

Classification

family ~ BERBERIDACEAE
 genus ~ Mahonia
 species ~ Aquafolium, nervosa, repens
 common ~ Oregon grape
 reference - Native American Ethnobotany - Moerman
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Did you know.....

In England a topical cream is made from the root and used for skin conditions like Eczema and psoriasis.
 Bears like to eat the berries.
 Note look alike plant ~ Holly

First Nation's use.

Okanagan/Colville - blood, eye wash, kidneys
 Thompson ~ root used internally + externally - arthritis
 Coast Salish - dried berry cakes, jellies, preserves
 Blackfoot - root used for yellow dye
 Hopi (U.S) - ceremonial root + leaf.

Avoid when pregnant / breastfeeding / suffering from diarrhea

Recipe for jelly

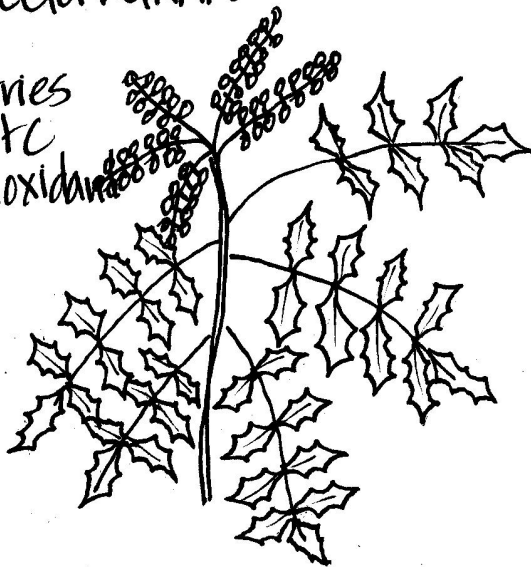
9 cups washed berries.
 Cover with H₂O
 Simmer 10 minutes
 Mash berries, simmer 5 min more
 Strain to remove seeds + skin.
 Measure juice (approx 2 C)
 Simmer 10 min
 Add sugar/honey 1-1 1/2 C based on your taste.
 Simmer 10 min
 Pour into hot sterilized jars
 Water bath 5 min

growing conditions

M. aquafolium ~ open + dry
 M. nervosa light shade, moist to dry.

OREGON GRAPE

berries ↑ vitC
 Antioxidant

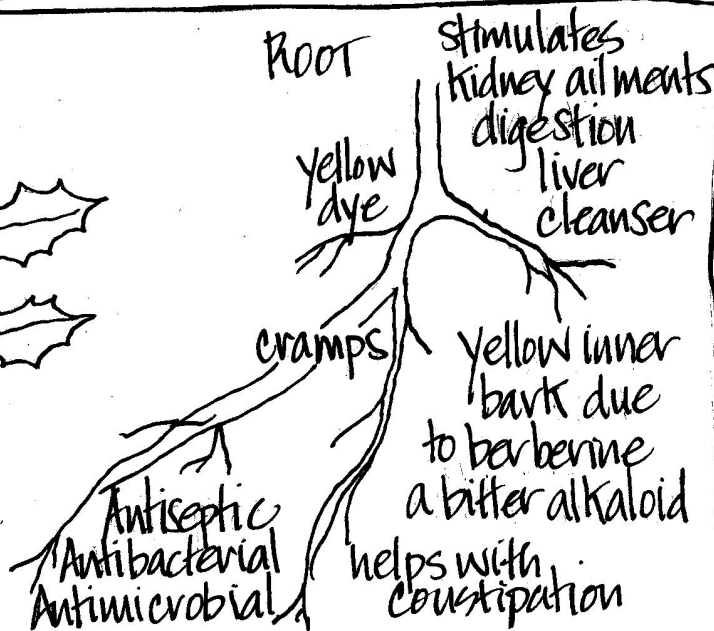
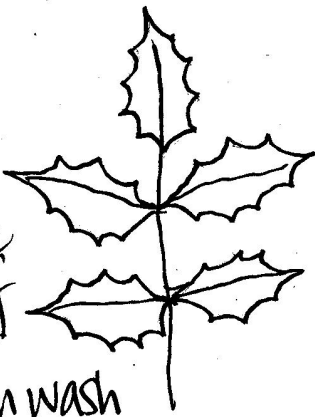


HARVEST

berries - summer to fall
 young leaf - Spring
 flowers - early spring
 root - fall to early winter

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Use leaf for skin wash on pimples, acne, scaly skin



Uses ~

food ~ young leaf, flower, berry
 medicine ~ leaf + root
 dye - yellow root used for baskets, porcupine quills
 Ceremony - root + leaf
 paint - used by Karok (N.A. Indian)
 fruit mixed with Salmon, pounded
 larkspur flowers, paint on bow + arrows.