

Maniitsoq Nature Walks

Plant Identification

Embrace your #NatureBeing in the
#adventurecapitalofgreenland





Alpine Bistort



Quperluusat

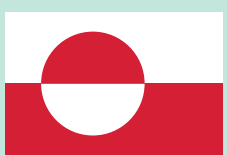
"worm-like"



- 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 Lady's Mantle



Kuanniusaaraq

“a little plant that looks like angelica”



- low clumps of deeply divided leaves with silver-haired edges and sprays of yellow-green flowers
- Leaves used in salads and cooked like spinach
- Used to amke wound stessings and skin tonics



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



Alpine Rock Cress



Kaarsi Killavaalik

"watercress with peaks"



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

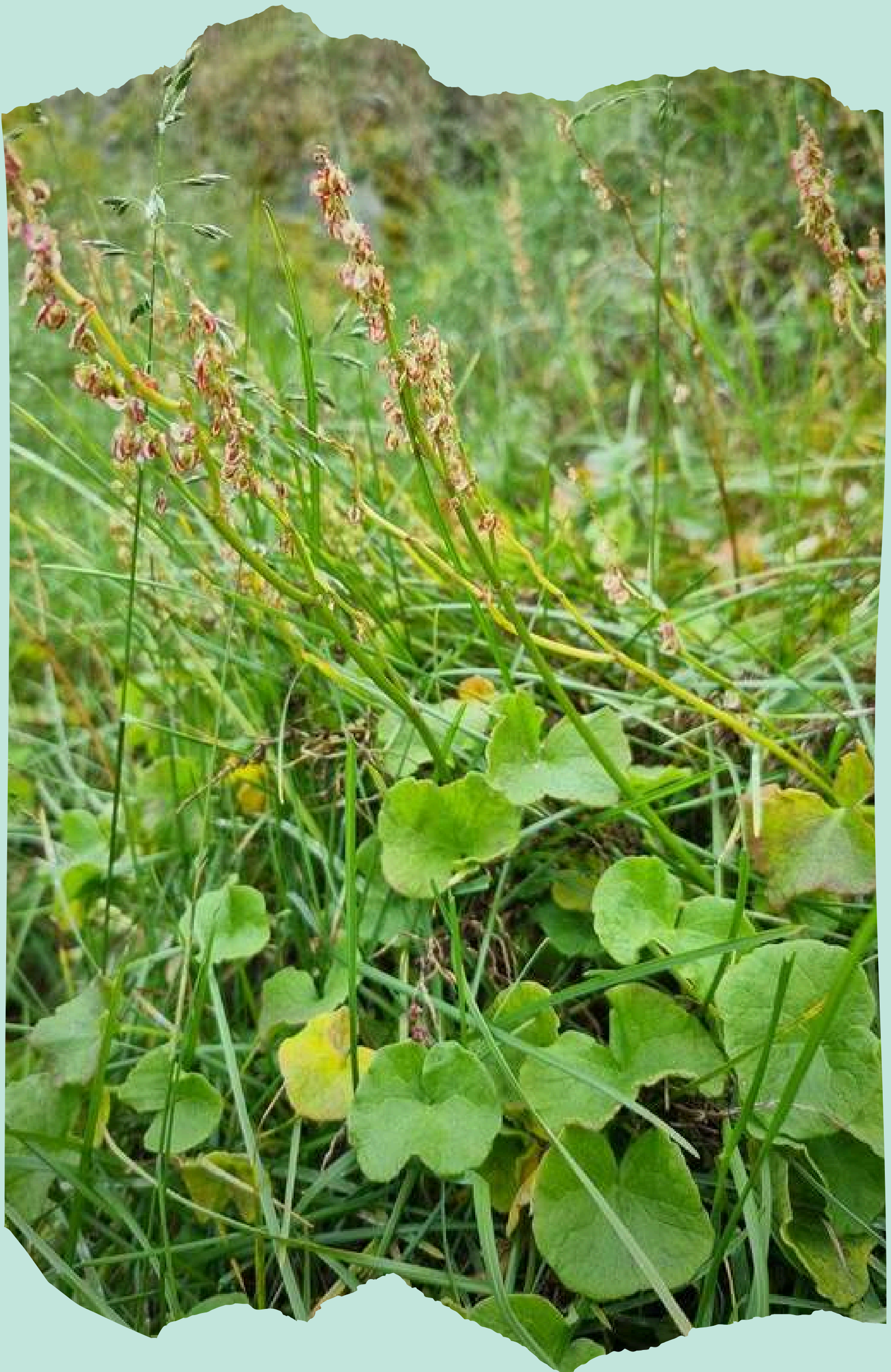


Alpine Sorrel



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



Angelica



Kuanneq

(word borrowed from the vikings: kvan)



- thick, upright stems, large leaves divided into several parts, and rounded clusters of small greenish-white flowers
- all parts of plant can be eaten, stalks are most commonly eaten raw, cooked or candied
- strengthens the body and aids digestion



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

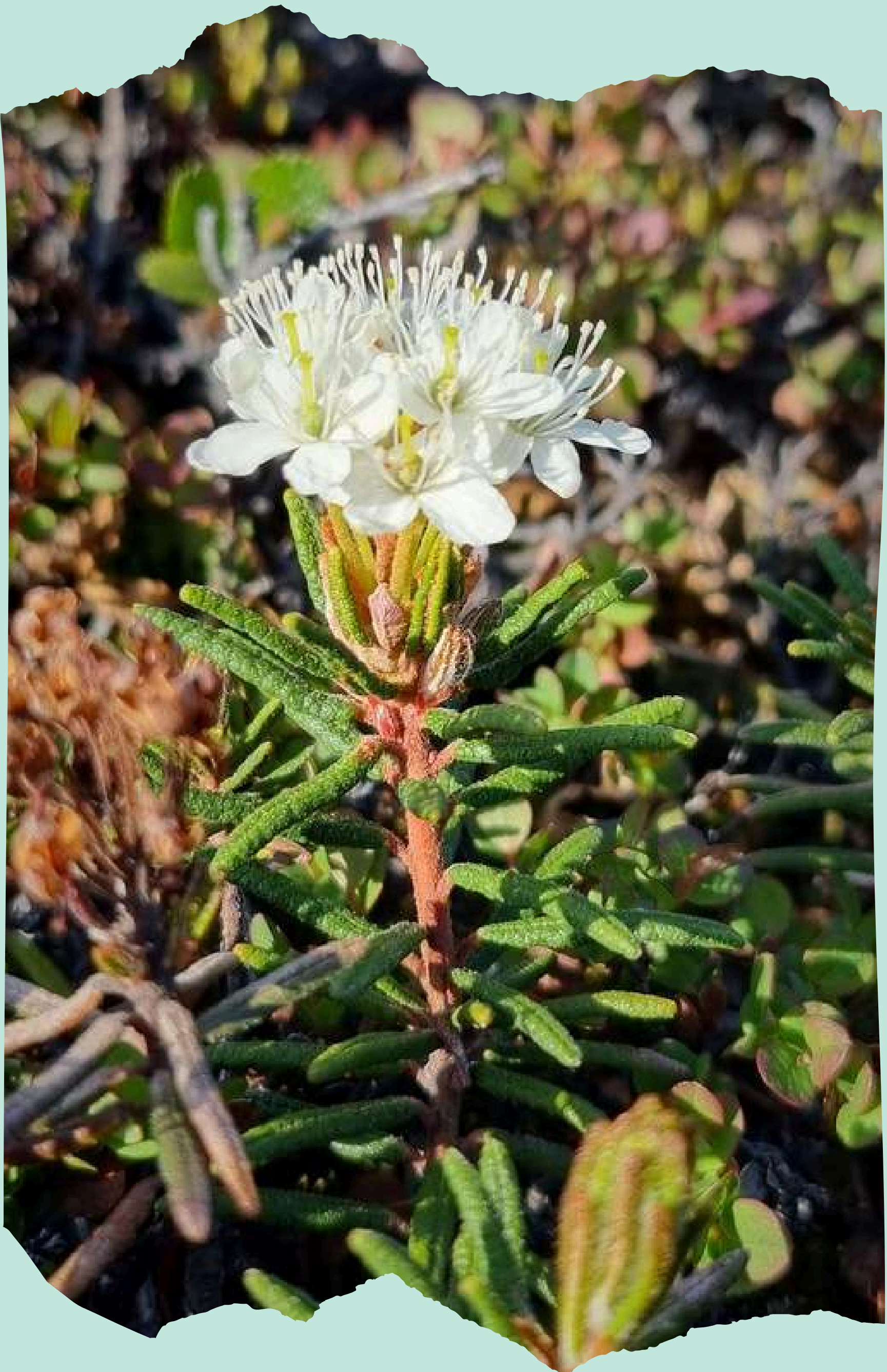


Bog Labrador Tea



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



Dwarf Fireweed



Niviarsiaq

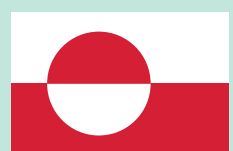
“young girl”



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



Fringed Rocktripe Lichen



Ujaqqap qalasia qasiartoq

“grey stone belly”



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



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



Hairy Kidneywort



- small, toothed leaves arranged in a rosette, with loose clusters of white, star-shaped flowers with reddish spots



Least Willow



Piluusat

“willow-like”



- a prostrate woody mat with tiny rounded glossy leaves and small upright catkins



Meadow Buttercup



Sungaaqtuaq

“the little yellow one”



- upright, branching stems, divided leaves, and shiny yellow flowers with five petals



Moss Bell-heather



- low, creeping mat of tiny leaves, with small white, bell-shaped flowers



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



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



Sea Mayweed



Qaqortukulooq

“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



Swedish Cornel



Seqquluttut; Kimmernaasat

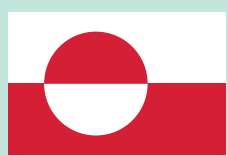
“raisins; cranberry-like”



- low groundcover with four white, leaf-like structures around dark flowers, followed by clusters of red berries



Three-toothed Cinquefoil



Ikasungasit-umittut

(no good translation)



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