

*The People of Cascadia*  
**Pacific Northwest Seasonal Rounds Calendar**

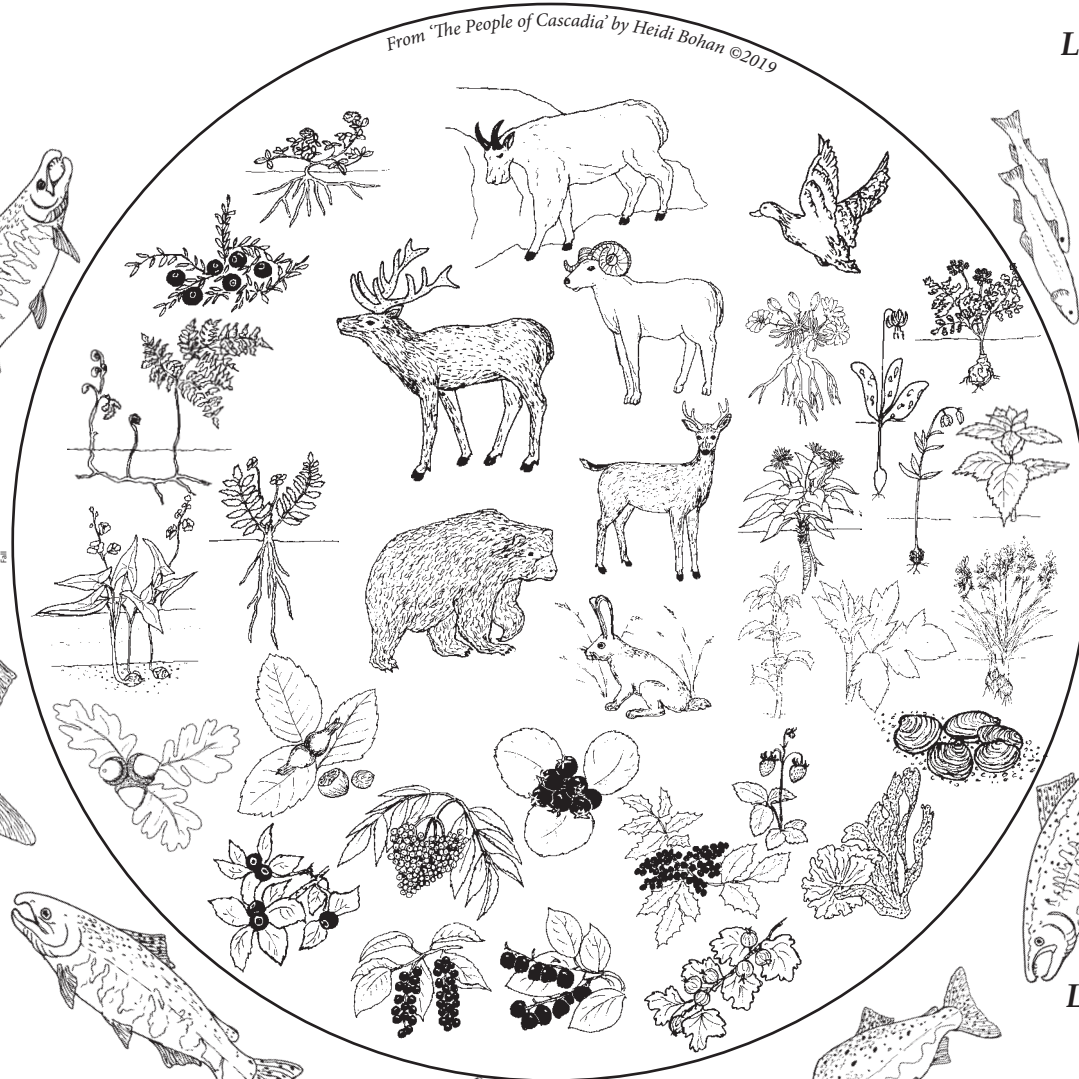
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**Late Fall/ Early Winter**

- Chum Salmon*
- Steelhead*
- Game of all kinds*
- Bracken fern roots*
- Wapato*
- Silverweed roots*
- Clover roots*
- Cranberries*

**Late Winter/ Early Spring**

- Smelt/ Eulachon*
- Bitterroot*
- Cous root*
- Duck and Fowl*
- Desert parsley*
- Lomatium*
- Nettle shoots*



**Late Summer/ Early Fall**

- Sockeye and Coho Salmon*
- Mountain huckleberry*
- Berries of all kinds*
- Hazelnuts*
- Acorns*
- Game animals of all kinds*

**Late Spring/ Early Summer**

- Chinook and Pink Salmon*
- Herring and eggs*
- Clams and shellfish*
- Camas*
- Bulbs of kinds*
- Salmonberry shoots*
- Cow parsnip shoots*
- Seaweeds*
- Early berries of all kinds*