

Animating the John Rowswell Hub Trail

Frank's Plants

ALgoma University Property Map



www.hubtrail.com

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario



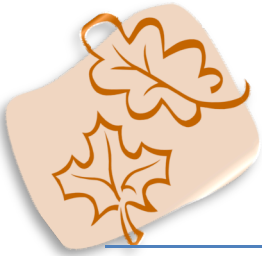
Ontario
Northern Ontario Heritage
Fund Corporation
Société de gestion du Fonds
du patrimoine du Nord
de l'Ontario



Algonia
PUBLIC HEALTH
Santé publique Algonia



EMPLOYMENT
ONTARIO



Frank's Plants









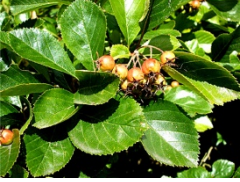



Frank's Plants is a challenging nature walk created by Frank Belleau, an elder, as part of the *Animating the John Rowswell Hub Trail* project. Meet Frank – Clear Sky Evening Star of the Crane Clan – in the introduction video to this walk at www.hubtrail.com.







The following 22 plants are found on the property of Algoma University (see the map on the first page). How many can you find? Use the "Found" column to mark the ones you've spotted. Try saying their names in another language or test your knowledge with quiz questions at the end of this document.




Each plant includes a photo and a description. Please be aware that these descriptions are for informational use only. The use of these plants for healing is not advised. Although some plants have been used by Indigenous peoples as medicine, they are used by those with years of training. Preparation and dosage is dependent upon many factors, such as harvesting methods and time of year, and even among highly knowledgeable harvesters there may not be consensus upon their usage. Search for these plants, learn about them, and admire them, but please leave them to grow where they are.

If you enjoyed this nature walk, try the other walks available at www.hubtrail.com.

Plant Name*	Information	Picture	Found
Balsam Fir (En) Sapin Baumier (Fr) Zhingob (Oj)	A traditional "Band-Aid" Sap and leaves used for tea and medicinally as cold medicines.	 Gerry Fewless	
Black Ash (En) Frêne Noir (Fr) Baapaagimaak (Oj)	Used for weaving baskets because it could be split on each annual ring to get to strips.	 Gerry Fewless	
Bunchberry (En) Quatre-temps (Fr) Ode'iminiibik (Oj)	Used for jams, preservatives, wines, and light pink-to-red- coloured dyes.	 dg	

<p>Cattail (En) Quenouille (Fr) Apakweshkway (Oj)</p>	<p>The leaves are used to weave matts. The green shoots and tops are used for food.</p>	 <p>Frank Belleau</p>	
<p>Chamomile (En) Camomille (Fr) Aakoshkadewanzh (Oj)</p>	<p>Used as an herbal tea that provides a calming effect.</p>	 <p>Frank Belleau</p>	
<p>Common Blackberry (En) Ronce Alléghanienne (Fr) Odatagaagominagaawanzh (Oj)</p>	<p>Used for jams, preservatives, wines and darker dyes.</p>	 <p>Sue Meades</p>	
<p>Hawthorn (En) Aubépine (Fr) Miinensagaawanzh (Oj)</p>	<p>The berries are used for food, while the leaves and flowers can be used in a tea that is good for the heart.</p>	 <p>Graham Calow</p>	
<p>Plantain (En) Plantain (Fr) Ginebigowashk (Oj)</p>	<p>Used medicinally in a tea for headache relief. It can also be placed in shoes to help with sore feet.</p>	 <p>Frank Belleau</p>	
<p>Red Willow; Dog Wood (En) Cornouiller Stolonifère (Fr) Miskwaabiimizh (Oj)</p>	<p>Used medicinally in a tea as an anti-inflammatory medicine. It is also a component of the traditional Indigenous tobacco mixture.</p>	 <p>Frank Belleau</p>	
<p>Reindeer Moss (En) Lichen des rennes (Fr) Asaakamig (Oj)</p>	<p>Eaten as a bush snack or survival food.</p>	 <p>Wikipedia</p>	

<p>Sage (En) Sauge (Fr) Sukodawabuk (Oj)</p>	<p>Used in smudging rituals and in the traditional Indigenous tobacco mixture.</p>	 <p>Frank Belleau</p>	
<p>St. John's Wort (En) Millepertuis (Fr) Wiisagibag (Oj)</p>	<p>Used to make an antidepressant tea. The flowers are used for making yellow dye.</p>	 <p>Frank Belleau</p>	
<p>Strawberry (En) Fraise (Fr) Ode'imin (Oj)</p>	<p>Used to make jams, preservatives, wines, and light pink to red colour dyes. The roots are used medicinally for upset stomachs.</p>	 <p>Sue Meades</p>	
<p>Sugar Maple (En) Érable à sucre (Fr) Aninaatig (Oj)</p>	<p>Used to make maple syrup. Once the sap is collected it is boiled in birch bark baskets using hot stones. The sap goes from an energy drink to syrup and then finally to blocks of sugar.</p>	 <p>Sue Meades</p>	
<p>Sweet Gale (En) Myrique Baumier (Fr) Wa'sawasni'mike (Oj)</p>	<p>Used as an herbal tea.</p>	 <p>dg</p>	
<p>White Birch (En) Bouleau à Papier (Fr) Wiigwaasaatig (Oj)</p>	<p>The inner bark is used for tea.</p>	 <p>Sue Meades</p>	

<p>White Willow (En) Saule Blanc (Fr) Oziisigobiminzh (Oj)</p>	<p>The bark is used medicinally in a tea form for pain relief. It has aspirin-like qualities.</p>	 <p>Carl Farmer</p>	
<p>Wild Raspberries (En) Framboisier Sauvage (Fr) Mskwemnen (Oj)</p>	<p>The berries were used to make jams, preservatives, wines and light pink to red colour dyes. The leaves are used as an herbal tea.</p>	 <p>Sue Meades</p>	
<p>Yellow Birch (En) Bouleau Jaune (Fr) Wiinzik (Oj)</p>	<p>The twigs can be eaten as they taste like wintergreen.</p>	 <p>Sue Meades</p>	
<p>White Pine (En) Pin Blanc (Fr) Zhingwaak (Oj)</p>	<p>The needles were used to make small baskets. They can be boiled into a tea that is high in vitamin C.</p>	 <p>Dr.Wm Hall</p>	
<p>Red Oak (En) Chêne Rouge (Fr) Wiisagi-mitigomizh (Oj)</p>	<p>The acorns are used as food. They must first be boiled or soaked to remove the bitter tannins.</p>	 <p>Algoma University</p>	
<p>Spruce (En) Épicéa (Fr) Mina'ig (white spruce) (Oj)</p>	<p>The needles are used in a tea as a cold remedy. The sap was mixed with animal fat to create a waterproof seal for canoes.</p>	 <p>2020site.org</p>	

*Some plant names sourced from the Ojibwe People's Dictionary (<http://ojibwe.lib.umn.edu/>)

Test your knowledge!

How much do you know about the plants in this nature walk?

Find the answers in the top right-hand corner of the second page.

- 1.) Which tree has aspirin-like qualities when brewed into a tea?
A) Red Willow B) Black Ash C) White Willow

- 2.) Which twigs from a tree taste like wintergreen?
A) Yellow Birch B) Balsam Fir C) Maple

- 3.) What plant can be used to help with depression when brewed into a tea?
A) Cattail B) Hawthorn C) St. Johnswort

- 4.) Which tree has anti-inflammatory properties when brewed into a tea?
A) Black Ash B) Red Willow C) White Birch

- 5.) Which plant is described as a bush snack?
A) Reindeer Moss B) Plantain C) Chamomile

- 6.) What plant can you put in your shoes while hiking to help with pain relief?
A) Plantain B) Chamomile C) Hawthorn

- 7.) Which plants are used to make baskets and mats?
A) Cattail / Sage B) Black Ash / Cattail C) Hawthorn/ Red Willow

- 8.) What herb is important to traditional Indigenous smudging rituals?
A) St. Johnswort B) Sage C) Sweet gale

- 9.) Which berry from the scavenger hunt is your favourite? Why?