



Oregon Sea Grant Extension
Sustainable Tourism &
Outdoor Recreation Program

Interpretative Fact Sheet Salal (*Gaultheria shallon*)



The following short article is from the [Oregon Coast 101 Species](#) collection used by the Guide and Outfitter Recognized Professional (GORP) training program. These articles are intended to provide interesting facts you can share with your clientele and add value to your services.

An Interpretive Fact Sheet has been written about each species. We are currently uploading these blogs and creating the links.

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Tourism and Business Development College of Business,
Oregon State University Extension - Oregon Sea Grant at
<http://tourism.oregonstate.edu/>

Guide and Outfitter Recognized Professional Program
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For more information about the GORP training program see:
<https://www.gorpguide.org/become-a-gorp-certified-guide>

Salal (*Gaultheria shallon*)

 tourism.oregonstate.edu/salal-gaultheria-shallon/

By
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Salal is an evergreen, understory shrub found in coastal forests from British Columbia to southern California. It is identified by its shiny, dark green leaves and its purple-to-black, berry-like fruits. Lewis and Clark wrote about salal in their journals, a plant they first encountered on the Oregon Coast near Astoria in 1806. Long before these explorers discovered salal, however, Native Americans used this plant in a variety of ways, including as a medicine, food, dye and utensil. Wildlife including bears, deer, elk and beavers also enjoy salal.



Salal (*Gaultheria shallon*)

Salal continues to be a good food source for humans today. The berries are loaded with vitamins and antioxidants that prevent degeneration. Berries can be eaten fresh, added to smoothies, pies, jam and fruit leather. They are ripe during late summer – usually August and September. Keep an eye out for this plant next time you explore Oregon's forests.