



# Guide for Indigenous Plants at the UNB Woodlot



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## **Photo Credits**

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# Land Acknowledgment

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We would like to begin by acknowledging that the land for this project is the traditional unceded territory of the Wolastoqiyik. This territory is covered by the “Treaties of Peace and Friendship” which Wolastoqiyik first signed with the British crown in 1725. The treaties did not deal with surrender of lands and resources but in fact recognized Wolastoqiyik title and established the rules for what was to be an ongoing relationship between nations.





## **Project**

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The booklet was created for our 4th year project for the Management Practicum course. Our project aims to collect data of plant species with indigenous value at the UNB Woodlot. The UNB Woodlot covers 1,500 ha and covers Heritage Development and Heritage Conservation land. This ceremonial and medicinal plant guide is meant to fulfill the educational goal of the project, by promoting indigenous knowledge and the "Seven Generations Principle". Our decisions today should result in a sustainable world for the next seven generations.





# Etuaptmumk

Etuaptmumk, which comes from Mi'kmaq teachings, is a blending of Traditional Indigenous Knowledge with Western scientific methods. For this reason, that is why it is called Two-Eyed

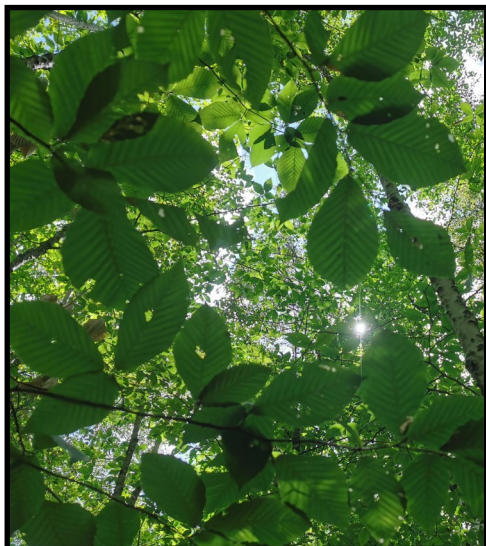
Seeing. Both teaching bring value and offer insight to education that focuses on and understands how actions connect to the Earth, and the reactions that follow.



The background of the entire image is a close-up photograph of green leaves and small blueberries. The leaves are vibrant green with visible veins, and the blueberries are small and clustered. A semi-transparent white rectangular box is centered in the upper half of the image, containing the title text.

# **Netukulimk**

Netukulimk, comes from Mi'kmaq teachings, it is a teaching of sustainable harvesting in perpetuity. This encompasses a reciprocal relationship with the land. To truly understand how to have a better relationship with the land. A teaching to ensure there will always be enough: medicine, food, animals, water, and more, for all coming life. This teaching is a recognition to be mindful of what you leave behind; garbage, plastic, glass.



Common Name: American beech

Scientific Name: *Fagus grandifolia*

Wolastoq: Mihihqimus

Mi'kmaq: Suomusi

French: Hêtre Américain

Habitat: Found primarily in mature forests.

Traditional uses: Fresh or dried leaves of this tree were used as a tea for relief of frostbite, scalds and burns.



Common Name: American black-berried elder

Scientific Name: *Sambucus nigra*

Wolastoq: Puskockolanimin

Mi'kmaq: not found

French: Sureau Américain Auz Baies Noires

Habitat: Found in damp thickets or swamps, and along shores.

Traditional uses:





Common Name: American mountain ash

Scientific Name: *Sorbus americana*

Wolastoq: Minahqimin

Mi'kmaq: Epsmusi

French: Sorbier américain

Habitat: Prefers damp, acidic woods.

**Toxic when ingested.**



Common Name: American princess pine

Scientific Name: *Umbellata*

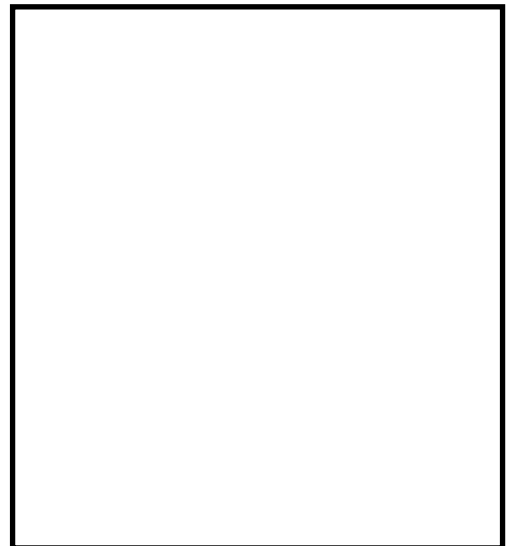
Wolastoq: not found

Mi'kmaq: not found

French: Pin prince américain

Habitat: Common in most coniferous or mixed forests.

**Can cause contact dermatitis.**





Common Name: American winter-green

Scientific Name: *Gaultheria procumbens*

Wolastoq: Kahkakuhsuwimin

Mi'kmaq: not found

French: Gaulthérie américain

Habitat: Most commonly found in mixed wood stands.

**Can cause dermatitis upon contact.**



Common Name: Balsam fir

Scientific Name: *Abies balsamea*

Wolastoq: Puhpukawihq

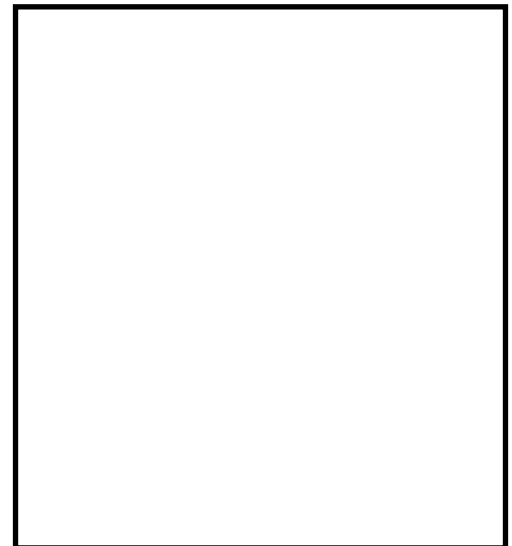
Mi'kmaq: Stoqonsqsi

French: Abeto balsamo frencés

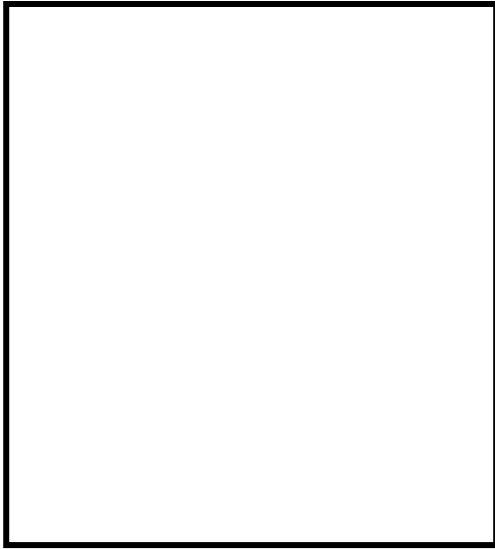
Habitat: Common in damp woods.

Traditional uses: Used as antiseptic.

**Can cause dermatitis upon contact.**







Common Name: Beaked hazel

Scientific Name: *Corylus cornuta*

Wolastoq: Malipokansimus

Mi'kmaq: Malipqwanjmusi

French: Noistier á bec

Habitat: Found growing on woods boundaries, and open acidic woodlands.



Common Name: Black ash

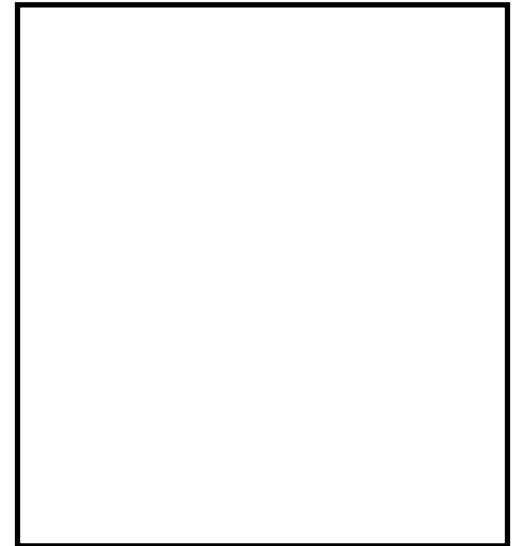
Scientific Name:

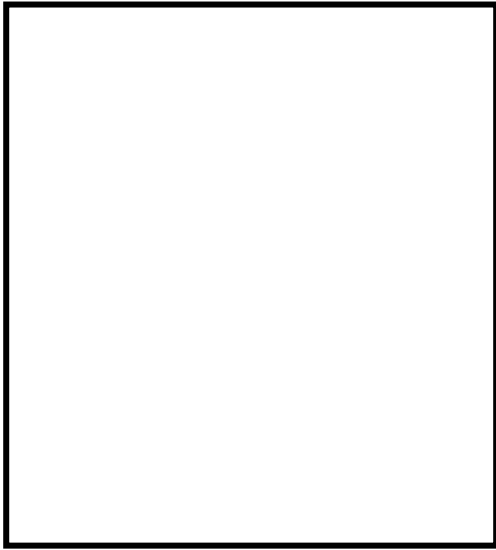
Wolastoq:

Mi'kmaq:

French: Frêne noir

Habitat: Commonly found in river bottomlands and swamps.





Common Name: Black spruce

Scientific Name: *Picea mariana*

Wolastoq: Kawatoq

Mi'kmaq: Gawatgw (spruce)

French: Épicéa noir

Habitat: Commonly found in bogs, and other poorly drained areas such as swamps.



Common Name: Blackberry

Scientific Name: *Rubus*

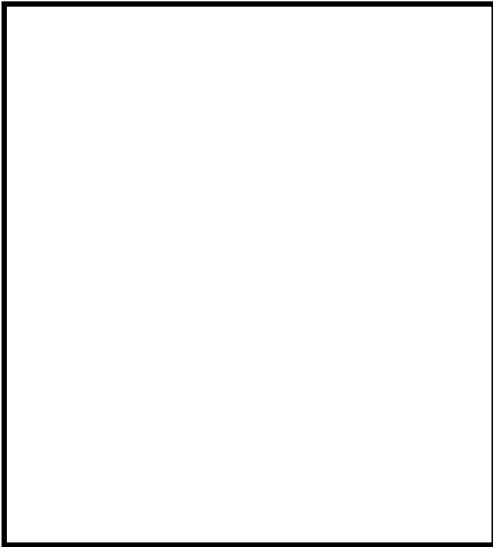
Wolastoq: Saqteminimus

Mi'kmaq: Ajioqjeminaqsi

French: Mûre

Habitat: Found in thickets and clearings.





Common Name: Bloodroot

Scientific Name: *Sanguinaria canadensis*

Wolastoq: Wiphulaksons

Mi'kmaq: not found

French: Sanguinaire

Habitat: Scattered across NB and found in alluvial thickets and rich soiled woods.

**Toxic when ingested and can cause dermatitis upon contact.**



Common Name: Bog labrador tea

Scientific Name: *Rhododendron groenlandicum*

Wolastoq: Pahsipokehsok

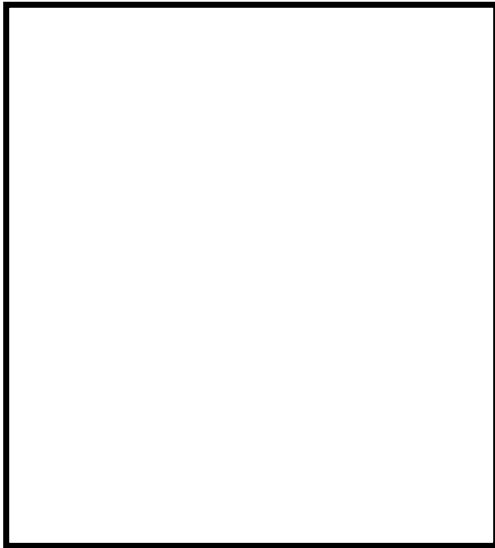
Mi'kmaq: not found

French: The labrador de tourbieres

Habitat: Common in peaty lowlands and bogs.

Traditional use: Leaves can be used to brew tea, but poisonous in large quantities. Used externally for treating skin conditions, and can be scattered amongst clothing to deter moths and mice.





Common Name: Boneset

Scientific Name: *Eupatorium perfoliatum*

Wolastoq: not found

Mi'kmaq: not found

French: Ensemble d'os commun

Habitat: Found along shores, in damp meadows and along roadways or in ditches.

Traditional use: Widely used during the flu epidemic in the 19th century, as the plant contains non specific immune system stimulators.



Common Name: Bristly/Swamp dew-berry

Scientific Name: *Rubus hispidus*

Wolastoq: Sosoqimins

Mi'kmaq: not found

French: Rosee herissee/ de marais

Habitat: Often found scattered in open woods and clearings.





Common Name: Broadleaf cattail

Scientific Name: *Typha latifolia*

Wolastoq:

Mi'kmaq:

French: Quenouille á feuilles larges

Habitat: Thrive in wet areas such as damp fields, the edges of streams and ponds, ditches, and near estuaries or bogs.



Common Name: Broadleaf plantain

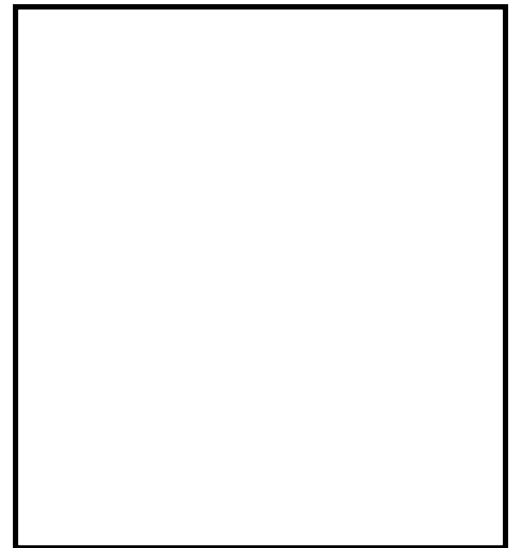
Scientific Name: *Plantago major*

Wolastoq: Sekotepokahtek

Mi'kmaq: not found

French: Plantain a feuilles larges

Habitat: Found on lawns, as a weed along driveways and in rocky areas.







Common Name: Canadian bunchberry

Scientific Name: *Cornus canadensis*

Wolastoq: Mehqiminokahk

Mi'kmaq: not found

French: Quatre-temps canadien ou  
bunchberry canadien

Habitat: Common on the forest floor in  
mixed woods, heaths and along the  
edges of bogs.



Common Name: Christmas fern

Scientific Name: *Polystichum ar-*  
*costichoides*

Wolastoq: not found

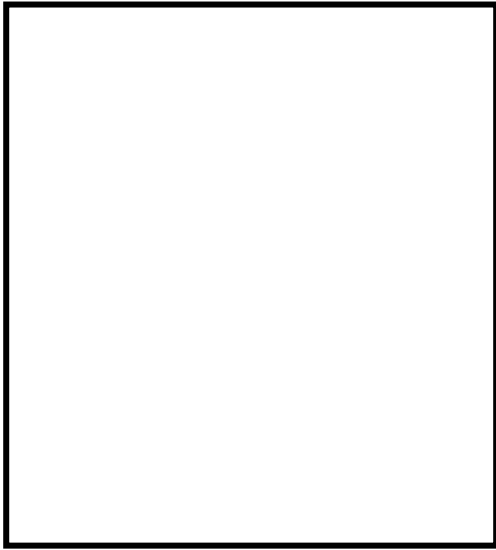
Mi'kmaq: not found

French: Fougère de Noël

Habitat: Prefer rich, moist woods or  
soil and rocky slopes.

Traditional use: The roots of this fern  
were once used by Indigenous commu-  
nities to cure fevers and stomach aches.





Common Name: Common chokecherry

Scientific Name: *Prunus virginiana*

Wolastoq: Oluwiminaks

Mi'kmaq: Poqwa'lamgewei

French: Cerisier de virginie

Habitat: Found in thickets, on the border of dry woods, and on shores.



Common Name: Common sunflower

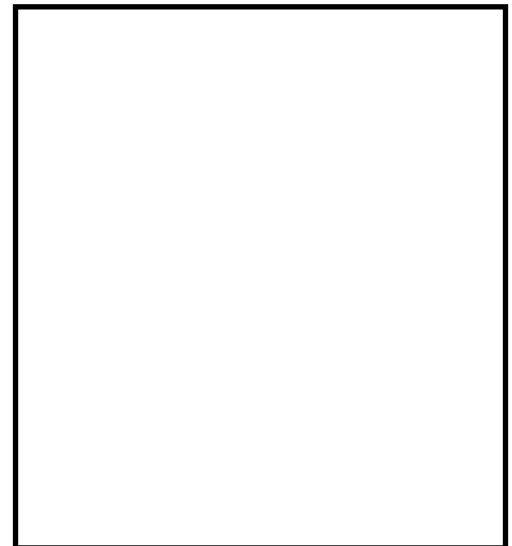
Scientific Name: *Helianthus annuus*

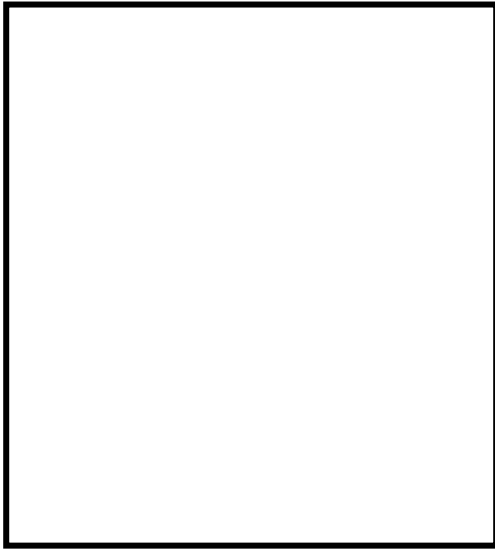
Wolastoq: Minsossimahtek

Mi'kmaq: not found

French: Tournesol commun

Habitat: Found in old fields and waste areas, or grown in a garden or a planted field.





Common Name: Common wild rose

Scientific Name: *Rosa carolina*

Wolastoq: Kikcokalokiqeminsimus

Mi'kmaq: not found

French: Rose sauvage commune

Habitat: Found in rocky and sandy open areas.



Common Name: Cow parsnip

Scientific Name: *Heracleum maximum*

Wolastoq: Paqolus

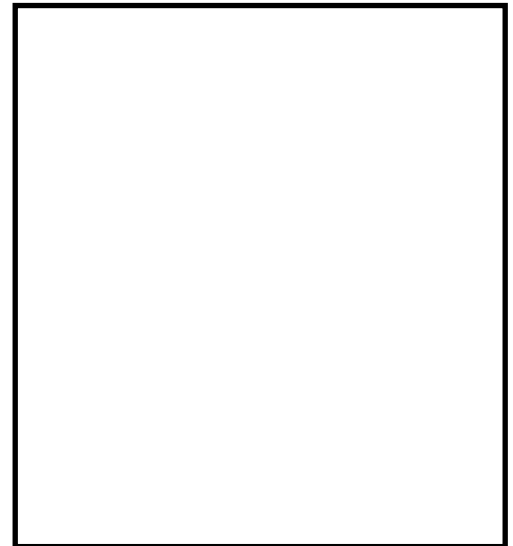
Mi'kmaq: not found

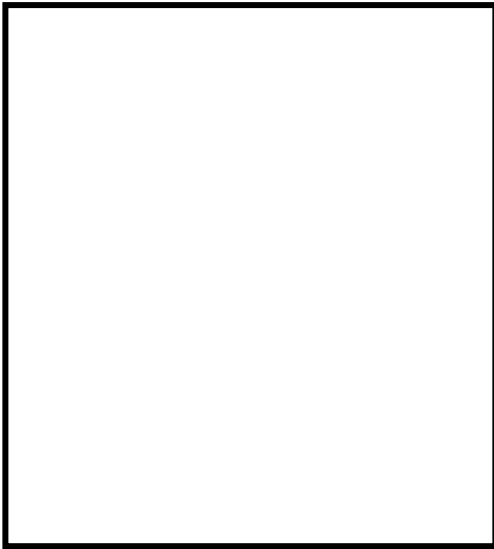
French: Panais de vache

Habitat: Common on shores, in wet meadows and thickets.

Traditional use: A root tea can aid in colic, headaches, sore throats, colds and coughs.

**Direct contact with foliage can result in inflammation and ulceration of the skin.**





Common Name: Creeping snowberry

Scientific Name: *Gailtheria hispidula*

Wolastoq: Kuwesimin

Mi'kmaq: not found

French: Mytrille rampante

Habitat: Found in moist, softwood forests.

Traditional use: Berries can be eaten, cooked or raw, and leaves can be made into a tea.



Common Name: Curly dock

Scientific Name: *Rumex crispus*

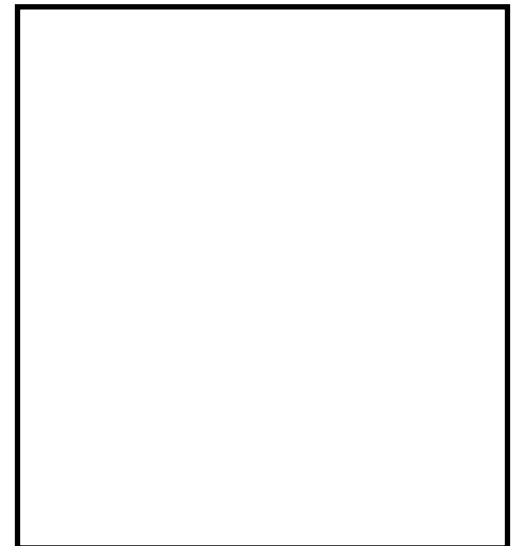
Wolastoq: not found

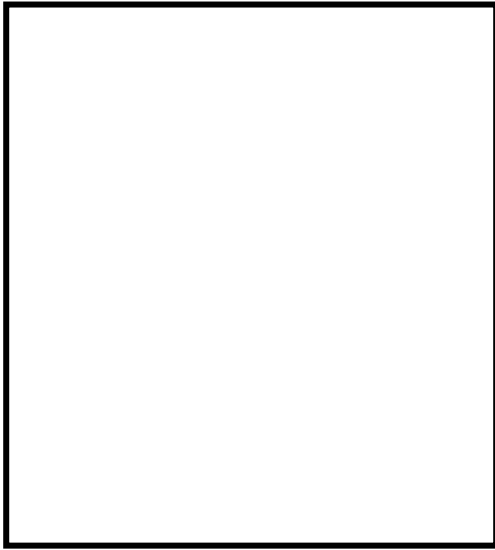
Mi'kmaq: not found

French: Patience crépue

Habitat: Found along shores and in waste areas.

**Toxic**





Common Name: Dandelion

Scientific Name: *Taraxacum officinale*

Wolastoq: Pomuhse-imiyamkewey

Mi'kmaq: Tewa'lutewei

French: Pissenlit

Habitat: Found in fields, cultivated ground, ditches.



Common Name: Eastern hemlock

Scientific Name: *Tsuga canadensis*

Wolastoq: Ksiwsk

Mi'kmaq: Gsu'sqw

French: Pruche du canada

Habitat: Prefer northern facing slopes, ridges and ravines. Commonly found in moist, rocky soil.





Common Name: Eastern larch

Scientific Name: *Larix laricina*

Wolastoq: Pqomus

Mi'kmaq: not found

French: Mélèze laricin

Habitat: Common in poorly drained areas such as bogs, tolerant of acidic soil.

Traditional use: Gargling tea

made from the bark can aid a sore throat. The bark gum can be used to help relieve indigestion.



Common Name: Eastern white cedar

Scientific Name: *Thuja occidentalis*

Wolastoq:

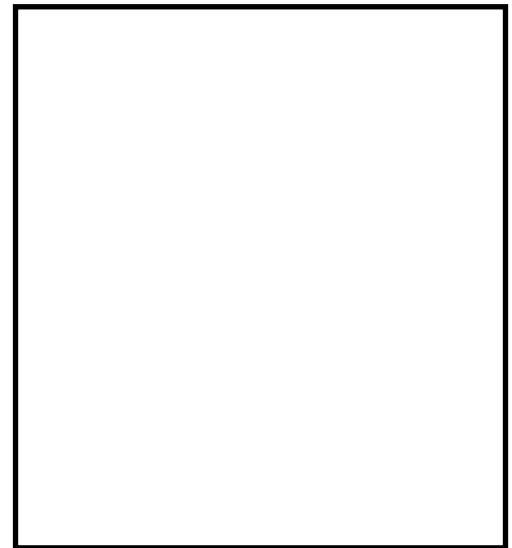
Mi'kmaq:

French: Cèdre blanc de l'Est

Habitat: Found in calcareous areas in moist soils. Sometimes found in the crevices of a ledge.

Traditional uses: Used as an insect repellent and a remedy for skin disease.

**Oil is toxic in large quantities**





Common Name: Eastern white pine

Scientific Name: *Pinus strobus*

Wolastoq:

Mi'kmaq:

French: Pin blanc

Habitat: Well drained, sandy or gravelly soil.

Traditional uses: Poultice of needles commonly used as a remedy for headaches, backaches, broken bones, bruises, and inflammations. Tea from the bark or leaves can be used to treat colds, sore throats and lung ailments. Tea made of the twigs can treat kidney ailments.



Common Name: European yarrow

Scientific Name: *Achillea millefolium*

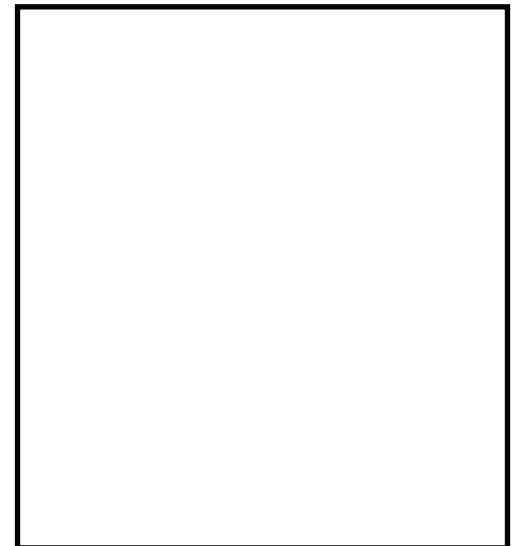
Wolastoq: not found

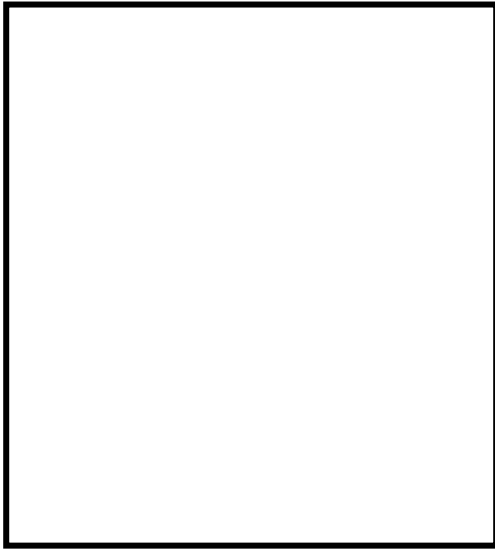
Mi'kmaq: not found

French: Millefeuille

Habitat: Commonly found in meadows, on lawns. Or in waste areas.

**Direct contact will result in a skin rash from the alkaloids and glycosides contained in the plant.**





Common Name: Foxberry/Mountain  
cranberry

Scientific Name: *Vaccinium vitis-idaea*

Wolastoq: Sihkimin

Mi'kmaq: not found

French: Airelle rouge

Habitat: Commonly found in peaty head-  
lands and clearings as well as rocky  
barrens.



Common Name: Goldthread

Scientific Name: *Coptis trifolia*

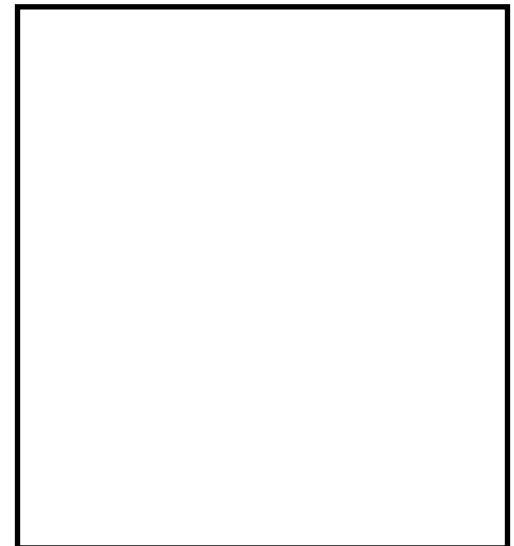
Wolastoq: Wisawkeskil

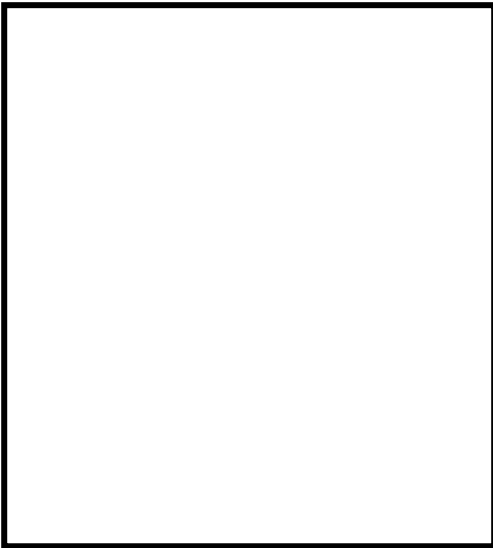
Mi'kmakq: not found

French: Savoyane

Habitat: Prefer mossy and moist mixed  
or coniferous forests.

Traditional use: Can make alcohol.





Common Name: Grey Birch

Scientific Name: *Betula populifolia*

Wolastoq: not found

Mi'kmaq: not found

French: Bouleau gris

Habitat: Found in dry, peaty clearings or fields. Also common in dry, sandy, upland, mixed forests.

Traditional use: Used by Mi'kmaq as an emetic and to treat infected cuts.



Common Name: Ground nut

Scientific Name: *Helianthus tuberosus*

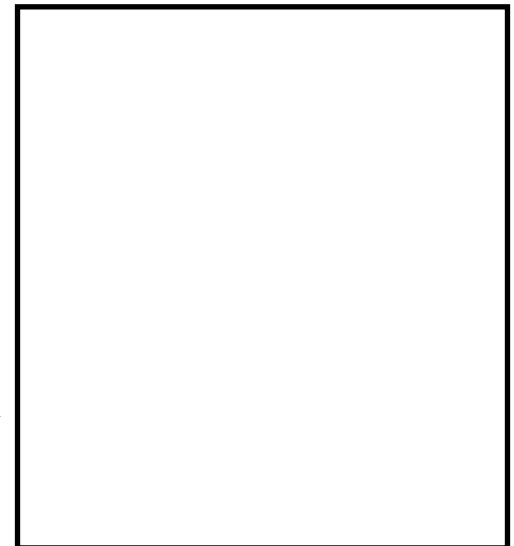
Wolastoq: Kahkitom

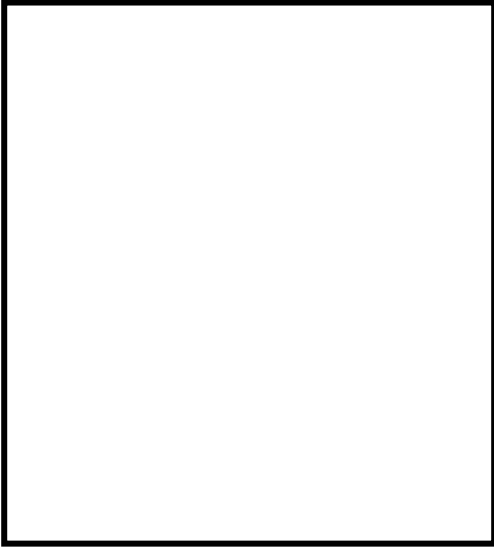
Mi'kmaq: S'gepn

French: Artichaut de jérusalem

Habitat: Often found along the riverbank of the river valley, and alluvial meadows and shores.

Traditional use: Eaten as a potato, and high in calories so beneficial for diabetics.





Common Name: Heartleaf/Cottony willow

Scientific Name: *Salix rigida*

Wolastoq: not found

Mi'kmaq: not found

French: Saule cotonneux

Habitat: Common found growing in gravelly or sandy soil.



Common Name: Hobblebush

Scientific Name: *Viburnum lantanoides*

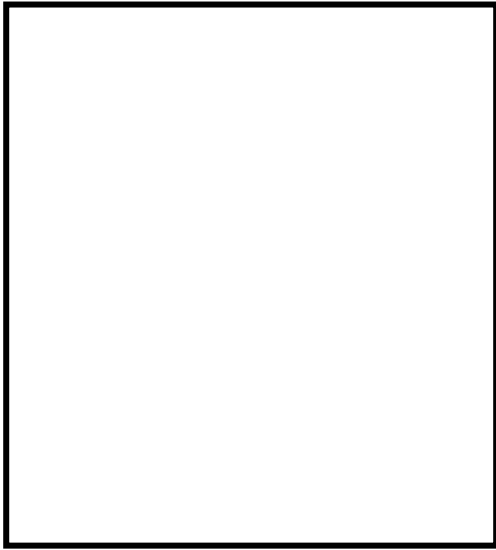
Wolastoq: Otuhki-minus

Mi'kmaq: not found

French: Viorne bois-d'original

Habitat: Frequently found in wet, cold forests.





Common Name: Indian cucumber root

Scientific Name: *Medeola virginiana*

Wolastoq: Eskotasossok

Mi'kmaq: not found

French: Concombre sauvage

Habitat: Found in moist, acidic, rich soil.



Common Name: Jewelweed/Spotted touch me not

Scientific Name: *Impatiens capensis*

Wolastoq: Apuckolotokkuwewossok

Mi'kmaq: not found

French: Chou sauvage

Habitat: Frequently found in seepage areas and woody swamp.

Traditional use: The juice from the plant can offer itch relief from contact with poison ivy.

**Toxic**







Common Name: Lambkill

Scientific Name: *Kalmia angustifolia*

Wolastoq: not found

Mi'kmaq: not found

French: Crevard de moutons

Habitat: Common on rocky barrens, bogs, old fields and clearings.

**All parts of the plant are toxic, and the leaves and nectar specifically can cause temporary burning of the mouth, vomiting, headache, severe hypertension, coma and convulsions.**



Common Name: Large Fruited Cranberry

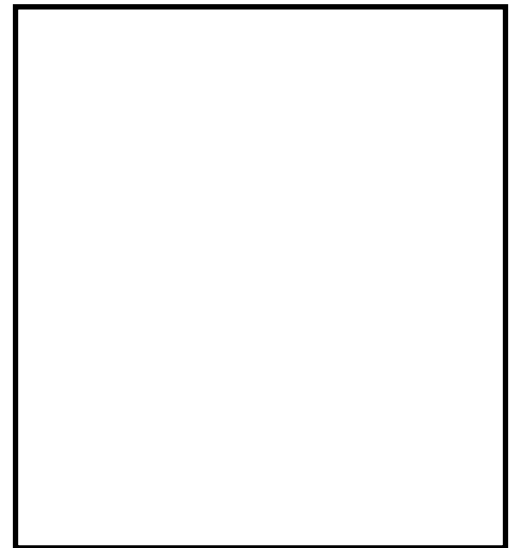
Scientific Name: *Vaccinium macrocarpon*

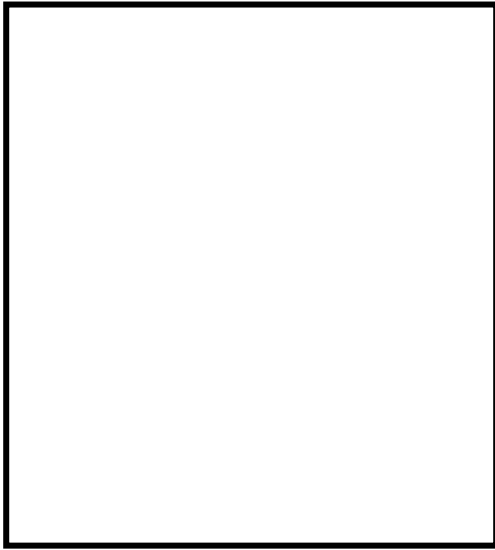
Wolastoq:

Mi'kmaq:

French: Gros atocas

Habitat: Common in roadside ditches, peat bogs and wet lowlands. Typically near the coast.





Common Name: Low bush blueberry

Scientific Name: *Vaccinium angustifolium*

Wolastoq:

Mi'kmaq:

French: Bleuet nain

Habitat: Found in bogs, clearings, and acid barrens.



Common Name: Mayflower

Scientific Name: *Epigaea repens*

Wolastoq:

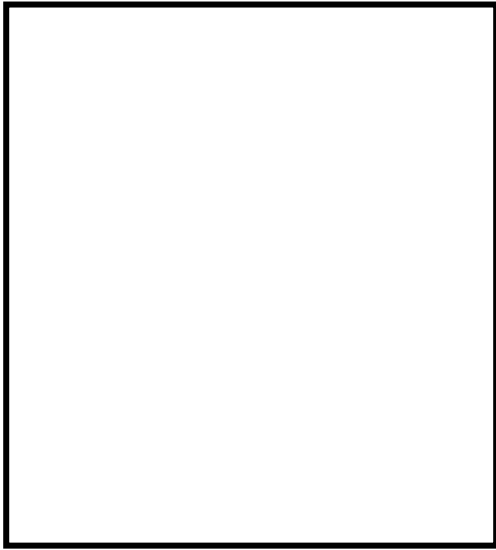
Mi'kmaq:

French: La fleur de mai

Habitat: Found in cool acidic, wet forests.



Traditional use: Tea made of the leaves of this plant are used to treat kidney disorders and stomach aches.



Common Name: Mountain maple

Scientific Name: *Acer spicatum*

Wolastoq: Malsonaw

Mi'kmaq: Malsnawei

French: érable de montagne

Habitat: Commonly found in cool, rocky woods, and the edge of bottomlands.



Common Name: Northern bayberry

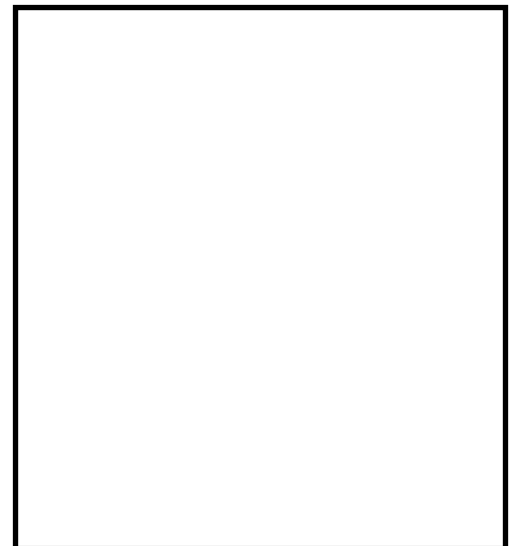
Scientific Name: *Myrica pensylvanica*

Wolastoq: not found

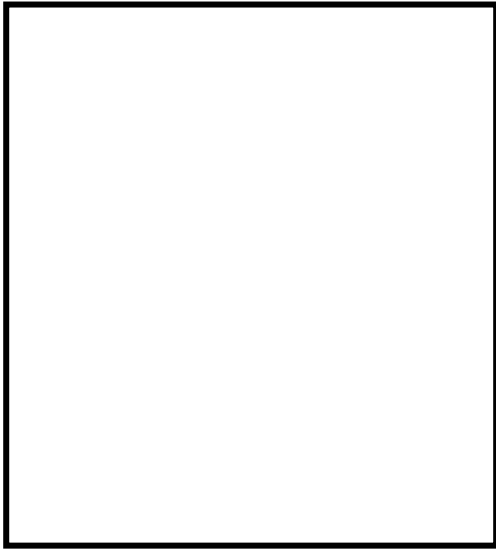
Mi'kmaq: not found

French: Baie du nord

Habitat: Tolerant of dry soils, sandy fields, dunes, and clearings near the coast.



Traditional use: Berries are added to hot water which removes the wax and can be added to paraffin and made into bayberry candles.



Common Name: Northern blue flag iris

Scientific Name: *Iris versicolor*

Wolastoq: Kakskimuhkahs

Mi'kmaq: not found

French: L'iris versicolore

Habitat: Found in marshes, wet open areas and along shores.



Common Name: Northern red oak

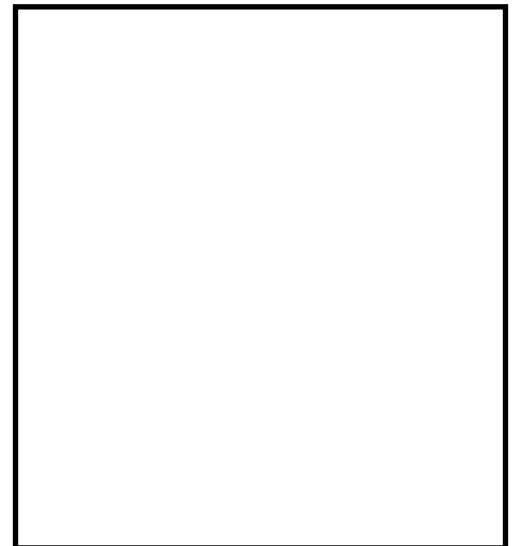
Scientific Name: *Quercus rubra*

Wolastoq: Asahqahawimus

Mi'kmaq: Mimgwaqanimusi

French: Le chêne rouge

Habitat: Found in sandy or gravelly, acid soil within woodlands or on shores.





Common Name: Ostrich fern

Scientific Name: *Matteuccia struthiopteris*

Wolastoq: (Mahsus)

Mi'kmaq: (Ma'susi)

French: Fougère d'autruche

Habitat: Prefer fine-grained alluvial soil in meadows, and rich, moist forests.

Traditional use: The fiddleheads can be eaten as a potato. They are high in calories and are beneficial for diabetics.



Common Name: Panicked bulrush

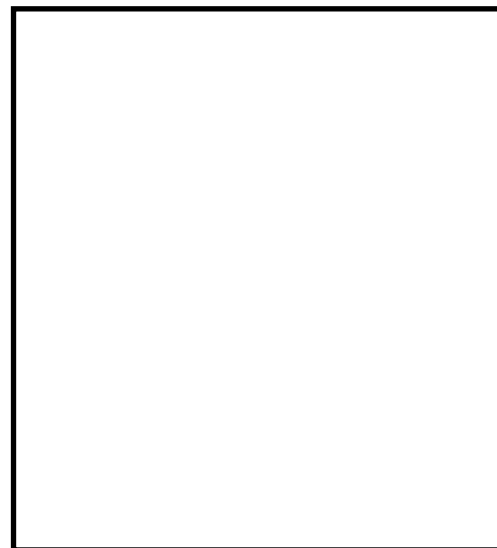
Scientific Name: *Scirpus microcarpus*

Wolastoq: not found

Mi'kmaq: not found

French: Scirpe paniqué

Habitat: Found in moist or wet areas, ranging from lowlands to moderate elevation.







Common Name: Partridge berry

Scientific Name: *Mitchella repens*

Wolastoq: not found

Mi'kmaq: not found

French: Baies du perdrix

Habitat: Often found in coniferous forests or mixed forests. It grows on edges of red maple swamps, bogs, and mossy boulders.

Traditional uses: Immature vegetative fronds are collected and eaten as fiddleheads, a tasty green.



Common Name: Pearly everlasting

Scientific Name: *Anaphalis margaritacea*

Wolastoq: Ehpit utomawey

Mi'kmaq: not found

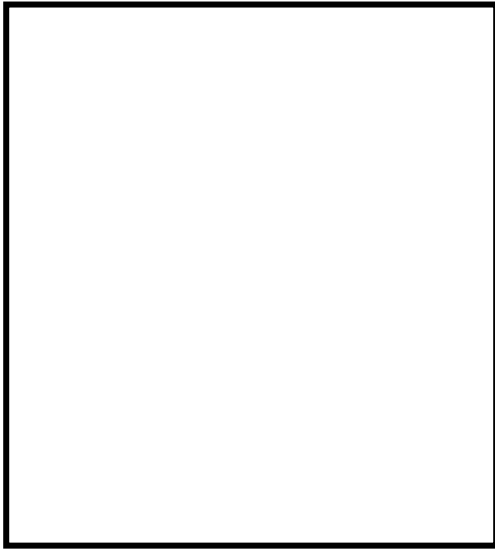
French: Anaphale perlée

Habitat: Often found on ditches and side of the roads, open woods and clearings.

Traditional uses: Poultice of plant used as a wash for external uses. Used internally to treat colds, coughs, fevers, and lung problems.







Common Name: Pin cherry

Scientific Name: *Prunus pensylvanica*

Wolastoq: Masqesiminimus

Mi'kmaq: Masgwe'simanaqsi

French: Pin cerise

Habitat: Found in young, mixed wood forests, or in clearings after a fire.

**Toxic, except for the fruit pulp. Fruit stones (if damaged) and leaves are toxic.**



Common Name: Pink lady slipper

Scientific Name: *Cypripedium acaule*

Wolastoq: Sakomawi-Mali Maksonol

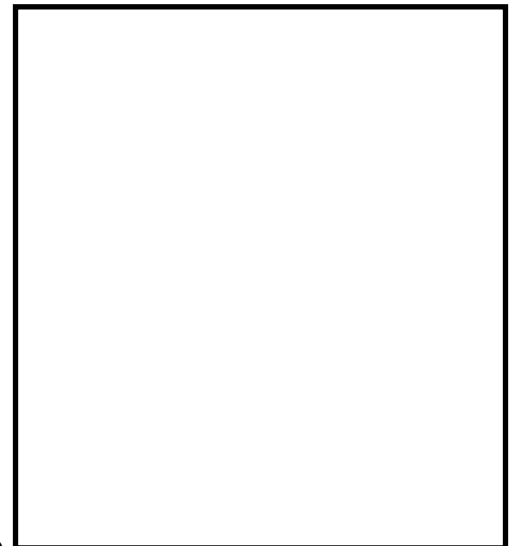
Mi'kmaq: not found

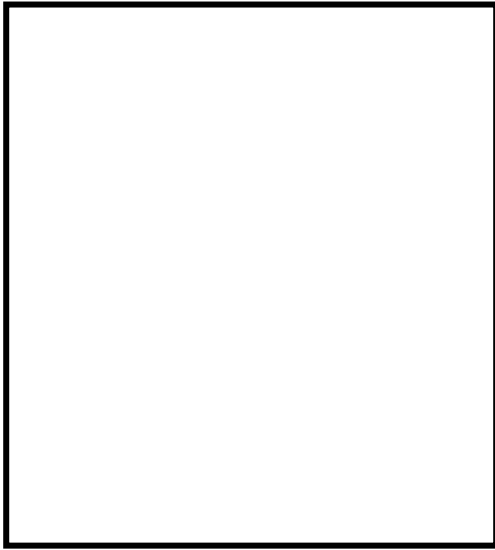
French: Sabot de vénus rose

Habitat: Found in young, mixed wood forests, or in clearings after a fire.

Traditional use: Widely used as sedative in the 19th century.

**Can cause dermatitis.**





Common Name: Pussy Willow

Scientific Name: *Salix discolor*

Wolastoq: Konusehs

Mi'kmaq: Nmu'ji'jmnaqsi

French: Saule discoloré

Habitat: Commonly found in roadside ditches, swamp edges in the woods, shore and other wet, open areas.



Common Name: Queen anne's lace

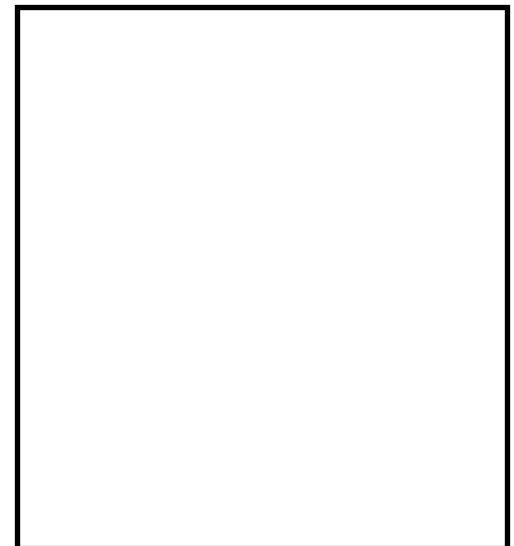
Scientific Name: *Daucas carota*

Wolastoq: not found

Mi'kmaq: not found

French: Carrot sauvage

Habitat: Common weed found along roadside and in fields, usually in calcareous areas.



**Skin rash can occur when hypersensitive individuals brush against wet leaves.**



Common Name: Raspberry

Scientific Name: *Rubus idaeus*

Wolastoq: Minsossimus

Mi'kmaq: Gmu'jmin

French: Framboise

Habitat: Common in burn areas, clearings and other open areas.



Common Name: Red bear berry

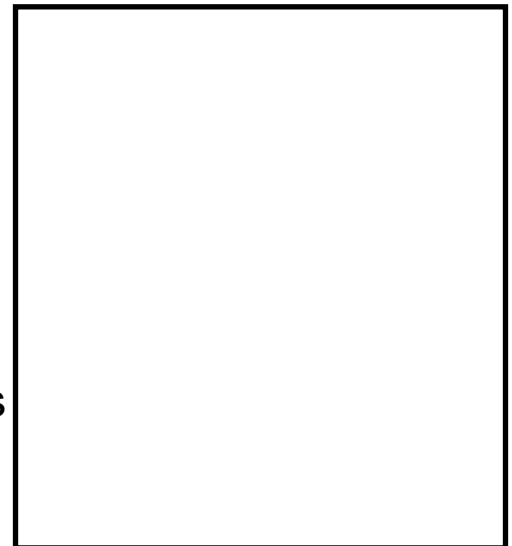
Scientific Name: *Uva-ursi*

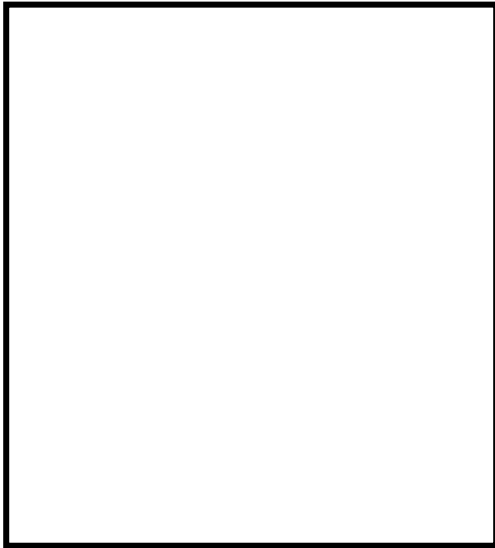
Wolastoq: Minkasu

Mi'kmaq: not found

French: Busserole rouge

Habitat: Very tolerant of dry soil, such as dry ledges and sands.





Common Name: Red clover

Scientific Name: *Trifolium pratense*

Wolastoq: Nessipokehsok

Mi'kmaq: not found

French: Trèfle violet

Habitat: Found all over New Brunswick in meadows, roadsides and other open areas.

Traditional uses: Used as a warm infusion to treat bronchitis symptoms. Tea is also thought to ease arthritic pains.



Common Name: Red elderberry

Scientific Name: *Sambucus racemosa*

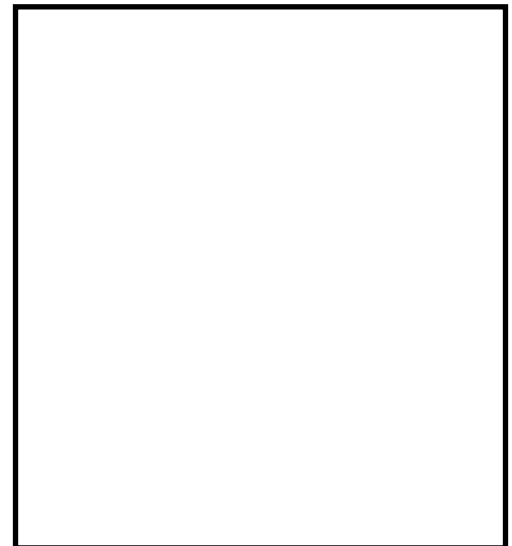
Wolastoq: Puskockolanimin

Mi'kmaq: not found

French: Sureau rouge

Habitat: Found along shores, in thickets and in swamps.

**Toxic when ingested.**





Common Name: Red maple

Scientific Name: *Acer rubrum*

Wolastoq: Sonaw

Mi'kmaq: Malsnawei

French: érable rouge

Habitat: Found in swamps, moist uplands, and alluvial lowlands.



Common Name: Red willow (Red osier dogwood)

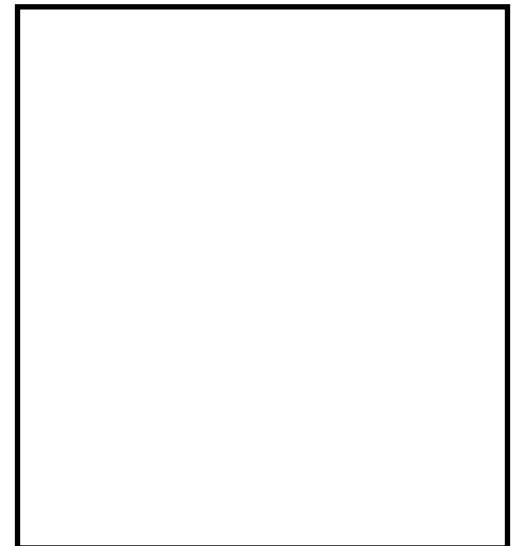
Scientific Name: *Cornus sericea*

Wolastoq: Mehqaqsoskil

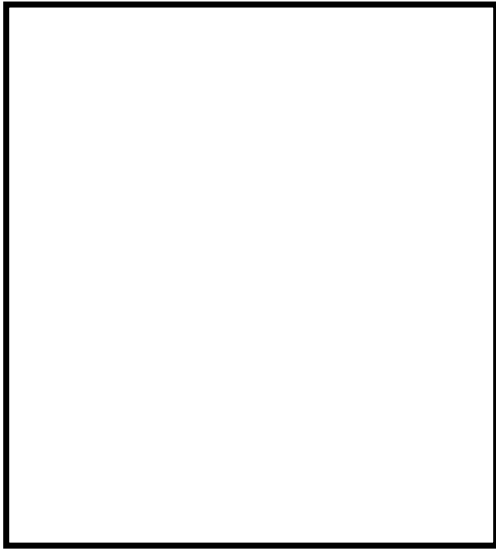
Mi'kmaq: Nmu'ji'jmnaqsi (willow)

French: Cornouiller stolonifère

Habitat: Found in low woods, meadows, old fields, and shorelands.







Common Name: Sage

Scientific Name: *Salvia officinalis*

Wolastoq: not found

Mi'kmaq: not found

French: Sauge

Habitat:



Common Name: Shinning willow

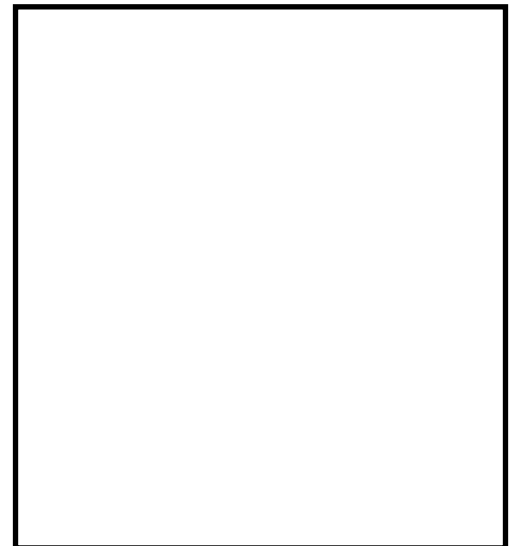
Scientific Name: *Salix lucida*

Wolastoq: not found

Mi'kmaq: Nmu'ji'jmnaqsi (willow)

French: Saule Brillant

Habitat: Common across the province along gravelly roads, wet, disturbed areas and in wet depressions.





Common Name: Skunk currant

Scientific Name: *Ribes glandulosum*

Wolastoq: Apikciluwewimin

Mi'kmaq: not found

French: Gadellier glanduleux

Habitat: Found in moist woods and thickets, as well as on rocky slopes.

Traditional use: Can be eaten as jelly.



Common Name: Smooth serviceberry

Scientific Name: *Amelanchier laevis*

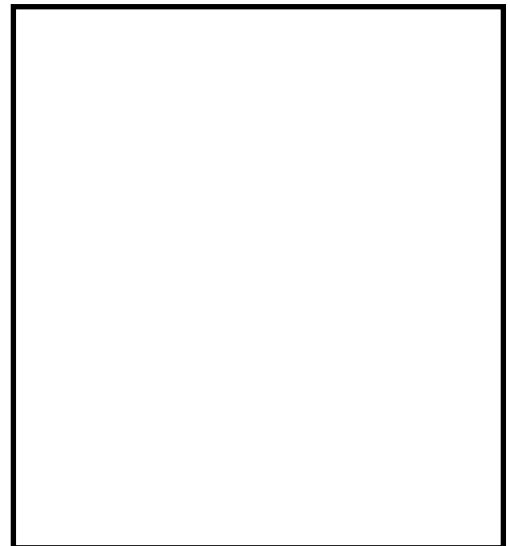
Wolastoq: Anqotuwawimus

Mi'kmaq: Glamuejmnaqsi

French: Amélanhier lisse

Habitat: Abundant at edges of deciduous and mixed wood forest stands, as well as in thickets and along swamp margins.

Traditional use: Sweet and palatable, edible.



Common Name: Speckled alder

Scientific Name: *Alnus incana*

Wolastoq: Tuhp

Mi'kmaq: Tupsi

French: Aulne rugueux

Habitat: Wet, mostly acidic soil. Found in old fields or along riverbanks.



Common Name: Staghorn  
sumac

Scientific Name: *Rhus typhina*

Wolastoq: Solanimus

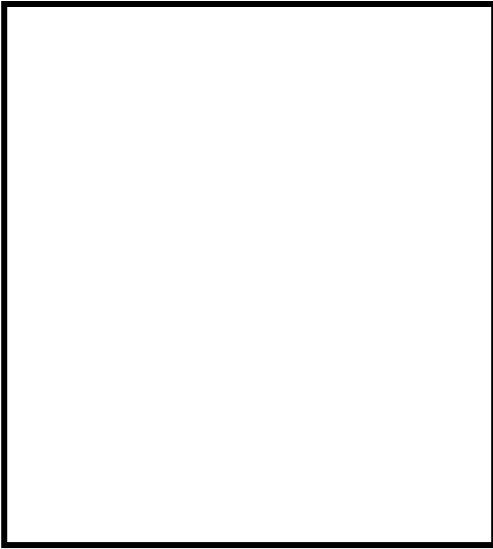
Mi'kmaq: Gi'taqanmusi

French: Sumac vinaigrier

Habitat: Found on rocky slopes and the dry edges of the forest.

Traditional use: High in tannic acid, the leaves and bark were used for tanning hides.





Common Name: Striped maple

Scientific Name: *Acer pensylvanicum*

Wolastoq: not found

Mi'kmaq: Wapoq

French: érable de pennsylvanie

Habitat: Commonly found in moist, cool woods.

Traditional use: Believed by Maliseet to be unlucky as the leaves are said to be possessed by an evil spirit.



Common Name: Sugar maple

Scientific Name: *Accer saccharum*

Wolastoq: Sonaw

Mi'kmaq: not found

French: érable à sucre

Habitat: Found in rocky or upland rich soil.





Common Name: Sweet fern

Scientific Name: *Comptonia peregrina*

Wolastoq: Eniqsimus

Mi'kmaq: not found

French: Comptonie voyageuse

Habitat: Abundant on roadsides, and other well drained, open areas such as clearings.

Traditional use: Foliage is rich in tannic acid and can be brewed as a tea then applied to sores caused by poison ivy to aid with thickness.



Common Name: Sweet flag

Scientific Name: *Acorus calamus*

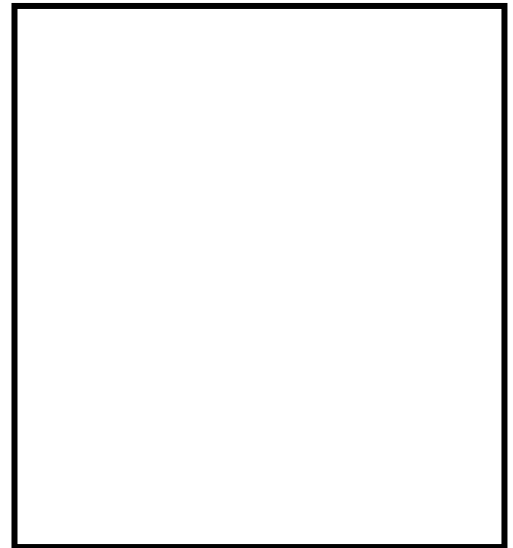
Wolastoq: not found

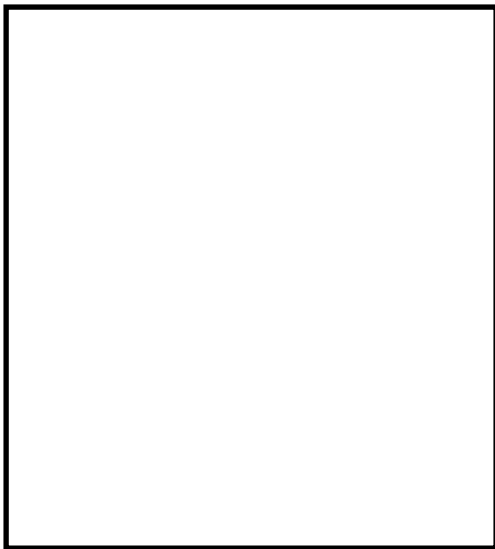
Mi'kmaq: not found

French: Acore

Habitat: Thrive in marshes and shallow waters.

Traditional use: Used and collected widely for medicinal purposes as it is a sterile diploid.





Common Name: Sweetgrass

Scientific Name: *Hierochloe odorata*

Wolastoq: Welimahaskil

Mi'kmaq: Weljemajgewe'l

French: Hiéochloé odorante

Habitat: Salt marshes, shores, and wet meadows.

Traditional use: Used by some Indigenous nations ceremonially and for basket weaving. Very fragrant.



Common Name: Tall buttercup

Scientific Name: *Ranunculus acris*

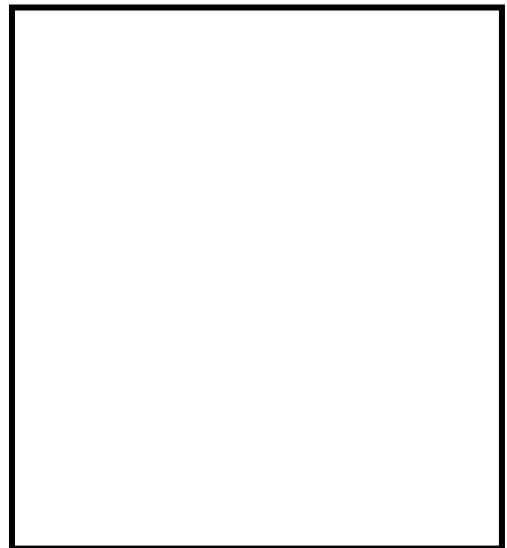
Wolastoq: not found

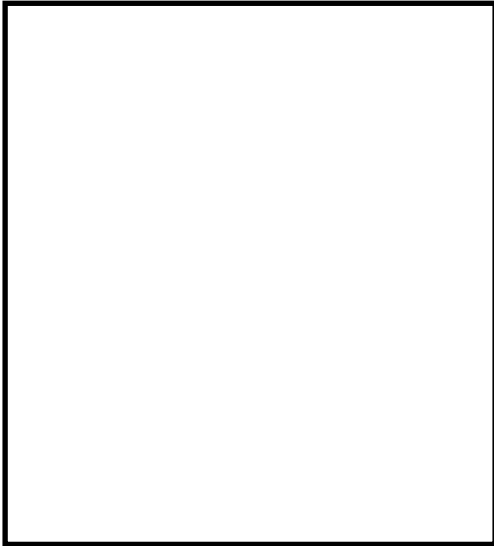
Mi'kmaq: not found

French: Renoncules

Habitat: Found in pastures, wet roadside depressions or wetland.

**Toxic when ingested and can cause dermatitis upon contact.**





Common Name: Trembling Aspen

Scientific Name: *Populus tremuloides*

Wolastoq: Mit

Mi'kmaq: Miti

French: Faux-tremble

Habitat: Common on previously burnt sites, clearings, and planation style forests.

Traditional use: Used to treat burns in the form of compresses, ointment, and baths.



Common Name: Virginia strawberry

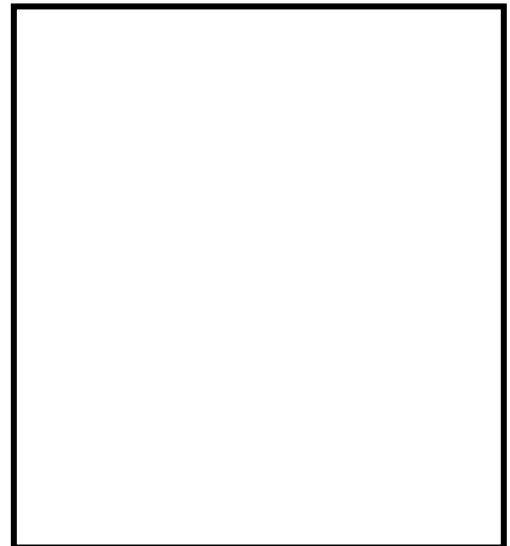
Scientific Name: *Fragaria virginiana*

Wolastoq: Pskihqimins

Mi'kmaq: Atuomgomin

French: Frais de virginie

Habitat: Common as a weed in old fields, forest edges, and ditches/roadsides.





Common Name: White ash

Scientific Name: *Fraxinus americana*

Wolastoq: not found

Mi'kmaq: Apamoq

French: Frêne blanc

Habitat: Found most commonly in rich deciduous dominant forest stands.



Common Name: White birch

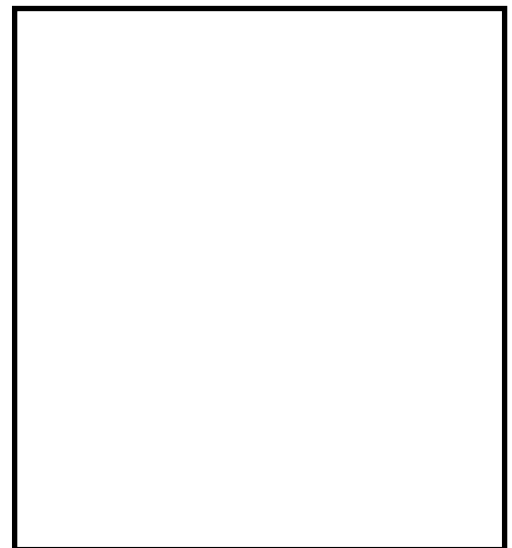
Scientific Name: *Betula papyrifera*

Wolastoq: Masqemus

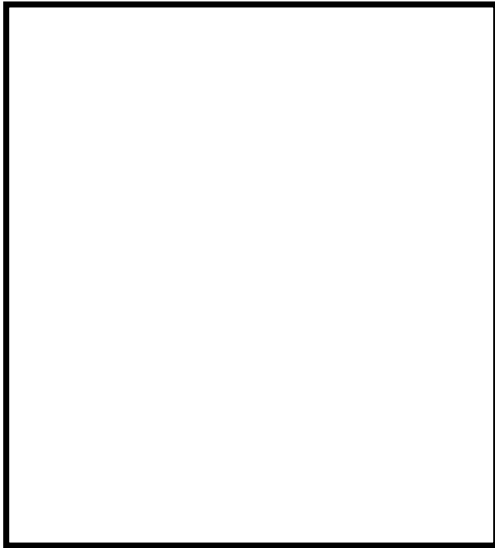
Mi'kmaq: Masgwi

French: Bouleau blanc

Habitat: Found in swampy woods, but most common on slopes, shores or ridges.







Common Name: White spruce

Scientific Name: *Picea glauca*

Wolastoq: Supatoq

Mi'kmaq: Gawatgw

French: épinette blanche

Habitat: Common in dry soil in upland areas.

**Can cause dermatitis upon contact.**



Common Name: Wild cucumber

Scientific Name: *Echinocystis lobata*

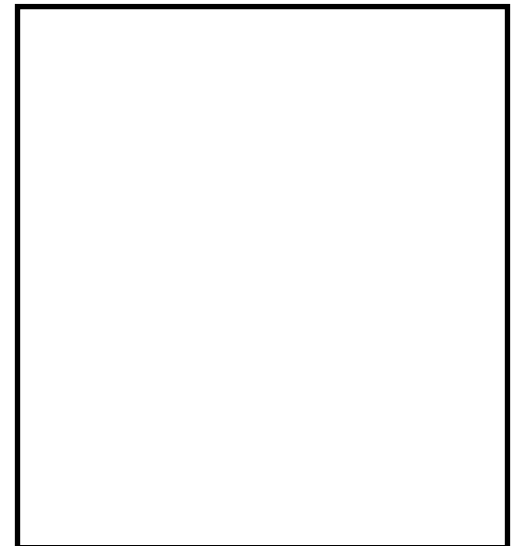
Wolastoq: Kukex Wawon

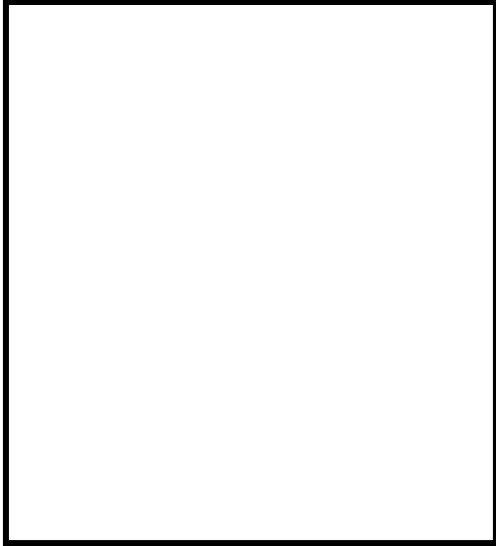
Mi'kmaq: not found

French: Concombre sauvage

Habitat: Found in wet meadows, thickets, on shores, and bottomlands.

Traditional use: Tea brewed from this was used as a general tonic and even a "love potion."





Common Name: Wild mint

Scientific Name: *Mentha arvensis*

Wolastoq: Psesqis

Mi'kmaq: Psesgw

French: Menthe sauvage

Habitat: Prefer wet, open areas.



Common Name: Wild sarsaparilla

Scientific Name: *Aralia nudicaulis*

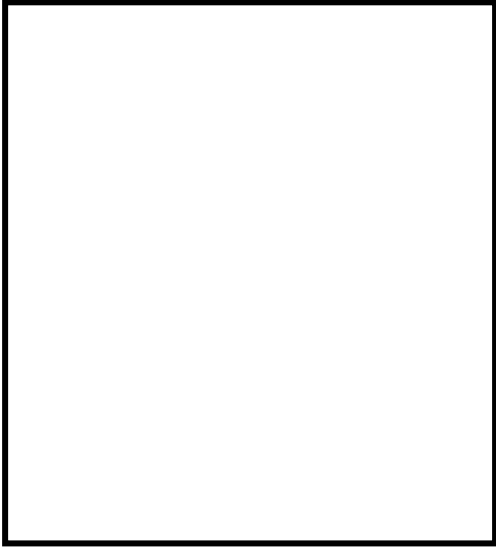
Wolastoq: Mokahkewihqan

Mi'kmaq: not found

French: Salsepareille

Habitat: Thrive in mostly deciduous forests and clearings.





Common Name: Wild tobacco

Scientific Name: *Nicotiana tabacum*

Wolastoq: 'tomawey

Mi'kmaq: tmawei

French: Le tabac

Habitat: Cool, moist forest, acidic soil.



Common Name: Yellow birch

Scientific Name: *Betula alleghaniensis*

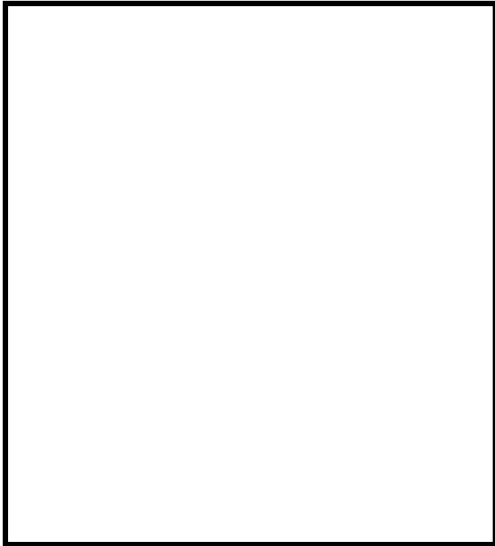
Wolastoq: Mosson

Mi'kmaq: Mnnoqon

French: Bouleau jaune

Habitat: Cool, moist forest, acidic soil.





Common Name: Yellow lady slipper

Scientific Name: *Cypripedium parviflorum*

Wolastoq: Sakomawi-Mali Maksonol

Mi'kmaq: not found

French: Cypripède jaune

Habitat: Old growth cedar swamps, in lime rich soil

**Can cause dermatitis upon contact.**





## Birch polypore



### Related History & Traditional Cultural Expression<sup>6</sup>

Birch polypore (pictured above, on right), a fungus that is often found on white birch, is known to hold many medicinal properties. In 1991, the mummified body of “Ötzi the Iceman” was found, preserved, within a glacier in Italy. The man was carrying, within his digestive tract, two fragments of birch polypore with him from when he had been alive 5300 years prior to the discovery of his body. It is thought that he may have been using the fungus for medicinal purposes, which would mark one of the earliest documented uses of the fungus.

# Broadleaf cattail



## Related History & Traditional Cultural Expression<sup>1</sup>

Leaves and stalks of cattails used to be used by various indigenous tribes to make exterior mats for wigwams. Cattail's fluffy interior was used by several Indigenous groups to insulate feet or as padding under the bottoms of infants while diaper changes occurred.

# Eastern hemlock



## Related History & Traditional Cultural Expression<sup>2</sup>

Tea brewed from the needles of Eastern Hemlock is known to have been a common medicine used by Indigenous peoples for the treatment of basic ailments such as colds, joint pain and sore throats. The tannin present in the bark is what wields the medicinal aspects, and is known for its astringent and antiseptic properties. This species looks very similar to Canada Yew, otherwise known as “ground hemlock”, which can be toxic if consumed in large amounts. Be careful, and make sure to always be 100% certain in your identification before consuming any plants.

## Eastern white cedar



### Related History & Traditional Cultural Expression<sup>3</sup>

Cedar is widely known by Indigenous peoples as one of the Four Sacred Medicines (Muskiiki), which are traditionally used throughout Indigenous cultures for spiritual cleansing and purification. It is said in many stories that Jaques Cartier and his men fell ill with scurvy on an expedition in 1535-1536, and the local Indigenous communities provided them with cedar leaf tea, which is thought to have saved the men.



# Eastern white pine

## Related History & Traditional Cultural Expression<sup>4</sup>

Traditionally, the resin which holds antiseptic properties, was spread onto wounds to be used as a healing ointment, as well as boiled to make a tonic. The vitamin C rich needles made a tea that, similar to Eastern White Cedar, was used to prevent and treat scurvy. A non-medicinal property by various Indigenous tribes include the use of resin as an adhesive to seal the seams of their canoes to prevent water from entering.

# Sugar maple

## **Related History & Traditional Cultural Expression<sup>5</sup>**

Maple syrup, a deliciously sweet and viscous substance derived from the sap of sugar maple, was seen as a delicacy in many Indigenous communities. Some Indigenous peoples were known to have performed "maple ceremonies", which included having everyone in the community gather around the tree as the sap began to flow, and offering tobacco incense to the tree to show appreciation for the trees gifts.

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6. *Sacred Tree Profile: Sugar Maple (Acer saccharum) – Magic, Mythology, and Medicinal Qualities*. (2014, March 26). Retrieved from The Druid's Garden: <https://druidgarden.wordpress.com/2014/03/26/sacred-tree-profile-sugar-maple-acer-saccharum-magic-mythology-and-medicinal-qualities/>