



<b><u>Lesson Title:</u></b> ĆENTOLEN Elders Traditional Workshop	<b><u>Subject:</u></b> Tea making workshop with local elder	<b><u>LKALI:</u></b> NI,NENE <b><u>Month:</u></b> January – February
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## Purpose:

- ❖ Connecting with local community elder to learn about their knowledge
- ❖ Hands on experience preparing native tea blends to take home
- ❖ Understanding value of traditional medicines and how to use them
- ❖ Learning traditional names of plants and medicines

## Resources:

- ❖ Jars/paper bags of native teas
- ❖ Spoons
- ❖ Loose tea bags
- ❖ Print off of teas provided
- ❖ Small bags to put tea bags into

## Questions:

- ❖ Why is using traditional medicine important?
- ❖ Have you ever harvested medicines before?
- ❖ Does anyone else in your family or community harvest medicines?
- ❖ Will you be keeping the teas for yourself or gifting them?
- ❖ Does anyone remember the SENĆOFEN names of the teas?



## WORKSHOP ACTIVITIES

	SĆA (Activity)
Intro:	<p><b>ŚELOQ I, EĆOSTONES TFE WELUIĆISTENEK</b> (Circle and introduce instructors)            Introduce the local elder to the class. Have elder provide an introduction</p>
Teas:	<p><b>SÁWEN ET SXEÁNEW - Common Plantain - <i>plantago major</i></b>            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><b>ĆEMLEX TFE SENI,İŁĆ - Oregon Grape Root - <i>mahonia aquafolium</i></b>            Root used in tea that is good for bladder infections, kidney problems, skin diseases, and can be used as a tonic.</p> <p><b>XPÅ I, POŚELEK - Red and yellow cedar - <i>thuja plicata and chamaecyparis nootkatensis</i></b>            Tea helps cleanse the blood. Branches are used for brushing off.</p> <p><b>TENKÁŁĆ - Pacific Yew - <i>taxus brevifolia</i> *not for pregnant people or children*</b>            Needles are used in tea. Is a pain killer and helps with cancer. VERY STRONG. Yew contains Taxol which is an anti-cancer drug. <b>DO NOT use if you're a child or pregnant or breast feeding. DO NOT EAT BERRIES.</b></p> <p><b>KÁŁK - Nootka Rose - <i>rosa nutkana</i></b>            Flower petals are dried and used in tea. High in vitamin C, good for the immune system.</p> <p><b>KEKE,İŁĆ - Arbutus - <i>arbutus menziesii</i></b>            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><b>MÁKEM - Labrador Tea - <i>ledumgroen landicum</i> *not for pregnant people*</b>            Tea is high in minerals. Great for colds. Used to treat chest and throat ailments. Treats headaches. <b>Can induce abortion, do not use if pregnant.</b></p> <p><b>MÁŁTEN İŁĆ - Black Hawthorn - <i>crataegus douglasii</i></b>            Berries used in tea full of vitamin C. Berries are used to help with heart related issues such as angina and high blood pressure. Tea will help with body pain such as arthritis. Helps ease insomnia.</p>

**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 WSÁNEĆ 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/>