

Kangerlussuaq Nature Walk

Plant Identification

Embrace your #NatureBeing in the
#adventurecapitalofgreenland





Alpine Bistort



Quperluusat

"worm-like"



- thin, upright stems, narrow leaves, pale pink or white flower spikes, and small, dark bulb-like growths.
- grows everywhere in Greenland in heaths, snowfields and herb meadows
- slightly nutty flavour



Alpine Mouse Ear



Qaqortuaraq meqqulik

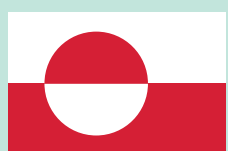
"the little white with hair"



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



Arctic Catchfly



Tunguarnitsoq

“the sweet one”



- a low, leafy clump with upright stems carrying small white or pink flowers



Arctic Rush



Ivigaasat

"grass-like"



- stiff, narrow leaves in dense tufts, with small brown flower clusters near the stem tips



Arctic Wintergreen



Aningaasat

"resembling moons"



- a low evergreen with rounded glossy leaves and nodding white or pink bell-shaped flowers



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

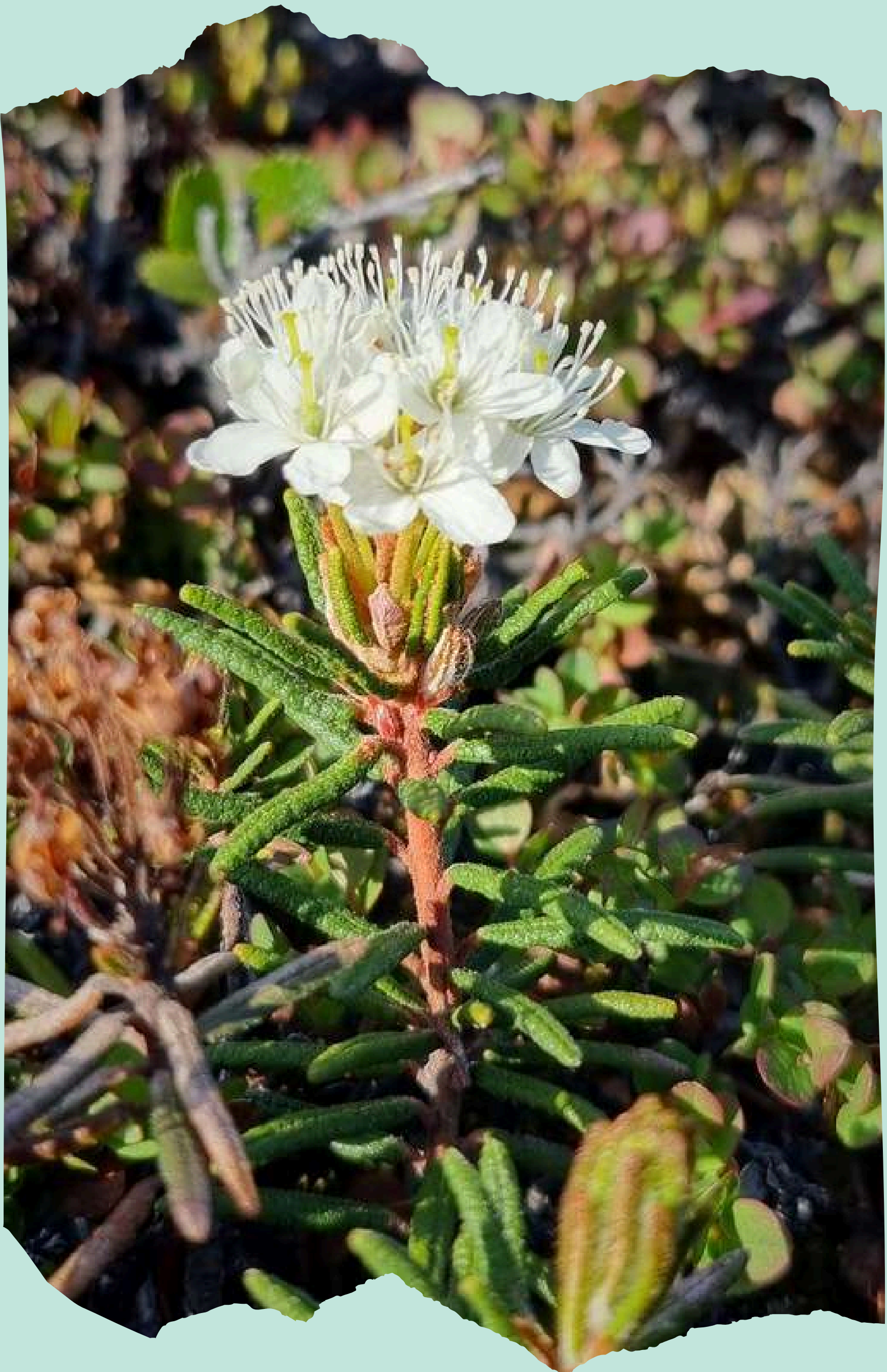


Bog Labrador Tea



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



Boreal Sage



- an aromatic plant with finely divided grey-green leaves and small yellowish flower heads



Dwarf Birch



Avaalaqiaq

“one leaf”



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



Dwarf Fireweed



Niviarsiaq

“young girl”



- Greenland's National flower
- short reddish stems with narrow leaves and bright pink, four-petaled flowers
- Entire plant is edible



Entireleaf Mountain-Avens



Umerluusaq

“what looks like the snout of a seal”



- a low evergreen mat with leathery leaves and large cream-white, eight-petaled flowers
- whole plant harvested just before or when blooming - used for stomach diseases, gingivitis and other mouth/throat issues

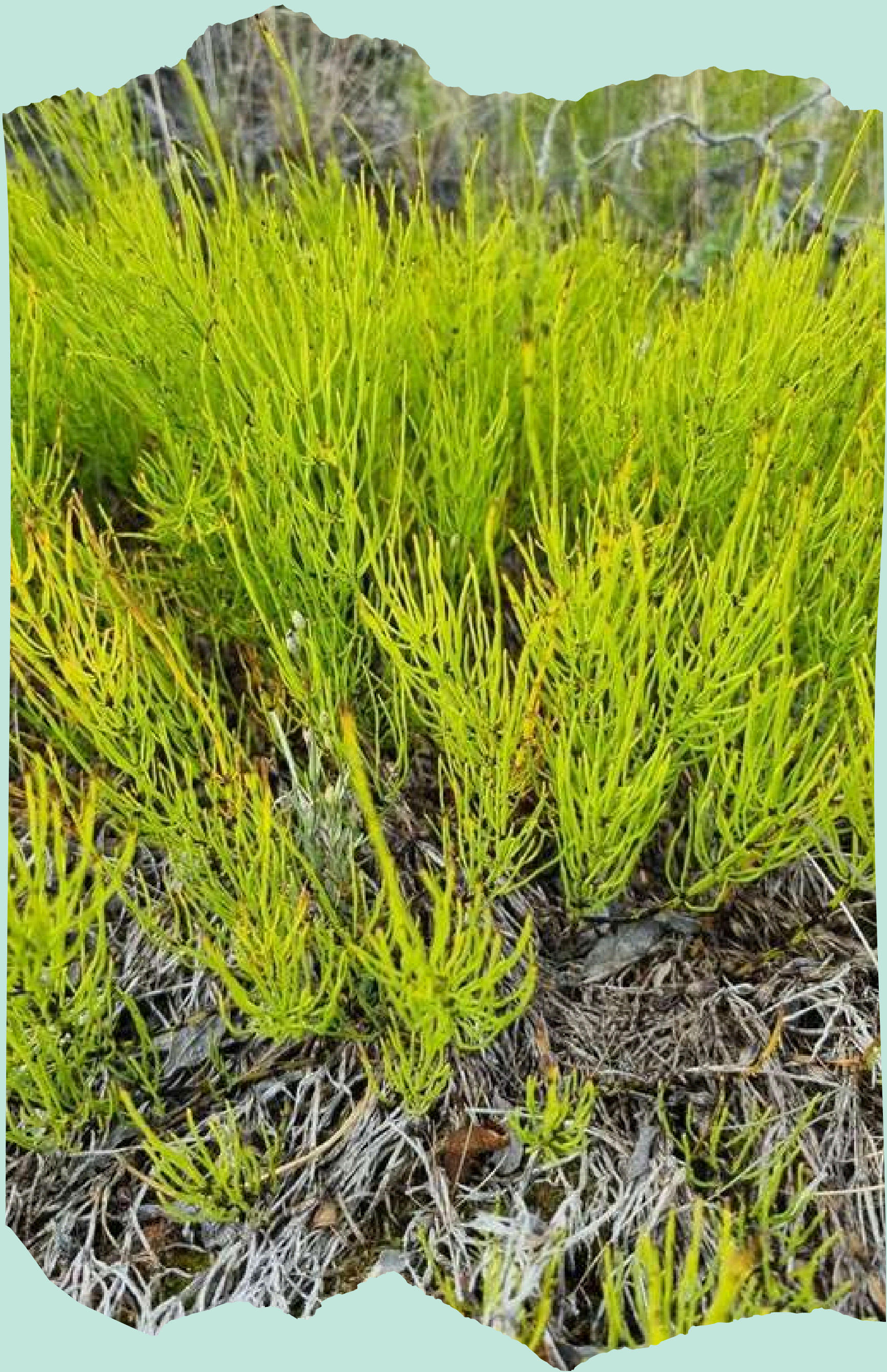


Field Horsetail



Tuttut nerisaat

“reindeer food”



- Spring sprouts - brown and unbranched with cone-like spore
- Summer - jointed green stems with whorls of fine branches



Grayleaf 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



Harebell



Tikiusaaq

“like a thimble”



- 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

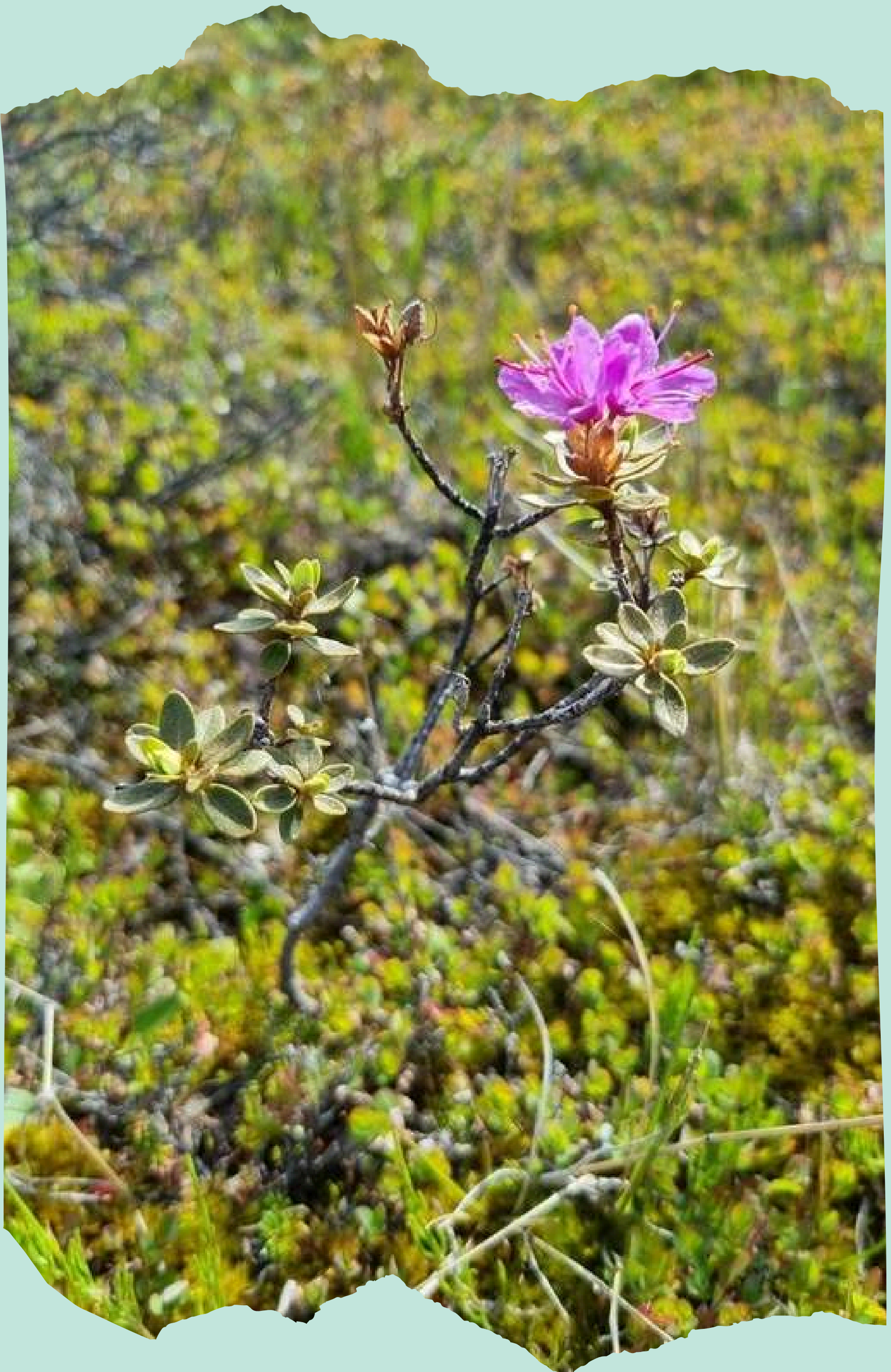


Lapland Azalea



Oqaasaq

“tongue-like”



- A low, woody shrub with small leathery leaves and clusters of purple-pink flowers.
- Poisonous to animals and humans due to terpene but rarely results in death



Marsh Felwort



Tungujortutsiaq

“bluish”



- a slender plant with opposite leaves and pale purple, star-shaped flowers streaked darker



Northern Lousewort



Ulannerusaq

“Looks like meadowsweet”



- a low plant with feathery leaves and dense spikes of pink-purple, hooded flowers



Prickly Saxifrage



Nernaq



- a low cushion with stiff, prickly leaves and small white, five-petaled flowers



Scheuchzer's 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