



## **Narrowleaf Mule's Ears**

***Wyethia angustifolia***

**UAMELK TEPOK**

Narrow-leaf Mule's Ears' sunflower-like appearance can be seen blooming in meadows all through spring and summer. Its large, yellow flowers can grow up to 3 inches in diameter, and attract many butterflies, bees, and other insect pollinators. This flower can also be found living along stream banks, wet slopes, and even along dry hillsides, as long as it has access to an abundance of sunshine. Being able to thrive in different conditions as well as being equipped with a tap root that can reach water deep in the soil makes the narrow-leaf mule's ears exceptionally resilient in the face of drought. As weather conditions in Oregon continue to change, this resilience is important not only for the plant and the ecosystem it is part of, but also for those who know what a great source of food this plant is.

Indigenous tribes across western Oregon --- as well as a few in Montana, California, and even Alaska --- harvest narrow-leaf mule's ears for its edible seeds. The seeds can be roasted and are often baked into bread or boiled for mush or soup. They can also provide nutrition through long, cold winters if they are pounded into a powder with other herbs and grasses to be used as a flour or meal. The stems of this plant have also been known as a source of food for Native tribes.

Interesting Fact: Narrow-leaf mule's ear is also known as the "California Compass Plant" because it is said that the leaf tips point in a north or south direction.

**Sources:**

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p. 87-88 <https://egret.org/sites/default/files/andersonkeeley2018.pdf>

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Seven Oaks Native Nursery -

<https://www.sevenoaksnativenursery.com/native-plants/perennials-and-bulbs/wyethia-angustifolia/>