The Four Plant Ladies

Traditional Story told by Lois Landgrebe

Long ago, there were four ladies who were always down by the water. They were washing their faces and they devised a plan at getting the best of dukʷibəɬ (Changer) when he walked near them. Everyone knew that he was walking through the lands changing things to the way they are today. These four ladies started to argue about who was going to get the best of dukʷibəɬ.

ʔuɬčil ti cədiɬ This one individual, Changer, arrived there. He noticed the four ladies were arguing by the water; he approached them.

stab k’i odsuhuy ?uwiliq”itəb tsi ču? stəday? “What are you doing?” He asked one of the ladies. She had answered him, “We are arguing about who is going to wrestle down Changer when he gets here. I am stronger and it’s going to be me.”

One of the other ladies stepped forward and said, “You are not. I am stronger and it is going to be me.”

The other two pushed the two who talked, “I am stronger. I am the one who will get the best of Changer.”

“No, it’s going to be me. I will get the best of Changer.” The last lady with bright yellow hair exclaimed they didn't realize that it was Changer who had approached them. The ladies proceeded to wrestle each other into the stream of water. Changer went over and tapped each lady on the head changing them to plants.

To this day, you will find those same plants near water. They are cattail, skunk cabbage, horsetail and lady hair fern.
Did You Know

Nettle, the Nutritional Nuisance

Article by Andrew Gobin of the See-Yaht-Sub

The nuisance in the back yard known for its annoying sting and pungent earthy smell, nettle is not the most desirable flora of the Pacific Northwest. For northwest tribes, however, nettle is a cultural and traditional staple. The Rediscovery Program at the Hibulb Cultural Center began their spring harvest of nettle sprouts March 12th, working to reintroduce the use of nettle into the community and continuing the revitalization of our culture.

Inez Bill, who has spent the last ten years learning about how to use nettle, harvested nettle sprouts on the bluff above Arcadia on the Tulalip Reservation. Derek Houle, who has been involved with the culture program for most of his life, and Lauw-Ya Spencer, who became involved in 2012 through the summer youth program, joined Bill as they gathered the sprouts to use in the rediscovery program. They then process the nettle sprouts for use in foods and preserve some nettle for continued use throughout the year.

“Nettle was a staple for our people for hundreds of years,” explained Bill, “It has tremendous health benefits. For food you have to harvest the sprouts in the spring, or in the summer you can harvest the tops of the nettle, the stock gets too hard. Here at the museum we have expanded the uses. We make nettle tea and different flavored lemonades with nettle tea. We also have created Hibulb Bread, which is like buckskin bread, only more healthy and nutritional.”

Bill and her husband, the late Hank Gobin, learned to harvest and prepare nettle and other traditional flora from Valerie Segrest, Elise Krohn, and the late Bruce Miller, whose dedicated themselves to cultural revitalization and educating about traditional flora. Bringing that knowledge to the rediscovery program, Bill continues their work in revitalizing traditional plant use. As a girl, Bill’s elders instilled in her the respect and reverence for these traditional plants as foods and as medicines and she hands down those teachings throughout the rediscovery program. She also gets creative, incorporating nettle into many recipes.

“The Hibulb bread is diabetic friendly. It is made with ground almond meal instead of flour, and without salt or sugar. Ground nettle is added, but we had to play around with how much was the right amount,” said Bill.

A true superfood, nettle is packed with nutrients. It can be ground up and added to almost any dish for a healthy boost. The cultural center makes a seasoning, ground nettle for recipe ingredients, blanched and frozen nettle for later in the year, nettle stock, nesto (nettle pesto), and so much more. As a cultural staple, beyond food, nettle was traditionally made into twine and nets, it is one of the stronger natural twines.

To learn more about the rediscovery program, or to participate in activities, contact Inez Bill at the Hibulb Cultural Center at (360) 716-2638.
**Did You Know**

Gobin learned to harvest and prepare Hibulb Bread, which is like buckskin with nettle tea. We also have created tea and differently flavored lemonades expanded the uses. We make nettle hard. Here at the museum we have tops of the nettle, the stock gets too in the summer you can harvest the harvest the sprouts in the spring, or benefits. For food you have to process the nettle sprouts for use in for hundreds of years, “explained continued use throughout the year.

They then gathered the sprouts to use in the youth program, joined Bill as they involved in 2012 through the summer and Lauw-Ya Spencer, who became culture program for most of his life, who has been involved with the Tulalip Reservation. Derek Houle, on the bluff above Arcadia on the use nettle, harvested nettle sprouts ten years learning about how to revitalization of our culture.

The Rediscovery Program, or to participate in activities, renewed interest in nettle sprouts March 12th, working the community and continuing the to reintroduce the use of nettle into the most desirable flora of the Pacific Northwest. Nettle was a staple for our people with nutrients. It can be ground up for recipe ingredients, blanched and added, but we had to play around without salt or sugar. Ground nettle makes a seasoning, ground nettle into many recipes.

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“Thé Hibulb bread is diabetic friendly, served to all who participate,” Thornton added, “We look to you to see to it that a good attendance of Indians is present on the occasion.”

Snoqualmie Jim was called on to deliver the letter. Jim said, “In my heart I feel the greatest love for the white man, and think all the young men of the reservation entertain a like regard. Nearly all the braves are young men now, for the years are calling the old men away. I will do my best to get the Indians to come to Everett on the Fourth.”

Apparently Jim succeeded because the Everett Herald reported that the beach north of city dock was “thronged with Indian camps. Here are representatives from Tulalip, Lummi, Swinomish and British Columbia, each bringing with them a racing canoe and crew.”

The Herald also called the parade “spectacular” and went on to describe the evening canoe races. Four canoes, one from Lummi, one from Port Madison and two from Tulalip vied for the $100 prize (worth over $2,700 in 2014 dollars). In the two mile race, Lummi took first and Tulalip beat Port Madison by three feet to take the second prize of $40.

Submitted by LJ Mowrer
Programs & Events
FOR THE MONTH OF MAY 2014

CHILDREN’S READING TIME
Parents and caregivers are invited to bring their young ones to hear stories and songs, and interact with others their age. Community members will help build a lifelong love of reading by sharing their favorite children’s books.

May 24
Saturday, 1:30 PM to 2:00 PM
Monique Moses

May 31
Saturday, 1:30 PM to 2:00 PM
Tessa Campbell

FILM SERIES
May 29
Thursday, 6:00 PM to 7:00 PM
Bring Your Family History
Film Night
Bring your film honoring, sharing, highlighting your family or family history, 15 minute approximate time limit. We invite you to share your family’s story, or a piece of your family’s story, through film.

Poles, Posts & Canoes Symposium
JULY 21ST - 22ND, 2014
The Preservation, Conservation and Continuation of Native American Monumental Wood Carving

Caring for Totem Poles Workshop
JULY 23rd - 24th, 2014
Focusing on the care and maintenance of totem poles.

★ First Thursday of every month, open until 8:00 pm and free admission to everyone.
You can go to our website for more events at www.hibulbculturalcenter.org

Visit our Facebook page! www.facebook.com/Hibulb
Follow us on twitter! www.twitter.com/Hibulb

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REGISTRATION NOW OPEN! | VISIT OUR WEBSITE TO LEARN MORE

FEES FOR ALL EVENTS ARE THE COST OF ADMISSION.

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