



TRADITIONAL PLANT MEDICINE

WILD CRAFTING ON SALISH TERRITORY

WHAT IS TRADITIONAL PLANT MEDICINE?

- Knowledge passed down from Creator to the healer.
- Plants used to treat the body, mind, and spirit.
- Leaves, roots, berries, flowers, seeds, stalks, found by foraging on Salish territory.
- The gift of using plants to create cures for post colonial ailments such as Diabetes.
- Land based maintenance of health and wellbeing.
- Prayer between healer and plant medicine.



PLANT MEDICINES I WORK WITH IN PRAYER

- Devils Club: A shrub growing in dense rainforest, used to treat Diabetes & Arthritis.
- Stinging Nettles: A flowering plant growing in patches throughout but not specifically to Salish territory. Used in many ways as food, medicine, and tea.
- Indian Consumption Seed: A flowering plant growing specifically in the Hulquminum territory. Used as a seasoning, smudge, and as tea.
- Cedar: A coniferous evergreen growing all through the PNW. The bark, branches, and boughs are as medicine, fibers for storage, and smudge.
- Honorable Mentions: Wild Rose, Rosehips, Spruce Tips, Oregon Grape, Labrador Tea, Cottonwood, Juniper, Dandelion, Wild Licorice, Red Clover, & Sagebrush.



DEVILS CLUB GIRL

- I discovered Devils Club as a young girl living with my grandmother.
- Devils Club is sacred. It also requires patience & respect.
- Used in our longhouse as paint, drank as tea, or made into beads for spiritual protection.
- I have harvested all throughout Coast Salish territory with permission from the elders.
- I harvest twice a year: after the winter snow & again before the winter snow.
- I make salves & lotions from the stalk bark. I make beads & drum sticks from the stalk.
- I learnt how to harvest through prayer & practice.



METHODS OF HARVESTING DEVILS CLUB

- Spring time after the snow has melted.
- Bring sharp shears, or garden loppers. Also bring rubber gloves and dress in long sleeves.
- Find the mother plant, she has the most stalks "spidering" outwards. Leave her be.
- Offer prayer, song, or medicine to show respect.
- Cut healthy stalks, on an angle to promote regrowth.
- Pluck leaves/shoots and burry in the forest floor.
- Cut stalks into manageable size, approx. forearms length.
- Pack the Devils Club into a basket or bag made from natural fibers. NO PLASTIC.



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DEVILS CLUB OIL RECIPE & PREP

- Shave off spines by rubbing the blunt edge of a knife along the stalk. The spines should fall off. This will also help remove any forest debris.
- Using the same knife, peel the stalk bark off and place onto a baking sheet to dry.
- Once the medicine is fully dried (crunchy texture) its ready to be infused into a carrier oil.
- Place 4 large handfuls of Devils Club into metal bowl, cover with choice carrier oil.
- Heat infuse on stovetop using the double boiler method.
- Allow simmering water (not boiling) to heat bowl of oil & Devils Club up to 4-8 hours.
- Strain using fine mesh sieve or cheesecloth. Store in sealed mason jar after it has cooled.

THE ABUNDANCE OF DEVILS CLUB



DEVILS CLUB HEALING PROPERTIES

- Grows from Alaska down into Coast Salish territories as far as BC, WA, & Oregon.
- Used to remedy respiratory and gastrointestinal ailments as well as inflammatory conditions, such as rheumatism and arthritis.
- Used topically in salves, or poultices to relieve pain, inflammation, & irritation from skin conditions such as Psoriasis & Eczema.
- Tea is drunk to decrease a diabetics dependency on injected insulin.
- As an adaptogen, Devil's Club mitigates the effect of stress on the body.

