

# Pine Creek Harvesting Guide

volume one

### **Funai**



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



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



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



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



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

Moss



Found in northern Alberta, excluding regions 2, 3, and the Rockies, this mass 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**



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



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

Scientific: Ribes Glandulosum English: Skunk 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 Current, American Black Current

French: Gadellier Américain

Cree: Nikikomin



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



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



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

inglish: Canada Buffaloberry, Russet Buffaloberry

Cree: Kinipiknipsi



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



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



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



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



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



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



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 permission, 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



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 Oxycoccos, Viburnum Edule

English: Cranberry
French: Canneberge

Cree: Wisakimin, Moosomina, Wisakimin, Nepimininana

## **Seed Plants**



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



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



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: Mostoswiyikwaskwa



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



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



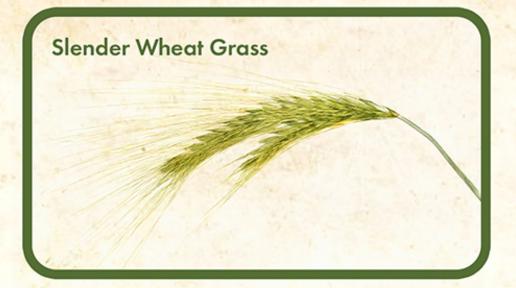
Found throughout Alberta, this plant grows up to 40cm tall. Its leaves and stems can be made into tea to cure fever, colds, or backaches.

Scientific: Gaultheria Hispidula

English: Creeping Snowberry or Moxie-plum

French: Fraisier de Virginie

Cree: Ohtehimin



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



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 Larges Feuilles, Roseau à Massette

Cree: Pasân, pikwanâhtik, otâwask



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



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



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



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 steam was also used as a pipe stem.

Scientific: Echinocystis lobata

English: Wild Cucumber, Prickly Cucumber, or Balsam Apple

Michif: Een kookoomb



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



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



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 guills and wool.

Scientific: Rubus idaeus

English: Wild Red Raspberry, European Raspberry

French: Framboisier, Ronce du Mont Ida Cree: Athôskan, ayouskanak



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



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

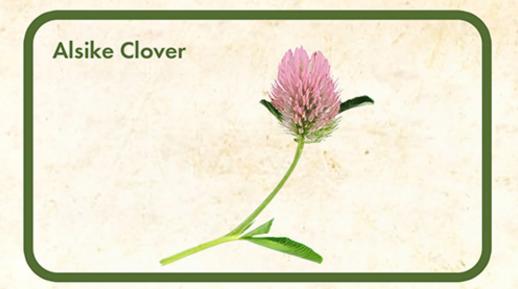
French: Chénopode blanc, Ansérine blanchePissenlit, Dent-de-lion



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.

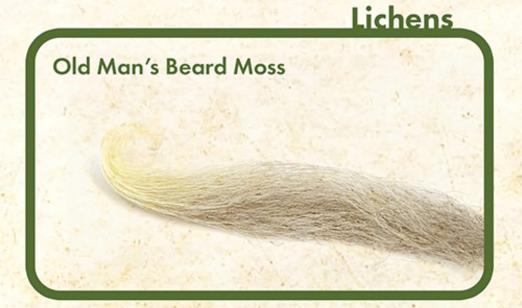
Scientific: Thlaspi Arvense

English: Pennycress, Field Pennycress
French: Tabouret des Champs, Monnoyère



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



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: Mithapakwan



Found throughout Alberta, horsetail grows in sandy, open sites and can reach 1 m. 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: Miscanikwacasososa



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 Struthiapteris
English: Ostrich Fern, Eiddlehead Fern
French: Tanaisie Commune, Tanaisie



# Pine Creek Harvesting Guide

volume two

## Flowering Plants



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,



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



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



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



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



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 shaadroon

Cree: Kakasisiwat, Kokaminakasiwit, Okâminakasiy



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

Scientific: BChamaenerion Angustifolium
English: Fireweed, Great Willowherb

French: Épilobe en Épi, l'Épilobe à Feuilles Étroites, Laurier de

Saint-Antoine

Cree: Ihkapaswa, Eskohtiyowaskwa



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



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



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



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



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**



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

Scientific: BChamaenerion Angustifolium
English: Fireweed, Great Willowherb

French: Épilobe en Épi, l'Épilobe à Feuilles Étroites, Laurier de

Saint-Antoine

Cree: Ihkapaswa, Eskohtiyowaskwa



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



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



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



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



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



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-wîhkaskwa, Wîkask



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



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



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: Ploygala Senega

English: Seneca-root, Seneca Snakeroot, Rattlesnake Root, Mountain Flax

French: Polygale de Virginie, Laitier, Herbe au Lait

Cree: Miyinsiyikîysa, Mean-sih-kes



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



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,



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: Okînîak, Okini, Okiniy



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



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



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 Hedgenettle

Cree: Masân



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: Symphyotrichum Puniceum or Aster Puniceus

English: Purple-stemmed Aster

Cree: Misiyistakîyowask, Iskomaski-yikêy





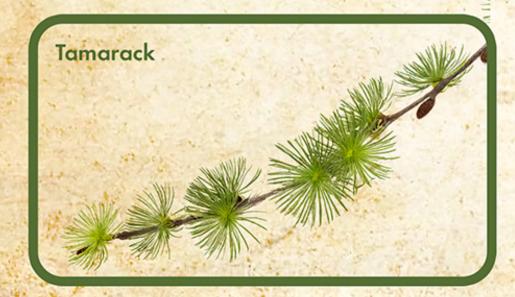
Found throughout Alberta in pastures, roadsides, and disturbed open sites, this plant grows up to 1.5m tall. Younger leaves are boiled and eaten like spinach or mixed fresh in salads.

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



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



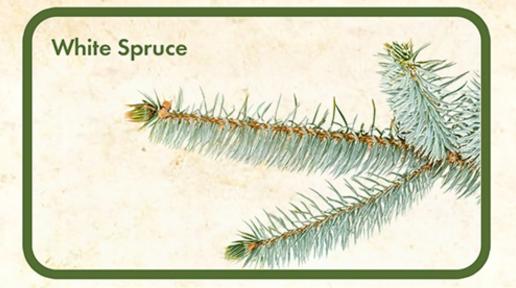
Found throughout Alberta, this plant grows up to 40cm tall. Its leaves and stems can be made into tea to cure fever, colds, or backaches.

Scientific: Larix Laricina

English: Tamarack, Hackmatack, Eastern Larch, Black Larch

French: Mélèze Laricin, Mélèze d'Amérique

Cree: Wakanakahn



Throughout Alberta's boreal forests and alpine belt. Grows to 25m. Resinused 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: Siyihtah



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: Oskâhtak, Oskahtak, Askatikos, Os-katuk



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: Oskâhtak, Oskahtak, Askatikos, Os-katuk



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, Bamtree, Hackmatack
French: Peuplier Baumier, Liard, Peuplier Noir

Cree: Osimisk, Mayimiyitos



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



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: Nîpisiy