

Traditional Plants



@ABMetisyouth

Nature Walk Scavenger Hunt

Bitterroot

Chaga

Echinacea

Fireweed

Horsetail

Labrador Tea

Plantain

Rat Root

Sage

Stinging Nettle

Sweetgrass

Tansy

Wild Rose

Yarrow

Bearberry

Dandelion

Goldrenrod

Mint

Saskatoon Berry

Wild Chamomile

Notes

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.



Bitterroot

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.



MEDICINAL USES

Strengthens the heart

Detoxifies

Increases lactation

Relieves soreness & inflammation



Chaga

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.



MEDICINAL USES

Anti-inflammatory

Antioxidant

Lowers blood sugar levels



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.



MEDICINAL USES

Anti-inflammatory

Antibacterial

Anti-fungal



Fireweed

This pretty purple plant has anti-inflammatory 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

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.



MEDICINAL USES

Diuretic

Clears mucus from airways

Strengthens the lungs



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

Diuretic



Rat Root

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.



MEDICINAL USES

Increases menstruation

Removes parasites from the body

Relieves gas

Diuretic

Cures earaches

Painkiller, laxative & sedative



Sage

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.



MEDICINAL USES

Anti-inflammatory

Detoxifies

Diuretic

Lowers blood pressure



Sweetgrass

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



MEDICINAL USES

Clears congestion

Blood thinner



Tansy

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.



MEDICINAL USES

Antiseptic

Reduces muscle spasms

Increases sweating

Increases menstruation

Increases energy & well-being

Removes parasites from the body



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.



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.



MEDICINAL USES

Antiseptic

Antibacterial & anti-fungal

Lowers blood pressure

Lowers blood sugar levels

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.



FOOD SOURCE

Jam & Jelly



Dandelion

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.



FOOD SOURCE

Pancakes

Muffins

Jelly

Salad

Tea



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

Tea



Mint

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

Tea



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, growing 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.



FOOD SOURCE

Pie

Jam & Jelly

Syrup



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.



FOOD SOURCE

Salad

Tea
