



Photo taken by Maria Fatz

Asemaa

“Tobacco”

Nicotiana Rustica

Traditional Asemaa grows best in areas that are well drained with sandy or clay soils. They thrive in full sunlight with little or no shade, and human disturbed areas. Typically, Asemaa blooms during Miinikewi-giizis and through Waatebagaawi-giizis and can grow up to 2 feet tall. Culturally, the plant must be grown with good intentions, a clear mind, and is offered respectfully for prayer and healing. They are a key traditional resource for many Indigenous Peoples cultures used in a variety of ceremonial settings.

In the northern climate zones of North America, Asemaa seeds should be started indoors one to 2 months before the last spring frost to ensure adequate growing time and a good harvest. They like loamy soil but can do well in other soil types with proper care. Seeds can be easily saved when the plant is at full maturity. Several individuals on the White Earth Indian

Reservations have reported a good harvest the following year by letting a few plants go to seed and do their own dispersal.

When mature, Asemaa leaves are harvested, dried or cured. There are a variety of ways to harvest the plant depending on who is using it and for what purpose. Post harvest care can vary, depending on what the Asemaa is to be used for. How Asemaa can be used varies depending on what they are being used for.

Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



Photo taken by Maria Fatz

Aamoogaawanzh(iig)

“Bee Balm(s)”

Monarda fistulosa

Aamoogaawanzh primary habitats include tall grass prairies, dry rocky woods, savannas, woodland margins, and roadsides. They thrive in well drained loamy,

sandy or clay soils. Typically, they will bloom during Miinikewi-giizis and can grow up to 2 to 4 feet. The plant is highly adaptable, tolerating both drought and poor soils. The tubular, pink lavender blossoms last for several weeks and are highly attractive to local pollinators like hummingbirds, bees, and butterflies.

To harvest Aamoogaawanzh for culinary use or herbal teas, snip the upper 6 inches of healthy stems, including the leaves and flowers before they fully open for the best flavor. To collect the seeds, wait 3 to 4 weeks after the blooms have finished and the flower heads turn brown and die, snip the stalk about 6 inches down from the seed head, the seeds will fall out easily so make sure to have a bag or bucket nearby. Let the heads dry for 1 to 3 weeks, crumble them gently and use a kitchen strainer to separate the tiny, pale brown seeds from the chaff.

They can be used for traditional herbal medicine and landscaping.

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Photo taken by Maria Fatz

Jiibaywashk(oog)

“Pearly Everlasting(s)”

Anaphalis Margaritacea

Jiibaywashk primary habitat is dry, open areas, including sandy or gravelly fields, upland prairies, rocky clearings, and woodland edges. They thrive in cool, moderate, dry, sunny climates. Typically, they can bloom during Miinikewi-giizis and through Waatebagaawi-giizis while growing to a height of 1 to 3 feet tall.

Jiibaywashk should be harvested mid-summer just before the flower buds fully open. There are various ways and time variants to harvest her, depending on the use of each part of the plant. They can be used in dried floral arrangements, traditional herbal remedies, and native landscaping. The papery white petals keep their shape and color indefinitely, and the plant is highly valued for long lasting indoor decor. They can also help with digestive support; the cooling properties help soothe gastrointestinal distress, reduce excess stomach mucus, and alleviate diarrhea or dysentery.

Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



Photo taken by Ozaawibines (Raeanna Connor)

Mashkodewashk(oog)

“Sage(s)”

Artemisia Ludoviciana

Mashkodewashk primary habitat is dry, open, and sunny environments such as roadside shoulders, sandy or rocky prairies. Mashkodewashk can grow up to 1-3 feet tall and is covered in soft, white wooly hairs that give the plant a gray or pale green appearance. It is ideal to pick a male Mashkodewashk plant like the one shown above, rather than a female Mashkodewashk plant. The female plants carry seeds that are typically left behind for a new batch to grow the following year. The plant flowers during Ode'imini-giizis and Miinikewi-giizis, and the seed stage starts to begin during Manoominike-giizis.

Mashkodewashk can be used for smudging (smoke cleansing), traditional medicine, and ceremonial purposes. Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



Photo by Faleisha Budreau

Nookaadiziiganzh(iig)

“Mullein(s)”

Verbascum Thapsus

Nookaadiziiganzh plants thrive in dry, disturbed soils, old fields, roadsides, and open meadows. He is a biennial plant; in its first year he grows a short dense “rosette” of soft, thick, fuzzy, grayish-green leaves that you can pick continuously

throughout summer to early fall. In his second year, he shoots up a tall thick central stock; he can grow to 3-7 feet tall. He is packed with bright yellow flowers that bloom from Ode'imini-giizis throughout Waatebagaawi-giizis and can be harvested as they open.

Nookaadiziiganzh leaves hold natural plant compounds to help soothe irritated mucus membranes, which can be used to sooth cough and congestion. Herbalists brew dried Nookaadiziiganzh leaves and flowers into teas/syrups to help with bronchitis, asthma, and chest colds, particularly during harsh winters. He can also be used to restore and strengthen lung tissues, even after exposure to heavy smoke.

Please consult a doctor or herbologist for restrictions before using it. Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



<https://nursery.dnr.maryland.gov/product-p/redosierdogwood.htm>

Miskwaabimizh(iig)

“Red Osier Dogwood(s)”

Cornus Sericea

Miskwaabimizh primary habitats consist of moist, open wetlands, usually along streams or rivers but can be highly versatile as she can survive in loamy, sandy soils. The plant blooms during Waabigwani-giizis. Depending on the local climate, she could extend into Miinikewi-giizis, with some shrubs even producing a second

bloom. Miskwaabimizh can be harvested indefinitely if done sustainably. A mature shrub can be harvested every 1-3 years without dying and can grow up to 3-10 feet tall. Spotting the plant can be done easiest during the wintertime because of her vibrant, fiery red color. Some uses out of the plant can be ecological restoration, cultural practices, and local landscaping. In some areas, Miskwaabimizh is used as a substitute for red willow when making kinikinik.

Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



<https://www.threeriversparks.org/blog/species-spotlight-american-plum>

Bagesaanaatig(oog)

“American Plum Tree(s)”

Prunus Americana

Bagesaanaatig thrives primarily in sunny to partially shaded transitional areas. The plant is a thicket-forming shrub or small tree that is widely distributed throughout Minnesota. You might confuse the American plum with the Canada plum in the colder northern regions. To tell them apart, look at the leaf shape and fruit color.

Canada plums have broader, rounder leaves with blunt teeth and all red fruit. American plums have long, pointed leaves with sharp, jagged teeth with fruit that is yellowish to red.

Bagesaanaatig typically ripens during Manoominike-giizis and can usually grow to be 15 to 25 feet tall in northern Minnesota. They provide wildlife habitat, windbreaks, erosion control, and human foraging. The skin of the fruit may be tough and tart, but are highly prized for making homemade jams, jellies, and pies. To harvest the plum, taste before harvesting as some trees produce fruit that is quite tart but will make good preserves or jams.

Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



Photo by Faleisha Budreau

Doodooshaaboowashk(oog)

“Milkweed(s)”

Asclepias Syriaca

Doodooshaaboowashk thrive primarily in sunny, open areas such as roadside ditches, and fields while growing between 3-5 feet tall. Varied species adapt to specific moisture or soil types such as Swamp Milkweed in wetlands or Butterfly Milkweed in dry, sandy soils. The plant has a flower with a 5 parted crown, along with 5 downward curved petals that are pale pink almost mauve color that provide high-quality nectar for bees, hummingbirds, and other native pollinators.

The plant also has a fruit that looks like a bumpy green pod, it can be eaten when harvested young and small during Miinikewi-giizis otherwise they will be inedible if foraged later. Doodooshaaboowashk sap has compounds that can be toxic in significant quantities. The pods must be boiled in water to remove these toxins and bitter flavor before eating. Foragers typically boil pods for 10 minutes (sometimes in multiple changes of water), once boiled they can be sautéed or cooked into stews. Known for a texture and flavor like okra or green beans.

Doodooshaaboowashk can be used for wildlife support, fiber craft, and foraging provided the plants toxins are properly managed. They are an important part of the Monarch Butterfly life cycle.

Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



<https://www.minnesotawildflowers.info/shrub/prickly-wild-rose>

Oginiiminagaawanzh(oog)

“Wild Rose(s)”

Rosa Acicularis

Oginiiminagaawanzh primary habitat is forests, open woodlands, and forest clearings on the Indian Reservations and other areas of northern Minnesota. She thrives in well drained, sandy or nutrient rich soil along stream banks or rivers, on rocky bluffs, and in disturbed areas like recent burns or forest edges.

Oginiiminagaawanzh is 3 to 7 feet tall and is extremely cold tolerant while typically blooming in early summer during Ode'imini-giizis and Miinikewi-giizis.

The rose-pink five pedaled flowers have a faint cinnamon scent.

Oginiiminagaawanzh produces bright edible rose hips in late summer during Manoominike-giizis that can be highly valued for teas and other medicinal uses. Freshly eaten rose hips are high in vitamin C. The seeds can be discarded as they cause digestive irritation or pressed for oil for other uses.

Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



<https://ecoblossom.com/products/tall-goldenrod-solidago-altissima>

Giiziso-mashkiiki(wag)

“Goldenrod(s)”

Solidago Canadensis

Giiziso-mashkiiki likes prairies, open woodlands, abandoned fields, roadsides, and disturbed areas on the White Earth Indian Reservation and northern Minnesota. They can thrive in complete to partial sun; they prefer moderate soil moisture and can adapt to different soil textures. Typically, they bloom in late summer during Manoominike-giizis, with peak color during Waatebagaawi-giizis. Depending on conditions, Giiziso-mashkiiki can grow anywhere from 3 to 6 feet tall. They are a

key source of food for bees, butterflies, and insects. Parts of the plant have been traditionally harvested in late summer and fall for distinct medicinal uses. If gathering the plant for internal use, be sure you have Giiziso-mashkiiki. There are two lookalikes that are toxic.

Please consult a doctor or herbologist for restrictions before using Giiziso-mashkiiki.

Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



<https://www.minnesotawildflowers.info/flower/common-plantain>

Ginebigwashk(oog)

“Plantain(s)”

Plantago Rugelii

Ginebigwashk thrives in moist, shaded woodlands, stream banks, meadows on the White Earth Indian Reservation and in Minnesota. They can typically grow 12-20 inches in height and favor disturbed areas. The plant grows tall thin spikes of green to white flowers from Ode’imini-giizis, and depending on first frost, through Manoominike-giizis.

To harvest fresh leaves, pinch or cut the leaves at their base, close to the root. Harvesting fresh leaves and crushing them creates a poultice for bug bites, minor scrapes, and shallow cuts. You can also pick young tender leaves from the center of the basal rosette for the best culinary flavor. Older leaves become more fibrous and tough, making them better suited for topical medicines and slow-cooked broths.

To harvest the seeds, it is best to do so when the tall unbranched seed stalks have turned brown or nearly brown but while the seeds are still held firmly in their pods, cut the ripe spikes and gather them. Spread the stalks out on a flat surface to fully dry out for a week. You can also harvest standing by holding a container beneath the stalk and stripping the seeds upward with one hand. Once dry, you can rub the seeds in your hands to separate them from the husks.

Ginebigwashk is a native species, so it is important to sustainably forage. Always leave enough seed heads to allow the plant population to naturally self-seed and thrive for future generations.

Do not harvest near heavily trafficked roadsides, fertilized lawns, or pet areas.

Please consult a doctor or herbologist for restrictions before using it.

Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



Photo by Faleisha Budreau

Mishiiminaatig(oog)

“Apple Tree(s)”

Malus Domestica

Crabapples are native to North America and Minnesota. They serve as important pollinator trees for a variety of other species of apple trees. Two varieties of Mishiiminaatigoog are needed for successful pollination, for example Crabapple can withstand harsh winters and produce fruit. To grow Mishiiminaatig, you will need to select a variety of cold enduring apples and plant them in well-drained soil with 6-8 hours of sunlight. Mishiiminaatig typically grow 6-30 feet tall, but in northern Minnesota we rely on dwarf, or semi-dwarf Mishiiminaatig since they are easier to protect and prune; they also produce fruit earlier than standard/full size apple trees.

To tell domestic Mishiiminaatigoog apart, evaluate the harvest time, color pattern, texture, and flavor. Haralson apples are late ripening and are ready to harvest during Binaakwiiwi-giizis while being firm, highly tart, and great for baking. Honeycrisp apples are ready to harvest during Waatebagaawi-giizis while being large, red in color with a yellow to green hue, with shallow dimples near the stem. Honey gold apples are ready to harvest during Waatebagaawi-giizis and have a yellow to green skin and have a softer bite than a Honeycrisp. Crab apples ripen and are ready for harvest during Manoominike-giizis.

You can also boil down green, unripened, wild foraged apples to extract natural pectin, which can be used as a setting agent for berry jams and jellies.

Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



Photo by Faleisha Budreau

Ozhaawaashkoons(ag)

“Hyssop(s)”

Agastache Foeniculum

Ozhaawaashkoons thrives in mesic to dry prairies, open deciduous woodlands, savannas, and along woodland edges. Ozhaawaashkoons is also primarily called Anise Hyssop or Blue Giant Hyssop. She can be used as a pollinator attractant, herbal tea, culinary seasoning, deer repellent, and can provide other useful remedies. The plant can grow up to 2 to 5 feet tall and harvested 2-3 times per year. To harvest the plant, snip the leafy stems in the morning after the dew dries.

Cut just above a leaf node, removing no more than 30% of the plant at once to ensure she survives in the winter. Hang branches upside down in a dark, dry space to dry.

Ode’imini-giizis is when the plant focuses on vertical growth and foliage development, then during Miinikewi-giizis, the iconic pupleish-lavendar flower spikes open. The peak bloom period for the plant occurs during Manoominike-giizis.

Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



<https://lewis-clark.org/sciences/plants/cherries/pin-cherry/>

Bawa'iminigaawanzh(iig)

“Pin Cherry(s)”

Prunus Pensylvanica

The pin cherry family includes pin cherries and choke cherries and are native to North America and Minnesota. Bawa'iminigaawanzh primary habitat consists of disturbed, open environments, along with dry, rocky/sandy, well-drained soils. She is often called the “Fire Cherry” because she aggressively colonizes and repopulates forests after wildfires. She is also widely known as the bird cherry, or the wild red cherry. The plant behaves more like a large, thick-forming shrub rather than a traditional tree and can grow up to 15 to 30 feet, depending on local soil conditions.

The best time to harvest Bawa'iminigaawanzh is during Miinikewi-giizis. Before picking the cherries, see if they are plump and smoosh slightly when touched. If picked too early, the cherry will be incredibly tart as they are already tart when

ripe. Ripe cherries are about ¼ inch in diameter, glossy, a deep red color, and can be harvested once per year.

Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



<https://www.farmlande.com/store/p/northern-sweetgrass>

Wiingashk(oog)

“Sweetgrass(es)”

Hierochloe Odorata

Wiingashk primarily inhabits moist to wet environments. This plant relative is most likely found growing in low prairies, damp lakeshores, and wet meadows. They prefer rich fertile soil, and full sun to partial shade to grow and rarely will grow in deep, shaded forests. The plant has also admirably adapted to the harsh northern winters; the foliage can grow to 1-2 feet in height. She can start to bloom during Waabigwani-giizis through Miinikewi-giizis. To tell the difference between regular tall grass and Wiingashk is the “scratch and sniff” test, scratch a blade of the grass with your fingernail and if they have a sweet vanilla-like or fresh-cut hay scent, they are typically Wiingashk. After harvesting your Wiingashk sustainably

spread your harvested grass out in the sun for about 6 hours, turning her often until dry. This one is commonly used in numerous ceremonial applications. To braid the

Wiingashk, submerge the dry blades in warm water for 10-15 minutes before starting the braid so the blades will be flexible and pliable. The three strands of the braid are customarily said to represent mind, body, and spirit.

Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



<https://www.treehugger.com/identify-manage-northern-white-cedar-4070842>

Giizhik(ag)

“Cedar(s)”

Thuja Occidentalis

Giizhik is primarily found in low, wet areas, swamps, bogs, and along lakeshores. The tree grows in muck, organic soils though they can be found in small clumps on stony, rocky ground. Giizhik can grow up to 30 to 60 feet in height. Giizhik prefers full sun, with at least 6 hours of direct sunlight daily. The tree can tolerate partial shade, although it is not recommended as it can cause them to become thin, weak and stunt the trees' growth. On the White Earth Indian Reservation, Giizhikag are outside the range of their primary homelands. Most of the Giizhikag here have been planted.

To harvest the plant there are various times you can for different uses. For transplanting, it is best to do during Zaagibagaa-giizis. For Essential Oils, Teas and Aromatics, it is best to do during Waabigwani-giizis through Manoominike-giizis.

Boughs from the tree are gathered as needed for ceremonial and medicinal purposes as needed. Be mindful of what you are taking. In Minnesota, they are a slow growing tree and can take 100 + years to mature. The wood from Giizhik can only be harvested once every 70-160 years since they are a slow growing tree.

Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



<https://www.northernlightsplantsale.com/products/wild-ginger-asarum-canadense>

Namepin(iig)

“Wild Ginger(s)”

Asarum Canadense

Namepin primary habitat is shaded environments with moist, humus rich soil. Often found on lower, sheltered slopes or along shaded streams. Blooming period typically occurs during Zaagibagaa-giizis. That's when the purple/maroon flower begins to show; Namepin can get up to 4-8 inches in height. The plant can be harvested once per year, but it is ideal just once in her lifetime per patch. They are vulnerable to over-harvesting. Internal usage of plant foliage is discouraged, but roots are safe to eat in small amounts. Do not use any part of the plant if pregnant.

The most common use of the dried ground up root is seasoning in soup or stew. Historically, the leaves have been safely and successfully used as a poultice for wounds. Namepin is also deer resilient; they avoid browsing the plant because of her hairy foliage and distinct odor from the root.

Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



<https://www.minnesotawildflowers.info/flower/common-dandelion>

Doodooshaaboojiibik(ag)

“Dandelion(s)”

Taraxacum Officinale

Doodooshaaboojiibik primary habitat is disturbed, open, and sunny areas in many parts of North America. They thrive in varying places with high sunlight and can grow 8 to 15 inches tall. In highly fertile soil in undisturbed in places such as roadside ditches, Doodooshaaboojiibik can reach up to 24 inches tall. The plant, from the flower to the root, has multiple uses and can be harvested 3-4 times a year at various stages of growth. They start blooming in Zaagibagaa-giizis, continuing through Waabigwani-giizis. They are valuable for early season bee foraging, human foraging, and natural soil aeration. Doodooshaaboojiibik roots and leaves are rich in vitamins (A, C, K) and antioxidants. They can be used as a mild diuretic, to stimulate appetite, and to support digestive and liver health. Consult a

reliable source with questions relating to usage along with other prescribed medications.

Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



<https://www.solitudelakemanagement.com/cattails-good-bad-successfully-managed/>

Apakweshkway(ag)

“Cattail(s)”

Typha Angustifolia

Apakweshkway primarily inhabits shallow to deep wetlands, such as marshes, lake and pond margins, river backwaters, and roadside ditches. He can be harvested once or twice a year. Depending on the use, Apakweshkway have a wide time variant for harvesting and can also grow up to 10 feet tall. You can start harvesting during Waabigwani-giizis until Makoonsiwi-giizis. The plant is considered highly versatile useful for foraging, bushcraft, and wildlife habitat though he is an invasive species. Every part of the Apakweshkway is edible depending on the season; the plant can also be used as a fire starter, insulation, dressing minor burns

and scrapes. The long flat leaves can be dried and woven into mats, baskets, chair seats, or braided into sturdy rope and twine.

Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.



https://www.minnesotaseasons.com/Plants/wild_grape.html

Zhoominagaawanzh(oog)

“Wild Grape(s)”

Vitis Riparia

Zhoominagaawanzh primary habitat is moist, open to partially shaded areas. Core habitats include along the riverbanks, streams, and lakeshores as well as floodplain forests. The nontoxic Zhoominagaawanzh is shown in the picture above. The leaves are huge and usually have three distinct forward pointing lobes with a heart shaped base and sharply toothed edges. The vines feature Y-shaped tendrils. Zhoominagaawanzh bloom only once per year during Ode’imini-giizis. The vines can spread out to 35 to 50 feet in length (sometimes reaching 75 feet).

There are lookalikes that should be avoided, Canda Moonseed and Virginia Creeper. The Canada Moonseed the leaves are smooth, with untoothed edges, and no tendrils. The fruit holds a single poisonous crescent-shaped seed. Virginia Creeper has compound leaves with five leaflets instead of a single leaf. The berries are toxic and grow distinctly red stems.

Before disturbing our plant relatives, make an offering to express gratitude for what you are about to take.