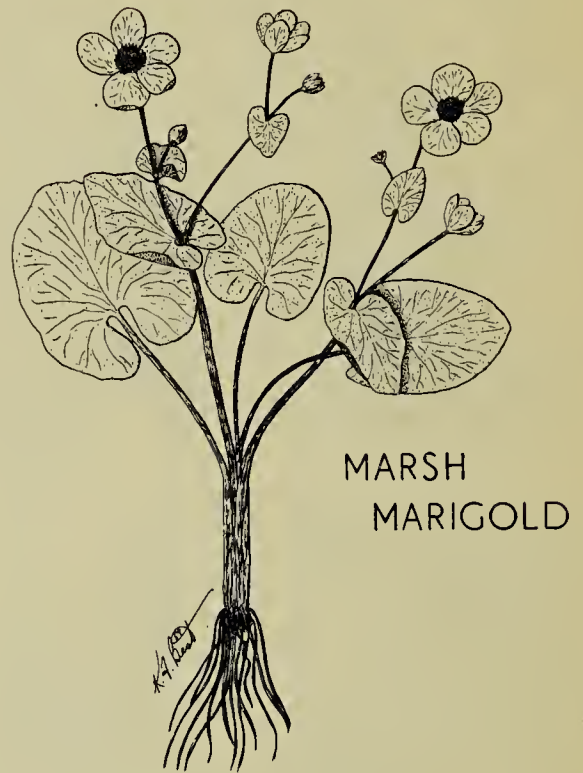


More Saskatchewan "Greens"

by Keith F. Best and Archie Budd, Swift Current

In continuation of the former item regarding the plants that can be used as greens, we can add a few further species.

The Marsh Marigold or King Cup (*Caltha palustris*) is a plant of the wet marshy areas of the south-east and northern area of the province. Very conspicuous in early spring are its showy blooms, sometimes an inch and a half across, bright yellow against the background of large, dark green, kidney-shaped leaves. The roots are coarse and fleshy and the stems are hollow and smooth. The leaves are said to be quite irritating if eaten raw, but the stems and leaves were boiled and eaten by our Indian popu-



MARSH
MARIGOLD



SPIDER
FLOWER

lation. In England this species grows very large flowers, sometimes three inches across, and is very plentiful. There are no true petals, the flower being made of 5 to 9 coloured sepals.

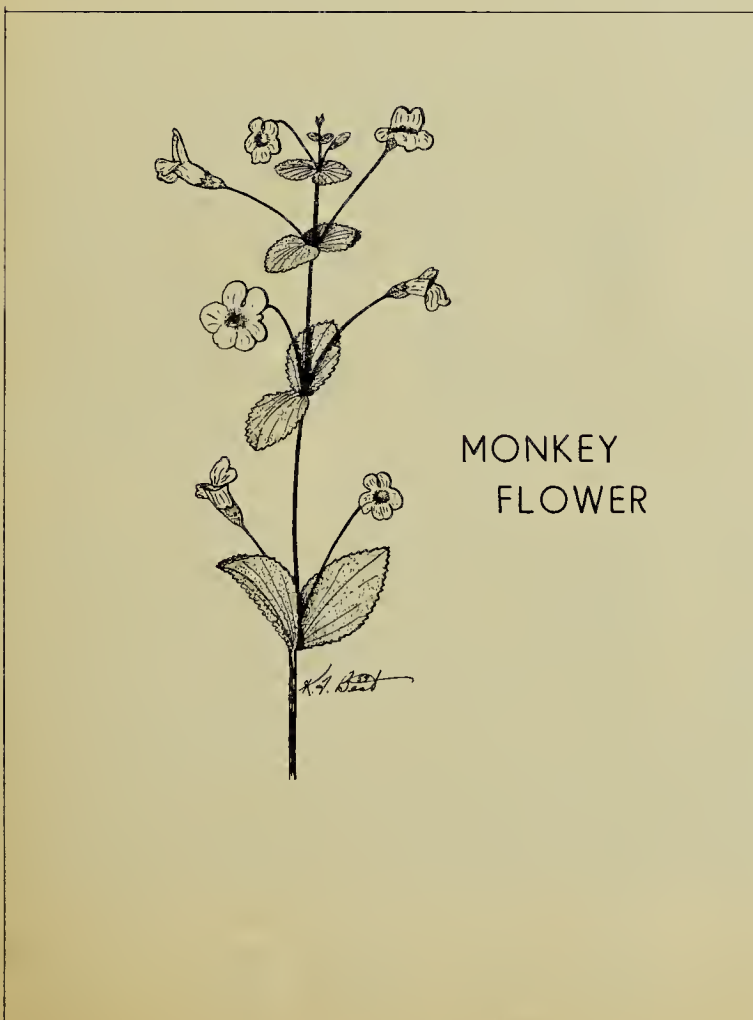
Another plant, the leaves and flowers of which were boiled and eaten by Indians, is *Cleome serrulata* variously known as the Spider Flower, Rocky Mountain Bee Plant or Stinking Clover. The Indians obviously had a somewhat different idea of palatability as the odour of this plant is anything but appetizing, but everyone to his taste. This is the pink flowered plant with compound leaves of three

leaflets, which grows about 12 to 18 inches high and makes a low hedge along roadsides in sandy and light soils. It bears pea-like pods containing large black seeds. Once there was an attempt to extract oil from these seeds but it was found impossible to remove the unpleasant smell.

The American Vetch (*Vicia americana*) has also been used as greens, the young stems and leaves being boiled and eaten. This is the common, purple-flowered vetch with the tendrils at the end of each compound leaf. Naturally the seeds of the vetches and the vetchlings (*Lathyrus*) were also used for food.



AMERICAN
VETCH



MONKEY
FLOWER

The foliage of the Monkey Flower or Yellow Money Musk, (*Mimulus guttatus*) was also eaten, either raw or cooked, by the early inhabitant of the west. This beautiful plant is quite scarce in Saskatchewan but it is plentiful west of the mountains. It grows in running water and bears handsome yellow flowers somewhat like those of snapdragons. According to an English scientist, the seeds float on the water until they become waterlogged and sink to the bottom where they germinate, and the seedlings again float further down stream until they drift into a new spot.