Indigenous Relationships with Plants

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Presented to

Wild About Saskatoon

by

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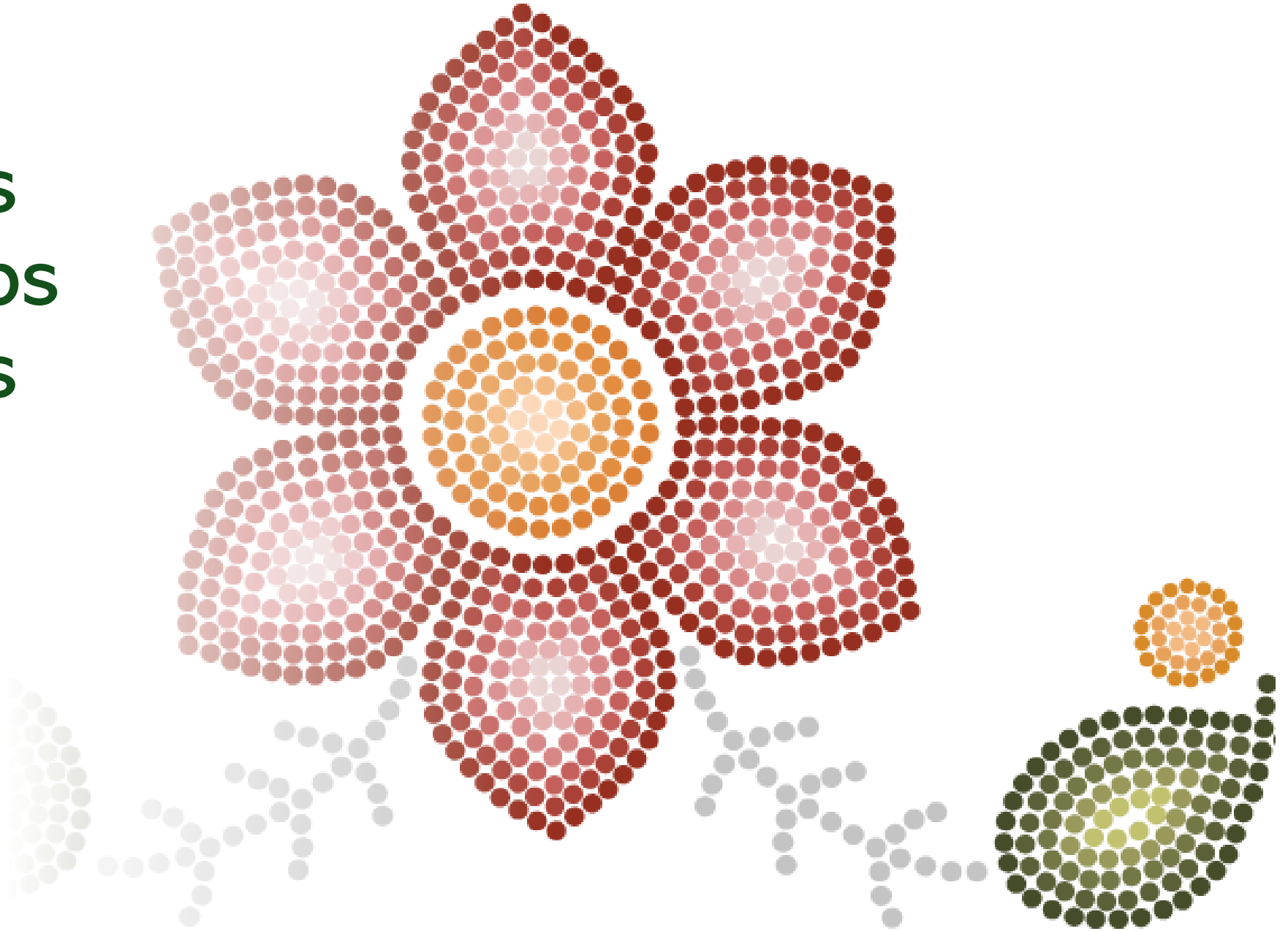

Our Medicine Cabinet

Seneca

The root was chewed and the juice swallowed to treat a sore throat or packed in a tooth cavity to treat a toothache. Was also made into a poultice and applied to cuts and bites to prevent infection. Our relatives made extra money by picking Seneca in late summer. After digging, washing and drying it was brought to Saskatoon and sold. An older cousin, Marlene, said she used to get mad when they wouldn't pay as much if there was even a little dirt.

La haarroozh – red willow

The bark was simmered to make a tea for general ailments. Our relations would scrape the inner bark, dry and smoke it. Aka – kinnikinik. It was well-used as a form of discipline, "Go and get a willow branch".

Our Medicine Cabinet

Takwahiminaana - Chokecherries

Rich in antioxidants and vitamins. All cherry species contain trace amounts of a toxic ingredient called cyanide. However, throughout time and knowledge of Indigenous peoples, specific processing steps would be taken to ensure that the cyanide would be diminished.

Chokecherries were annually picked in droves of families and used to make jelly, syrup, wine, and medicine. A very popular drink would be made to drink around the holidays, it was called “Piquette”. They would remove the pits and ferment the cherries until they became wine.

Crushed cherries. Once the berries were crushed and dried in the sun they would be fried in lard and sugar then stored for special occasions such as New Year’s.

Our Medicine Cabinet

Lii pwayr – Saskatoon berries

High in antioxidants and anti-inflammatory properties these berries were used in teas, desserts and pemmican.

Li boom - wild mint

The leaves were used to make tea to treat a cough or cold. Used to prevent miscarriages.

Li rooz di nutr piyii– wild rose

The petals were used in tea for a heart tonic. The hips were boiled and strained to make jelly.

Li sool di loo – wolf willow

Once this hunger berry's pulp was removed and the seed boiled, the seed with its distinctive black stripes was used to make rosaries and jewellry.

Protocols

<u>Stewardship</u>

Pick clean, don't damage plants
Leave like you found or better
Don't over-pick to ensure regrowth

<u>Michif values</u>

Be generous – share your bounty
Give thanks, show gratitude
Use what you pick – don't waste

Maarsii.