

In Memory

This garden was created to honour the children of Residential Schools – those who survived and those that were gone too soon.

FOR THE CHILDREN TAKEN,

FOR THE PARENTS LEFT BEHIND,

FOR THE COMMUNITIES IN HEALING,

WE HONOUR YOUR COURAGE AND COMMIT TO TELLING YOUR STORIES.

FOR THE GENERATIONS TO COME.

The Three Planters

Our Elders consistently remind us of our connection to Mother Earth. They tell us that in order to heal, we must first start with our connection to the land.

To support community healing, Wabano has chosen three groupings of traditional plants:

1. **Ceremonial** – the four sacred medicines.
2. **Medicinal** – plants used for their healing properties.
3. **Children** – plants that are good teachers for our children.

Artwork by Christi Belcourt – www.christibelcourt.com

*Ojibwe translation of plant names
provided by Shirley Williams*

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the City of Ottawa for making this project possible.*

You can be part of this garden

Wabano is deeply honoured by the generosity of community members who support the stewardship of these healing plants. This garden is the result of the caring of community. The plants gift us with the gentle reminder that we are all connected. We invite you to be connected with us.

Yes! I want to support Wabano's traditional plant garden.

Please accept my gift of:

- ☐ \$ _____
- ☐ Time and/or expertise. I would like to volunteer to help maintain Wabano's garden.

Wabano can contact me to finalize my gift.

Name: _____

Phone: _____

Email: _____

Please send this form to:
Wabano Centre for Aboriginal Health
Volunteer Program
299 Montreal Road, Ottawa, ON K1L 6B8

(613) 748-0657
www.wabano.com

Charitable #873580690-RR0001

Wabano Rooftop Garden

TRADITIONAL PLANTS



Ceremonial (Nokaaziwinan)

1. Tobacco (Sema)

The leader of the four sacred medicines, Tobacco is always offered first:

- To Elders when seeking guidance
- Pipe ceremonies, Sacred Fire
- To Mother Earth to gather medicines or in gratitude for giving us all we need to sustain ourselves
- to the animals before hunting or fishing



2. Cedar (Giishkaandak)

Both a protection and purification medicine, cedar carries our messages to the Creator. Cedar is used in sweatlodges.



In the wintertime, Cedar can also be used as a medicine. Cedar tea is used for cleansing, and can be drank for colds or respiratory illnesses.



3. Sweetgrass (Wiingashk)

The Hair of Mother Earth. Braided to balance the mind, body and spirit. A protection medicine, the smoke helps protect your home or office. It also cleanses and purifies us before doing any activity.



4. Sage (Mashkodewash)

The women's medicine, Sage is always part of a woman's medicine bundle. When burned, the smoke is used to purify the mind and body.



5. Bearberry Shrub (Pakozigan-gaanzhiin)

Often used with tobacco, Bearberry shrub is the main herb in Kannick Kannick. The smoke is very powerful, cleansing the home and body of toxins and diseases.

Medicinal (E-mashkikiiwang)

1. Service (Saskatoon) Berry (Bzagwaakimin)

Beyond eating the berries as food – fresh, dried or cooked – this plant can be made into formulas to ease upset stomachs, as a mild laxative, and to cure earaches. When mixed with other plants it aids in digestion.



2. Colts Foot (Nmepin)

Flower comes very early in the spring. People mistake it for a dandelion. The plant leaves come after the flower is finished. The leaves stay until frost. The root and leaf are used to make tea for coughs and poultice for external sores.



3. Wild Bergamot (Zaaspkwaa)

A calming medicine. Part of the mint family (the only plants with a square stem), Wild Bergamot is both a relaxant and a digestion aid.



The leaves are used to make tea to calm central nervous system, even for small children. And as a cool compress for inflamed joints.

4. White Yarrow (Jidmoonh-zowaanag)

Use leaf and flowers in a tea:

- (1) External – a wash for skin ailments (i.e. eczema, poison ivy/oak) or for ointment for chest colds
- (2) Internal – digestion and inflammation medicine and can help with urinary/kidney issues.



5. Juniper (Okaawaan)

A cleansing medicine. When berries are deep purple, they are used in a mixture with corn silk to heal the urinary tract inflammation. An internal medicine for kidney issues.



Children (Binoojiinyag)

1. Daisy (Waabshkaabigoonii-waaskone)

Pretty, plentiful, and easy to find, daisies are the perfect “teacher plant”, often one of the first plants children learn how to recognize. Daisy teaches us about happiness, joy and beauty.



2. Wild Rose Shrub (Bgoji-oginii-gaanzh)

Pretty, pink, and bright, roses grow plentiful in open fields. Rose water is a gentle helper to children. Misted, it soothes the skin and is a natural room deodorizer, that children aren't allergic to. Rose hips, high in Vitamin C, are used in tea for colds.



3. Milkweed (Ninwanzh)

There are only two plants that the monarch butterflies come to: the milkweed and the butterfly bush. It helps us show our kids how important it is to care-take the plants, so the butterflies continue to come.



4. Wild Strawberry (Odemin)

Known as the heart berry. It teaches our children about love. Edible and pretty, the strawberry is the only plant with its seeds on the outside. Children can eat while they learn! The berry is also used in some puberty ceremonies for girls.



5. Mint (Kipegoons or Mokminogoons)

Great plant to introduce children to plants: it grows fast, it smells good and tastes good. When we taste it, we learn. Because it is a gentle relaxant, mint can be added to almost every medicine.

