

Plant Chart

The first plant is:

Common Name	Scientific Name	Aboriginal Group that Used the plant	Plant part used	Uses of the plant
Bearberry, Kinnikinnik	Arctostaphylos Uva-ursi	Cree	Leaves Stems, roots	-Mixed with tobacco for smoking -About 15" boiled in water the liquid drank to treat diarrhea
		Chipewyan Blackfoot	Leaves Leaves	-Mixed with tobacco for smoking -Mixed with tobacco for holy ceremonies of Horn Society
			Fruit	-Eaten raw or preserved for later use
		Blood	Fruit	-Dried, boiled then eaten, put in rattles, or made into necklaces
			Leaves	-Tea, brewed to cure hemorrhage

The Second plant is:

Common Name	Scientific Name	Aboriginal Group that Used the plant	Plant part used	Uses of the plant
Sweet Grass	Hierochloa odorata	Blood	Entire Plant	-Incense either lit or placed on hot coals for all holy ceremonies -Burned as an offering to mark numerous activities with spiritual significance -Inhaled for nosebleeds -For chapped skin -Soaked in water to be used to wash a woman after she gives birth
		Blackfoot	Entire Plant	-Brewed and drank for hemorrhages -Natural sachet -Sewn into clothing

The third plant is:

Common Name	Scientific Name	Aboriginal Group that Used the plant	Plant part used	Uses of the plant
Birch, Paper or White Birch	Betula papyrifera	Cree	Wood Bark Leaves Sap	-White rotten wood boiled into an extract, wood then dried and powdered. Powder used for chapped skin -Birch bark documents for Medicine Men -Canoes, baskets -Innermost bark produces a dye -Leaves made into a tea-like beverage -For syrup