

## TRADITIONAL MEDICINAL PLANTS OF ALBERTA

### Description

There are many plants in Alberta that have value beyond their beauty! As you look for plants during your scavenger hunt, use this information to learn more about their traditional uses.

**NOTE:** Do NOT pick or eat plants unless you are with someone who is familiar with and can help you understand what you have. For this hunt, take a picture of what you find instead of picking the plant.



**Common name:** Wild Rose  
**Cree name:** okinîwâhcikos  
**Scientific name:** *Rosa acicularis*

You probably know what this flower is, but do you know how it can be used? Parts of this flower have more vitamin C than oranges. It is also high in vitamins A, K, & Bs. The flower can act as an antioxidant and an anti-inflammatory. And some people find it gives them increased energy & wellbeing.



**Common name:** Wild Chamomile  
**Cree name:** Nipisewahtikos  
**Scientific name:** *Matricaria discoidea*

You are sure to find chamomile in the aisles of your grocery store. But you may not have known that it grows wild in Alberta and has been used by Indigenous Peoples for years to help them relax, reduce fevers, and provide pain relief from colds and eczema. It is also known as pineapple weed; I wonder why?



**Common name:** Echinacea  
**Cree name:**  
**Scientific name:** *Enchinacea purpurea*

This one should be nice and easy to spot. Just look for those bright purple flowers. The echinacea plant is a natural antibiotic and is also a popular treatment for the common cold. This is another one you might see on grocery store shelves; it makes a very popular tea.



**Common name:** Dandelion  
**Cree name:** Osâwâpikones  
**Scientific name:** Taraxacum

The flower can be made into a cream or ointment for eczema. The leaves are high in vitamins A, C, K, iron, calcium & potassium. They can also be effective in reducing water retention.



**Common name:** Mint  
**Cree name:** ka tahkeyawepayesik  
**Scientific name:** Mentha

This delightful little plant is used by many people not just in Alberta. It has a wonderfully fresh smell and the leaves feel thick and rough to the touch.



**Common name:** Chaga  
**Cree name:** Wiskakecacomikih or Poashkan  
**Scientific name:** Inonotus obliquus

Here's a fungus for the list! Chaga grows on birch trees all year long. It can be harvested and used to make a pain-relieving tea.



**Common name:** Yarrow  
**Cree name:** wâpanêwask  
**Scientific name:** Achillea millefolium

This flower is usually steeped and consumed as a tea to improve digestion and can bring relief from the common cold.



**Common name: Willow**

**Cree name: Nîpisîy**

**Scientific name: Salix**

This is another plant that can be made into a tea. The willow is also known as nature's aspirin. The bark can be boiled and consumed as a tea. It is used to treat things like fever, headaches, and arthritis.



**Common name: Labrador Tea**

**Cree name: maskêkopak**

**Scientific name: Rhododendron groenlandicum**

Also known as "Muskego" to the Metis because it is usually found by water & muskegs.

Usually this plant is steeped and consumed as a tea. The tea can provide relief from stomach aches, colds, can soothe nerves. As a bonus, you could also use the plant externally as an insect repellent.

**You can participate in the scavenger hunt for plants in two ways:**

- Use the GooseChase app at [www.goosechase.com](http://www.goosechase.com) using code: 1BL1DP
- Print off our paper version, available on our [website](#).