

Traditional Metis Food & Medicine Plants of Canada

Pennycress (*Thlaspi arvense*)

Michif-Cree: "Larb a palet"



- Antifungal, Anti-inflammatory, Depurative, Diaphoretic, Expectorant, Febrifuge, Tonic
- Delicious peppery greens and seedpods
- Women's medicine for menses and post-partum
- Topical for poison ivy rash
- High in Vitamin C and protein

Burdock (*Arctium lappa*)

Michif-Cree: "Machi'kwanaas"



- Introduced species from Eurasia, brought as food and medicine
- HUGE Leaves are cooling in nature and good as a potherb
- Pink flowers become spikey velcro buttons, can be used to hold a coat closed
- Burdock roots can be eaten them like turnips! Cleansing for the blood and liver, improves digestion and moves bile.
- All parts are used. Alterative, Depurative, Diaphrotic, Diuretic, and Tonic.

Stinging Nettle (*Urtica dioica*)

Michif-Cree: "Mazhaan"



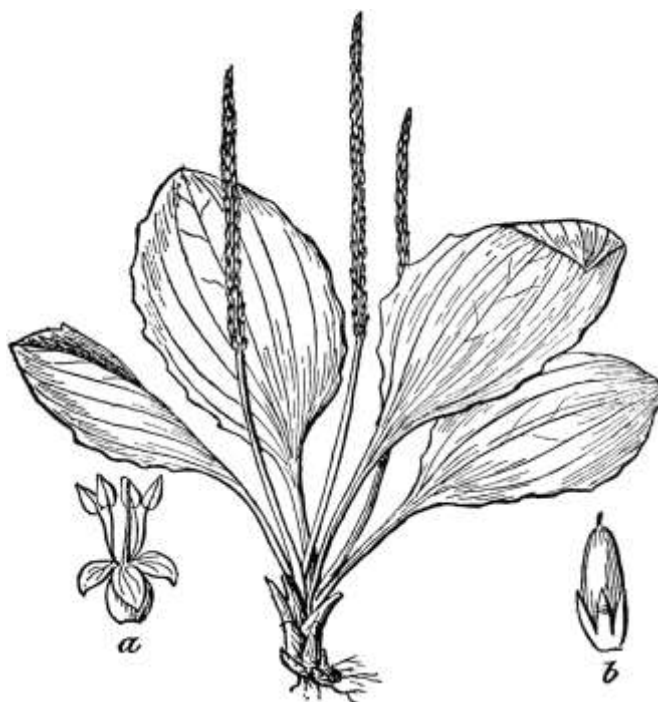
- Careful! Stinging hairs cover leaves and stalk
- Whole plant is food and medicine - very nutritious
- Good against allergies and histamine reactions
- Great for kidneys, bladder, prostate, lungs, stomach and more
- High in minerals and chlorophyll and some healthy fats
- Anti-inflammatory, Anti-rheumatic, Astringent, Diuretic, Pectoral, Styptic, Tonic

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Plantain (*Plantago major* & spp.)

Michif-Cree: "Plaanten")

- Often grows flat on the ground in cultivated areas
- Tall stalks of seeds known as Psyllium
- Leaves have straight lines, feel 'slimey' when broken
- Bruised leaves used for itches, rashes, stings, and insect bites - chew up a bit of leaf and rub it on the bite!
- Alterative, Antiseptic, Astringent, Diuretic



Rose 'Hips'
are the
fruit of the
rose



Wild Rose (*Rosa acicularis* & spp.)

Michif: "li rooz di no piyii" (lii bon tiiroozh)

- Bright pink flowers turn into red 'Hip'
- "Hips" are high in Vitamin C, made into jelly
- Petals are used as a Heart tonic
- Roots used for cough or fever, stomach ache, infections, and sore throats
- The hips have prickly fibers inside that should be strained out of teas or jellies
- Eating too many fresh rosehips with fibers inside can cause 'itchy bum'! AKA "Coyote berry"
- Anti-inflammatory, antioxidant, astringent, purgative, restorative tonic