



# Harvesting Medicines from Plants and Animals

SEASON: Summer/Fall








## SYNOPSIS

A number of videos are provided that teach us about harvesting plants: how to identify species, how to harvest in a good way, where they can be found, and what they can be used for. Wāpastim also shares how to mix and measure common medicines. Additionally, we learn about harvesting and making bear grease.

## THEMES

stewardship, protocol, respect, medicines, safety, seasonal sounds, sights, mixing and measuring, non-standard measurements, plant populations, plant habitats, changes in state

## LEGENDS/STORIES

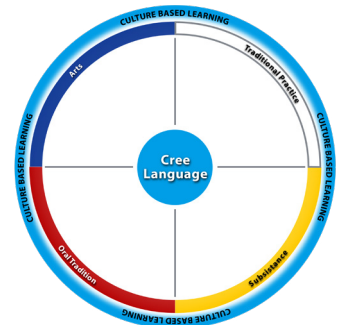
-  How Medicines came to Man
-  The Legend of Dandelion
-  Legend of Dandelion (10:30)
-  Legend of Rat Root
-  Legend of Willow

## VIDEOS IN THIS SERIES

- Protocol on Herb Gathering (6:58)
- Plants and Trees – Animate/Inanimate (9:47)
- Harvesting Rat Root (Pending)
- Mountain Ash (Pending)
- Wild Mint amisko-wihkaskwa (18:26)
- Labrador Tea (Pending)

- Balsam (Pending)
- Dandelion Harvest (13:39)
- Willow Fungus wihkimāsikan (15:06)
- Devils Club okaminakasimaka (10:09)
- Devils Club Processing (20:10)
- Lily Pad Root (10:02)
- Preparing Lily Pad Root and Use (13:44)
- Harvesting Bear Fat Māwasakonēwin maskwa wiyin (24:43)
- Rendering Bear Fat Maskwa pimihkewin (32:09)
-  Continue your learning with the **Mixing and Measuring Common Medicines** video series, found in the **Traditional Practices** videos.

## PRE-PLANNING TEMPLATE





## Harvesting Medicines from Plants and Animals

### CREE TERMS

#### Protocol on Herb Gathering

tānisi - hello

nīsīkāson - my name is

Wāpastim - White Horse

cistēmaw - tobacco

wacaskomicisowin - rat root

#### ACKNOWLEDGEMENT:

Nanaskamitin oma maskihkiy (We give thanks for this medicine) nimosominan (grandfather) nohkominan (grandmother)

Nanaskamitin oma kiskinwahamakēwin (We give thanks for this teaching)

ēkosi maka (that's all for now)

#### Plants and Trees (Animate/Inanimate)

tānisi - hello

nīsīkāson - my name is

Wāpastim - White Horse

watikwa - plants

ekwa - and

mitosak - trees

Nēhiyawak - Cree peoples

waskway - birch

Moswa kitowacikan - moose call

cistēmaw - tobacco

maskihkiy - medicine

Nēhiyawēwin - Cree way

ekosi maka - that's all

### Wild Mint

tānisi - hello

Wāpastim - White Horse

nīsīkāson - is my name

maskihkiy - medicine

Laboom (Michif); maskekewapoy - medicine water, or wild mint

Nēhiyawak - Cree people

cistēmaw - tobacco

#### ACKNOWLEDGEMENT:

Aw (okay then) kisemanito (Creator)

Kinananskomitin (thank you) kinananskomitin (thank you) aw (this) maskihkiy (medicine)

Aw (okay then) nimosominanak (grandfathers)

nohkōminanak (grandmothers) kininaskomitinawah (thank you)

Nanaskommon (I give thanks)

oma kiskinwahamakēwin (for this teaching)

Awa maskekewapoy (this medicine water)

kinanaskomitin (thank you) kinanaskomitin (thank you).

kihtēhayah - Elders

### Dandelion Harvest

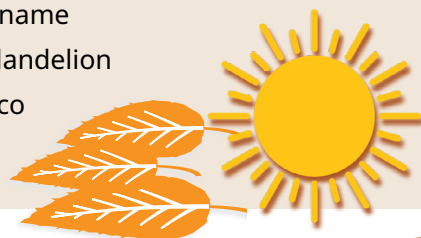
tānisi - hello

Wāpastim - White Horse

nīsīkāson - is my name

osawapikones - dandelion

cistēmaw - tobacco





## Harvesting Medicines from Plants and Animals

### ACKNOWLEDGEMENT:

Ahaw Kisemanito (okay Creator)  
 Nanaskomon awa maskihkiy (I give thanks for this medicine) Osawapikones (dandelion)  
 Kinanaskomitin awa maskihikiy (thank you for this medicine)  
 Ahaw nimosōminanak, nohkōminanak, cāpanak (okay grandfathers, grandmothers, great grandparents) Nanaskomon oma kiskinwahamakēwin (I give thanks for this teaching)  
 Kinanaskomitin osawapikones (thank you, dandelion) Nanaskomon awa maskihkiy (I give thanks for this medicine) Ayha (thank you)

### Willow Fungus

tānisi - hello  
 Wāpastim - White Horse  
 wihkimāsikan - willow fungus  
 nīpsiy - willow  
 kahkēwak/panisawan - dry meat

### ACKNOWLEDGEMENT:

aw (okay) kisemanito (Creator)  
 kinananskomitin (thank you) awa maskihkiy (this medicine) awa nīpsiy (this willow)  
 kinananskomitin (thank you) awa wihkimāsikan (this fungus)  
 kinananskomitin (thank you) awa nīpsiy (this willow)

Aw (okay then) nimosominanak (grandfathers) nohkōminanak (grandmothers) cāpānak (great grandparents) nanaskommon (I give thanks) oma kiskinwahamakēwin (for this teaching)  
 aw (okay) kinananskomitin (thank you)  
 nīpsiy (willow)

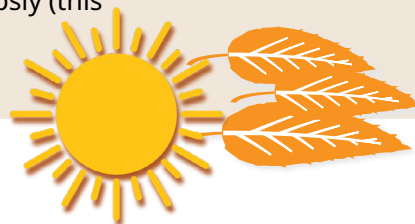
mōkohman - knife  
 ēkosi maka - that's all for now

### Devils Club

tānisi - hello  
 Wāpastim - White Horse  
 nisīkāson - is my name  
 okaminakasimaka - Devils Club  
 Nēhiyawak - Cree People

### Devils Club Processing

tānisi - hello  
 Wāpastim - White Horse  
 nisīkāson - is my name  
 okaminakasimaka - devils club  
 Nēhiyawak - Cree people  
 maskwa pimiy - bear grease





## Harvesting Medicines from Plants and Animals

### Lily Pad Root

tānisi - hello

Wāpastim - White Horse

nisīkāson - is my name

waskatamiw - giant lily root

cāpān - great grandparent

nohkom - my grandmother

nimosom - my grandfather

kōkom - grandmother

cāpānak - great grandparents

ēkōsi maka - that's all

### Lily Pad Root Processing

tānisi - hello

Wāpastim - White Horse

nisīkāson - is my name

waskatamiw - giant lily root

ēkōsi maka - that's all

### Harvesting Bear Fat

tānisi - hello

Wāpastim - White Horse

maskwa - bear

maskihkiy - medicine

### ACKNOWLEDGEMENT:

aw (okay) kisemanito (Creator)

kinanaskomitin (thank you) ahaw (for this) maskwa (bear)

nanaskomon (I give thanks) ahaw (for this) michiwin (food)

nanaskomon (I give thanks) ahaw (okay)

mosom maskwa (grandfather bear) kinanaskomitin (thank you) ahaw (for this) maskihkiy (medicine)

aham (okay then) nimosōminanak (grandfathers)

nohkōminanak (grandmothers) Cāpānak (great grandparents)

nanaskomon (I give thanks) kahkiyaw (all)

kiskinwahamakēwin (teaching) ahaw (okay)

kininaskomitin (thank you) kahkiyaw (all)

ahaw (okay) kininaskomitin (thank you)

maskwa (bear) ay-hay (thank you).

maskwa (bear)

maskihkiy (medicine)

awa maskwa (this bear)

ēkosi maka - that's all for now

### Rendering Bear Fat

maskwa wiyin - bear fat

maskihkiy - medicine

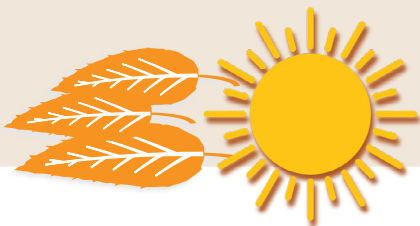
wiyin - fat

maskwa pimiy - bear grease

pimiy - grease

kinanaskomitinawah - thank you kahkiyaw - all

ēkosi maka - that's all for now





## Harvesting Medicines from Plants and Animals

### POSSIBLE *ON-THE-LAND* ACTIVITIES IN THE CLASSROOM

- Mix common medicines – make Laboom (mint) tea; mountain ash tea.
- Possibly grow, harvest dandelions and make dandelion root tea (see video). (Be mindful of possible spraying in school yards if picking dandelions.)
- Explore other types of fungi (such as can be found in the store).
- Make beads/necklace with dried devil's club stalks.

### EXAMPLES OF GRADE AND CURRICULUM CONNECTIONS

#### Grade 6 Science: Living Systems

6LS 1.3 Students investigate the characteristics and components of and interactions within ecosystems.

#### Grade 9 English Language Arts

Students will listen, speak, read, write, view and represent to respect, support, and collaborate with others.

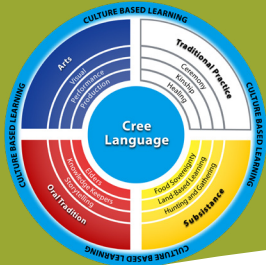
5.1 Respect Others and Strengthen Community - appreciate diversity; relate texts to culture; celebrate accomplishments and events; use language to show respect.

#### Science 30: Unit B: Chemistry and the Environment

GO1 - Students will analyze the sources of acids and bases and their effects on the environment.

### ASSESSMENT

Remember that the learning outcomes are what are being assessed by the end of the year.



## Pre-Planning with the 4 Foundations of Cree Ways of Knowing and Being

