

SASQUATCH FOOD – WILD VEGETATION (As reported in sightings)

Christopher L. Murphy

A major factor in the study of any animal is what it eats. With sasquatch, this is particularly important because it provides insights into their physical makeup, intelligence, and range (habitation). We know that sasquatch kill a variety of other animals for food and also eat vegetables and fruits, so they are omnivores. In the animal kingdom (for the purpose of this discussion) the approximate percentages of animals by types of food eaten are: 30% Herbivore (plants only); 40% Carnivores (meat only); and 30% Omnivores (plants and meat). Generally speaking, omnivores hunt, kill and eat herbivores (the meat is more desirable and the animals easier to kill). It can be seen that omnivores comprise about one-third of the three types of animals, and species in this category are the most intelligent.

Other than domestic vegetables they steal, sasquatch have been observed collecting and eating wild vegetables, some not commonly eaten by humans, as shown on the adjacent chart. The sasquatch choices are interesting and provide amusing insights. They will be discussed in turn.

Waterweeds grow in lakes and ponds, mostly submerged under the water and generally close to the shore. Aquatic animals (beavers, muskrats, turtles) eat it, but for strictly land animals the plant creates a problem unless the animals are large enough to wade out and get it. Most animals eat it “in place,” because hands are needed to collect it. Sasquatch have both size and hands so this plant has become a food source.

Water lily bulbs are the food storage organ of the plant. Like waterweeds, water lilies grow in lakes and ponds, generally close to the shore. They float on top of the water with long stems that go down to the mud and into the bulbs. The bulbs must be pulled out—keep in mind that they are under the water. Hands and strength are needed, and again sasquatch have both. The water

lily stems are quite tough and form a virtual jungle under the water. People swimming are warned to stay away from the plants to avoid getting tangled in them. Sasquatch would keep their feet on lake bottom and rip out the plants with the bulbs intact. This would be tough for a human. I can't think of another forest dweller that would “harvest” water lily bulbs.



Reeds, most commonly called bulrushes (also reedmace or cattails), grow near water of any type (lake, pond, stream, etc.). They often grow in roadside ditches. When road are built they are raised and water runs off into ditches. Here it stagnates and becomes a habitat for numerous plants and insects. Bulrushes quickly take up residency. They are generally in thick and fairly deep mud so moving around is difficult. The rushes themselves are quite hard to pull out, but a sasquatch with its hands and strength would not have a problem. It can be reasoned that sasquatch seen in roadside ditches are collecting this plant. The seeds, pollen, young shoots, stem base, inner part of the stem, and roots (rhizomes) of bulrushes are edible.

Wild onions are what we domestically call spring onions. Onions of any sort are a strange vegetable. Humans either almost crave them or absolutely hate them. Eaten raw, they burn the mouth unless used somewhat sparingly and mixed with other vegetables. Eating too many raw onions results in stomach issues. I believe the biggest “onion lovers” are humans; wild animals are likely a little cautious with this vegetable. Nevertheless, it appears sasquatch like them. A mountain in Northern California called Onion Mountain got its name from the abundance of wild onions that grow there. Sasquatch footprints and a hand print were found on this mountain. Could the wild onions be the reason for sasquatch visits?

Grass stems are abundant. In rural areas people pull out long grass stems from their sheath and eat the tender white lower part. The grass seen in the chart image is along the same lines. A sasquatch would certainly need a lot of stems, but obviously takes the trouble to obtain this food.

Blueberries are one of several wild berries that grow in the Pacific Northwest. The most profuse are blackberries and salmon berries. They are so plentiful that one can pick a bucket-full in a fairly short time. Nevertheless,

blueberries only have been observed as a subject food source. Sasquatch are said to draw a branch to their mouth and eat the ripe berries.

Devil’s club roots were a major source of food and medicine for Native North Americans in early times. Humans dig out the roots; sasquatch simply pull on the plant, which comes out of the soil roots and all. I doubt the average human would be able to do this. It would be interesting to see how much strength is required for this process. The plant itself is fairly common in forest areas, growing quite high, but has extremely sharp spines (prickles) on the stalks and leaves that penetrate skin and break off (likely the result of the plant name). Just how sasquatch get around the spines is not known, but it would appear they scrape the spines off at a spot for holding and pulling the stalk. The spines, of course, are a defense to eliminate animals eating the plant’s leaves. I have no facts but will guess that humans and sasquatch are likely the only animals that harvest devil’s club roots.



Devil’s club stalk showing spines.

Willow leaves are edible by humans, and sasquatch apparently like them; probably because of the ease at which they can be eaten. Willow branches are extremely tough and they taper down from thick to very thin. Sasquatch are said to draw willow branches through their teeth stripping the leaves off into their mouth. The process is very easy and clean because the main part of the branch does not break and is sort of slippery.