



# Aboriginal Plant Use in Canada's Northwest Boreal Forest

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## Metis Plant Use in Canada's Northwest Boreal Forest

1. Waxpaper Lichen
  2. Spreading Dogbane (Apocynaceae)
  3. Devil's Club
  4. Lindley's Aster
  5. Ox-eye Daisy
  6. Canada Thistle
  7. Gumweed
  8. Canadian Goldenrod
- 
9. Lungwort (Boraginaceae)
  10. Strawberry Blight
  11. Swamp Gooseberry
  12. Yellow Avens
  13. Purple Avens
  14. Cotton Grass

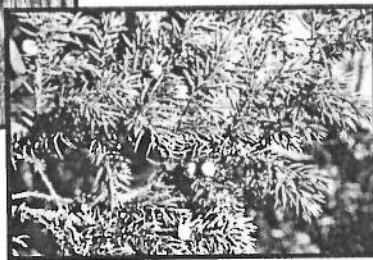
This book describes the traditional Aboriginal uses of more than 200 plants from Canada's boreal forest. It is the result of ethnobotanical fieldwork in 29 communities across the boreal forest region of Manitoba, Saskatchewan, and Alberta. Natural resources of the boreal forest have always been essential to the dietary, medical, economic, and spiritual well-being of the area's First Nation people, but until now much of their traditional environmental knowledge has remained unrecorded and at risk of being lost.



To compile this book the authors, along with seven other First Nation trainees, five Métis trainees, and four other botany students, learned how to collect voucher plant specimens and record traditional knowledge about the use of plants for medicine, handicrafts, technology, and ritual practices. Over 100 elders contributed information that they felt should be shared with other communities.



The entries and accompanying photographs are arranged according to the plant family and include information on physical descriptions, habitat, uses for food, technology, medicine, and potential economic use. The book also includes an explanation of the research approach, a literature review, and an overview of the ecological and cultural background of the area.



**Robin J. Marles** is an Associate Professor and Chair of the Botany Department at Brandon University in Manitoba. He has been conducting research on the traditional uses, chemistry, pharmacology, and sustainable production of medicinal and edible plants for over 20 years. **Christina Clavelle** recently

completed her master's degree from the University of Saskatchewan Biology and Anthropology/Archaeology Departments. **Leslie Monteleone** is a graduate student in the University of Alberta Botany Department. **Natalie Tays** is a member of the Nisichawayasihk First Nation and a schoolteacher in Nelson House, Manitoba. **Donna Burns** is a member of the James Smith First Nation, James Smith 100 Reserve, Saskatchewan, and a former University of Saskatchewan student.

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*front*: Red paintbrush (Christina Clavelle)

*back (top to bottom)*: Tansy, cattail,  
and common juniper (Robin J. Marles)

Cover design: Elaine Schiewe

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