

Location: Vancouver Technical Secondary School
 2600 E Broadway, Vancouver, BC V5M 1Y5
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 Demographics: 101 Self-Reported Indigenous/1650
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On-Site: What we've got to work with...

Red Osier Dogwood

General Description: An upright or loosely spreading shrub, commonly forms thickets and reaches a height of about 2 or 3. Throughout winter, stems are bright red.

Leaves: Simple, opposite and deciduous, blades 5-15 cm long and 2.5 – 9 cm wide, broadly oval shaped and tapers to a short point.
 -old berries (white and edible)

Twigs: Branchlets are green or with fine hairs, soon becoming smooth and purplish to bright red.

Fruit: Flower and bloom in late June. Round, berrylike, 6 mm or more in diameter, usually white or slightly blue-toned, bears in August and September, grows in clusters.



Indigenous Application:

The banchlets can be cut and made into wraith so long as they are cut when they are e pliable and green.

Unknown Decaying Log

General Description: Poses as a nursery for its surroundings. Emits cilium and aids with the “moving of information”. Do not discard.

Cultural Tidbit:

Dead plants, dried flowers, and empty pots are not good Feng Shui. They represent death and weaken the energy in your house or office.

Himalayan Blackberry



General Description: Mostly a biennial plant, growing on disturbed sites as it out-competes low growing native vegetation through shading and build-up of leaf litter and dead stems.

Leaves: Himalayan blackberry has petite, white or faint pink flowers with 5 petals, arranged in clusters of 5-20.

Twigs: Flower stalks are prickly, with robust stems (canes) that support large, flattened and hooked or straight prickles.

Fruit: Fruits are up to 2 cm in diameter, oblong to spherical, black, shiny and hairless.

Indigenous Application:

Reconstitute the invasive plant once it's been dug up.
 Stalks can be de-prickled and used in basket weaving. The leaves themselves have been proven to possess great cleansing properties for acne-prone skin.

Oceanspray

General Description: Pendants of creamy white flowers, whose fragrance improves with age, form in early summer and persist through fall and winter. This plant is sometimes referred to as "Ironwood," a reference to the incredible strength of the wood.

Leaves: The leaves, lobed and triangular, are ¾” – 2 ½” long.

Twigs: The arching branches develop in clumps rather than growing from a central stem.

LFS 350: Group 21 (F2S Indigenous Foodscapes)

Flower: The flowering habits of this plant are very distinct. First the flower buds form – dense, cream-colored clusters of tiny droplets. Then lacy masses of fragrant flowers bloom for many weeks between May and July.



Indigenous Application:

Although some claim that the flowers of Oceanspray are edible, this is not widely remarked and it is not at all advisable to eat any part of this plant. As a medicine, Oceanspray flowers can be used to treat diarrhea. The wood can also be reconstituted into a variety of tools : spikes and nails.

Yellow Cedar:

General Description: A medium-sized tree, up to 24 metres tall and 90 centimetres in diameter; has a broad, grooved trunk that spreads out widely at the base.

Leaves: Scale-like, dark, bluish-green, and slender with sharp points.

Twigs: On young trees, the bark is thin, greyish-brown and scaly. The inside of the bark smells like potato skins.

Indigenous Application:

Historically, the yellow cedar was used for paddles, masks, dishes, and bows and occasionally woven into clothing and blankets.



Oregon Grape:

General Description: Oregon grape can be used as part of a wildlife garden to attract butterflies, bees, hummingbirds, and other birds to your yard.

Leaves: The evergreen leaves are sharply toothed and first appear red. As time passes they turn into a shiny green hue. During autumn they become burgundy but do not fall off.

Fruit: In April and May clusters of cheery yellow flowers appear. The fruit is a berry that does resemble a grape in shape and color.



Indigenous Application:

The Oregon Grape berries are edible but are quite tart and can be used to make jams, jellies, and preserves.

Dandelion:

General Description: The dandelion is a readily identifiable, hardy, perennial weed. It has a rosette base producing several flowering stems and multiple leaves.

Leaves: Dandelions have a toothy, deeply-notched, basal leaves that are hairless.

Flower: The common dandelion flowerhead has about 150 to 200 yellow ray florets and no disk florets; the ray florets spread outward from the center.



Indigenous Application:

Dandelions are a rich source of vitamins, minerals and it even has antioxidants. Dandelion leaves can be added to a salad or cooked. They can also be dried and stored for the winter or blanched and frozen. Flowers can be made into juice, or added into many recipes. The root and leaves can be dried, stored and made into tea.



Unknown Roses:

General Description: Roses are woody perennial flowering plants that can be erect shrubs, climbing or trailing with stems that are often armed with sharp prickles. Flowers vary in size and shape and are usually large and showy

Leaves: The leaves are borne alternately on the stem. In most species they are 5 to 15 centimeters.

Twigs: The sharp objects along a rose stem are commonly called "thorns", they are technically prickles.

Fruit: The flowers of most species have five petals,

Indigenous Application:

Rose hips are occasionally made into jam, jelly, marmalade, and soup or are brewed for tea, primarily for their high vitamin C content. They are also pressed and filtered to make rose hip syrup. Rose hips are also used to produce rose hip seed oil, which is used in skin products and some makeup products

Indian Plum:

General Description: A harbinger of spring with pendant, greenish-white clusters of flowers in early March.

Leaves: The foliage is a lime green, turning yellow in autumn.

Twigs: Indian Plum is a tall shrub, reaching heights of five meters in optimal conditions. It grows tall and erect in sunny locations, but arches considerably in the shady spots it prefers. The branches grow from the central root system rather than growing outward from a trunk.

Fruit: In early summer, olive size, bittersweet, purple berries dot the branches.



Indigenous Application:

Indigenous people used the Indian Plum as a food and medicine. The fruits were eaten fresh or dried for winter use.

Blueberry:

General Description: Blueberries thrive in soil that is acidic. The soil pH should ideally be between 4 and 5. Blueberries will be ready for picking in late July to mid-August.

Indigenous Application:

The native fruit has been in use for thousands of years as part of the Indigenous diet. The blueberry is not only sweet and delicious, but is rich in Vitamin C, manganese, and dietary fiber.

Strawberry:

General Description: Strawberry cultivars vary widely in size, color, flavor, shape, degree of fertility, and season of ripening. Strawberries are often grouped according to their flowering habit. Traditionally, this has consisted of a division between "June-bearing" strawberries, which bear their fruit in the early summer .

Indigenous Application:

It is consumed in large quantities, either fresh or in such prepared foods as preserves, juice, pies, ice creams, milkshakes, and chocolates.



California Poppy:

General Description:

Leaves: The stem of the flower grows to approximately 5 to 20 inches tall, with teal colored leaves sprouting from its base.

Flower: The flower is usually golden orange, hence its common name “golden poppy.”

Indigenous Application:

Root, leaves and seeds are dried and used for medicinal purposes as a diffusion, tincture, and powder. The most common use of this herb is in diffusion for treating the various physical and psychological conditions including insomnia, anxiety and nervous tension. This is mainly because the poppy contains some sedative alkaloids, it contains no real opium.

Stinging Nettle:

General Description: Stinging Nettle is a herbaceous, perennial plant, 1 to 2 m (3 to 7 ft) tall in the summer and dying down to the ground in winter.

Leaves: The plant has fine toothed, tapered, somewhat heart-shaped leaves that are 3-15 cm.

Flower: Stinging nettle is a staminate plant with very greyish-yellow small flowers.



Indigenous Application:

Because of stinging nettle’s antihistamine and anti-inflammatory qualities, it can be a natural treatment for eczema. More research is needed, but stinging nettle is also said to: stimulate hair growth and help control blood sugar in patients with diabetes

Cottonwood:



General Description: They are large, deciduous trees that are 50–80 feet tall, distinguished by thick, deeply fissured bark and triangular-based to diamond-shaped leaves that are green on both sides (without the whitish wax on the undersides) and without any obvious balsam scent in spring.

Leaves: An important feature of the leaves is the petiole, which is flattened sideways so that the leaves have a particular type of movement in the wind.

Indigenous Application:

Cottonwood bark is often a favorite medium for artisans. The bark, which is usually harvested in the fall after a tree’s death, is generally very soft and easy to carve. Can also be used in combination with other herbs to create sabs, or balms.

On-Site: What sort of environment do we have to work with?

- The area closest to the school appears to have “water coming down”. (Cottonwood, Oregon Grape,
- There quite a few indicative plants that “shoot”.
- The two hills and the beds surrounding the circular sitting area has little to no water.

Lori’s Vision: What can be done.

- Dig up the new shoots of Himalyan Blackerry using leather gardening gloves.
- Remove the birdhouse that's suffocating and tearing at the unknown tree's bark.
- Water the tree and replant/revive the strawberry bushes.
- Create a culinary garden.
 - o Raised tactile and sensory bed/site.
 - Clean up the area, place a large piece of cardboard and mulch.
 - o Possible options:
 - Lavender, Rosemary, Sage, Bay...
 - Wild Flowers: Fireweed, Bitter Cherry, Salal, Huckleberry
- Pull out old trees and replace with crab apples... Could also try planting Mock Oranges to attract bees and pollinators.
- Issues: Rat infestation and homeless tenants in the summer months.

Teaching Opportunities: Gardening Curriculum

- Pro-D day invite teachers in the area and showcase what has been done and how versatile of a topic gardening is...
- Seed the historical significance of nature and culture.
 - o Seasonal Diets: We keep eating the same foods year round...
 - o Plants were immediately utilized by indigenous migrants.
 - o Fencing out animals VS Inviting them in. (Enclosed vs Inclusive)
 - o Indigenous VS European ideologies
- Questions to keep in mind: Can it be used for food? Does it have herbal or medicinal properties? How can I reuse this?
- Collaborate with the science department and bring in hive bees.
- Importance of cross-cultural similarities.

I too, can grow here.