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*Camassia scilloides*

[Synonyms : *Camassia esculenta*, *Camassia fraseri*, *Camassia hyacinthina*, *Cyanotrus scilloides*, *Quamasia hyacinthina*]

**EASTERN CAMASS** is a bulbous perennial. Native to eastern North America it has daisy-like, pale blue (sometimes white or blue violet) flowers.

It is also known as Atlantic camas, Beard grass, Blue camash, Blue quamash, Camass, False hyacinth, Indigo squill, Meadow hyacinth, Squills, and Wild hyacinth.

*Scilloides* is made up of the genus name *Scilla* and Greek *-oides* (like) components meaning 'like plants in that genus'.

Records show that the bulbs and roots were cooked and eaten by local North American Indian tribes, including the Thompson, Montana Indian, some of the Okanagan-Colville, the Spokane, Coeur d'Alene, Comanche, Blackfoot and Gosiute Indians, and in due time they also provided food for the early European explorers. For some tribes such as some of the Okanagan-Colville and the Coeur d'Alene Indians it was a staple food, and records show that the Montana Indian and Gosiute tribes both dried cooked bulbs (as well as eating them immediately) for Winter use.

Some authorities have noted that eastern camass offered a source of medicine for the North American Creek Indians although its precise use is uncertain.