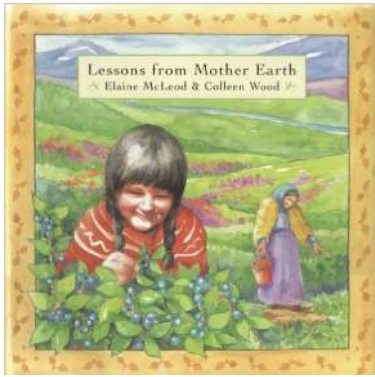


Indigenous Plant Books

Compiled by Gail Martindale, Suzanne Camp and Lynn Swift



Lessons from Mother Earth by Elaine McLeod

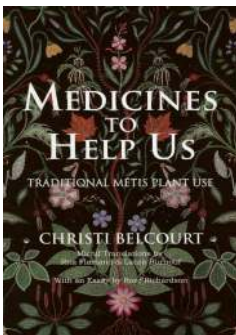
Tess has visited her grandmother many times without really being aware of the garden. But today they step outside the door and Tess learns that all of nature can be a garden. And if you take care of the plants that are growing, if you learn about them -- understanding when they flower, when they give fruit, and when to leave them alone -- you will always find something to nourish you. This gentle story demonstrates the First Nations' tradition of taking care of Mother Earth.



Relatives with Roots by Leah Marie Dorion

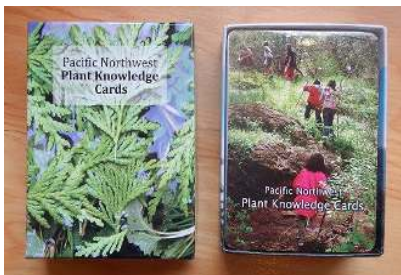
An elderly Métis woman and her granddaughter leave their bush camp one morning with willow and birchbark baskets prepared for a day out. They will pick medicinal plants, and share a packed lunch, and the grandmother will teach the young girl about the culture and traditional practices of her people.

They stop to smudge themselves with herbs and sage to help them enter into a sacred place before they begin their day's work. By clearing their minds and focusing on good thoughts, Grandma tells her granddaughter, they will be "more open to the wisdom that [their] relatives with roots will share with [them]." She explains that the old people believe that all plants and animals and humans are related, and that humans must show respect to their brothers and sisters in creation.



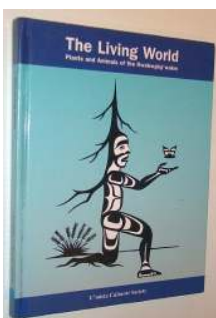
Medicines to Help Us: Traditional Metis Plant Use by Christi Belcourt

Based on Métis artist Christi Belcourt's painting "Medicines to Help Us," this innovative and vibrant resource honours the centuries-old healing traditions of Métis women. For this stunning set of twenty-seven gallery-quality prints and accompanying companion booklet, Christi Belcourt fuses her evocative artwork with Indigenous Traditional Knowledge and Western Science.



Pacific Northwest Plant Knowledge Cards by Vancouver Island and Coastal Communities Indigenous Foods Network

These beautiful cards highlight 65 edible and medicinal plants from the Pacific Northwest coastal region. The cards include beautiful photographs and descriptions to help identify plants, names of the plants in three different Indigenous languages, including SENCOTEN, Hul'q'umi'num, and Dididaht.



The Living World, Plants and Animals of the Kwakwaka'wakw by Umista Cultural Society

Book presents 101 species of plants and animals of cultural significance to the Kwakwaka'wakw. It is intended for use by Kwakwaka'wakw individuals pursuing cultural and linguistic studies as well as by others who are interested in the relationships between the Kwakwaka'wakw and their natural environment.