

Sisimiut Nature Walks

Plant Identification

Embrace your #NatureBeing in the #adventurecapitalofgreenland





Alpine Mouse Ear



Qaqortuaraq meqqulik

"the little white with hair"



- 5-20 cm tall with small, white petals. Silver haired stems and leaves
- Entire flower is edible and used in food



Alpine Rock Cress



Kaarsi Killavaalik

"watercress with peaks"



- up to 40 cm tall, with small, toothed green leaves and clusters of white flowers



Alpine Sorrel



Seernaq

"sour"



- a small plant with kidney-shaped, succulent green or reddish leaves and upright reddish flower stalks
- Leaves slightly acidic but used in the same way as spinach



Arctic Cottongrass



Ukaliusaq

“like an arctic hare”



- slender, grass-like leaves and fluffy, white, cotton-like tufts atop thin, upright stems. Common in very wet areas.
- Stems used as lamp wicks, whole plant used in blubber lamps
- Flowers used for insoles in kamik boots



Black Crowberry



Paarnat

"berries"



- low, mat-forming shrub with small, needle-like evergreen leaves and glossy black berries
- Used extensively in cooking, especially to accompany meats and in desserts



Bog Bilberry



Kigutaarnat

"blue berry"



- a low shrub with oval, blue-green leaves and round, bluish-purple berries
- Eaten as a berry. Leaves and berries brewed into a strong medicinal tea for diarrhea, inflammations, infections



Brittel Bladderfern



Uiffak qunnerarmiu

“like a saw in the gap”



- a delicate fern with slender, finely divided, bright green fronds and brittle stems



Common Harebell



Tikiusaaq

“like a finger”



- a succulent plant with thick, fleshy blue-green leaves and clustered yellowish or pinkish flowers
- Root and leaves eaten raw, or fried or boiled as a vegetable. Roots can also be dried and used as a tea



Common Mare's Tail



Tatsip naanii

"lake weeds"



- an aquatic plant with upright stems and slender, whorled, needle-like green leaves



Crinkled Snow Lichen



Qipingasuusaq apummiu

“twisted leaves in the snow”



- a pale yellow-green, forming brittle, branched mats with curled, crinkled, flattened lobes



Dandelion



Inneruulaq

“fire-like”



- toothed, basal green leaves forming rosettes, hollow stems, and bright yellow, round flower heads
- Roots used in soups and stews, spring leaves in salads
- Sap used to treat multiple medical issues



Dwarf Birch



Avaalaqiaq

“one leaf”



- a low shrub with rounded, small, toothed leaves, reddish-brown twigs, and compact growth



Elegant Sunburst Lichen



Qaarsut qalipai

“bedrock peel”



- an orange, crusty lichen forming rounded patches with small, flattened, radiating lobes



Fringed Rocktripe Lichen



Ujaqqap qalasia qasiartoq

“grey stone belly”



- a black leafy lichen with curled edges and fringed margins underneath



Greenland Scurvy Grass



Qunguleq

“cabbage”



- low-growing, with rounded, succulent leaves, small white flowers, and branching stems



Labrador Tea



Qajaasat

"like a kayak"



- A low shrub with leathery, evergreen leaves, woolly undersides, and clusters of small white flowers.
- Commonly brewed into a tea and as a spice in cooking, but toxic if you consume too much
- Used medicinally and as an insect repellent



Lyme Grass



Tusaasat

"one you can hear"



- a tall, bluish-green grass with stiff, upright leaves and dense, spike-like seed heads



Northern Willow



Orpigaq

“bush”



- a dwarf shrub with woody stems, oval, leathery leaves, silky undersides, and fuzzy catkins
- Used as pain medication, for food, and for making fires
- Flexible branches used to make items like baskets, bows and arrows, snares and traps



Roseroot



Tullerunnaq

"like an earring"



- a succulent plant with thick, fleshy blue-green leaves and clustered yellowish or pinkish flowers
- Root and leaves eaten raw, or fried or boiled as a vegetable. Roots can also be dried and used as a tea



Sea Mayweed



Qaqortukuloq

“the big white”



- low-growing with feathery leaves, daisy-like white flowers, yellow centers, and spreading, branched stems
- Has antiseptic properties and used to treat medical issues
- Flowers and leaves may be dried for tea



Snow Lichen



Orsuaasat sequtsilasut

“crispy leaves”



- pale gray to whitish, forming shrubby, branching mats with granular texture and tiny knob-like projections



Three-toothed Cinquefoil



Ikasungasit-umittut

(no good translation)



- low-growing, with glossy, three-toothed leaves, reddish stems, and small, white, five-petaled flowers