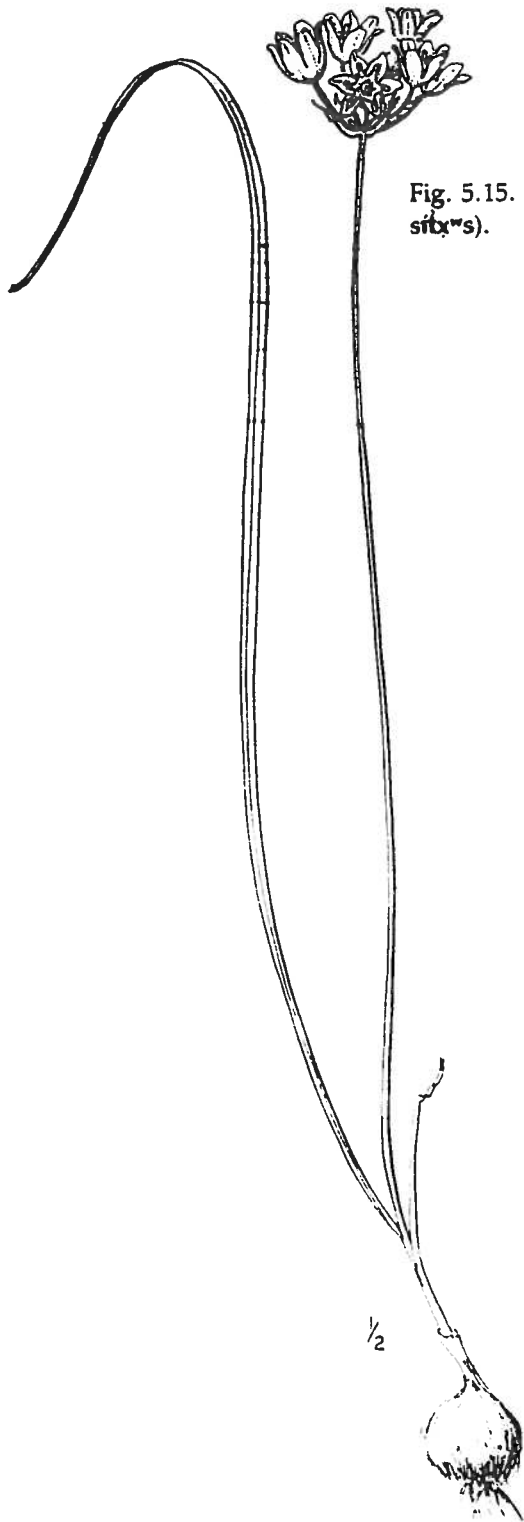


Fig. 5.15. Hyacinth brodiaea (*Brodiaea hyacinthina*; sixes).

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Fig. 5.16. Yellowbell (*Fritillaria pudica*; sikni).



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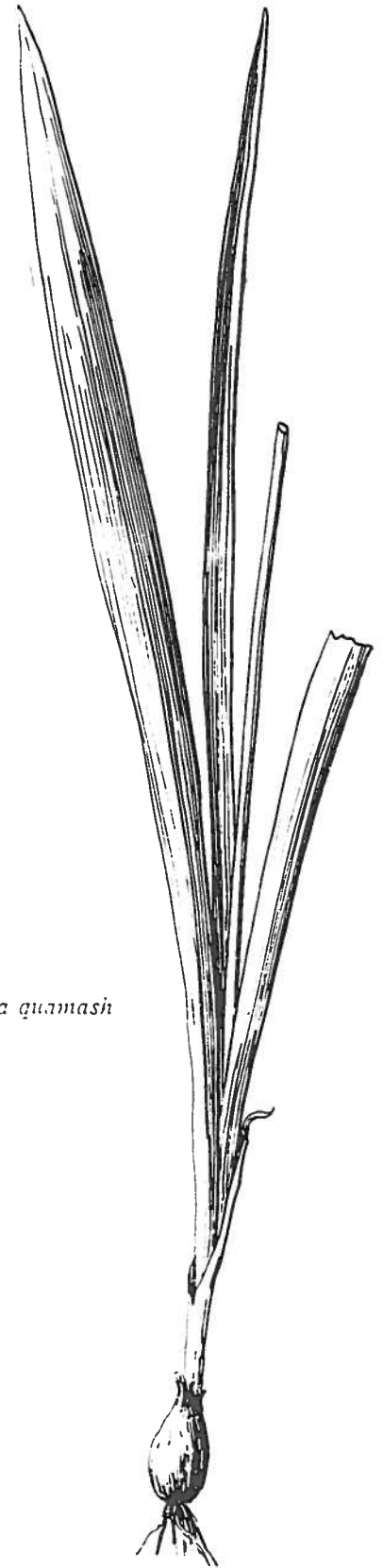


BLUE CAMAS (*Camassia quamash* (Pursh)
Greene). Warm Springs, "Wakamo."
pronounced Wä'-kä-mō

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Camassia quamash
Camas



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Vaccinium ovalifolium
Blue huckleberry

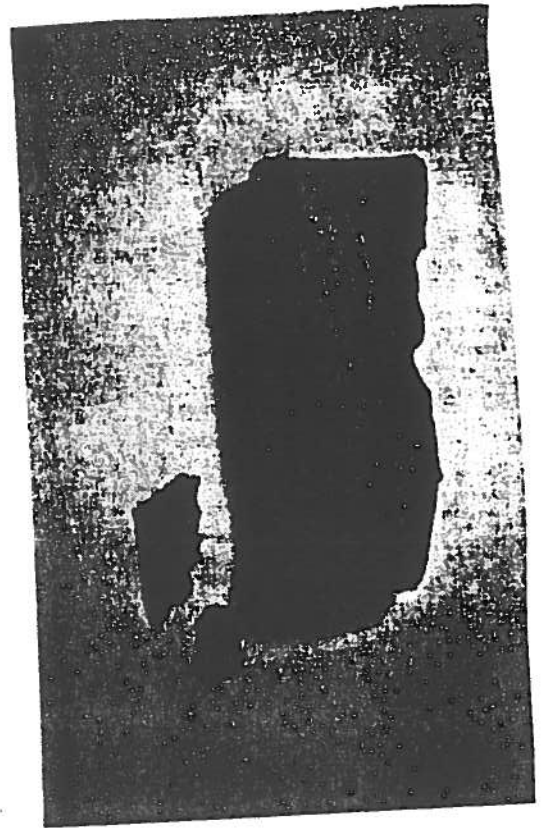
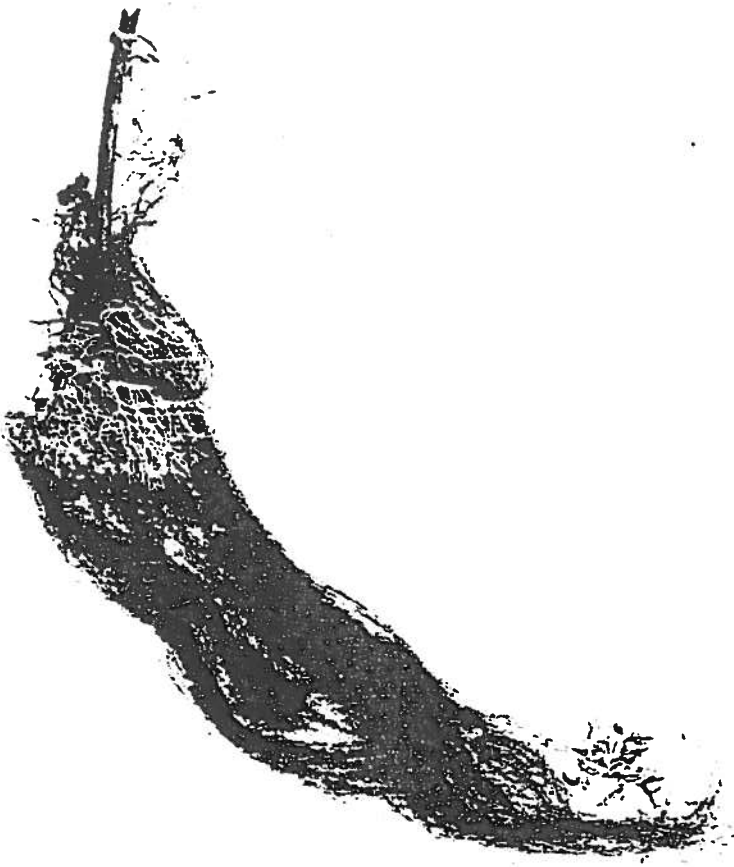
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Vaccinium parvifolium
Red huckleberry

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Barbecued BLACK LICHEN or "Koonts"