

PERENNIAL

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Heḥqəmiḥəm

Fireweed

English

*Chamerion angustifolium*

Latin

BLOOM & FRUITS

Fireweed is a tall, showy wildflower that often grows in spectacular dense patches and flowers all summer. Each plant sends out spikes of up to 50 or more pink to rose-purple flowers from June to September.

USE BY PEOPLE & CULTURAL SIGNIFICANCE

Fireweed is important to Indigenous cuisine and crafts. Fireweed shoots are high in vitamins A and C, and makes a tasty spring vegetable. Fireweed nectar yield a rich, spicy honey that can be used to make a jelly. The leaves can be dried, or fermented, for tea. The seeds will grow a fluffy cotton-like fibre in the fall. This fibre is used by Coast Salish weavers and woven alongside other materials including stinging nettle, cedar, mountain goat, or Salish woolly dog weaving fibres.

WILDLIFE VALUE

Food for butterflies, pollinators, hummingbirds.

CARE INSTRUCTIONS

This plant is very aggressive! Cuttings and seeds are both effective means to plant fireweed. Best propagated iDirect sow.

EXPOSURE



MAX HEIGHT

3-6 inches

MOISTURE

Moist to wet

GROWING EASE

Easy

USE VALUE



ATTRACTS



CONTAINER TOLERANCE

Medium