# Traditional Plants

🚯 🕐 🍞 @ABMetisyouth

#### Nature Walk Scavenger Hunt

Bitterroot	Sweetgrass	Notes
Chaga	Tansy	
Echinacea	Wild Rose	
Fireweed	Yarrow	
Horsetail	Bearberry	
Labrador Tea	Dandelion	
Plantain	Goldrenrod	
Rat Root	Mint	
Sage	Saskatoon Berry	
Stinging Nettle	Wild Chamomile	

**DISCLAIMER:** Please talk to your local Knowledge Keeper or Elder about safe use and proper harvesting practices. Stay safe and be aware of your surroundings while searching for plants.





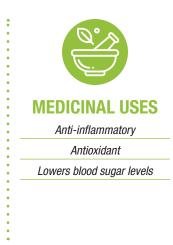
Considered a traditional plant, Bitterroot has many medicinal uses for the heart, including relieving chest pain and purifying blood. It is also said to aid blood sugar levels in diabetes and sore throats when chewed. It grows in dry shrub-lands, woodlands, and pine forests.







Technically a fungus, Chaga can be harvested at any time of the year. It can be used for stomach issues, tuberculosis, and certain cancer pains. This fungus grows mainly on the bark of birch trees.





## Echinacea

This plant can be found in dry prairies and open wooded areas and is said to be an antibiotic, which activates white blood cells. It is also a popular treatment for the common cold.





### Fireweed

This pretty purple plant has antiinflammatory properties, as well as antiseptic compounds. It is used to aid the treatment of colds, tonsillitis, cramps, and helps prevent wounds from getting infected. Fireweed is also rich in vitamin A and C. It prefers to grow in well-drained soil and can be found in semi-shaded forests and sunny meadows, woodland edges, and along road allowances.



#### **MEDICINAL USES**

Improves metabolism

Assists kidneys & liver

Assists lymphatic system

Antiseptic, painkiller & astringent

Cleansing, causes vomiting

Increases energy & well-being



### Horsetail

Horsetail has been around since before the ice age. It is said to have been used for kidney problems, such as stones or urinary tract infections. It also makes a good foot bath to relieve achy feet. Horsetail grows in moist, marshy areas, but it can also be found in fields, forests, and gravelly soil.

• • • • • • • • • • • • • • • • • • • •	MEDICINAL USES
•	WEDIGINAL USES
•	Painkiller
	Antiseptic & astringent
:	Relieves gas
•	Increases sweating
:	Diuretic
	Heals wounds



# Labrador Tea

This shrub is known as "Muskego" to Métis people. Commonly used as a hot beverage, Labrador Tea provides relief from stomach aches, colds, and can soothe the nerves. Externally, it can be used as an insect repellent. Labrador Tea prefers moist to wet peaty soils, especially in bogs and wet coniferous forests.





Plantain

This leafy green plant has many medicinal uses and can be found growing in meadows, pastures, lawns, roadsides, gardens, and waste areas. Internally, it is used to treat diarrhea, kidney and bladder trouble, and inflammation. External uses include dressing wounds, treating hemorrhoids, and treating insect bites. It is also used to treat poison ivy rashes.

•	MEDICINAL USES
:	
•	Improves metabolism
:	Assists kidneys & liver
:	Assists lymphatic system
	Antiseptic
•	Astringent
1	Diuretic





Rat Root grows on the borders of marshy areas and ponds where soil is consistently moist. Chewing pieces of this plant can help with bronchial issues or breathing difficulties.







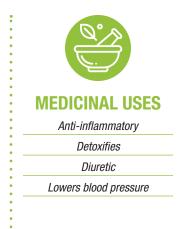
This aromatic plant is helpful as a wash for sores and wounds. It can also be massaged into the scalp for dandruff or hair loss. Sage can be found in dry plains, hills, rocky slopes, and forest openings.

MEDICINAL USES
Diuretic
Reduces bleeding
Increases menstruation
Increases energy & well-being



# stinging Nettle

This plant can be found growing in rich soil from sub-alpine areas to the plains. Stinging Nettle leaves are rich in protein, minerals, tannins, and both vitamin A and C. This plant has been used to treat anemia, gout, and poor circulation.





### Sweetgrass

Found in many different growing conditions from forest openings, alpine zones, and low meadows, Sweetgrass can help with colds or sinus issues.







Introduced to North America from Europe, Tansy grows in dense bunches and can be found on roadsides, grasslands, and areas disturbed by activity. It can be used internally or externally: internally to treat for worms and induce sweating, and externally to treat swelling, inflammation, and wounds. In large doses it can be dangerous and cause adverse reactions, such as comas and miscarriages.





## Wild Rose

All parts of this well-known plant, including its root and stem, can be used medicinally. There are 35 different species of Wild Rose. Known to have more vitamin C than oranges, this plant is also high in vitamin A, K, and many B vitamins. The Métis used parts of this plant to make jellies, syrups, and to flavour ice cream. It can be found in prairies, fence rows, and open woods.

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:	MEDICINAL USES
•	Anti-inflammatory
:	Antioxidant
:	Astringent
:	Laxative
•	Restores strength
•	Increases energy & well-being



### Yarrow

The whole plant is used medicinally: dried roots can be chewed to relieve muscle sprains and strains, the leaves can be placed on wounds to stop bleeding. Tea made from the flowers helps with colds and influenza, releasing toxins through perspiration. Known as "women's medicine," it also helps regulate the menstrual cycle. It is commonly found near wet and dry areas, such as roadsides, meadows, fields, and coastal places.

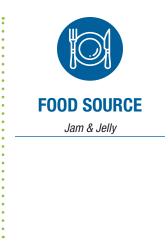


- Astringent & anti-inflammatory
  - Increases menstruation



### Bearberry

This shrub can be found growing in gravelly ridges and sandy soil all over North America. This plant is useful in the treatment of diabetes and conditions of the urinary organs.







It grows everywhere! All parts of the dandelion plant are edible and can be added to pancakes, muffins, and jelly. It can be made into a healing salve for eczema.

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÷	FOOD SOURCE
•	Pancakes
•	Muffins
:	Jelly
•	Salad
:	Теа
•	



Goldenrod

Goldenrod is found growing along roads, thickets, and in clearings across Canada. The leaves and flowers can be used like spinach in salads, soups, and other dishes. It can be made into a tea to treat colic, headaches, and colds.

•	
•	FOOD SOURCE
•	Salad
:	Soup
•	Теа
•	
•	
•	





This fragrant plant is typically found along lakes, streams, or in wet, marshy places. This herb is great for strengthening the heart muscle, as well as cleansing and strengthening the whole system.

FOOD SOURCE
Seasoning in cooking
Теа



# Saskatoon Berry

This fruit bearing shrub can be eaten fresh or canned. It is commonly made into pies, jams, or syrup. Rich in vitamin C and iron, this plant was once a vital food source for Indigenous people, arowing in many climates, from sea level up to the Rockies. It can be stored for long periods of time and was used for survival during winters and long voyages.





# Wild Chamomile

Also known as Pineapple Weed, this plant grows on or along trails, roadsides, and in areas disturbed by activity. It is useful for colds, stomach issues, eczema, infected sores, fevers, and postpartum anemia.

