

# Plant Identification Examples #1

## Alder Bark

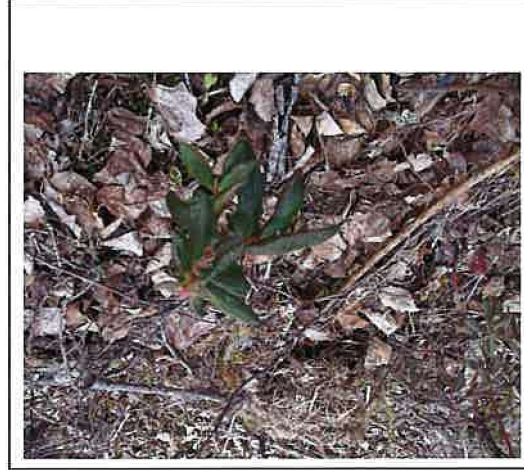
- Alder bark and young leaves were used for tea, poultices, and salves. The plant contains aspirin content.
- The tea was used for headaches, as well as an antiseptic wash. The young bark, as well as the leaves were picked in the spring and could be dried for later use.

## Cottonwood

- The buds, young leaves and bark from a young cottonwood tree (when it still looks like a willow tree) were picked in the early spring and used for teas, washes, and poultices.
- It contains aspirin content. The tea was consumed for headaches, and also used for a wash because it has antiseptic properties. The leaves and bark were dried and stored for later use.

## Labrador Tea

- Harvest Time: Leaves can be picked in late spring through to late fall. The plant can be found in bogs or tundra, and around lakes.
- Medicinal Use: Sip the tea for colds and arthritis. Externally, the tea is used as a wash for open cuts and sores. Use sparingly. Drinking too much of this tea can cause poisoning.



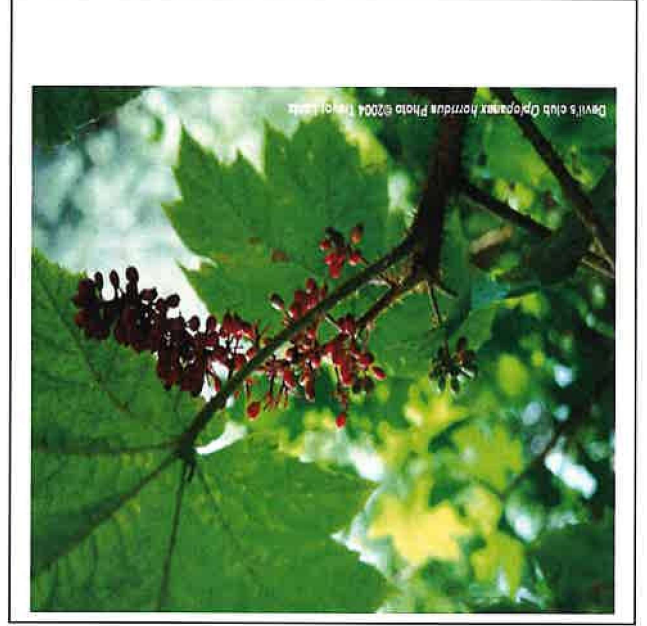
## Plant Identification Examples#2

### Rose Hips

- Harvest Time: After frost
- Medicinal Use: Rose pedals were picked and used in teas or an external wash for ulcerous skin conditions.
- Rose hips were picked and dried, and later used to make teas, good for colds and coughs. It is rich in vitamins C, A B, E, and K. Today, rose hips are also used to make homemade jellies.

### Devil's Club

- Harvest Time: Early Spring to Late Fall
- Medicinal Use: For general strength and colds, the inner bark can be simmered and drunk as a tea. The tea can also be used as a wash for boils or other skin irritations. The bark can be pounded into a powder and used as a smudge to bring good luck to the hunter. A hunter will also drink the tea for four days in a row before going out in order to mask the human smell.
- A person must be very careful when harvesting devil's club because of the thorns. If you get stuck with a thorn, it can become infected. Wear gloves when cutting from the base of the stalk. Use a potato peeler to remove the prickles. Take the inner bark from the stalk and dry it in small pieces for later use. It must be kept in an air tight container.



## Plant Identification Examples#3

### Stinging Nettle

- Harvest Time: Early Spring /Leaves and stalks
- Medicinal Use: This plant is great for aiding people with anismus because of its high content in iron.
- Because of the stinging hairs, use gloves when picking stinging nettle. Stinging nettle is high in iron, vitamins A, C, and D, and much like spinach in flavour. They must be steamed before eating. They can also be dried for tea. The tea can be used as a wash because it is very astringent. When used after washing the hair, used as a rinse, the scalp feels amazing, and clean.

### Fireweed

- Harvest Time: Early Spring Shoots and Late Spring Leaves/Summer Flowers
- Medicinal Use: The reddish, asparagus-like stalk in the spring are eaten raw or steamed. It is high in vitamins A and C. Later in the spring, the young leaves can be eaten in salads. The leaves can also be dried for later use in teas. The tea must be used in moderation because it is also a laxative.

### Fireweed in Bloom

- The buds and flowers of the fireweed can be picked and used in salads or nowadays used in homemade jellies.



## Plant Identification Examples#4

**Mulgus: Also known as False Hellebore**

- Harvest: Late summer
- Mulgus can be found in open meadows high in the mountains, usually in moist soil near stream banks.
- This plant is harvested for the root. It is dried, and sometimes turned into powder for the use in smudges. This plant cannot be eaten, it is quite poisonous. Use gloves to dig the root out. When using mulgus in a smudge, it is used to clear the space.

### **Chocolate Lily**

- Harvest Time: Late Summer to Early Fall for Bulbs.
- Bulbs are best after the foliage has yellowed. When harvesting, make sure to knock a few of the rice-like bulbs back into the ground and cover it to replant.
- The bulbs may be eaten raw, or boiled and add your favourite herbs. If the bulbs are a bit bitter, try soaking them overnight and change the water to rinse them before cooking. For winter use, the bulbs can be dried and added to soups.



## Plant Identification Examples#5

### Blue and Red Huckleberries

- These berries are found up in the mountains, nestled between pine and cottonwood trees. They like very acidic ground.
- Harvest: Late fall.
- In days of old, the First Nation's people picked these berries and dried them. They were made into very large rolls of dried fruit. They were then rolled on to a long stick and hung from the top of the ceiling and used as needed. Huckleberries were also used to make a dessert called "Dikes", where berries were mashed and mixed with fresh snow and oolichan grease and served right away. This was normally done at a feast to share their wealth.
- Medicinal Use: Blueberries are high in iron and vitamin C. They are good for regulating bowel movement, as well as to stimulate appetite.
- Today these berries are picked and jarred as fruit with light syrup, frozen, made into jam and jelly, and made into scrumptious pies.



# Plant Identification Examples #6

## Spruce

- Harvest Time: Spring = Spruce Tips
- Spring to winter = boughs, roots, and pitch.
- Medicinal Use: Spruce tea is an excellent source of vitamin C. To prepare tea just gather a good handful of green sprig growth and steep in a tea pot. Sweeten with honey and a dash of cinnamon.
- The cambium, or inner bark, was a traditional survival food. It is best in spring but may be used in other parts of the year. This thin layer may be eaten raw, boiled like noodles, or dried and ground into flour. The noodles can also be pounded into a pulp and dried into cakes; on the trail, it would be boiled and eaten. To prevent injuring the tree, harvest it from wood that is going to be used as fire wood.

## High-bush Cranberry

- Harvest Time: Late Fall, before frost for jellies.
- After a good frost for a sweeter berry.
- Medicinal Use: Used for cramps, as well as asthma. To prepare, steep one teaspoon of ripe, fresh, berries, or one teaspoon of dried bark in a cup of boiling water. These berries can also be used to make jelly.
- They are full of vitamin C.

