

Streptopus amplexifolius

[Synonyms : *Uvularia amplexifolia*]

TWISTED STALK is a perennial. Native to northern temperate and Arctic regions it has greenish-white flowers.

It is also known as *Čípek objímavý* (Czech), Claspingleaved twisted stalk, Claspingleaved twistedstalk, Claspingleaved twisted stalk, Liverberry, Pagoda bells, Scootberry, Streptopus, Watermelon, White mandarin, and White twisted stalk.

Amplexifolius is derived from Latin *amplexi-* (embrace) and *-folia-* (leaved) components meaning 'leaf-clasping'.

Some North American Indian tribes have eaten various parts of the plant. Cherokee Indians cooked the leaves and ate them as greens, and the Thompson Indians, some of the Okanagan-Colville tribe and also Alaskans ate the oval red berries. Authorities note that Alaskans also viewed young shoots as a salad vegetable.

The fruit are particularly enjoyed by grouse, and chipmunks. Apparently deer graze on this perennial, and wolves enjoy the fruit. According to the Oweekeno Indians frogs eat the berries, and the Montagnais Indians noted that snakes eat the roots and berries.

Thompson Indians attached pieces of the plant to their clothing, hair or person for the scent. Hesquiat children used the berries in their games.

The plant was also a source of medicine for several North American Indian tribes including the Montagnais. Thompson Indians used it to ease internal pain and stomach upsets, and to enhance appetite. For the Micmac and Penobscot Indians it provided a treatment for internal bleeding, venereal disease and kidney problems. The Makah tribe used it during childbirth, and the Penobscot also took it as a tonic.