



<p><b><u>Lesson Title:</u></b> ĆENTŌLEŃ Native Plants and Spring Vegetable Seeds</p>	<p><b><u>Subject:</u></b> Explore dormant native plants, doing cuttings, and planting veggies for spring</p>	<p><b><u>LKALJ:</u></b> WEXES <b><u>Month:</u></b> March</p>
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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 IĒĆ (thimbleberry) and ELILE IĒĆ (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><b>ŚELOQ I, EĀOSTONES 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>ĀEMLEX TFE SENI,ILĆ - 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>XPĀ I, POŚELEĀ - 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>TENKÁLC - 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>KÁLK - 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>ĀEĀE,ILĆ - 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 cheat and throat ailments. Treats headaches. <b>Can induce abortion, do not use if pregnant.</b></p> <p><b>MÁLFEN ILĆ - 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</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/>