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THE RANCH AT FISH CREEK PARK ENTRANCE GARDEN

Larkspur (*Delphinium elatum*)



The Blackfoot used the flowers as a light blue dye for quills. First Nations people have deemed this plant unsafe to ingest in teas as large quantities can be dangerous.

Aster (*Aster alpinus*)



A great plant for bees and butterflies. Iriquois used it as a love medicine. Other tribes would dry the roots and smoke them in a pipe as there was a belief it would attract wild game. Other medicinal uses by First Nations would include a remedy for fevers, and rejuvenation for the skin. The mucilage from the root was also sniffed to clear nasal passages – the astringent root would cause the expulsion of mucous which would relieve pain and reduce elevated body temperatures. Poultices were also used by First Nations to treat headache, diarrhea and fever.

Wester Blue Flax (*Linum perenne*)



Wild flax seeds are rich in oil. Some were gathered by tribes and ground down to make flour. Flax leaves are often boiled to treat heartburn. Flax seeds contain essential fatty acids that are proven to lower blood fat and cholesterol levels and reduce clotting. Flax also contains lignans that help prevent prostate, breast and colon cancer. The stems are often used to make baskets, nets and fishing lines. The petals were often boiled to make face wash as well.

June Grass (*Koeleria macrantha*)



Seeds were crushed and made into flour. This plant was also used as paint brushes by First Nations people.

Shrubby Cinquefoil (*Dasiphora fruticose*)



The roots of this plant were a food staple for First Nations of Alberta. In fall the women would dig up the roots of these plants with digging sticks to gather enough for the winter. Nothing was ever wasted – it was discovered that root juices were a good remedy for inflamed eyes.

Snowberry (*Symphoricarpos albus*)



First Nations believed this bitter berry was the ghosts of past people and not to be eaten or consumed. First Nations saw these as part of the spirit world.

Silverberry (*Elaeagnus commutata*)



Silverberry is rooted deep in Metis heritage. The seeds were often made into beads to make necklaces. They would use the plant to make clothing, blankets and rope.

Indian Paint Brush (*Castilleja miniata*)



Much like the name, this plant was used by first nations as a paint brush. The flowers were also used to make shampoo.

Yarrow (*Achillea millefolium*)



Yarrow is one of the most widely used medicinal plants due to its capability to stem bleeding as the alkaloids reduce clotting times. This plant was often used after birth to reduce bleeding.

Saskatoon (*Amelanchier alnifolia*)



Cree, Metis and Blackfoot had saskatoon as a major food source. The plant was also used for crafting pipes and arrows. Saskatoons were also used as a mild laxative – the juice was also used as ear drops.

Purple Oat Grass (*Schizachne purpurascens*)



These grasses were often used to make blankets, they were also used for shelter, fire starter and used as chewing gum due to its sweet nature.

Anise Hyssop (*Agastache foeniculum*)



Often used in essential oils but can also be eaten raw or used in salads. Medicinal qualities include gastrointestinal as well as bronchial. This herb has been used to treat asthma, coughs, bronchitis, colds and respiratory infections. The plants were gargled to reduce tonsil swelling. Tea was derived and injected for gastrointestinal pain relief. The plant has been used as a blood regulator, increasing circulation and reducing blood pressure. This plant is also a companion plant to others as it reduces plant bacteria.

Little Blue Stem Grass (*Schizachyrium scoparium*)



The Lakota used this grass by rubbing it together to create soft fur-like insulation for their shoes, blankets and homes.

Blazing Star (*Liatris ligulistylis*)



The roots were ground out by indigenous people and used as medicine for heart issues, arthritis and headache. It is also good for fluid retention reduction.

Northern Blue Flag/ Bearded Iris (*Iris germanica*)



Some indigenous peoples placed northern blue flag rhizome on tooth cavities or gums to kill pain. Poultices of northern blue flag were used to reduce swelling and soothe burns and sores.

Sweet Grass (*Hierochloa odorata*)



Strong vanilla scent – was is often used for perfumes. Sweet grass smoke was inhaled as a dry bath to relieve coughs. Some women wove the grass into their hair to repel insects. It was commonly braided and burned in ceremony as a means of purification, protection and blessings. Interwoven strands are a symbol to someone's life growth and renewing powers.

Wild Bergamot (*Monarda fistulosa*)



This is the plant that give Earl Grey tea its distinctive taste. First Nations would sprinkle dried parts of this plant on to meat and fruit to keep bugs away. This plant was often consumed to expel intestinal worms also to treat pneumonia as well as kidney problems. Mayn first nations would perfume their favorite horses – it was also burned in smudges to keep insects away.

Kind Regards ,
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