



white sage

Pine Creek Harvesting Guide

volume one

Funai

Tinder Fungus



Found province-wide, this tree fungus clings to deciduous trunks, injuries, and logs, forming hard, shelf-like growths. Used for Insect smudge, incense, and tinder.

Scientific: Fomes Fomentarius
English: Tinder, Fungus Tinderconk
French: Amadouvier

True Morels



Found province-wide in forests, this family of sponge mushrooms includes many species. Picked and eaten in the spring.

Scientific: Morchellaceae, Morchella
English: True Morels, Morels
French: Morilles

True Puffball



Likely found province-wide, this ball-shaped, ground-dwelling fungus releases spores that, when inhaled, can stop nosebleeds as an anti-hemorrhagic.

Scientific: Bovista, possibly Bovista Bila
English: True Puffball
French: Vesse-de-loup
Michif: Enn Plot
Cree: Posâhkan

Chaga Mushroom



Found in northern Alberta and beyond, this wood-rotting fungus grows on birch, with a coarse, black surface. Used for tinder/fire starter.

Scientific: Inonotus Obliquus
English: Chaga Mushroom, Tinder Fungus
French: Polypore Oblique or Chaga
Cree: Wâsaskwêtow, Posâkan

Tree Fungus



Found province-wide, this wood-rotting fungus grows on deciduous and coniferous trees. Difficult to distinguish from similar species, it was used in Métis tradition for headache relief, earaches, tinder, insect repellent, and sweet smelling incense.

Scientific: Trametes
English: Tree fungus
French: Trametes, Polypore
Cree: (Type of) wihkimâsikan

Moss

Peat Moss



Found in northern Alberta, excluding regions 2, 3, and the Rockies, this moss grows in dense bog patches. It was used for diapers, mattress stuffing, and sealing wall cracks, sometimes mixed with mud.

Scientific: Sphagnum
English: Peat Moss
French: Sphaigne
Michif: La moos
Cree: Maskwoskw, Askiya

Edible Berry Plants

Choke Cherry



Found throughout Alberta, this 10m tree's roots are used for smoking pipes, and its wood for snowshoe frames. Berries are eaten fresh, dried, or used in pemmican, wine, and jam, while bark tea cures diarrhea.

Scientific: *Prunus Virginiana*
 English: Choke Cherry, Bitter-berry
 French: Cerisier de Virginie
 Cree: Tokwayiminana

Skunk Currant



Found throughout Alberta in wet forests, rocky slopes, and clearings, the berries are consumed fresh or dried.

Scientific: *Ribes Glandulosum*
 English: Skunk Currant

Dewberry



Found throughout Alberta in moist environments, this perennial with trailing stems up to 1m long produces berries 10-15mm in diameter, typically eaten when encountered.

Scientific: *Rubus Pubescens*
 English: Dewberry, Dwarf Red Raspberry
 French: Ronce Pubescente, Catherinette, Catherinettes
 Cree: Miskîsikomi, Kisâstaw, Ayoskanak

Wild Black Currant



Found throughout Alberta in moist locations, this plant grows up to 2m tall. Its berries are eaten fresh or dried, used in pemmican, and the boiled leaves are used as an antiseptic wash for cuts and abrasions.

Scientific: *Ribes Americanum*
 English: Wild Black Currant, American Black Currant
 French: Gadellier Américain
 Cree: Nikikomin

Wild Gooseberry



Found throughout Alberta in wet forests, rocky slopes, and clearings, the berries are eaten fresh or made into sweets and preserves, often stored in freezers.

Scientific: *Ribes Hirtellum*
 English: Wild Gooseberry, American Gooseberry
 Michif: Lii Groo Zel

Canada Buffaloberry



Found throughout Alberta in the boreal forest and parkland zones, this plant grows up to 3m tall along riverbanks and in open woods. A tea made from its leaves or boiled branches helps regulate the menstrual cycle, and its berries can be eaten fresh.

Scientific: *Shepherdia Canadensis*
 English: Canada Buffaloberry, Russet Buffaloberry
 Cree: Kinipiknipsi

Saskatoon



Found across Alberta in prairies, parklands, and coulee slopes, this 4m shrub has cyanide-like leaves and pits. Its vitamin-rich berries were eaten fresh or in pemmican. Used medicinally, it aids digestion, regulates menstruation, prevents miscarriages, and treats diarrhea and earaches.

Scientific: *Amelanchier alnifolia*
 English: Saskatoon, Serviceberry
 French: Amélanchier à feuilles d'aulne
 Cree: Misâskwatômin or Saskahtômina

Common Bearberry



Found throughout Alberta on woodland edges and well-drained slopes, this low-lying evergreen shrub grows 50-100cm tall. Its branches are used as tobacco for smoking, berries are fried for preservation, and roots are boiled to stop hemorrhaging.

Scientific: *Arctostaphylos Uva-ursi*
 English: Common Bearberry or Kinnikinnick
 French: Anémone du Canada
 Cree: Maskomin

Wild Strawberry



Found throughout Alberta in moist areas, this herb with white flowers and red berries is astringent, depurative, and diuretic. It relieves pain, stops bleeding, treats diarrhea, jaundice, and stress, and supports kidney and bladder health. Rich in Vitamin C, it can be consumed fresh or dried.

Scientific: *Fragaria virginiana*
 English: Wild Strawberry, or Common Strawberry
 French: Fraisier de Virginie
 Cree: Ohtehimin

Wild Sarsaparilla



Found throughout Alberta, this member of the ginseng family is an alterative, diaphoretic, diuretic, and tonic. It purifies blood, and fresh root poultices treat sores, itching, infections, and boils. It's also used in cold medicine.

Scientific: *Aralia nudicaulis*
 English: Wild Sarsaparilla, False Sarsaparilla,
 French: Aralie à Tige Nue
 Michif: Sasparel
 Cree: Wâ-pus-wo-tcha

Bunchberries



Found throughout Alberta in moist woods and heathlands, this low-lying perennial herb grows 5-20cm tall with 8mm red fruit. Its roots are boiled to make a strong tea used as an anti-hemorrhagic, particularly during childbirth or other instances of excessive bleeding.

Scientific: *Cornus Canadensis*
 English: Bunchberries, Canadian Dwarf Cornel
 French: Quatre-Temps, Cornouiller du Canada
 Cree: Pihew mina

Pin Cherry



Found throughout Alberta in disturbed, open sites like lawns, this small tree or shrub grows up to 3m tall with cherries 5-7mm in diameter. The cherries can be eaten fresh, dried, or fried, while boiled leaves are used as an antiseptic wash for cuts and abrasions.

Scientific: *Prunus Pensylvanica*
 English: Pin Cherry
 Cree: Osimisk, Mayimiyitos

Seed Plants

Common Blueberry



Found throughout Alberta, this small shrub with 60cm branches has various medicinal uses, including treating tuberculosis, infections, sore throats, and regulating blood sugar. Its berries are eaten fresh, dried, fried, or used in pemmican, and the roots make a tea-like beverage.

Scientific: *Vaccinium Myrtilloides*
 English: Common Blueberry, Velvetleaf Huckleberry
 French: Bleuet Sauvage, Airelle Fausse-myrtille
 Cree: Idinimina, Nikikomina, Niskimina, Sipihkomin

Green Alder



Found throughout Alberta in bogs, stream banks, and wet locations, this shrub or small tree grows 1-5m tall. Rotten or still green alder was used for smoking meat and fish.

Scientific: *Alnus Viridis*
 English: Green Alder
 French: Aulne Vert, Aulne de Sitka, Verne, or Arcoce
 Cree: Atospi

Pasture Sagewort



Found throughout Alberta in prairies and open sites, this plant grows up to 40cm tall. Used for ceremonial purposes, it is burned as sweetgrass in sweat lodge activities and placed over the right ear for protection before entering the lodge.

Scientific: *Artemisia Frigida*
 English: Pasture Sagewort, Prairie Sagewort, Arctic Sage
 Cree: Mostoswiikwaskwa

Cranberry



Found throughout Alberta, this shrub grows 25cm to 2m tall. Cranberries, used fresh, dried, or canned, help treat colds and act as a diuretic. The wood is made into smoking pipes, and berries have been used as lipstick.

Scientific: *Vaccinium Oxycoccus*, *Viburnum Edule*
 English: Cranberry
 French: Canneberge
 Cree: Wisakimin, Moosomina, Wisakimin, Nepimininana

River Alder



Found throughout Alberta on the edges of waterbodies, this tall shrub grows 2-8 meters tall. Its inner bark is scraped, dried, and boiled to create a red dye for coloring fabrics, hides, and cotton fish nets to prevent fish from seeing them.

Scientific: *Alnus Incana Tenuifolia*
 English: River Alder, Black Alder, or Black Willow
 French: Aulne Blanc, Aulne Rugueux, Aulne de Montagne Varne

Goosefoot



Found throughout Alberta in pastures, roadsides, and disturbed open sites, this plant grows up to 1.5m tall. Younger leaves are boiled and eaten like spinach or mixed fresh in salads.

Scientific: *Chenopodium Berlandieri*
 English: Goosefoot, Pitseed Goosefoot
 French: Chénopode de Berlandier

Beaked Hazelnut



Found throughout Alberta, mainly in northern regions, this plant prefers edges of aspen bluffs and shrubby patches, growing up to 3m tall. Hazelnuts are used as food, typically roasted or dried and stored for winter.

Scientific: *Corylus Cornuta*
 English: Beaked Hazelnut, Peanut Willow
 French: Noisetier à Long Bec
 Cree: Pakanâhtihk

Slender Wheat Grass



Found throughout Alberta, this plant prefers open forest stands and prairies. Known locally as sweetgrass, it is dried, smoked, and used for ceremonial purposes.

Scientific: *Elymus trachycaulus*, or *Agropyron trachycaulum*
 English: Malte Awned Wheat Grass or Slender Wheat Grass
 Michif: Fwayn sukrii, fwayn di bufflo

Common Nettle



Found throughout Alberta in moist woods, meadows, and along watercourses, this plant grows 50cm to 2m tall. It treats dysentery, stomachaches, kidney stones, joint pain, and urinary issues. Nettle purifies the blood, clears estrogen, and is used for syphilis treatment. Eaten or steamed, it's a good source of protein, vitamins, and minerals.

Scientific: *Urtica Dioica*
 English: Common Nettle, Stinging Nettle
 Cree: Masân

Creeping Snowberry



Found throughout Alberta, this plant grows up to 40cm tall. Its leaves and stems can be made into tea to cure fever, colds, or backaches.

Scientific: *Gaultheria Hispidula*
 English: Creeping Snowberry or Moxie-plum
 French: Fraisier de Virginie
 Cree: Ôhtehimin

Common Cattail



Found throughout Alberta along waterbodies, this plant grows to 3m tall. Its lower 10-15cm stalk is eaten raw, roasted, or dried and ground as a flour substitute. Flower spikes are heated in grease and applied as a salve to cuts and burns for healing, and it is also used as a poultice.

Scientific: *Typha latifolia*
 English: Common Cattail, Cat-o'-nine-tails, Bulrush
 French: Quenouille, Massette à Grandes Feuilles, Roseau à Massette
 Cree: Pasân, pikwanâhtik, otâwask

Non-Native

Burdock



Burdock, found along roadsides and fields in Alberta, is a tonic for swelling, gout, and blood purification. Its roots heal burns, and leaf tea treats dry coughs. All parts are edible, with leaves in soups and roots in stir-fries. It's rich in vitamins and iron. Avoid during pregnancy or with diabetes.

Scientific: *Arctium Minus Bernh*
 English: Burdock
 Michif: Machi'kwanaas

Lamb's- Quarters



Found throughout Alberta in open disturbed sites, this non-native plant grows 40-120 cm tall. Younger leaves are boiled and eaten like spinach or mixed with vegetables in salads.

Scientific: *Chenopodium Album*
 English: Lamb's- Quarters, Melde, White goosefoot, Pigweed
 French: Chénopode blanc, Ansérine blanche

Pineapple-weed



This non-native plant is found throughout Alberta in disturbed soils, waste places, roadsides, and near human habitation, growing up to 40cm tall. The fresh yellow flower heads are boiled to make a tea-like beverage, and the flower heads can also be dried for later use.

Scientific: *Matricaria Discoidea* or *Matricaria Matricarioides*
 English: Pineapple-weed, Wild Chamomile, Disc Mayweed
 French: Matricaire Odorante ou Matricaire sans Ligules

Wild Red Raspberry



This non-native plant grows in wet forests, rocky slopes, and clearings across Alberta. Its roots are boiled to treat diarrhea, and it can be eaten fresh or used to make wine. The plant is also used to dye porcupine quills and wool.

Scientific: *Rubus idaeus*
 English: Wild Red Raspberry, European Raspberry
 French: Framboisier, Ronce du Mont Ida
 Cree: Athôskan, ayouskanak

Wild Cucumber



Found throughout Alberta, though uncommon, this non-native climbing herb grows up to 8m tall in moist areas along rivers and streams. The dried cucumber is boiled to cure stomach aches and hemorrhoids, while the top portion is used as a diuretic. The vine's stem was also used as a pipe stem.

Scientific: *Echinocystis lobata*
 English: Wild Cucumber, Prickly Cucumber, or Balsam Apple
 Michif: Een kookoomb

Plantain,



This non-native plant grows up to 50cm in disturbed sites throughout Alberta. It treats kidney, bladder, and intestinal issues, excessive menstrual flow, and ulcers. Crushed leaves heal bites, burns, and skin irritations, while heated leaves reduce swelling and inflammation. It also helps draw out infection from wounds.

Scientific: *Plantago Major*
 English: Plantain, Common Plantain, Broadleaf Plantain
 French: Grand Plantain, gros Plantain, Plantain Majeur
 Cree: Paswepak

Tansy



Tansy, non-native to Alberta, is used for digestive issues, sore throats, menstrual regulation, and to treat swelling, tumors, cuts, and fevers. It can cause severe reactions in large doses and should be avoided during pregnancy.

Scientific: *Tanacetum Vulgare*
 English: Tansy, Common Tansy, Bitter Buttons,
 French: Tanaisie Commune, Tanaisie

Common Dandelion



Found on roadsides and lawns in Alberta, this non-native plant grows to 40cm high. A tea made from its dry roots treats skin rashes and eczema. Young leaves can be eaten fresh as a salad green or boiled. The roots can also be dried, roasted, and ground as a coffee substitute.

Scientific: *Taraxacum Officinale*
 English: Common Dandelion, Dandelion
 French: Chénopode blanc, Ansérine blanche, Pissenlit, Dent-de-lion

Alsike Clover



Throughout Alberta, though not native, this plant grows along roadside edges, fields, and waste areas. It reaches up to 80cm tall with pink or white flowers. The flowers are used to make tea.

Scientific: *Trifolium Hybridum*
 English: Alsike Clover
 French: Trèfle Hybride

Ferns

Scouring Rush



Found throughout Alberta, horsetail grows in sandy, open sites and can reach 1m. It treats kidney stones, urinary infections, edema, and lumbago. Its ashes disinfect, and poultices heal wounds. Stems also serve as a scouring tool.

Scientific: *Equisetum Hyemale*
 English: Scouring Rush or Rough Horsetail
 French: Prêle d'hiver
 Cree: Miscanikwacâsôsôsa

Pennycress



Pennycress, though not native to Alberta, grows throughout the region. It has anti-fungal, anti-inflammatory, and diaphoretic properties. Leaf tea cures poison ivy rash and scurvy, while seedpods act as a stomach tonic and kill intestinal worms. Young leaves can be eaten, and dried leaves are high in protein and Vitamin C. Crushed seed pods make pepper. Large doses can cause nausea, dizziness, and irritate the stomach.

Scientific: *Thlaspi Arvense*
 English: Pennycress, Field Pennycress
 French: Tabouret des Champs, Monnoyère

Lichens

Old Man's Beard Moss



Throughout Alberta, in boreal-temperate regions, this plant consists of elongated yellow-green fibrous strands hanging from trees. It is used as a surface dressing or to wrap and secure other medicines to an injury.

Scientific: *Dolichousnea Longissima*, *Usnea Longissima*
 English: Old man's beard moss, Methuselah's beard lichen
 French: La barbe-lichen, La barbe de Mathusalem
 Cree: Mithâpâkwan

Ostrich Fern



Found throughout Alberta in damp wooded areas, this plant grows 50cm-1.5m tall. Its stems, 5-7.5 cm in diameter, are boiled and eaten alone or with other foods.

Scientific: *Matteuccia Struthiopteris*
 English: Ostrich Fern, Fiddlehead Fern
 French: Tanaïs Commune, Tanaïs



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Flowering Plants

Yarrow



Throughout Alberta, found in moist woods, fields, and roadsides. Grows to 1m tall with white flowers. Use cautiously in high doses. Used for wounds, burns, insect bites, fevers, colds, lung ailments, digestion, and urinary health. Tea regulates menstruation and reduces swelling.

Scientific: *Achillea Millefolium*
 English: Yarrow or Common Yarrow
 French: Achillée millefeuille or Millefeuille
 Cree: Âmowask, Un-ick-wah-chas-i-yo, Wapanew-uskwa,

Canada Anemone



Throughout Alberta. Preference for edges of poplar stands, damp meadows, and thickets. Grows to 70cm high with white flowers.

Scientific: *Anemone Canadensis*
 English: Canada Anemone or Crowfoot
 French: Anémone du Canada

Bluebell



Throughout Alberta, found in dry prairies and open woodlands. Grows to 40cm high. Roots chewed or boiled for heart health and appetite. Tea made for arthritis, also used to improve horses' appetite.

Scientific: *Campanula Rotundifolia*
 English: Bluebell or Harebell
 French: Campanule à Feuilles Rondes
 Cree: Kus-kwa-so-napiskos, or Mitihimaskihkih

Chaga Mushroom



Throughout Alberta, but should only be picked where abundant. Grows to 50cm with pink or white flowers. Used for lung ailments, colds, sore throats, digestion, and kidney stones. Adds onion flavor to soups, stews, or eaten raw.

Scientific: *Allium Cernuum*
 English: Nodding Onion or Lady's Leek
 Cree: Pikwaciwicikaskos

Lindley's Aster



Throughout Alberta. Preference for thickets, shores and clearings. Grows to 20cm to 1m tall

Scientific: *Aster Ciliolatus*
 English: Lindley's Aster
 French: Anémone du Canada

Canada Thistle



Throughout Alberta, especially in the south. An introduced species found in disturbed sites. Grows up to 1m tall. Boiled roots used as a diuretic for horses. Thistle root tea treats skin sores. Combined with wild rose and showy aster for sore throat relief.

Scientific: *Cirsium Arvense*
 English: Canada thistle, Lettuce from hell thistle, California thistle
 French: Cirse des Champs, Chardon des Champs
 Michif: Lii shaadron
 Cree: Kakasisiwat, Kokaminakasiwit, Okâminakasiy

Fireweed



Throughout Alberta. Preference for forest clearings and open sites. Grows to 20-50cm tall

Scientific: *Chamaenerion Angustifolium*
 English: Fireweed, Great Willowherb
 French: Épilobe en Épi, l'Épilobe à Feuilles Étroites, Laurier de Saint-Antoine
 Cree: Ihkapaswa, Eskohtiyowaskwa

Cow Parsnip



Throughout Alberta, in moist areas and partial shade. Grows up to 2m tall. Known as "wild rhubarb," stalks were cooked and peeled for food. Used in traditional medicine, including poultices for ulcers and healing wounds. Dried root mixed with petroleum jelly stopped bleeding.

Scientific: *Heracleum Maximum* or *Heracleum Lanatum*
 English: Cow Parsnip, Indian Celery, Indian Rhubarb, Pushki
 French: Berce Laineuse, or Berce Très Grande
 Cree: Pukwan-ahtik, Askiwiskatask, Pakwanâhtik

Wild Blue Flax



Throughout Alberta. Used for heartburn, soothing mucus membranes, and as a mild laxative. Made into a poultice for burns, bruises, swelling, and used as a fumigant, eyewash, and skin and hair wash. Ground into flour, rich in omega 3, 6, 9, B vitamins, and minerals.

Scientific: *Linum lewisii*
 English: Wild Blue Flax, Prairie Flax, Lewis Flax
 French: Lin de Lewis

Showy Aster



Throughout Alberta, in woodlands and clearings. Grows 30-90cm tall with pale blue flowers. Boiled with wild rose root and thistle, then gargled to treat sore throats.

Scientific: *Eurybia Conspicua* or *Aster Conspicuus*
 English: Showy Aster or Western Showy Aster

Prairie Lily



Throughout Alberta, in prairies and open woodlands, favoring moist meadows and aspen edges. Grows to 60cm tall. Flower petals were eaten when found. Roots produced bulbets known as "lily rice," added to soups or eaten raw.

Scientific: *Lilium Philadelphicum*
 English: Western wood red wood lily, Philadelphia lily, Prairie lily,
 French: Lys des Prairies, Lys Rouge Orangé, or Lys Rouge de l'Ouest
 Cree: Wapayoominusk, wah-ki-chan, Wah-ki-che-nak

Twining Honeysuckle



Throughout Alberta, found in prairies and open woodlands, favoring moist meadows and aspen edges. Used as a diuretic for horses and people when boiled into tea. Hollow stems were used to extract birch sap, make baby teething necklaces, and craft smoking pipes.

Scientific: *Lonicera Dioica*
 English: Twining Honeysuckle, Limber Honeysuckle
 Cree: Payipotakask, Kahgichegshimok, Pipachikos

Edible Berry Plants

Fireweed



Throughout Alberta. Preference for forest clearings and open sites. Grows to 20-50cm tall

Scientific: *Chamaenerion angustifolium*
 English: Fireweed, Great Willowherb
 French: Épilobe en Épi, l'Épilobe à Feuilles Étroites, Laurier de Saint-Antoine
 Cree: Ihkapaswa, Eskohtiyowaskwa

Cow Parsnip



Throughout Alberta, in moist areas and partial shade. Grows up to 2m tall. Known as "wild rhubarb," stalks were cooked and peeled for food. Used in traditional medicine, including poultices for ulcers and healing wounds. Dried root mixed with petroleum jelly stopped bleeding.

Scientific: *Heracleum maximum* or *Heracleum lanatum*
 English: Cow Parsnip, Indian Celery, Indian Rhubarb, Pushki
 French: Berce Laineuse, or Berce Très Grande
 Cree: Pukwan-ahtik, Askiwiskatask, Pakwanâhtik

Wild Blue Flax



Throughout Alberta. Used for heartburn, soothing mucus membranes, and as a mild laxative. Made into a poultice for burns, bruises, swelling, and used as a fumigant, eyewash, and skin and hair wash. Ground into flour, rich in omega 3, 6, 9, B vitamins, and minerals.

Scientific: *Linum lewisii*
 English: Wild Blue Flax, Prairie Flax, Lewis Flax
 French: Lin de Lewis

Showy Aster



Throughout Alberta, in woodlands and clearings. Grows 30-90cm tall with pale blue flowers. Boiled with wild rose root and thistle, then gargled to treat sore throats.

Scientific: *Eurybia conspicua* or *Aster conspicuus*
 English: Showy Aster or Western Showy Aster

Prairie Lily



Throughout Alberta, in prairies and open woodlands, favoring moist meadows and aspen edges. Grows to 60cm tall. Flower petals were eaten when found. Roots produced bulbets known as "lily rice," added to soups or eaten raw.

Scientific: *Lilium philadelphicum*
 English: Western wood red wood lily, Philadelphia lily, Prairie lily,
 French: Lys des Prairies, Lys Rouge Orangé, or Lys Rouge de l'Ouest
 Cree: Wapayoominusk, wah-ki-chan, Wah-ki-che-nak

Twining Honeysuckle



Throughout Alberta, found in prairies and open woodlands, favoring moist meadows and aspen edges. Used as a diuretic for horses and people when boiled into tea. Hollow stems were used to extract birch sap, make baby teething necklaces, and craft smoking pipes.

Scientific: *Lonicera dioica*
 English: Twining Honeysuckle, Limber Honeysuckle
 Cree: Payipotakask, Kahgichegshimok, Pipachikos

Wild Mint



Throughout Alberta, in wet habitats, growing to 50cm. Used for fevers, colds, ulcers, and heart pain. Tea aided menstrual cycles; chewed leaves soothed burns.

Scientific: *Mentha Arvensis*
 English: Wild Mint, Corn Mint, or Field Mint
 Michif: Li pchi boom, Ita Laarzhaan Ka Ooshihiht
 Cree: Amiskowiyikaskwa, Amisko-wihkaskwa, Wikask

Arrowleaf Sweet Coltsfoot



Throughout Alberta, in moist, marshy sites. A perennial herb used as a surface dressing for injuries or to secure medicine.

Scientific: *Petasites Frigidus*
 English: Arrowleaf Sweet Coltsfoot, Arrow-leaved Coltsfoot
 French: Pétasite Arctique
 Cree: Mosotawakayipak, Miyokatayinipiya

Common Pink Wintergreen



Throughout Alberta, in moist coniferous and mixed woods. Grows to 25cm tall. Mixed with beaver castor and placed near lynx traps as bait.

Scientific: *Pyrola Asarifolia*
 English: Common Pink Wintergreen, Liverleaf Wintergreen
 Cree: Wa wipak, Why-weh-buk-sah

Northern Bluebells



Throughout Alberta, in moist, shaded poplar and mixed stands. A perennial growing to 0.8m, its boiled leaves were used as an anti-hemorrhagic.

Scientific: *Mertensia Paniculata*
 English: Tall Mertensia, Tall Lungwort, Tall Bluebells, Northern Bluebells

Seneca-Root



Found throughout Alberta in moist woods and heathlands, this low-lying perennial herb grows 5-20cm tall with 8mm red fruit. Its roots are boiled to make a strong tea used as an anti-hemorrhagic, particularly during childbirth or other instances of excessive bleeding.

Scientific: *Polygala Senega*
 English: Seneca-root, Seneca Snakeroot, Rattlesnake Root, Mountain Flax
 French: Polygale de Virginie, Laitier, Herbe au Lait
 Cree: Miyinsiyikîysa, Mean-sih-kes

Labrador Tea



Throughout Alberta in moist areas. Treats respiratory issues, stomach troubles, headaches, and kidney ailments. Used for burns, ulcers, itching, and as an insect repellent.

Scientific: *Rhododendron Groenlandicum*
 English: Labrador Tea, Muskeg Tea, Bog Labrador Tea
 French: Thé du Labrador, ou Lédon du Groenland
 Cree: Kâkîkîpak, Li-tee-mus-keg, Maskêkopak,

Wild Rose



Throughout Alberta, common in prairies and parklands. Rose hips and petals are eaten fresh or in teas, jams, and syrups. High in vitamins, they aid immunity, digestion, and heart health. Roots treat colds, fevers, infections, asthma, and sore throats.

Scientific: *Rosa Acicularis*
 English: Prickly Rose, Wild Rose
 French: Rosier Arctique
 Cree: Okîniak, Okini, Okiniy

Tall Goldenrod



Throughout Alberta. Found in moist soil. Grows from 40cm to 2m tall.

Scientific: *Solidago Gigantea*
 English: Tall Goldenrod, Giant Goldenrod
 French: Verge d'or Géante, Solidage Géante
 Cree: Chachamoskakew, Ohsawiceyipeyihk

Purple-stemmed Aster



Throughout Alberta, found in marshy areas. Grows 50-150cm tall with various flower colors. Boiled roots treat epilepsy and fever. Carried with other plants for successful moose hunts.

Scientific: *Symphotrichum Puniceum* or *Aster Puniceus*
 English: Purple-stemmed Aster
 Cree: Misiyistakiyowask, Iskomaski-yikêy

Canada Goldenrod



Throughout Alberta. Found in moist soils on roadsides, clearings, slopes, and thickets. Grows from 0.3 to 1.5m tall.

Scientific: *Solidago Canadensis*
 English: Canada Goldenrod
 French: Verge d'or du Canada, Gerbe-d'or, Solidage du Canada
 Cree: Chachamoskakew, Ohsawiceyipeyihk

Hedge Nettle



Throughout Alberta, in ditches, marshes, and wet open sites. Grows to 80cm with pale purple or white flowers. Known as "la bome," its boiled leaves make a tea for coughs and colds.

Scientific: *Stachy Palustris*
 English: Hedge Nettle, Marsh Woundwort, Marsh Hedge-nettle
 Cree: Masân

Trees

Balsam Fir



Found throughout Alberta in pastures, roadsides, and disturbed open sites, this plant grows up to 1.5m tall. Younger leaves are boiled and eaten like spinach or mixed fresh in salads.

Scientific: *Abies Balsamea*
 English: Balsam Fir
 French: Sapin Baumier
 Cree: Napakasita

White Birch



Throughout Alberta's boreal forests and parklands. Grows to 30m. Used for sleds, snowshoes, canoes, baskets, and wound coverings. Birch syrup as a sugar substitute.

Scientific: *Betula Papyrifera*
 English: White Birch
 French: Bouleau Nain
 Cree: Waskway

White Spruce



Throughout Alberta's boreal forests and alpine belt. Grows to 25m. Resin used for wounds, sore throats, and blood poisoning. Bark for roofing, pitch for sealing canoes, and rotten wood for smoking hides, fish, and meat.

Scientific: *Picea Glauca*
 English: White Spruce, Canadian Spruce, Alberta White Spruce
 French: Épinette blanche
 Cree: Siyhtah

Jack Pine



Throughout Alberta, in well-drained boreal forests east of the Rockies. Grows to 24m. Used for ski construction, with wood and resin creating a sliding surface. Strips were split from trunks to collect hardened resin.

Scientific: *Pinus Banksiana*
 English: Jack Pine, Grey Pine, Scrub Pine
 French: Épinette Noire, Épicéa Noir, Sapinette Noire
 Cree: Oskāhtak, Oskahtak, Askatikos, Os-katuk

Tamarack



Found throughout Alberta, this plant grows up to 40cm tall. Its leaves and stems can be made into tea to cure fever, colds, or backaches.

Scientific: *Larix Laricina*
 English: Tamarack, Hackmatack, Eastern Larch, Black Larch
 French: Méléze Laricin, Méléze d'Amérique
 Cree: Wakanakahn

Black Spruce



Mainly in central and northern Alberta, in moist areas and muskeg. Grows to 15m. Wood for lumber and drum hoops, bark for roofing, and pitch for sealing canoes. Roots used for stitching. Resin for wounds, infections, sore throats, and chewing gum.

Scientific: *Picea Mariana*
 English: Black Spruce
 French: Épinette Noire, Épicéa Noir, Sapinette Noire
 Cree: Oskāhtak, Oskahtak, Askatikos, Os-katuk

Balsam Poplar



Throughout Alberta, in moist, rich soils along lakes, rivers, and coulees. Grows to 25m. Preferred for fuel and smoking fish and meat. Used as an ointment for cuts, burns, and rashes. Sap used as a body wash for rheumatism and back pain.

Scientific: *Populus Balsamifera*
 English: Balsam Poplar, Bam, Bamtrees, Hackmatack
 French: Peuplier Baumier, Liard, Peuplier Noir
 Cree: Osimisk, Mayimiyitos

Aspen



It sounds like you're describing black spruce (*Picea mariana*). Found in moist soils across Alberta, it can grow up to 30m tall. Its sap was used to treat high blood pressure, while chewed bark helped stop bleeding and prevent infection. Tree roots were also combined to treat tuberculosis.

Scientific: *Populus Tremuloide*
English: Aspen, Trembling Aspen, White Poplar
French: *Populus Tremuloide*
Cree: Osimisk, Mayimiyitos

Willow



You're describing willows (*Salix* species), which are deciduous trees or shrubs. Their bark treats headaches, and root bark is used for wound care. A tea made from roots can treat tuberculosis. A poultice of bark, roots, and leaves is used for wounds, gangrene, cuts, and rashes. They also help with dandruff and syphilitic sores.

Scientific: *Salix*
English: Willow
French: Saule
Cree: Nipisiy