

Gaa-niibawiwaad Mashkikiin

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# Standing Medicine People

A guide to common medicines found  
in south central Manitoba

Ji-mikigaadegin mashkikiin omaa zhaawanong Manitoba akiing



**In partnership with** Long Plain First Nation, Swan Lake First Nation, Rolling River First Nation, and Food Matters Manitoba

*Owe wiidanokiindiwag Ginooshkodeyaang, Gaabiskigamaag, Ditibineyaziibi dago Food Matters Manitoba*

**Standing Medicine People** refers to those medicines found on the land, sweet flag, berries, and other plants used to bring balance to our bodies. Knowledge about the standing medicine people is limited, changes have taken place on our lands that have greatly impacted our use and understanding of this resource.

Among those changes are impacts to the environment, including pollution, development, and agricultural impacts. There are also societal impacts that have impacted our awareness of the medicines harvested from the land.

The vision of this project is to identify safe places to harvest medicinal plants with a reduced risk of adverse health effects from environmental contamination. With safe harvesting locations and baseline information First Nation communities will be enabled to once again share, use and promote Anishinabe Knowledge and practices that lead to more balanced and healthy lifestyle for many community members.

This guide book is meant to assist community members interested in harvesting berries and plants for personal use. There are brief descriptions of the plants and habitats, as well as general information on how to harvest. For further information about the medicine of these plants, offer your tobacco to a knowledgeable person and commit to learn.

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### **Miigwech,**

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Gaa-niibawiwaad Mashkikiin ijigaadewan ini mashkikiin gaa-mikigaadegin akiing. Wiike, mawinzwaan dago bebakaan netaawigin gaa-minoshkaagowang giyawinaaning. Bangii eta gikenjigaadewan ini mashkikiin. Bebakaan gegoon gaa-gii-bi-izhisegin gidakiiminanan gii-meshkwajise aaniin ezhi-gikendamang ono mashkikiin aaniin gaye ji-aabajichigaadegin.

Iwe aaniin ezhi-meshkwajiseg bagwajaya'ii, daabishkoo bichiboojigaadeg aki, onachigewinan dago gitigewinan. Zhigwa miinawaa aaniin ezhiseg owe ji-gikendamang ji-ondinamang mashkiki akiing onji.

Owe izhichigewin ji-wiiji'iwemagak aandi ji-ondinigaadegin mashkikiin gii-bichiboojigaadesinogin bebakaan gegoon gaa-izhichigaadeg aki. Gikenjigaadeg aandi ge-onizhishingiban ji-ondinigaadegiban mashkikiin, odaa-gashkitoonaawaa' Anishinaabeg ji-waawiindamaadiwaad aandi ge-ondinamawaapan mashkikiin, aaniin gaye ge-inaabajitoowaapan, nawach daa-mamino-ayaawag.

Owe mazina'igan ji-wiiji'igowaad Anishinaabeg aandi ji-mawinzowaad, aandi gaye ji-ondinamowad gegoon netaawiginig. Wawozhibii'igaadewan aaniin ayizhinaagwakin netaawigin, aandi gaye ge-mikigaadegibaniin. Giiyaabi gegoon noonde-gikendaman ono mashkikiin, miizh asemaa awiya gekendang, mii imaa onji gikendamaan.

Ninaakomaanaanig ingi onji Ginooshkodeyaang,  
Gaabiskigamaag, Ditibineyaziibiing gaa-gii-wiiji'iwewaad owe dazhiikigaadeg.

### **Miigwech**

# Highbush Cranberry (*Viburnum opulus*)

- Plant grows to 4 meters tall
- Opposite branching
- Deciduous shrub
- Leaves similar in shape to maple leaf
- Flowers in white clusters

## Where to Harvest

Found near rivers and streams.  
Often around aspen in woods or bush  
where it has access to sunlight.

## How to Harvest

Harvest by pulling the fruit off the branch.  
Clean and share your harvest.

## When to Harvest

Harvest in October, when you can smell  
cranberry and the fruit is bright red.

## Uses

Can be used for sauces and jams.  
Tastes very tart, sweeter after  
first frost.

*To find out more about other  
types of uses from the  
cranberry medicinal plant,  
offer your tobacco and  
speak with an elder or  
someone knowledgeable  
about the land in your community.*



OCTOBER  
Binaakwegiziis

# Aniibimin(an)

- Netaawiging 4 (m) diba'iganaatig apiitakidewan
- Edawayay'ii odikwaniwan
- Giitwaami-aniibiishiwan
- Aniibiishan daabishkoo ziizibaakwadwaatig
- Waabishki-waabiganiwan

## Endazhiging

Mikigaade jiigi-ziibiing dago ziibiinsing. Bagwajaya'ii azaadiikaang, aandi igo ge-zaagaatenig.

Gidaa-mawinz odikwaning onji. Biini' ge-izhi-maamiigiweyan. Gidaa-giizizekwaadaan gemaa baashkiminisigaage. Ziiwiskipogwad, nawach zhiivan ishkwa nitam mashkwaakwading.

October mawinzon apii minaandaman aniibiminan dago aako-miskwaagin.

*Giiyaabi gegoon noonde-gikendaman aaniin ge-danaabajitooyamban aniibiminan, miizh asemaa gichi-anishinaabeg gemaa awiya gekendang gechiwaag aki.*



## Saskatoon (*Amelanchier alnifolia*)

- Plants grows 1 to 5 metres tall
- Alternate branching
- Loses leaves in winter (Deciduous)
- Leaves are oval to circular in shape
- Flowers white in groups of 3 to 20, each flower with 5 white petals

### Where to Harvest

Found in open areas where the plants have access to sunlight, but can also be found in forests. In moist but well-drained areas. Look for hills.

### How to Harvest

Harvest by pulling the fruit off the branches. Fruit is blue-purple when ripe and round. Clean and share your harvest.

### When to Harvest

Harvest in summer, July.

### Uses

Fruit can be eaten raw, made into a jelly, or frozen for later use.

*To find out more about other types of uses from the Saskatoon medicinal plant offer your tobacco and speak with an elder or someone knowledgeable about the land in your community.*



## Ozigwaakomin(ag)

- Bezbig (1) ako Naanan (5) apiitakidewan
- Bebakaan wawodikwaniwan
- Binibagaa apii biboong
- Zhaagawaawan gemaa waawiyaawan aniibiishan.
- Niswi (3) ako (20) ako waabigwaniwan, naananobaganoon (5) waabigwaniin

### Endazhiging

Mishawaya'ii nitaawigin aandi ezhi-zaagaateg, megwaakwaang dash gaye daa-mikigaadewan aandi dipaabaaweg nitaa-iskising dash. Andone'an wajiin.

Mawinzon odikwaning onji. Ozhaawashko-apisiziwag apii adisowaad, waawiyeziwag gaye.

Biini', maamiigiwen. Gidaa-ashkamaag, gidaa-baashkiminisigaageg gemaa daa-mashkawaakwajimaawag naagach onji.

Niibing mawinzon, July aginzod.

*Giiyaabi noonde-gikendaman aaniin ge-danaabajiwindwaaban ozigwaakominag, miizh asemaa gichi-anishinaabe gemaa awiya gekendang gechiwaag aki.*



## Chokecherries (*Prunus virginiana*)

- Plant grows 1 to 6 metres tall
- Deciduous shrub with alternate branching. Branches often covered in a black fungus known as *Black Knot*
- Leaves oval but coming to a point at the tip. Bright green on top
- Flowers in clusters. Petals white, Each flower with 5 petals

### Where to Harvest

Spread throughout open areas and in woods or bush.

### How to Harvest

Harvest by carefully pulling the fruit from the plant. Fruits, red drupelets, in dense clusters, about 1 cm across, that fall intact.

### When to Harvest

Harvest in summer, late July.

### Uses

Can be eaten fresh, or crushed and dried to be used later in cooking. Chokecherry can also be used to make jams and sauces.

*To find out more about other types of uses from the Chokecherry medicinal plant offer your tobacco and speak with an elder or someone knowledgeable about the land in your community.*



## Azasowemin(an)

- Bezbig (1) ako Ningodwaaswi (6) diba'iganaatig apiitakidewan.
- Giitwaami-aniibiishiwan, bebakaan odikwaniwan. Naanigoding makade-wazhashkwedowan odikwanan
- Zhaagawaawan aniibiishan, jaajiibwaawan onakwaya'ii, aako-ashkaabaganoon gaye imaa
- Okoginoon waabigwaniin. Waabishkaawan. Naanobagananoon endasingin

### Endazhiging

Mishawaya'ii nitaawigin abooshke megwaakwaang gemaa noopimiing.

Mawinzon odikwaning onji. Aako-miskwaawan gemaa makadewaawan apii atisingin. Nawach igo ziiwiskaawan.

Niibing mawinzon, ani-giizhaginzod July.

*Giiyaabi noonde-gikendaman aaniin ge-danaabajiwindibaniin azasoweminan, miizh asemaa gichi-anishinaabe gemaa awiya gekendang gechiwaag aki.*



## Wild Raspberry (*Rubus idaeus*)

- Erect, perennial shrub, 1-2 m tall stems (canes) upright, biennial, prickly, often with gland tipped hairs, bark shredding, yellow to cinnamon brown
- Leaves, compound, 3-5 leaflets per leaf, egg shaped, sharply pointed double saw toothed.
- Flowers, single or small clusters, drooping white, 8-12 cm

### Where to Harvest

Found in thickets, clearings, and open woods.

### How to Harvest

Harvest by carefully pulling the fruit from the plant. Fruits, red drupelets, in dense clusters, about 1 cm across, that fall intact.

### When to Harvest

Harvest in summer months.

### Uses

Can be eaten raw or canned for later use.

*To find out more about other types of uses from the wild red raspberry medicinal plant offer your tobacco and speak with an elder or someone knowledgeable about the land in your community.*



AUGUST  
Aditewiminigizis

JULY  
Aabitaaniibin

## Miskomin(ag)

- Badakidewan, endasowaki nitaawigin, bezhig (1) ako niizh (2) apiitakidewan, neniizhwaaki gaye, gaashaawan, ningoding onakwaya'ii dibaabagizi, biniwanagekizi, waabishkizaawizi gemaa ozaawizi
- Aniiibiishan okoginooon, niswi (3) ako naanobaganoon (5) dasobaganoonsiwanooon, zhaagawaawan, aako-jiibo-gidagaawan
- Waabiwaniwan, bezhigobagaawan gemaa okoginooon, niisiginooon nishwaaswi (8) ako asho-niizh (12) diba'iganensan (cm)

### Endazhiging

Mikigaade bikwaakwaansing, bashkodeng dago zegaakwaasinog

Mawinzon mitigoonsing onji. Miskobagesaanensiwig, okogiwaad bezhig (1) cm akogi gigi-bagishinowaad.

Niibing mawinzon, July aginzod.

*Giiyaabi noonde-gikendaman aaniin ge-danaabaji'adwaaban miskominag, miizh asemaa gichi-anishinaabe gemaa awiya gekendang gechiwaag aki.*



## Nannyberry (*Viburnum lentago*)

- Deciduous shrub. Grows up to 6 metres tall
- Opposite branching. Leaves green and coming to a point at the tip
- Flowers are small and white in large clusters
- The seed is flat with a ridge along the middle

### Where to Harvest

Found near rivers and streams.

Often around aspen in woods or bush where it has access to sunlight.

### How to Harvest

Harvest by pulling the fruit off the shrub.

Fruit black when ripe.

### When to Harvest

Harvest in late summer, August – September.

### Uses

Can be eaten raw, and dried for later use.



## Aditemin(an)

- Giitwaami-aniibiishiwan. (6) ningodwaaso-diba'iganaatig (m) apiitakide
- Edawaya'ii odikwaniwan. Ashkaabagaawan, jibwaawan onakwaya'ii
- Waabishki-waabigwaniinsiwanoon wawokoginoon.
- Nabagaa gitigens, bikogin naawaya'ii

### Endazhiging

Mikigaade jiigi-ziibi dago ziibiinsing. Memindage azaadiikaang gemaa mekwaakwaang aandi ezhi-zaagaateg.

Mawinzon mitigoonsing onji. Makadewaa apii aditeg.

Mawinzom gizhibiniibing, August ako September aginzowaad.



## Pin Cherry (*Prunus pensylvanica*)

- Shrub or small tree, 1-5 m tall, bark reddish brown, peeling in horizontal strips with prominent raised pores
- Leaves, oval to lance shaped, 3-10 cm long, gradually taper to long point at tip, rounded at base, edges have small rounded teeth
- Flowers, in flat top clusters, white, 6-10 mm

### Where to Harvest

Found in forest clearings, hillsides and riverbanks, usually on well drained sites.

### How to Harvest

Harvest by pulling the fruit off the shrub. Fruits, bright red cherries, 5-8 mm across, sour.

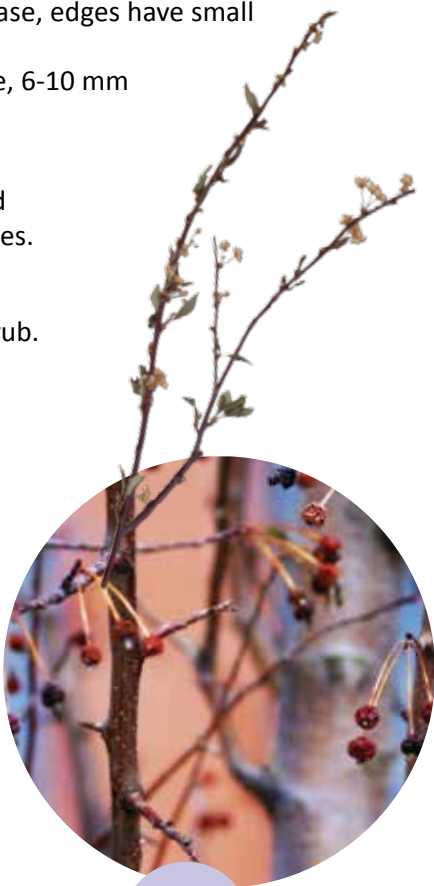
### When to Harvest

Harvest in late summer, August.

### Uses

Can be eaten fresh or cooked to make a jelly. Can also be used in making pemmican.

*To find out more about other types of uses from the pin cherry medicinal plant offer your tobacco and speak with an elder or someone knowledgeable about the land in your community.*



AUGUST  
Aditewiminigiizis

## Bawa'iminaan(an)

- Bikwaakwaans gemaa mitigoons, bezhig (1) ako naanan (5) (m) akoonsiinsi, misko-ozaawizi wanagek, bepeshi-gidagizi ezhi-mamakizid
- Zhaagawaawan gemaa aako-jiiibwaawan aniiibiishan, niswi (3) ako midaaswi (10) cm akoozi. Onakwaya'ii izhi jiiibozi, anaaming waawiyejiiminagizi, gizhibi-aya'ii babikogiinsi
- Oko-nabagi-waabigwaniwi, waabishkizi, 6-10 mm akogi

### Endazhiging

Mikigaade bashkodeng, aasimajiw dago jiiigibiing, memindage netaa-iskising ningoji.

Mawinzon mitigoonsing onji. Aako-miskoziwag, 5-8 mm iniginiwag, ziiwiskiziwag. Gidaa-ashkamaag gemaa gidaa-giizizwaag ji-baashkiminisigeyan.

Mawinzon gizhibiniibing, August aginzod.

*Giiyaabi noonde-gikendaman aaniin ge-danaabajiwindwaaban miskominag, miizh asemaa gichi-anishinaabe gemaa awiya gekendang gechiwaag aki.*





## Woodland Strawberry (*Fragaria vesca*)

- Perennial with scaly rhizome and long, slender trailing stolons, leaf stalks and flower stems greenish or very lightly tinged reddish purple, lightly to densely hairy
- Leaves, at stem base, compound, 3 leaflets 10-30 mm long, stalkless strongly toothed ,
- Flowers, 3-15 on stem base compound three leaflets, 10-30 cm long, white five petals 8-11 long

### Where to Harvest

Found in dry to moist open woods, stream banks, and meadows.

### How to Harvest

Harvest by pulling the fruit off the stem. The fruit is red berries. The fruit stems longer than leaves.

### When to Harvest

Can be harvested in the summer, July.

### Uses

Eaten fresh or preserved for later use. Can be made into a jam.

*To find out more about other types of uses from the wild strawberry medicinal plant offer your tobacco and speak with an elder or someone knowledgeable about the land in your community.*



JULY  
Aabitaaniibin

## Ode'imín(an)

- Endasowaki nitaawigin, ginooginoon ojiibikoon edawaya'ii nikiiginoon, ashkaabaganoon gemaa miskoonagwadoon, miishaamagadoonsiwanoon
- Wendagigin aniibiishan, okoginoon, nisobagaawan 10-30 mm akoginoon, mitigoonsiwanzinog, mashkawidagaawan
- Waabigwaniwan, niswi (3) ako asho-naanan (15) anaaming ozhiginoon nisobagaawan, 10-30 cm akoginoon, naananobagaawan 8-11 akwaawan

### Endazhiging

Mikigaade ningoji baateg gemaa dipaabaaweg nekobaag, jiigi-ziibiinsing dago bashkodeng.

Mawinzon mitigoonsing onji. Miskwaawan ode'eminan. Nawach ginwaawan odikwanensan apiich aniibiishan.

Niibing mawinzom July aginzod.

*Giiyaabi noonde-gikendaman aaniin ge-danaabajichigaadegin ode'eminan, miizh asemaa gichi-anishinaabe gemaa awiya gekendang gechiwaag aki.*



## Rosehips (*Rosa sp.*)

- Low growing shrub. Not more than 1.5 metres tall. Stems brown and covered in thorns
- Deciduous. Leaves green and 2 to 5 centimetres long
- Flowers pink and somewhat large, with 5 petals on each flower

### Where to Harvest

In open areas, forest and bushes. Common on roadsides.

### How to Harvest

Harvest by pulling the fruit from the stem. Careful the stem has many thorns. Fruit red with remnants of flower petals on end opposite the stem.

### When to Harvest

Harvest after the first frost.

### Uses

Eaten fresh. Be sure to pit (take the seeds out) prior to eating. Can be made into a jelly.

*To find out more about other types of uses from rosehip medicinal plant offer your tobacco and speak with an elder or someone knowledgeable about the land in your community.*



## Oginiimin(an) Oginimingaawanzh

- Zhagakiginoon. Gaawiin awashime 1.5 (m) apiitakidesinoon. Ozaawaa-gaashaakozi
- Giitwaami-aniibiishiwan. Ozhaawashkobagaa (2) ako (5) cm akwaawan
- Miskoonaagwadoon waabigwaniin, nawach igo michaawan, nenaananobagaagin

### Endazhiging

Bashkodeng, megwaakwaang dago nekobaang. Jiigikana gaye nitaawiginoon.

Mawinzon mitigoonsing onji. Weweni igo, gaashaagaakozi. Miskojiiminagiziwag, bebangii waabigwaniinsiwanoon anaaming.

Mawinzom ishkwaaw nitam mashkawaakwading.

*Giiyaabi noonde-gikendaman aaniin ge-danaabajichigaadegin oginiiminensan, miizh asemaa gichi-anishinaabe gemaa awiya gekendang gechiwaag aki.*



## Buffalo Berry (*Shepherdia canadensis*)

- Spreading shrub or small tree, 1-4 m tall, grows from spreading rhizomes, twigs densely covered with rusty brown scales
- Leaves: alternate, oval to egg or lance shaped, 2-6 cm long, densely silvery with tiny shaped hairs on both surfaces
- Flowers, single or in small clusters, yellowish brown

### Where to Harvest

Found in open woods, thickets, and riverbanks.

### How to Harvest

Harvest by pulling the fruit off of the branch, Fruits, bright red to yellowish, translucent spherical to oval juicy berries, 3-6mm long extremely bitter, soapy to touch.

### When to Harvest

Harvest in late summer, August – September.

### Uses

Can be made into a jelly and preserved for later use.

*This berry also has other uses, offer your tobacco to someone knowledgeable in your community and ask about the plant of the buffalo berry and its medicinal properties.*



SEPTEMBER  
Maanoominigiizis

AUGUST  
Aditewiminigiizis

## Mashkode-bizhikiwimin(an)

- Mitigoons gemaa zhazhwegigi, 1-4 (m) da-apiitakizo, zasweginoon ojiibikoon, ozaawi-gidagaawan odikwanensan
- Aniibiishan: zhaagawaawan gemaa jibbawaawan, 2-6 (cm) akwaawan. Miziwe waabi-miishaansiwanoon edawaya'ii
- Waabigwaniin nenishkiginoon gemaa okoginoon, waabizaawaanoon
- Mikigaade nekobaang, bikwaakwaansing dago jiibi-ziibiing

### Endazhiging

Mawinzon odikwaning onji, aako-miskwaawan gemaa waabizaawaawan, gegaa zhaabwanaagwadoon, waawiyejiiminagiziwig, 3-6 (mm) akooziwig. Aapiji ziiwiskipogoziiwig, zhooshkwajiiwig.

Mawinzom giizhibiniibing

*Bebakaan gidaa-danaabaji'aawag mashkode-bizhikiwiminan, miizh asemaa gichi-anishinaabe gemaa awiya gekendang gechiwaag aki.*

## Beaked Hazelnut *(Corylus cornuta)*

- Shrub, 1-3m tall, young twigs, leaves, and bud scales covered in long white hairs, twigs hairless after first season
- Leaves, elliptic to egg shaped, 4-10 cm long. Rounded to heart shaped at the base, sharp pointed at the tip, edges are coarsely double toothed

### Where to Harvest

Found in moist but well drained sites in thickets or woods.

### How to Harvest

Pull the husks off the plant. Fruit is thin shelled, spherical, edible nuts enclosed in long tubular husks, husk light green, covered with stiff, prickly hairs, narrowly lobed at tip, in clusters of 2 or 3 at ends of branches.

### When to Harvest

Harvest in late summer.

### Uses

The husks can be cleaned so you can roast the nuts with seasonings.

*You also can also offer your tobacco to someone knowledgeable in your community and ask about the plant of the hazelnut and its medicinal properties.*



## Jiibwebagaan(ag)

- Mitigoons, 1-3 (m) akoozi, oshki-odikwaniwan, aniibiishiwan, oshkibagaag waabishki-miishaansiwan, nitam nitaawigig, gaawiin miishaanziwanzinon
- Zhaagawaawan aniibiishan, 4-10 (cm) akwaawan. Nawach igo waawiyeyaa anaaming, jibwaawan onakwaya'ii, neniizho-gidagaawan edaway'a'ii
- Ningoji dipaabaaweg netaa-iskising bikwaakwaansing gemaa megwaakwaang

### Endazhiging

Gizhibiniibing mawinzom, gibishigibinaag. Bibagiziwag, waawiyeziwag, amogaazowag, ginoo-gibogiwag, waabishki-ashkaabagizi, miishaansiwan, ani-jiiboziwag onakwaya'ii. Neniizhigiwag (2) gemaa nenisigiwag (3) onakwaatigoonsing. Apii bishagibinadwaa, gidaa-abwe bagaanag. Gidaa-zhiiwitaaganiwaag gaye.

*Giiyaabi noonde-gikendaman aaniin ge-danaabajiwindiban bagaan, miizh asemaa gichi-anishinaabe gemaa awiya gekendang gechiwaag aki.*



## Sage (*Artemisia frigida*)

- A silvery gray aromatic perennial with a woody crown and root, growing up to 50cm tall
- Spreading to form a mat of, with fuzzy stems, basal leaves that are divided into narrow segments

### Where to Harvest

Found in meadows and pastures in the parklands.

### How to Harvest

Harvest by snapping the stem near the earth.  
Hang bunches of sage to dry.

### When to Harvest

Harvest in summer, July or August.

### Uses

Commonly, people use this to smudge.

*To find out more about other types of uses from the sage medicinal plant offer your tobacco and speak with an elder or someone knowledgeable about the land in your community.*



## Mashkodebizhikii-wiingwashkosigan(oon)

- Nawach igo waabanaagwad, minomaagwad, mitigowe-ayaamagad, ojiibikoomagad, 50 (cm) apiitakide
- Zaswe-miishaansiwanoon aniibiishensan, bebikish agaasideyaawan

### Endazhiging

Mikigaade mashkodeng dago bashkodeng.

Odaapinigaadeg, wendaging gibookobidoon azhishkiing. Agoodoon ji-baasaman.

Gidaa-moozhiginaan niibing July gemaa August aginzowaad.

*Giiyaabi noonde-gikendaman aaniin endanaabadak mashkode-wiingashk, miizh asemaa gichi-anishinaabe gemaa awiya gekendang gechiwaag aki.*

## Sweet Flag (*Acorus americanus*)

- Aquatic perennial herb growing from an aromatic rhizome, with long narrow sword shaped leaves, with a leaf like flower stalk that produces a dense cylindrical spike of tiny yellow flowers

### Where to Harvest

Found in scattered locations in swamps, along water ways, and in the boreal forest.

### How to Harvest

Harvest by following the stems to the root and digging out the root. The root then can be cleaned and dried.

### When to Harvest

Harvest in the early fall, September.

### Uses

Can be eaten in small pieces after it is dried and also used to make a tea.

*This plant also has other uses, offer your tobacco to someone knowledgeable in your community and ask about the sweet flag plant and its medicinal properties.*



SEPTEMBER  
Maanoominigiizis

## Wiike

- Niibing nitaa-nitaawigin ojiibik, jibwaawan ginwaagin aniibiishan, daabishkoo waabigwan ojiibiik, agaasinging waabizaawaagin waabigwaniinsan gizhibaaginooon

### Endazhiging

Niibing nitaa-nitaawigin ojiibik, jibwaawan ginwaagin aniibiishan, daabishkoo waabigwan ojiibiik, agaasinging waabizaawaagin waabigwaniinsan gizhibaaginooon.

Mashkiigong mikigaade, jiigibiig dago megwaakwaang.

Gidaa-odaapinaan nisidawinaman, mii ezhi-gidakiibidooyan ojiibiik. Gibiinitoon ojiibiik, gidaa-baasaan.

Wiiba dagwaagig odaapinan, September aginzod.

*Giishin noonde-gikendaman aaniin endanaabadak owe ojiibiik, miizh asemaa gichi-anishinaabe gemaa awiya gekendang gechiwaag aki ji-wiindamaag aaniin ji-izhichigaadaman.*



# Muskeg/Labrador Tea

(*Ledum groenlandicum*)

- A stout shrub with alternate evergreen leaves. Edges roll under and have rusty hair underneath
- Flowers are white, with small five toothed sepal tubes and five pedals, fruit is small and fuzzy

## Where to Harvest

Found in muskeg, bogs and wet coniferous woods.

## How to Harvest

Harvest by pulling the leaves from the stems. Leaves can be dried for later use.

## When to Harvest

Labrador tea can be harvested in every season.

## Uses

Commonly used to make a tea.

*This plant also has other uses, offer your tobacco to someone knowledgeable in your community and ask about the plant and its medicinal properties.*



# Omaskiigobag(oon)

- Okogin netaawigig, bebakaan ayashkaabigwaniwan. Anaaming izhigin ozaawaanikwemagad anaaming
- Waabishki-waabigwaniwan, naanwaabidewan dago naanibagiwaniinsiwan, agaansin miishaanziwan gaye

## Endazhiging

Mikigaade mashkiig, dootoobanong gemaa zhaabobiig zhingobiikaang.

Gidaa-odaapinaan anibiishan odikoonsing onji. Gidaa-baasaan anibiishan naagach onji.

Bigo apii gidaa-moozhaginaanan omashkiibagoon.

*Bebakaan gaye inaabadad owe mashkiibag, miizh asemaa gichi-anishinaabe gemaa awiya gekendang gechiwaag aki, giga-wiindamaag aaniin ge-izhichigaadaman.*



## Sweet Grass (*Hierochloe odorata*)

- A perennial sweet smelling grass growing up to 60 cm tall. The leaf sheaths are smooth, blades are lance shaped and up to 6mm wide

### Where to Harvest

Found in meadows and wet ground.

### How to Harvest

Harvest by not pulling the root out, but by snapping the stem near the earth. The strands can be braided and dried.

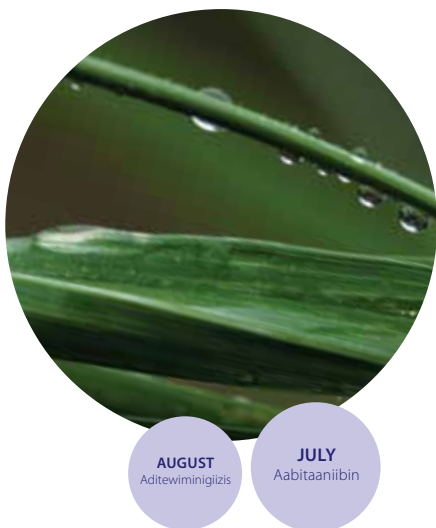
### When to Harvest

Harvest in the later summer, July or August.

### Uses

Commonly, people use this to smudge.

*This plant has other uses, offer your tobacco to someone knowledgeable in your community and ask about the plant of the sweet grass and its medicinal properties.*



## Wiingwashkosigan(oon)

- Endasowaki nitaawigin mashkosiw. 60 (cm) apiitakide. Zhooshkwaawan aniibiishan, nawach igo jiiibwaawan 6 (mm) inigokwaawan

### Endazhiging

Mashkodeng mikigaade gemaa zhaabobiikamagaang.

Gidaa-odaapinaan, gego gidakiiken, bookonan wendaging jiigikamig. Gidaa-apikaadaanan ge-izhi-baasaman.

Gidaa-moozhaginaan ani-gizhibiniibing, July gemaa August aginzowaad.

*Bebakaan danaabadadoon wiingashkoon, miizh asemaa gichi-anishinaabe gemaa awiya gekendang gechiwaag aki, giga-wiindamaag aaniin ji-izhichigaadaman.*

## Preparing to harvest

It is important to let someone know where you will be going to gathering. Prepare for yourself and whomever you are going to go gathering with. When you leave your gathering areas, make sure you don't leave anything behind, leave it as you found it.

## What to Bring...

- **Tobacco**, to make your offering.
- **Back pack**, to put your snack, water and miscellaneous items.
- **Bucket**, to put your fruit in.
- **Blanket**, to wrap your medicines in.
- **Scissors**, to clip your harvest, so roots stay in the ground.
- **String**, to tie medicine together.
- **Cloth**, to hold medicine together.
- **Knife**, to cut string or cloth.
- **Boots**, to keep your feet dry.
- **Jacket**, to keep yourself dry.



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Learn more at: [foodmattersmanitoba.ca](http://foodmattersmanitoba.ca)

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