

# Indigenous Plant Medicine and Food

By Justin Chander



(Lockhart, 2018)

In Indigenous culture, it is important to develop a relationship with the plant. Indigenous peoples have been doing this for generations. The land on which it grows and we share is sacred (Redvers and Blondin, 2020).



(Cumpson and Beer, 2019)

Also sacred in Indigenous culture is the burning of tobacco (Redvers and Blondin, 2020).



(Geneveive, 2016)



(Catcher, 2017)

Acorn bread is made with cornmeal, butter, dry yeast, mashed potatoes, flour, and finely ground leached acorn meal (Catcher, 2017).



(Catcher, 2017)

Pemmican is Cree and uses lean meat, dried fruit, and rendered fat unsalted nuts, and a little bit of honey (Catcher, 2017).



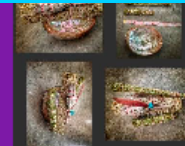
(Murray, 2019)

Bethroot aids in childbirth and relieve menstrual disorders (Murray, 2019).



(Murray, 2019)

Evening primrose is good for skin conditions, fatigue, and weight loss. The Ojibwa use the leaves of this plant to treat bruises (Murray, 2019).



(Geneveive, 2016)

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(Murray, 2019)