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Achlys triphylla

[Synonyms : *Achlys triphylla*, *Leontice triphylla*]

VANILLA LEAF is a perennial. Native to western North America it has small, white flowers with many long, white stamens.

It is also known as Deerfoot, Mayleaf, Sweet-after-death, and Wild vanilla.

The leaf emits a vanilla-like fragrance as it dries.

Triphylla is made up of Greek *tri-* (three) and *phyllo-* (leaf) components.

Familiar to several North American Indian tribes vanilla leaf was used by the Thompson and the Saanich as an insecticide. The former washed floors and furniture with a decoction of the plant to repel household pests, and the latter hung dried leaves inside to repel mosquitoes and flies.

Both the Lummi and Skagit tribes used the leaves to make a hair shampoo.

The Thompson Indians also used a root decoction to delouse their sheep.