Legend:

Found at Elbow Lake

Found in most rural areas

Found in most urban areas

Found in some parks or conservations

NOT EDIBLE

ALLERGY ALERT

Suggestions for teachers:

Review the images and information.

Take a walk around your school yard or outdoor learning area.

Try to locate the plants or trees listed and make a note of them.

If you are utilizing a local park do the same thing.

Try to access the plant growth **before** the next lawn care date, it takes time for plants to grow enough to identify.

Pick a couple plants to identify well enough to be comfortable talking about.

Whenever possible join a local plant identification walk with a knowledge holder.

Always use caution! Plant identification does not mean picking and eating.

English Name: Black Walnut Tree	**Scientific Name**: Juglans nigra
Anishinaabemowin: Bagaanaak	**Kanyen'kéha:** Tsyohsò:kwak

Characteristics:

Grows wild in rural Ontario, however, many are left in parks and home landscapes of urban settings.

The bark is rough with a grey-black and deeply furrowed into thin ridges that give the bark a diamond-shaped pattern.

The leaflets have a rounded base and a long-pointed tip as well as having a serrated edge. The leaves are arranged evenly on the opposite side of the stem. The leaves are overall dark green in colour and are typically hairy on the underside.

The fruit is globular-shaped and has a fleshy yellow-green husk with a hard black nut inside.

Nuts are harvested in the fall (autumn).

Wild edible:

Black walnuts are high in proteins and natural heart-happy fats. They also contain Vitamin A, B_6, potassium, and Iron. Helps control blood sugars**.**

Medicinal:

Leaves can be used to make soothing skin and eyewash. The green hulls of the nut can be turned into a poultice to treat ringworm and dried to create a powder to treat parasites. The bark is an astringent and can be chewed for toothaches. The inner bark can be used as a laxative.

Notes:

Black walnut husk creates a black dye. This dye can be used for materials such as leather, cloth, quills, clay, and ink. The walnut is high in natural tannins, these tannins help "set" the dye.

English Name: Sow thistle, *hare's thistle (arrow-shaped)*	**Scientific Name**: Sonchus
Anishinaabemowin: Bikwak'waabooz	**Kanyen'kéha:** Ohnyón:wara

Characteristics:
They are found in both urban and rural settings. Sow thistles are commonly found along roadside ditches and disturbed soils.
The Sow thistle is characterized by soft, somewhat irregularly lobed leaves that clasp the stem and, at least initially, form a basal rosette. The stem contains milky latex.
Flower heads are yellow and range in size from half to one inch in diameter; the florets are all the ray types. The fruits are single-seeded, dry and indehiscent.
Mature sow thistle stems can range from 30 cm to 2 m (1 to 6 ft) tall, depending upon species and growing conditions.
Coloration ranges from green to purple in older plants.

Wild edible:
The flowers, leaves, and roots are edible. Best consumed when the plant is young. Leaves and flowers can be eaten raw or as a potherb. Roots can be roasted and ground to make a coffee-like drink.

Medicinal:
Leaves are rich in mineral salts and Vitamin C. The sap of the stem can be used to treat warts. The root is a stimulant for wakefulness.

Notes:

English Name: Plantain	**Scientific Name**: Plantago major
Anishinaabemowin: Makabiibag	**Kanyen'kéha:** Atennén:a

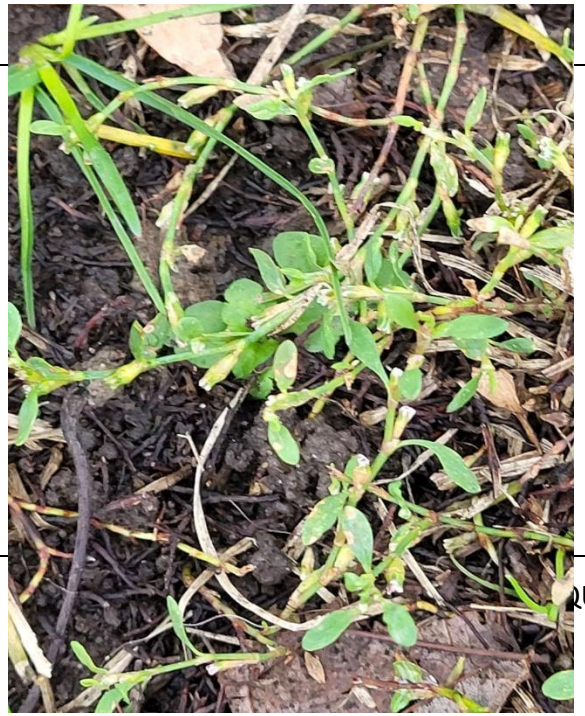
Characteristics:
Plantain is seasonal with a rosette of leaves 15–30 cm in diameter. Leaves are oval-shaped, 5–20 cm long, almond-shaped with a smooth margin. There are five to nine veins over the length of the leaf. The flowers are small and a greenish-brown colour with purple stamens. They produce a dense spike 5–15 cm long on top of a stem 13–15 cm tall and rarely to 70 cm tall. Plantain is wind-pollinated and propagates primarily by seeds, which are held on the long, narrow spikes which rise well above the foliage. Plantain grows in disturbed soils along pathways and lawn edges. Plantain can be found in both rural and urban settings.

Wild edible:
Leaves can be eaten raw or as a potherb. "Rat-tail" (seeds) can be eaten as part of a granola blend. High in vitamin A, C, and K, as well as calcium.

Medicinal:
Plantain leaves contain several anti-inflammatory compounds, flavonoids, terpenoids, glycosides, and tannins. Promotes wound healing by reducing microbial growth. The ***tail*** seeds contain psyllium, a natural laxative that absorbs water as it moves through your Gastrointestinal tract.

Notes:
Also known as moccasin prints or white man's footsteps. Tannins will set the dye.

English Name: Prostrate Knotweed *(flat knot)*	**Scientific Name**: *Polygonum aviculare*
Anishinaabemowin: Nabagizi-gashka'oozo	**Kanyen'kéha:** Japanese raotitsì:tsya
Characteristics: This plant is prostrate summer annual, producing hairless stems up to 3' long. The alternate leaves are up to 8 mm across and 2 cm long. They are oblong smooth along the margins, and hairless. The foliage of Prostrate Knotweed is often blue-green in appearance. Typical growing conditions consist of full sun and heavy soil that is slightly moist to dry. This plant flourishes in poor soil where there is little competition from other plants. It can withstand a fair amount of trampling. Habitats include edges of	



roads and driveways, cracks in sidewalks and pavement, compacted soil along paths, and waste areas with barren ground. This species is found in disturbed areas, especially in and around residential areas and cities. It is more tolerant of road salt and pollution than most species of plants.	
Wild edible: The flower, leaves and stem are edible. Can be eaten raw or as a potherb. Early young shoots are tender. Seeds can be eaten whole or pounded into a meal. High in Vitamin C, potassium, iron, and calcium.	
Medicinal: Knotweed is used for bronchitis, cough, gum disease (gingivitis), and sore mouth and throat. It is also used for lung diseases, skin disorders, and fluid retention. Some people use it to reduce sweating associated with tuberculosis and to stop bleeding.	
Notes:	

English Name: Cinquefoil, *false strawberry*	**Scientific Name:** Potentilla reptans	
Anishinaabemowin: Ode'iminaakaajigana	**Kanyen'kéha:** Wísk na'teyotsi'tsyákhen	

Characteristics:
Grows in full sun and survives in most conditions. Typical cinquefoils look most similar to strawberries but differ in usually having dry, inedible fruit (hence the name "barren strawberry"). Many cinquefoil species have palmate leaves. Some species have just three leaflets, while others have 15 or more leaflets arranged pinnately. The flowers are usually yellow but may be white, pinkish or red. The accessory fruits are usually dry but maybe fleshy and strawberry-like, while the actual seeds – each one technically a single fruit – are tiny nuts.

Wild edible:
Edible raw or as a potherb. Contains Vitamin C, A, and calcium.

Medicinal:
Cinquefoil contains a large number of tannins in the roots, an infusion can be used as an astringent for cleansing skin or a mouthwash. The root dried and crushed will stop bleeding. Leaves crushed can be used to treat skin irritations. Leaves and roots are effective detoxifiers and have been used to reduce withdrawal from alkaloids.

Notes:

English Name: Great Mullein	**Scientific Name:** Verbascum thapsus
Anishinaabemowin: waabooyaanibag	**Kanyen'kéha:** Kén:reks aotáhsa

Characteristics:
Great Mullein grows in a wide variety of habitats but prefers well-lit, disturbed soils in rural and urban settings. Mullein produces a rosette of leaves, up to 50 cm long, in its first year of growth. The leaves are a soft sage green with a unique velveted texture. The second-year plants normally produce a single unbranched stem, usually 1–2 m tall. The tall, pole-like stems end in a dense spike of bright yellow flowers that can occupy up to half the stem length. On flowering plants, the leaves are alternately arranged up the stem. After flowering and seed release, the stem and fruits usually persist in winter, drying into dark brown, stiff structures of densely packed, ovoid-shaped, and dry seed capsules. The dried stems may persist into the following spring or even the next summer. The plant produces a shallow taproot.

Wild edible:
Mullein leaves and flowers are edible, enjoying a cup of tea made from these parts is generally preferable. Leaves and flowers can be used in a salad.

Medicinal:
Mullein is used for cough, whooping cough, tuberculosis, bronchitis, hoarseness, pneumonia, earaches, colds, chills, flu, swine flu, fever, allergies, tonsillitis, and sore throat. Other uses include asthma, diarrhea, colic, gastrointestinal bleeding, migraines, joint pain, and gout.

Notes:
Leaves can be used as "toilet paper". Often used to line a moss bag/diaper for babies.

English Name: Strawberry	**Scientific Name:** Fragaria vesca
Anishinaabemowin: Ode'iminaakaajigana	**Kanyen'kéha:** Ken'niyohontéhsha

Characteristics:
Can be found in rural areas as well as some conservation areas. Does not fare well in urban settings due to pesticide use and grooming practices. Typical habitat is along trails and roadsides, embankments, hillsides, stone- and gravel-laid paths and roads, meadows, young woodlands, sparse forest, woodland edges, and clearings. It is tolerant of a variety of moisture levels. It can survive mild fires and/or establish itself after fires. Strawberries primarily propagate via runners; viable seeds are also found in soil seed banks and seem to germinate when the soil is disturbed.

Wild edible:
Leaves, flowers, and fruit are edible. The fruit is often hard to find as they are a tasty treat for wildlife. Many say that the taste of the wild strawberry is by far superior to the cultivated berry due to its sweet flavour. Leaves can be used in teas, salads, or in sandwiches.

Medicinal:
The leaves and the fruit are mildly astringent, diuretic, laxative, and tonic. The leaves are mainly used, when feverish and are also effective in treating rheumatic gout. A slice of strawberry is also excellent when applied externally to sunburnt skin. A poultice can be made from powdered leaves mixed in oil; it is used to treat open sores. The roots are astringent and diuretic.

Notes:
Its leaves serve as a significant food source for a variety of ungulates, such as mule deer and elk, and the fruit is eaten by a variety of mammals and birds that also help to distribute the seeds in their droppings.

English Name: Dandelion	**Scientific Name:** Taraxacum
Anishinaabemowin: Doodooshaaboojiibik	**Kanyen'kéha:** Nikakonsà:'a

Characteristics:
Dandelions can be found in both urban and rural settings. The Dandelion grows from unbranched taproots and produces more than 10 stems on each plant. The stems, which are sparsely covered with short hairs, are slightly purplish and produce yellow flowerheads that are typically taller than the foliage. Dandelion leaves have a jagged edge, grow close to the ground, and are seldom more than 20 centimetres (8 inches) long. The dandelion seeds are at the end of white puffy floral stems.

Wild edible:
The whole plant is edible. Root, leaves, flowers, and seeds. The leaves can be eaten raw or cooked. Boil the roots as a vegetable. Roots roasted and grounds are a good coffee substitute. For use in salads, greens should be harvested from new plants while still small and tender, before the first flower emerges. Larger greens tend to be tougher and more bitter and are better suited for cooking.

Medicinal:
Dandelions have long been used as a liver tonic and diuretic. In addition, the roots contain inulin and laevulin, starch-like substances that may help balance blood sugar, as well as bitter taraxacum, which stimulates digestion. Dandelions are high in vitamins A and C, calcium, potassium, and have more iron than spinach.

Notes:
This plant tells the story of Grandfather Sun, Grandmother Moon, and the Stars that come out at night.

English Name: Staghorn Sumac	**Scientific Name:** Rhus typhina
Anishinaabemowin: Baakwaanmish	**Kanyen'kéha:** Taráhkwi

Characteristics:
Staghorn Sumac can be found in rural settings with occasional finds in city parks or conservation areas. Sumac is a deciduous shrub. It has alternate, pinnately compound leaves. Sumac stems are densely covered in rust-coloured hairs. The velvety texture and the forking pattern of the branches, reminiscent of antlers, have led to the common name "stag's horn sumac". Small, greenish greenish-white flowers occur at the end of a stem, start green and ripen to brilliant red. Flowers occur from May through July and fruit ripens from June through September. Fall foliage is brilliant shades of red, orange, and yellow. Fruit can remain on plants from late summer through spring. It is eaten by many birds and deer in winter.

Wild edible:
The fruit of sumacs is edible. They can be soaked and washed in cold water, strained, sweetened, and made into a pink "lemonade" sometimes called "Indian lemonade". The drink extract can also be used to make jelly. The berry can also be dried to create a lemon-flavoured herb. The shoots can be peeled and eaten raw.

Medicinal:
Sumac is a medicinal plant with antioxidant properties, and significant levels of Vitamin C. Sumac can be used to treat colds, sore throats, fever, infections, diarrhea, dysentery, and scurvy. Sumac has also been used to treat asthma and cold sores. It also lowers blood sugar, as it has hypoglycemic properties and can aid in diabetes management. Ground berries mixed with clay created a salve used on open wounds. Root powder can be used to stop a wound from bleeding.

Notes: The leaves of staghorn sumac have been mixed with red willow bark to make kinnikinnik. Also called the pipe tree. All parts of the staghorn sumac, except the roots, can be used as both a natural dye and as a mordant. The plant is rich in tannins and can be added to other dye baths to improve lightfastness. Stems can be used to make spiles, pipes, and whistles.	

English Name: White Cedar	**Scientific Name:** Thuja occidentalis
Anishinaabemowin: Waabaagiizhik	**Kanyen'kéha:** Yonen'tòren'

Characteristics:
Small-sized, averaging 12 m high, evergreen. Crown is conical, dense, layered, and compact. Branches arching. Trunk strongly tapered, often gnarled with thin reddish-brown bark. Leaves are opposite; scale-like, closely overlapping, successive pairs at right angles; upper and lower leaves flat, with a protruding resin gland, lateral leaves folded, clasping the flat leaves. Ripe cones are pale cinnamon brown, oblong, and 8 - 13 mm long. Woody scales of mature female cones enclose double-winged seeds which are released the year after development. Common throughout Ontario, white cedar is most often associated with cool, moist, nutrient-rich sites, particularly on organic soils near streams or other drainage-ways, or on calcareous mineral soils. The white-cedar type commonly grows in association with balsam fir and tamarack in the boreal region.

Wild edible:
Leaves, buds, and inner bark are edible

Medicinal:
High in vitamin C. White Cedar is best known for its ability to treat skin symptoms which include warts, oily skin, dry skin, sensitive or itchy eruptions, nail fungus and hemorrhoids. It is mainly useful in treating upper respiratory illness, such as the common cold, sinusitis, tonsillitis, bronchitis, pneumonia, or strep throat. It is used topically to relieve arthritis and reduce pain from sore muscles or recovering injuries. It is popular as a treatment for parasites and as an insect repellent.

Notes:
Deer yards are established during harsh winters in the cedar bush. The inner bark can be used for weaving baskets, threads, mats, and clothing.

English Name: *Red Willow/*Red-osier Dogwood	**Scientific Name:** common sericea
Anishinaabemowin: miskwaabiimagoons	**Kanyen'kéha:** O'seranekwèn:ton
Characteristics: Grows in areas of rich, poorly drained soils, such as wetlands. Grows 1 to 5 meters tall. Is deciduous with leaves that are opposite in growth. Flowers are small flat and dull-white in colour, the fruit is a globose white berry. Grows along shorelines to prevent erosion of soil.	
Wild edible: The berries and stones are edible raw, dried, or cooked, but they are sour and bitter.	
Medicinal: Common usage includes pain relief for inflammation in joints or sore and aching muscles. (Inner bark)	
Notes: "Traditional tobacco", either by itself or in a mixture with other plant materials. Among the Anishinaabe, the smoking mixtures are known as kinnikinnick, blended the inner bark with red sumac leaves, while more western communities added it to the bearberry leaf to improve the taste. Used in making tools such as arrow shafts, hoops, baskets, threads, and rope.	

English Name: Stinging Nettle	**Scientific Name:** Urtica dioica
Anishinaabemowin: Bazaan	**Kanyen'kéha:** Ohrhe's

Characteristics:
Herbaceous, perennial plant, 1 to 2 m tall in the summer and dying off in the winter. Flowers are bright yellow as are the roots. Leaves are soft green and grow oppositely on a straight stem. The leaves and stems bear many stinging hairs whose tips come off when brushed up against. Grows in meadows with a wetter environment.

Wild edible:
Leaves are rich in vitamin A, C, iron, potassium, manganese, and calcium. Can be cooked or made into a pesto puree. Soaking in cold salted water removes the sting from nettles.

Medicinal:
Stinging nettle is most commonly used for diabetes and osteoarthritis. It is also sometimes used for urinary tract infections (UTIs), diuretic properties, kidney stones, enlarged prostate, and hay fever.

Notes:
Nettle stems contain a bast fibre that has been traditionally used for the same purposes as linen and is produced by a similar retting process. Will create a yellow dye from the roots.

English Name: Raspberry	**Scientific Name:** rubus occcidentalis
Anishinaabemowin: miskomin	**Kanyen'kéha:** Skanekwenhtarà:'onh

Characteristics:
Seasonal shrub, 2 to 3 meters tall. The leaves grow in leaflets of 5, with three leaflets on a flowering stem. Flowers are white with five petals. Fruit is a drupelet starting green and ripening red. Raspberry canes are covered in briar thorns that scratch the skin and catch clothes. Raspberries grow in disturbed areas, especially in areas that have been logged. It is also found in meadows near streams, lakes, edges of trails and roadways.

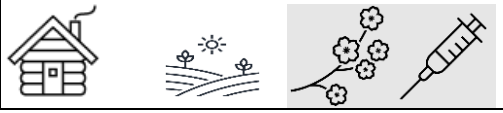
Wild edible:
Berries can be eaten raw, made in jams, jellies, and drinks. Early shoots can be peeled and eaten raw or cooked.

Medicinal:
Raspberry roots, leaves, and bark can be used to treat different ailments of the gastrointestinal tract. Roots to treat diarrhea, while leaves can be used as an antiemetic or a diuretic.

Notes:
Raspberry canes can be used to make baskets.

English Name: Equisetum AKA Horsetail, *Scouring Rush*	**Scientific Name:** Equisetum
Anishinaabemowin: Gizhiibiinashk	**Kanyen'kéha:** Oshonterítshera
Characteristics: The plant is a slender, medium green, erect growing stem that is 10 to 90 cm tall, with jointed segments that appear as black and white bands. Horsetail grows in a wide range of conditions, commonly found in damp, open woodlands, pastures, roadsides, disturbed soils, and near the edges of streams and lakes.	
Wild edible: **Non-edible raw or cooked as a food source.**	
Medicinal: Used to treat edema, urinary tract infections, bladder spasms. Horsetail also has antioxidant and anti-inflammatory properties. Use sparingly as it can cause vitamin B1 deficiencies if used long term.	
Notes: Grew up calling this snake grass because of the white and black bands. My grandmothers called it a scouring brush plant because of the abrasive properties found on the outside of the plant.	

English Name: Common Milkweed	**Scientific Name:** Asclepias syriaca
Anishinaabemowin: Aniniwinshk	**Kanyen'kéha:** Tsyoranàtskara
Characteristics: Downy stem with narrow tapered leaves, blossoms are a pink/purple colour in dense clusters. The fruit is green pods that pop open when ripened to release feathered seeds. The sap of the milkweed has a latex quality. Habitat is poor, dry soil, disturbed soils, that offer a lot of sunshine.	
Wild edible: Young shoots, leaves, unopened flower buds, flowers, and young pods are edible when cooked. Seeds can be eaten when dried.	
Medicinal: Milkweed sap can be used to treat warts, roots can be used to treat dysentery. Can be used in salves and infusions to treat edema, rashes, coughs, fevers, and asthma.	
Notes:	



English Name: Cattail	**Scientific Name:** Typha
Anishinaabemowin: Apakweyashk	**Kanyen'kéha:** Onò:ta

Characteristics:
Cattails come in two parts, a female and male, on the same stem. At the top of the stem, there are tiny, densely packed flowers with thin yellow spikes that extend down to the male part below. The cattail then becomes what we usually find a green erect stem with long brown cylinder-shaped on top. Blades are flat, linear, with up to 12-16 leaves per shoot.

Wild edible:
The flower, pollen, head, root, and lower parts of the leaf blade are all edible raw or cooked.

Medicinal:
The sap of the blades can be used as an antiseptic and numbing agent for toothaches. The sap can also be used to treat mild sun burns.

Notes:
Blades can be used to make mats, hats, and baskets. Fluff is used to make fire tinder, insulation, and absorbent. The head can be dipped into fat and make a torch.

English Name: Yarrow	**Scientific Name:** Achillea millefolium
Anishinaabemowin: Ajidamowaanow	**Kanyen'kéha:** Teyotsi'tsyarí:'on
Characteristics: Yarrow has feathery leaves that grow around the stem that ends in a roundish ray of tiny white flowers. This flower can be found on drier slopes and meadows, as well as on grassy roadsides.	
Wild edible: Stem and leaves can be eaten raw or cooked. Dried can be used as a flavouring similar to tarragon with a scent that is similar to licorice.	
Medicinal: Leaves, stems, and flowers are used to treat fevers, common cold, hay fever, dysentery, diarrhea, loss of appetite, or induce menstruation.	
Notes:	

English Name: Burdock	**Scientific Name:** Arctium
Anishinaabemowin: Mazaan	**Kanyen'kéha:** Órhote

Characteristics:
Pink/Purple flowers with large burs. Leaves are green wavy, heart-shaped with a feathery appearance. Burdock grows on roadsides, disturbed soils, vacant lots, and fields.

Wild edible:
First-year roots and second-year stems can be cooked by boiling them. Roots and stems should be scrubbed and peeled. Immature flower stalks may also be harvested to eat and taste like artichoke.

Medicinal:
Burdock can be used to increase urine flow, reduce fever, treat colds, gastrointestinal complaints, appetite stimulants, joint pain, gout, acne, and psoriasis.

Notes:

English Name: Self-Heal, *Heart of the Earth*	**Scientific Name:** Prunella vulgaris
Anishinaabemowin: **N'noojimo'aa**	**Kanyen'kéha:**
Characteristics: Young leaves and stems can be eaten raw or cooked. Flower can be dried, powdered to create a cold infusion to make a beverage.	
Wild edible: The young leaves, stems and flowers are edible raw or as a potherb. The flower makes a flavourful tea. Grows in lawns, and low to the ground.	
Medicinal: Leaves and flowers contain high levels of antioxidants. Contains Vitamin C, A, and K. Used to treat high blood pressure and high cholesterol. Leaves and flowers can be used as an anti-inflammatory to treat Gi disorders, colic, and diarrhea. Can also be used to treat mouth and throat ulcers.	
Notes:	

English Name: Common Tansy, bitter button, golden buttons	**Scientific Name:** Tanacetum vulgare
Anishinaabemowin: Oshkiniikwebagoons	**Kanyen'kéha:** Otsì:nekwar nikatsi'tsyò:ten
Characteristics: Herbaceous flowering plant with finely divided compound leaves and yellow, button-like flowers. The leaves and flowers smell like camphor with hints of rosemary.	
Wild edible: **Not Edible.** Can be used in small amounts as an herb to flavour things.	
Medicinal: Tansy can be used to treat rheumatism, fevers, and digestive problems, and initiate menstruation. Can be used to create an insect repellent.	
Notes: Traditionally was used to flavour bannock at wakes and funerals.	

English Name: Wild Carrot/ Queen Anne's Lace/ *Bird's-nest*	**Scientific Name:** Daucus carota
Anishinaabemowin: Bininshi-wazoson	**Kanyen'kéha:** Watatewenniiyo otsíkwa
Characteristics: Wild carrot is a biennial perennial, that reproduces through seeds. Wild carrot can be found in old pastures, waste places, roadsides, meadows and occasionally as a weed in gardens and flower borders.	
Wild edible: Wild carrot is edible. The root is edible cooked or raw, the flower clusters can be used in salads or dipped in batter and fried. Seeds can be used as a flavouring for soups and stews.	
Medicinal: Wild carrot is used for urinary tract problems including kidney stones, bladder problems, water retention, and excess uric acid in the urine; and also, for gout, a painful joint problem caused by too much uric acid. The seed oil is used for severe diarrhea (dysentery), indigestion, and intestinal gas.	
Notes: The cultivated carrot was developed from wild carrot, which has a coarse, woody, fibrous, unpalatable taproot, by selecting strains having soft juicy edible roots.	

English Name: Solomon's Seal	**Scientific Name:** Polygonatum multiflorum
Anishinaabemowin: Naaniibide'oodegin	**Kanyen'kéha:** Teyontyentà:kton
Characteristics: Solomon's Seal is a perennial with arching stems with alternate leaves that are almond-shaped. Flowers are pendant tubular in shape with a white to greenish-white colour. Flowers are followed by marble-size berries which turn dark blue in late summer. Solomon's Seal can be found on the edge of woodland or in light open wooded areas. Solomon's Seal prefers rich, moist, well-drained soils.	
Wild edible: Solomon's seal is edible. The young shoots when cooked are like asparagus.	
Medicinal: The root is used as an astringent, or as a poultice on cuts and sores. The dried herb can be used as a laxative, inflammatory conditions of the stomach.	
Additional Uses:	

English Name: Pennycress, *wild garlic*	**Scientific Name:** Thlaspi arvense
Anishinaabemowin: Bagwaji'waabi-shigaagowinj	**Kanyen'kéha:** Kahrhakónha O'nónkseri
Characteristics: The Pennycress has oval, flat and widely winged silicula making it easy to recognize. When it is flowering the lowest leaves on the stem go yellow, and in dry places, they can ripen their seeds even if they are almost leafless. The flowers of the Pennycress have four white petals pointing in four directions. Pennycress can be found along roadsides, railroads, pastures, and disturbed sites.	
Wild edible: Young leaves can be eaten raw or cooked. They should be harvested before the plant comes into flower or they will be very bitter. This plant is a whole protein. The seeds can be used as a mustard substitute.	
Medicinal: The entire plant has anti-inflammatory and fever-reducing properties. Pennycress is used in the treatment of pus in the lungs as an expectorant, renal inflammation, and appendicitis. Pennycress also has broad antibacterial properties, effective in the treatment of staphylococcal and streptococcal infections of the throat.	
Notes: Member of the mustard family and tastes like cabbage.	

English Name: White Oak trees / Acorn	**Scientific Name:** Quercus alba
Anishinaabemowin: Wiizhkobi-mitigomizh	**Kanyen'kéha:** Otokénha
Characteristics: Deciduous tree. The white oak grows in dry woods with deep rich well-drained loamy soils. Can easily be found in many city parks.	
Wild edible: Acorn meat is high in protein. Acorns are usually boiled or roasted to remove the tannins.	
Medicinal: The inner bark is a powerful antiseptic, and expectorant. Bark can be used to treat intermittent fevers, coughs, asthma, and laryngitis. Can be used to wash burns and ulcers. Tannins from the acorn will set dyes. The acorn can be dried and stored over winter or crushed to create flour. This acorn is shorter in appearance and sweeter in flavour than the red.	
Notes:	

English Name: Maple Tree/ Keys	**Scientific Name:** Acer
Anishinaabemowin: ninaatig	**Kanyen'kéha:** Wáhta

Characteristics:
The Maple tree is a deciduous slow-growing tree. The Maple grows from a single straight trunk. The branches are opposite, therefore grow in pairs. The Maple tree has opposite, lobed leaves. The leaves usually have five squarish, shallow lobes. The twigs of the maple are glossy and reddish-brown. The bark of the Maple is smooth and gray when young, becoming irregularly furrowed, scaly and dark grey in older trees. The maple will grow in full sun to full shade in sand, loam, humus enriched soils. Maples are found in forest and woodland habitats. Maple keys develop from flowers, grow in pairs and detach from limbs in the fall. Maples require cold winter temperatures, well below freezing for dormancy. It also requires low temperatures to initiate seed germination.

Wild edible:
Tapped for sap to make maple syrup is the most common use. Young leaves are edible raw or cooked. The seed can be eaten raw or cooked. The inner bark of the tree can be pounded into flour.

Medicinal:
The sap is a natural detoxifier and bowel stimulant. Sap turned syrup contains manganese, zinc, calcium, potassium, iron, and magnesium. Seeds contain proteins, folate, iron, magnesium, manganese, phosphorus, and zinc. Essential oils such as Omega 3, 6 and 9. The inner bark can be used to treat coughs, mild pains, and measles.

Notes:
This species is fairly sensitive to pollution, drought, and salt. The maple tree faces the greatest threat due to climate change.

English Name: White Birch	**Scientific Name:** Betula papyrifera
Anishinaabemowin: Wiigwaasi-mitig	**Kanyen'kéha:** Watenakè:tarons
Characteristics: White birch is a deciduous tree. The bark is white with small black marks and scars over its surface. Flaking and peeling will reveal a pinkish or salmon-coloured inner bark. The leaves are dark green and smooth. They grow alternately on the stems of the tree. The leaf buds are conical, small, and greenish in colour. Seeds produce after 15 years of growth; they are numerous and winged. White birch will grow in many soil types, steep rocky outcrops, and flat muskegs. Best growth occurs in deeper, well-drained to dry soils in regions where there is a colder climate.	
Wild edible: The inner bark is edible, can be dried, ground and used to create a flour.	
Medicinal: The inner bark is used as an astringent. Used to treat eczema and psoriasis. Leaves can be used as a diuretic, treat gout and rheumatism. Sap can be used to treat kidney stones and urinary tract infections.	
Notes: White birch is intolerant of heat and humidity. White Birch is a staple food for the moose. Multiple uses for White birch bark. Chaga grows on the white birch this is a special medicine, not included as part of this medicinal bundle.	

English Name: White Clover	**Scientific Name:** Trifolium repens
Anishinaabemowin: Waabshkaabgonii nesoobagak	**Kanyen'kéha:** Teyonerahtó:ken

Characteristics:
White clover is a perennial plant that has compound leaves formed from three leaflets. It can be found from mid-spring to early autumn. Flowers are white and have a globular appearance. Plants can grow in meadows, lawns, yards, paths, roadsides, and disturbed soils. White clover prefers regular watering during the growing season.

Wild edible:
Both the greens and flowers are edible raw or as a potherb. The flowers can be dried and made into a tea or used to create a sweet water infusion.

Medicinal:
Leaves and flowers contain a lot of essential vitamins and minerals, including vitamins A, B2, B3, C,
and E as well as magnesium, potassium, chromium, and calcium. Can be used to treat fever,
coughs, nausea, and dizziness. Anti-inflammatory properties can be used for arthritis, wounds,
and as an eyewash.

Notes: The roots of this plant form a symbiosis with nitrogen-fixing soil bacteria, and therefore its nitrogen content is relatively high compared to the rest of the plant community. Hence, when the plant tissues decay after the end of the growing season, it significantly enhances soil fertility.

English Name: Chicory, *cornflower*	**Scientific Name:** Chichorium intybus
Anishinaabemowin: Mandamin-waabigwan	**Kanyen'kéha:** Oròniya nikatsi'tsyò:ken
Characteristics: Chicory is a perennial herbaceous plant. Chicory grows with a tough, grooved stem. The leaves are stalked, lanceolate in shape. The flowers look somewhat flat and are usually light purple, lavender, or light blue in colour. Flowers are found from July until October. Chicory grows best in open fields, along roadsides, and on disturbed soil sites.	
Wild edible: The leaves, flowers, and roots are all edible. The leaves and flowers can be eaten raw or as a potherb. The root can be roasted and eaten like a potato or dried and crushed and consumed like coffee.	
Medicinal: The flowers and leaves contain fibre, vitamin C and A. The root is packed with prebiotic fibre inulin. Inulin helps regulate insulin levels within the blood. The root will aid in the digestion of vitamins and minerals found in other foods.	
Notes:	



English Name: Ragweed, *goosegrass*	**Scientific Name:** Ambrosia artemisifolia
Anishinaabemowin: nikaishpashkad	**Kanyen'kéha:** Sha'té:kon na'teyotsi'tsyákhen
Characteristics: Ragweed grows from an erect stem with much-branched leaf growth. Leaves grow oppositely then alternately past each node. Ragweed grows as a bright green to slightly yellowish-green colouring in young plants, becoming grayish-green in older plants. Flower heads are green and inconspicuous in appearance at the end of the growth stalk. Ragweed can be found in overgrown lawns, edges of pathways, roadsides, fence lines, in disturbed soils and meadows.	
Wild edible: Leaves can be eaten raw or as a potherb. The seeds are also edible. Grows everywhere.	
Medicinal: Leaves contain Vitamin C, A and Calcium. Seeds contain protein with similar levels as corn or soybean. Crushed seeds boiled and skimmed the resulting oils from the top as a plant-based fat. Crushed leaves are an astringent used to treat bug bites and rashes.	
Additional Uses: Known to clean the soil.	

English Name: Vetch, *purple clover*	**Scientific Name:** vicia sativa
Anishinaabemowin: Miinaande nesoobagak	**Kanyen'kéha:** Oharennáhta teyonerahtó:ken

Characteristics:
Vetch grows on a weak stem that appears vine-like. Leaves are alternate, pinnately compound with eight to twelve pairs of narrow oval-shaped opposite leaflets. Vetch has a terminal tendril that clings to adjacent vegetation. Flowers can be violet-blue, blue, and white in colour. Blossoms can be found from May to August. Seeds are contained in one-inch-long pods. Can be found in grassy and low areas. Grows easily along field edges.

Wild edible:
Flower and greens can be eaten raw or as a potherb. Seed pods are edible when harvested and processed as a legume.

Medicinal:
Considered a complete protein when seed pods are harvested and processed. Fibre, Vitamin C, K, and A, iron, and calcium. Leaves can be used to treat eczema and other skin irritations

Additional Uses:
Like clover and beans, the roots of this plant form a symbiosis with nitrogen-fixing soil bacteria, and therefore its nitrogen content is relatively high compared to the rest of the plant community. Hence, when the plant tissues decay after the end of the growing season, it significantly enhances soil fertility.Its high protein content makes excellent wild food draw for deer, turkey, grouse, and quail.

English Name: Goldenrod	**Scientific Name:** Solidago canadensis
Anishinaabemowin: Ajidamoowaanow	**Kanyen'kéha:** Otsínekwar Nikatsi'tsyò:ten

Characteristics:
Goldenrod is a tall, leafy, finely hairy stem with tiny yellow flower heads on arching branches in a long flat-topped cluster. Leaves are narrow, horizontal in growth with a single midvein. Goldenrod grows easily just about anywhere, though it does prefer to grow in full sun. Goldenrod also tolerates various soil types that are well-drained.

Wild edible:
Goldenrod shoots and tips are preferred to eat early its growth. They can be eaten raw or cooked depending on personal taste. Goldenrod is a strongly flavoured celery in taste.

Medicinal:
Goldenrod has been used to treat tuberculosis, diabetes, gout, asthma, and arthritis. Goldenrod can be used as a mouth rinse to treat oral sores and inflammation.

Notes:
Goldenrod can be used to make a dye. Goldenrod grows with purple asters.