

# Yarrow

## What we're learning

Identify yarrow and its uses. Enjoy time outside together and create useful and healing remedies for your family. Learn about the qualities and characteristics of yarrow. In Indigenous culture, the qualities of yarrow teach many lessons about healing together, setting boundaries and supporting each other. Yarrow is a plant with anti-inflammatory and antibacterial properties, which helps keep bad things off of our skin and promotes healing. Yarrow also serves as a mosquito repellent, setting boundaries for us in another way.

## Words we're speaking in Lingít

Kagakl'eedi (yarrow)

Náakw (salve/ointment/medicine)

Isnéex'i (scent)

Yax̄ k'uhá (season)

Táax'aa (mosquito)

## Words we're speaking in Yugtun\*

Anuqteliar (yarrow)

Minguk (salve/ointment/medicine)

Tepa (scent)

Canerlak (season)

Makuryaq (mosquito)

## Conversation starters for talking with your child

What do you notice about yarrow? What does it look like and smell like?

Where does it grow? What plants grow around it?

What season did you find it?

What uses does yarrow have?

What do boundaries look like at home? At school?



\*What words are used in your region to describe yarrow? Feel free to adapt this resource or to submit your translations to [cpleasa@asb.org](mailto:cpleasa@asb.org) to include in this resource.

## Fun things to do at home

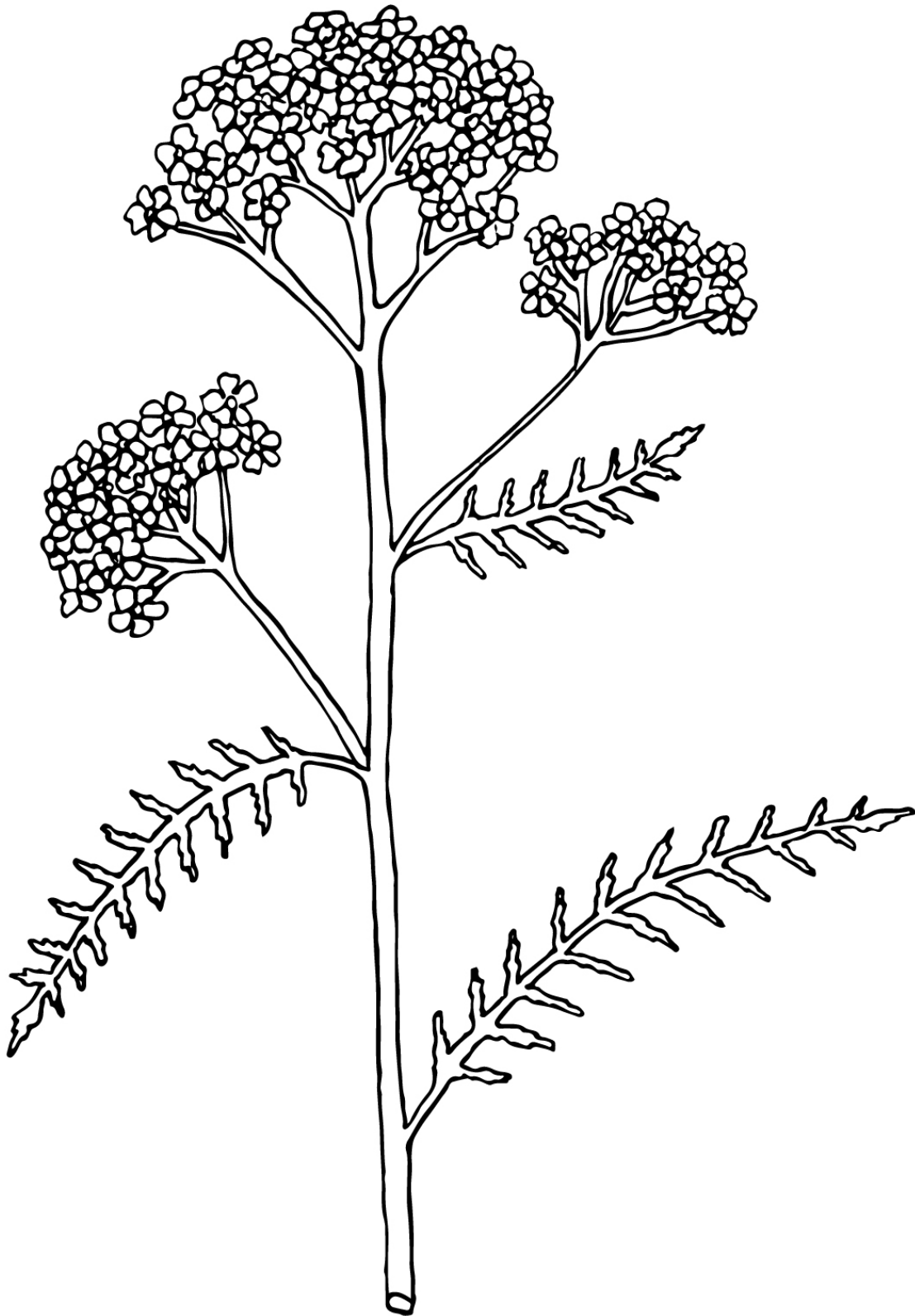
- 1. Insect repellent:** Harvest 2 cups of yarrow flowers and leaves. Chop fine and fill a large jar. Cover with pure witch hazel extract, label and seal jar. Steep for 2 weeks, shaking once each day. Strain off when ready and save liquid for bug spray.
- 2. Salad dressing:** Combine apple cider vinegar, olive or other edible oil with dijon or seeded mustard, honey or maple syrup (optional), yarrow plant leaves, salt and pepper to taste and enjoy with a salad of your choice.
- 3. Tea:** Dry and make tea. Steep for 3-4 minutes and enjoy with honey to taste.
- 4. First aid kit:** Learning to identify yarrow can help you when out on the land. It makes a good salve and can help with cuts and bruises. If you don't have salve with you, you can pick yarrow, rub it in your hands for a few minutes and then apply to the cuts. To make salve you can dry it and make yarrow powder to be a part of a first aid kit to help with injuries and cuts.

**Add to our box of knowledge (return this portion to school):**

Where can you find yarrow in your community? What uses do you have for it?

Smell and describe the plant.

## Coloring page



The feathery leaves look like squirrel tails; in some parts of Alaska it is called that.

# Willow

## What we're learning

Throughout Alaska, there are many types of willow and it has many uses in our communities. This resource will help you to identify willow and the willow family. You will also learn ways to use willow, and reflect on the lessons this plant can teach us. Willow grows in a variety of settings, and it has been adaptable and flexible to survive. They are important plants for providing shade to keep our waters cool, which helps our salmon.

## Words we're speaking in Lingít\*

Ch'áal' (willow)

## Words we're speaking in Yugtun\*

Uqvik (willow)

Uqvigpak (larger willows)

## Conversation starters for talking with your child

Willow is good for us as medicine. What other animals or insects eat willow?

Why is it important to be flexible? How does it help us?

How can we be more flexible?



\*What words are used in your region to describe willow? Feel free to adapt this resources or to submit your translations to [cplesa@asb](mailto:cplesa@asb). to include in this resource.

## Fun things to do at home

1. Harvest and share willow with Elders. When foraging willow bark, it is important to only take a small strip (2 inches max), per branch and only from 3 branches (or stems) per bush. Never cut deeper than the cambium or inner bark; it comes off smoothly. This technique mimics deer browsing on willow bark and ensures there is enough for everyone. Harvest in spring just before the sap begins to run when the branches are rich with their new spring color. Once the strips of bark are harvested, allow to dry at room temperature in a dry and airy spot, stirring frequently until it is fully dry before placing it in a jar and storing it in a cool, dry place.
2. You can use willow to make a salve. Tea can also be made (it is bitter). To make salve, heat up plants in the base oil (coconut is recommended) and the plant medicinal qualities go from the plant into the base oil. If you heat it too much the plant oils will evaporate so make sure that the temperature does not get too high. Boil on low for 2 hours, and add lavender, mint or other herbs to add a pleasant odor. Let cool down and process in a hot water bath, or store in a dark cool place for up to a month. Share with Elders that may need it for pain.

**Add to our box of knowledge (return this portion to school):** Where do Elders in the community harvest willow? How can we be flexible in where we harvest so that our Elders have enough? What are stories shared in your family or community about willow?

## Building a basket together

In spring or summer you can take the bark off of willow and make bracelets or other items together. Community members that weave can visit with students and help them make their basket or show examples of items made out of willow.

# Labrador Tea

## What we're learning

How to identify and utilize labrador tea. Labrador is linked to belonging; when someone is away from home, the smell of labrador tea reminds them of home and family.

## Words we're speaking in Lingít

S'ikshaldéen (labrador tea)

Héen (water)

Shkalneek (story)

At Wushóowu (Elder)

## Words we're speaking in Yugtun

Ayuq (labrador tea)

Meq (water)

Qanengssak (story)

Ciulirneq, tegganeq (Elder)

## Conversation starters for talking with your child

What do you notice about labrador tea? What does it look like and smell like?

Where does it grow?  
What plants grow around it?

Which season did you find it in?

How do we make others feel included and that they belong?

Labrador tea reminds us of our home and our roots. Where do you feel like you most belong? What makes those people or places so special?



## Fun things to do at home

- 1. Making tea:** To harvest labrador tea, first make sure you can identify the plant. Labrador tea grows in muskeg and has rust colored hairs on the underside of each leaf. The first time you harvest labrador tea, make sure to do so with someone that knows how to identify this plant. To prepare, boil for 2-3 minutes and enjoy in moderation to prevent colds and coughs.
- 2. Pick your favorite mug:** Make tea and enjoy it with the family. Have each person pick their favorite mug. Have each person share why it is their favorite mug. As parents this is a good time to share a story from the community or from growing up. You can also use the time to read to your children. Use this tea in moderation when you have a cold or cough, or to keep your immune system strong.

**Add to our box of knowledge (return this portion to school):** What does your family like to make to enjoy with labrador tea? Write a recipe your family enjoys.

## Sharing with Elders

Harvesting labrador tea as a group and sharing with Elders is another family activity. Invite Elders to have tea and form a circle to share and listen to their stories.