



## **SWEETGRASS**

Opening Ceremony

### **USAGE INFORMATION**

A sacred plant used for praying, ceremony and medicine

### **PLANT APPEARANCE:**

smooth, flat-leaf bladed grass that grows 30-60 cm tall in moist areas. It likes low meadows or coulees.



## **CREEPING JUNIPER**

Can be made into a tea for treating colds, relief for teething babies, system cleanser, can be burned to clear sinuses, eye soreness

### **YOUR SYMPTOMS:**

Cold, teething, constipation, clogged sinuses, sore eyes

### **PLANT APPEARANCE:**

A shrub with long, twisted stems up to 5m long, mature branches bearing short, scalelike, overlapping leaves on narrow branchlets, although some young branches may have awl-shaped leaves. The dark blue berrylike cones are found at the ends of the branches



## **GOOSE BERRY**

Gooseberries are good for eating when they are ripe, either fresh, boiled with sugar or added to soup. They also work as a mild laxative.

### **YOUR SYMPTOMS:**

Constipated, Hungry

### **PLANT APPEARANCE:**

Prickly branches and bright green leaves. The shrub blooms in June with lots of greenish white to cream coloured flowers close together. The round, reddish brown gooseberries turn a blackish color when they are ripe. Gooseberry bushes grow in wet places such as swamps, damp woods and moist run-off areas. Sometimes they are found on river banks.



## **RASPBERRY**

Given to a women to strengthen & aide them in the birthing process, hunger & nourishment, cold & flu , eye soreness

### **YOUR SYMPTOMS:**

hunger, pregnant, fever, sore eyes, snow blindness

### **PLANT APPEARANCE:**

a large bush with bristly stems, leaves pinnately divided into 3 - 5 leaflets, white flowers, and red aggregated fruit



## **PAPER BIRCH**

**Gives us strong wood for making things like snowshoes and axles for wheels and sleighs**

**YOUR SYMPTOMS:**  
**Want to make snow shoes**

**PLANT APPEARANCE:**  
Paper birch can grow up to 15 metres. It has white or silvery gray bark and it peels off easily into thin strips, like paper. The light green leaves have lots of little teeth around their oval shape. It grows across our prairies and is often found near river beds.



## **JACK PINE**

**heal deep wounds, needles used for frostbite, cold medicine, promote healing**

**YOUR SYMPTOMS:**  
**deep wounds, frostbite, infection, cold**

**PLANT APPEARANCE:**  
**coniferous tree with thin reddish brown bark, needles, cones,**



## **OX-EYE DAISY**

flower leaves can be used to make to  
make a tea that soothes  
hyperactivity

**YOUR SYMPTOMS:**  
hyperactivity

**PLANT APPEARANCE:**  
strong-smelling perennial  
with short rhizomes,  
usually growing in patches,  
daisy like flower head



## **DANDELION**

purify the blood for the treatment of  
anemia, jaundice, nervousness,  
consumed as a diuretic, flow of bile  
related to liver disease, mosquito  
repellent

**YOUR SYMPTOMS:**  
anemia, jaundice, anxiety,  
mosquitos in the area, liver  
disease

**PLANT APPEARANCE:**  
a perennial with leaves  
and flower stalks, yellow  
ray florets



## **SASKATOON BERRY**

**Berry Soup, Pemmican,  
Aids digestion, gets rid of  
gas**

### **YOUR SYMPTOMS:**

**Hunger  
upset stomach or gas**

### **PLANT APPEARANCE:**

Saskatoons grow from 30 cm tall to trees of 4.5 metres. Look for them in our ravines on the prairie or with aspen poplar trees. The bark is brown or gray and smooth. Its branches hold leaves.



## **WILLOW**

**burned to smoke meat, treat  
diarrhea, stomachaches, treat  
constipation, tooth aches,  
cough, back problems, treat  
deep cuts, ulcers**

### **YOUR SYMPTOMS:**

**diarrhea, stomach aches,  
constipation, toothaches, colds,  
cuts, ulcers**

### **PLANT APPEARANCE:**

**narrow leaves, produces hairy  
seeds**



## **ALPINE FIR**

headache, cuts

### **YOUR SYMPTOMS:**

Needle smudge smoke can be breathed in as medicine if you have a headache or if you feel faint or dizzy  
the gum from the bark can help kill germs if you soak the resin in water until it is soft and put it on your wounds

### **PLANT APPEARANCE:**

pale, bluish-green needles, triangle shape, and gray or white bark, up to 10 - 16 metres, with branches that reach all the way to the ground



## **CHOKECHERRY**

A juice of berries helps to stop diarrhea and sooth a sore throat. If you suck on the fruit, it helps heal canker sores. Boiled twigs can be made into a strong tea tonic to relieve fever.

A fresh chokecherry tastes delicious

### **YOUR SYMPTOMS:**

Diarrhea, Hunger, Sore throat, canker sore, fever

### **PLANT APPEARANCE:**

It can be small like a bush of 2 metres or large like a tree up to 4 metres. The flowers have 5 white petals that bloom in May and June. The round, dark red, pitted berry comes later, in August and September.



## **BUFFALO BEAN**

our elders used when they wanted to dye a skin bag or arrows yellow.

They would take the yellow flowers and make a strong tea and soak the thing they wanted colored in the tea.

## **YOUR SYMPTOMS:**

dye a skin bag or arrow yellow

## **PLANT APPEARANCE:**

It has bright golden yellow flowers about 12 mm long and they grow together at the top of the plant, like a spear.



## **PRICKLY PEAR CACTUS**

A yummy fruit with lots of vitamins  
The stem can be eaten but Elder Narcisse Blood says that the best part is the fruit, which can be eaten fresh when peeled

## **YOUR SYMPTOMS:**

hunger

## **PLANT APPEARANCE:**

It has lots of waxy yellow flowers. They bloom between May and July. The plant really has no leaves and the stem is actually a flat beaver-tail shape.



## **PUFFBALL**

This fungus helps us to stop bleeding. The spores can be mixed with water and drunk for internal hemorrhage. You can pick a puffball, cut it and put it in your nose to stop nosebleeds. Puffball pieces can be put on cuts, like a bandage to stop bleeding also.

## **YOUR SYMPTOMS:**

Bloody nose, external or internal bleeding

## **PLANT APPEARANCE:**

Puffballs are actually fungus that grow throughout the prairie in damp, shaded spots. They are a light brown globe shape about 2 to 5 cm across and they grow together in patches. When they are ripe, there is a tiny hole at the top of the globe



