



Lesson Title: ĆENTOLEŃ Native Plants and Spring Vegetable Seeds	Subject: Explore dormant native plants, doing cuttings, and planting veggies for spring	ŁKALJ: WEXES Month: March
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Purpose:

- ❖ Recognizing the changes in the garden and identify plants
- ❖ Observing, touching, and identifying native plants and seeds
- ❖ Introducing skills on taking cuttings of native plants
- ❖ Learning about preparing garden for upcoming spring
- ❖ Reviewing SENĆOTEN names for native plants

Resources:

- ❖ Vegetable seeds (tomato, peppers, tomatillos)
- ❖ Pots, soil, compost
- ❖ Gloves, trowels, secateurs, pocket knife (for instructor)
- ❖ DEKĒŃ IŁĆ (thimbleberry) and ELILE IŁĆ (salmonberry) stems for cuttings
- ❖

Questions:

- ❖ What is the SENĆOTEN name for thimbleberry and salmonberry?
- ❖ What seeds did we plant?
- ❖ When do you think what we planted will sprout?
- ❖ How do we take care of our seedlings?
- ❖ What are some more culturally important plants to us WŚÁNEĆ?
- ❖



WORKSHOP ACTIVITIES

	SĆA (Activity)
Intro:	<p>ŚELOQ I, EĀOSTONES TFE WELUIĆISTENEK (Circle and introduce instructors) Introduce the local elder to the class. Have elder provide an introduction</p>
Teas:	<p>SÁWEN ET SXEÁNEW - Common Plantain - <i>plantago major</i> Healing topical poultice. Use on wounds, stings, boils, burns, slivers, skin infections. Leaves can also be used in a tea good for healing. Helps with coughs, and stomach ulcers.</p> <p>ĀEMLEX TFE SENI, IĒĆ - Oregon Grape Root - <i>mahonia aquafolium</i> Root used in tea that is good for bladder infections, kidney problems, skin diseases, and can be used as a tonic.</p> <p>XPĀ I, POŚELEĀ - Red and yellow cedar - <i>thuja plicata and chamaecyparis nootkatensis</i> Tea helps cleanse the blood. Branches are used for brushing off.</p> <p>TENKÁĀĆ - Pacific Yew - <i>taxus brevifolia</i> *not for pregnant people or children* Needles are used in tea. Is a pain killer and helps with cancer. VERY STRONG. Yew contains Taxol which is an anti-cancer drug. DO NOT use if you're a child or pregnant or breast feeding. DO NOT EAT BERRIES.</p> <p>KÁĀĀ - Nootka Rose - <i>rosa nutkana</i> Flower petals are dried and used in tea. High in vitamin C, good for the immune system.</p> <p>ĀEĀE, IĒĆ - Arbutus - <i>arbutus menziesii</i> Use bark and leaves as tea to help with insomnia. Helps relax. For pain relief put leaves into flannel pillow case. Warm up and compress onto ache.</p> <p>MÁKEM - Labrador Tea - <i>ledumgroen landicum</i> *not for pregnant people* Tea is high in minerals. Great for colds. Used to treat chest and throat ailments. Treats headaches. Can induce abortion, do not use if pregnant.</p> <p>MÁĀFEN IĒĆ - Black Hawthorn - <i>crataegus douglasii</i> Berries used in tea full of vitamin C. Berries are used to help with heart related issues such as</p>

angina and high blood pressure. Tea will help with body pain such as arthritis. Helps ease insomnia.

TEXTEX - Stinging Nettle - *urtica dioica* ***May interfere with medications***

Leaves are used and are high in minerals. Good for joint pain and is a blood cleanser. Used as topical for arthritis.

Common Mullein *verbascum thapsus scrophulariaceae*

Good for asthma. Inhale powder to help with breathing. Can be taken as a tea.

Cleavers *galium aparine*

Used in tea to help with kidney or bladder infection and urinary track infections. It's a blood cleanser and is a diuretic. Helps promote healing of lymph nodes.

Golden Seal *hydrastis canadensis*

Dissolve powder into hot water to help with colds, bronchitis, and pneumonia.

White Sage *artemisia ludoviciana*

Used for smudging and can be used in a tea. Tea helps with sore throats, good for colds, and indigestion.

Bear Root *ligusticum porter* ***STRONG***

Small amount of root is chewed to help with sore throats. Known to have anti-bacterial, anti-fungal, anti-inflammatory, and anti-viral properties. Helps promote healing for respiratory ailments such as colds, flu, coughs, and bronchitis

Corn Silk (hairs) *Caution mixing with diabetes, heart pressure, blood thinners, and diuretic medications*

Full of antioxidants. Corn silk has anti-inflammatory benefits. Use as tea to help your kidney and bladder, and prostate. Full of magnesium. It's been said to help manage your blood sugar. Helps reduce blood pressure.

Sources:

Saanich Ethnobotany: culturally important plants of the W̱SÁNEĆ people

Turner & Hebda - Royal BC Museum - 2014

Black Hawthorn Herb, Uses, Benefits, Cures, Side Effects, Nutrients

from <https://herbpathy.com/Uses-and-Benefits-of-Black-Hawthorn-Cid4695>

What Is Corn Silk, and Does It Have Benefits? From

<https://www.healthline.com/nutrition/corn-silk>

The Benefits of Osha Root & How To Prepare Your Own Recipe from

<https://wisdom.thealchemistskitchen.com/the-benefits-of-osha-root-how-to-prepare-your-own-recipe/>