In a traditional Coast Salish story, a long time ago, people had small voices. They could barely hear each other. I offered my medicine to soothe sore throats and to give people a clear, strong voice.

When we effectively communicate with others, we can move toward achieving our goals and building healthy relationships.

I grow on moss-covered tree trunks and branches in shady forests. Reach beneath the layers of moss on trees to find my network of rhizomes. You can suck on my roots or dry them and boil them to make tea.

Lushootseed: s̓qičəy
Klallam: ƛəpsíp

LICORICE FERN
Find Your Voice