Area Trails

The Otterbahn Trail is about one and a half miles round trip. Beginning in Seldovia, it traverses the coastline through the woods to Outside Beach. The trail crosses a small creek at the beach. Hiking boots, water sandals or rain boots are advised.

The Rocky Ridge Trail is a three mile loop through the spruce forest, providing views of Seldovia Bay.

Please stay on the marked trails.

Information

We have provided information for you to enjoy some of the more common plants around Seldovia. Enjoy the plants, but please don’t remove them from their environment. Some of the edible plants look similar to other non-edible plants. We recommend that you refer to knowledgeable locals and printed resources for descriptions and further information about the plants you see during your visit.

Wild Greens Recipe

Ingredients: Goosetongue and vinegar.

- Pick the Goosetongue leaves when they are young and tender, preferably before the flowers come up.
- Boil water while you are washing the greens.
- Place the Goosetongue greens into the boiling water and bring the water to a boil.
- Remove the greens, dress with vinegar and enjoy.

Seldovia is located at the base of the Kenai Mountains along the shores of Kachemak Bay. The ocean and land that we call home is abundant with life and the foods we harvest throughout the year. Please be respectful of our home. Help us keep Seldovia clean by putting your trash in the proper receptacle and picking up any trash you see on the beach or trails. Enjoy your time in Seldovia.
THE INDIGENOUS PLANTS

DWARF DOGWOOD
Bunchberry Cornus canadensis
The Dwarf Dogwood berries are edible, though the plant is more commonly used medicinally. Bunchberry can be found in the spruce forests and are characterized by their four flower-like white bracts which fall off as the “bunch” of red berries form.

BLUEBERRY
Early Blueberry, Blue Huckleberry Vaccinium ovalifolium, Alpine Blueberry Vaccinium uliginosum, Bog Blueberry Vaccinium uliginosum ssp. microphyllum
You will find blueberry bushes on the roadside, forests and marshes surrounding Seddonia. The pink flowers bloom in June and berries begin to form in July and are ready to harvest in August and September. They are a very good source of vitamin C and can be used for making jam, jelly and pies. The leaves are used as a tea and the berries make a red dye.

WATERMELON BERRY
Twisted Stalk Shrubopsis ellipticaefolius
Watermelon Berry grows in moist areas in spruce and alder forests. The spring shoots can be cooked or eaten fresh. Ripen in August, the red berry is edible.

SALMONBERRY
Rubus spectabilis
Salmonberries are ripe and ready for harvest in July and August. The young shoots of the plant can be eaten raw in the spring. The plants also have medicinal applications.

DEVIL’S CLUB
Alaskaan Greening Euphorbiaceae horridum, Opiumtree horridum
Found in the spruce forests around Seddonia. Devil’s Club is especially abundant close to streams and springs. Devil’s Club is traditionally a very important plant with numerous medicinal applications. In the spring, the leaf buds can be harvested before the spines get hard and eaten raw or boiled. The leaves and stems have thorns that can cause burning wounds if left in the skin and the berries are poisonous.

PUSHKI
Cow Parade Hieracium lanatum
Locally called Pushki. Cow Parade can grow to be eight feet tall in meadows and woods. Also known as Wild Celery. Pushki stalks are peeled and eaten raw or cooked like celery. (This is done in early summer before the stems become woody). The roots are used medicinally. The leaves and stems have “buñins” that can cause skin irritation and blistering.

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CRANBERRY
High Bush Cranberry Vitis vinifera cide
Found in wet areas from sea level to the alpine, the young leaves, buds and flowers of the Marsch Violet are edible. The leaves are high in vitamin C. The entire plant is used as a traditional medicine.

MARSH VIOLET
Visaça crispa ssp. repens
Found in wet areas from sea level to the alpine, the young leaves, buds and flowers of the Marsch Violet are edible. The leaves are high in vitamin C. The entire plant is used as a traditional medicine.

TRAILING RASPBERRY
Rubus pedatus
Picked in August before they are completely ripe, the berry of the Trailing Raspberry is edible.

BEACH PEA
Lathyrus maritimus
Belonging to the pea family, the Beach Pea grows in sandy soils along the shoreline. The young shoots can be eaten in early spring and the pea and pod can be eaten raw or preserved for winter. The pea is high in protein and vitamins A and B.

PETRUSHKI
Beach Lovage Ligusticum scoticum
Found growing along the shoreline, Petrushki leaves are harvested in early to mid-summer for use in soups and with fish or dilled or fried for use as an herb in winter. Petrushki is also used medicinally.

NOOTKA LUPINE
Lupinus nootkatensis and Large-Leaved Lupine Lupinus polyphyllus
Parts of the Pea family. Lupine roots can be eaten in the spring or fall.

SPRUCE
White Spruce Picea glauca, Sitka Spruce Picea sitchensis and Black Spruce Picea mariana
Spruce forests surround Seddonia and are important habitat for many plants, birds, and animals. Spruce tips are edible in the spring and the sap can be chewed like gum. Spruce has numerous medicinal applications and is an important source of wood for heat and building homes, dry racks, smoke houses, poles and boats.

NETTLE
Urtica gracilis, Urtica fetida
Nettle can be found in moist places along the road and in meadows. Young Nettle leaves, harvested throughout the spring and summer, provide an important source of iron. The leaves can also be dilled or fried for tea or as an addition to any meal. Also referred to as stinging nettle, the leaves and stems have tiny hairs that sting the skin when touched. Drying or steaming the plant will eliminate the sting. Nettle is also used medicinally.

SPHAGNUM MOSS
Sphagnum fuscum
Found in peat bogs, forest and tundra. Sphagnum Moss holds moisture and is habitat to many plants. It is traditionally used for bedding, stuffing, as an absorbent material and medicinally.

GOOSEBERRY
Plantago maritima
Goosegoose grows along the coastline and is an important source of food. Available to harvest by lane and July. Goosegoose leaves are eaten raw or boiled and may also be used medicinally.

WILD GERANIUM
Cranesbill Geranium erianthum
Wild Geranium can be seen in meadows and clearings. The root and leaves of the Wild Geranium may be used as medicine. The flowers and leaves are edible.