

Pedicularis lanata

Willd. ex Cham. & Schltl.

Woolly lousewort, Bumble-bee Flower

Yup'ik = “ulevleruyak”

Cup'ig = “megtat nequat”

Siberian Yup'ik = “kakykak”

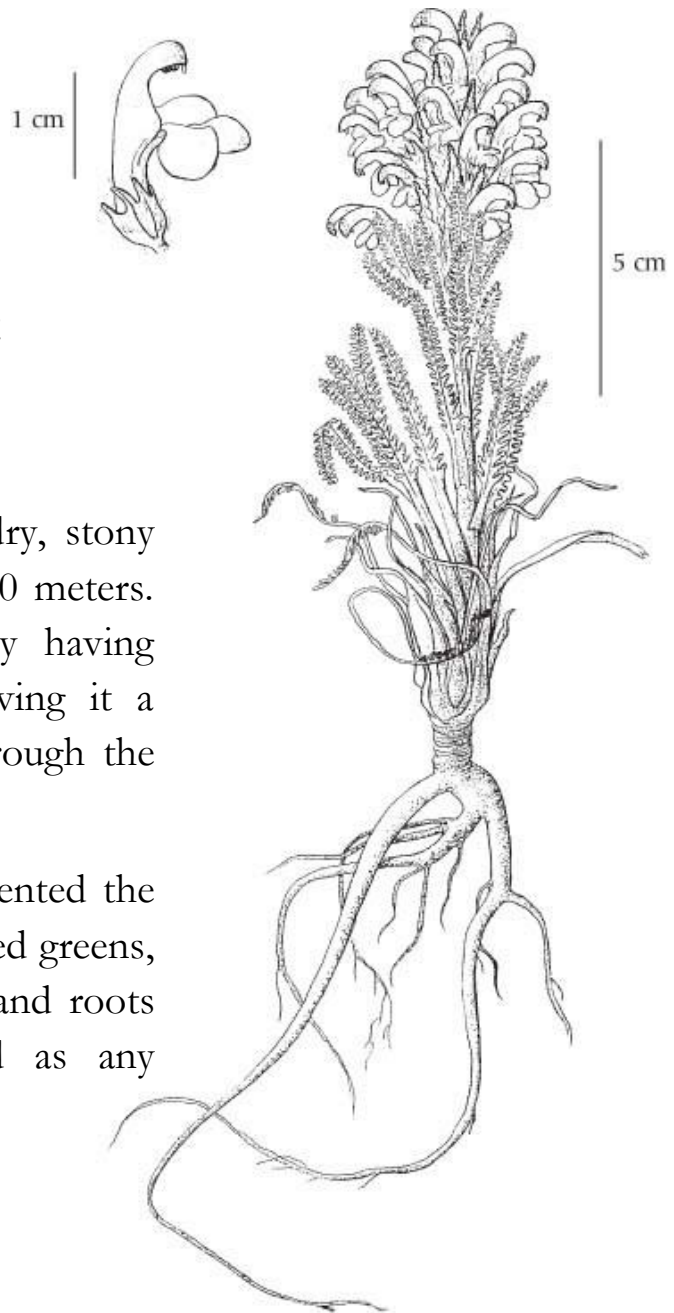
Edible Parts: Flowers and roots

Harvest: Spring and Summer

Location: Y-K Delta, Siberia, Inuit

Woolly lousewort can be found on dry, stony tundra in the mountains to over 1,700 meters. It differs from other louseworts by having many long **lanate** (wooly) hairs, giving it a fuzzy white look when it sprouts through the snow in early Spring.

Native people have traditionally fermented the young flower tops to create fizzy soured greens, akin to sauerkraut. The young buds and roots can also be eaten raw or cooked as any vegetable.



Pedicularis lanata ssp. *lanata*

Illustration Source: The Illustrated Flora of British Columbia



Lousewort greens are placed in a sealskin bag (also known as a ‘poke’) for storage and fermentation



Source: <http://www.flora.demetercountry.org/>

Recipe for Fermented Lousewort



1. Harvest the tops when flowers first appear in early June. Gather enough to fill a **poke** (sealskin bag), flipper bag, or barrel.
2. Cover with water and weigh the top with a stone or plate to keep the plants submerged.
3. Close the container, leaving a straw (traditionally made from a feather stem) in the opening to vent.
4. Store outside and let ferment to taste.
5. For a fizzy soured green, scoop out of neck hole of the poke, For a tangy dessert, mash until it is creamed and add oil and sugar.



Nullautchtg-naksfruk!

(it's dinner time!)

Fermented bumblebee flower is ready when it's bubbly and tastes like "pop or cocktail." Its use has been documented by the people of Bethel, by the Inuipiat of Kotzebue, on Nunivak Island, and on Nelson Island where they eat the root raw with seal oil.