

Indigenous Summer Scholars Program 2024

Annotated Bibliography

Medicinal Plants of the Boreal Forest

Abby Cochrane

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Arnason, Thor, Richard J. Hebda, and Timothy Johns. "Use of plants for food and medicine by Native Peoples of eastern Canada." *Canadian Journal of Botany* 59, no. 11 (1981): 2189-2325.

[https://www.researchgate.net/profile/John-](https://www.researchgate.net/profile/John-Arnason/publication/237161363_Use_of_plants_for_food_and_medicine_by_Native_Peoples_of_Eastern_Canada/links/63c030ec56d41566df5e4f5a/Use-of-plants-for-food-and-medicine-by-Native-Peoples-of-Eastern-Canada.pdf)

[Arnason/publication/237161363_Use_of_plants_for_food_and_medicine_by_Native_Peoples_of_Eastern_Canada/links/63c030ec56d41566df5e4f5a/Use-of-plants-for-food-and-medicine-by-Native-Peoples-of-Eastern-Canada.pdf](https://www.researchgate.net/profile/John-Arnason/publication/237161363_Use_of_plants_for_food_and_medicine_by_Native_Peoples_of_Eastern_Canada/links/63c030ec56d41566df5e4f5a/Use-of-plants-for-food-and-medicine-by-Native-Peoples-of-Eastern-Canada.pdf)

Summarizes ethnobotanical studies of eastern Canada in lower Hudson Bay Area. Focuses on Quebec and Ontario but notes on Northern Cree communities which may overlap with Manitoba. Describes vegetation of four forest regions of eastern Canada. Covers cultivation and agriculture of eastern Canada such as corn and beans. Notes on gathered foods and describes some preparation. Notes that starch rich food items would not be available to northern Cree, and that a “small number of berries, barks, and greens, but only one starchy food (*Sium suave*) are recorded as food items of the northerly Cree.” Page 2197 (not sure if actually accurate or just gap in literature) Large list of plant families, the English names, culture, Indigenous name, use and reference (mostly from Anishinabe and Haudenosaunee, some Cree) from pages 2203 - 2321

Asselin, Hugo, Yadav Uprety, Archana Dhakal, and Nancy Julien. “Traditional Use of Medicinal Plants in the Boreal Forest of Canada: Review and Perspectives.” *Journal of Ethnobiology and Ethnomedicine* 8, no. 1 (2012): 1–14. <https://doi.org/10.1186/1746-4269-8-7>.

Comprehensive review of literature about traditional use of plants in the Boreal Forest region.

Details the ethnomedicinal aspects of traditional healing systems. Describes and gives brief

overview of studies and literature about plant use. Describes growth and taxonomy of plants. Details use of plants and animals to treat different ailments, as well as some methods used to make them. Also notes medicinal plant harvesting practices.

Clavelle, Christina Marie. "Ethnobotany of two Cree communities in the southern boreal forest of Saskatchewan." PhD diss., University of Saskatchewan, 1997.

<https://harvest.usask.ca/server/api/core/bitstreams/4e5e9155-9557-41cb-bc4c-10397800503e/content>

Describes climate and environment of boreal forest. Focuses more on southern regions of the boreal forest. Notes that tree species do not differ much throughout the boreal forest, rather shrubs and herbaceous plants differ regionally. Describes forest vegetation, and what each area is generally made up of. Speculates that plant-related activities that men took part in would have been things like collection and preparation for medicinal/spiritual use, this conclusion could be due to gaps in literature and imposing perspectives. Notes that many plant species would have been seasonally abundant and stored for future use (roots). Discusses literature of early historic references and ethnographies in the boreal forest, for examples noting use of some type of carbohydrates pre-contact, and reviews literature that mentions medicinal use of plants in boreal forest region. Breaks down medicinal plants used to treat illnesses. Describes native botanical remains such as jack pine and aspen. Lists 46 species of plants used for medicine, food and miscellaneous.

Kindscher, Kelly. *Medicinal Wild Plants of the Prairie: An Ethnobotanical Guide*. University Press of Kansas, 1992.

https://books.google.ca/books?hl=en&lr=&id=vMMmQAAMAAJ&oi=fnd&pg=PR11&dq=file+guide+to+medicinal+plants+of+the+prairie+provinces&ots=mmZS2W9KD1&sig=sX9LDWsrs0uKc6jZJ-DBmAfjCg4&redir_esc=y#v=onepage&q&f=true

Gives great detail to each individual plant, several pages for each. Includes illustration, common names, Indigenous names, scientific names, habitat, medicinal use, medicinal history, previous scientific research and harvesting and cultivation information. Focuses on American prairies although similar plant species may overlap with Canadian prairies.

Larsen, James Arthur. *The Boreal Ecosystem*. New York: Academic Press, 1980.

<https://books.google.ca/books?id=R2YhBQAAQBAJ&lpg=PP1&ots=BPKEfeMkwH&dq=the%20boreal%20ecosystem&lr&pg=PR12#v=onepage&q=the%20boreal%20ecosystem&f=false>

Covers history of boreal vegetation in paleontological record through glacial and post glacial periods. Discusses plant species in the Hudson Bay Area and Churchill. Describes vegetation of boreal forest within vegetation communities.

Looman, J. “Distribution of Plant Species and Vegetation Types in Relation to Climate.” *Vegetation* 54, no. 1 (1983): 17–25.

<https://www.jstor.org/stable/20145985>

Describes the climate and vegetation that make up the prairie provinces region of the boreal forest. Noting local soils, and how common or uncommon certain vegetation appears (like white spruce and jack pine). Describes how moisture levels effect climate which influences vegetation. Describes peak flowering seasons for vegetation. Divides prairie provinces into four climatic regions. Further separation into nine zones by precipitation or seasonal differences.

Marles, Robin James, Canada Natural Resources Canada, and Canadian Forest Service. *Aboriginal Plant Use in Canada's Northwest Boreal Forest*. Vancouver: UBC Press, 2000.

<https://canadacommons.ca/artifacts/1867900/aboriginal-plant-use-in-canadas-northwest-boreal-forest/2616977/>

Compiled large list of boreal forest plants. For each plant there is a description provided of the scientific name, other names, description (what it looks like), habitat that it is found in, medicinal uses, technological uses, ritual uses, food uses, properties, and potential (market demand). Has a lot of detailed information about each category, good for research into specific plants. For example states that Tamarack is found in bogs, muskeg, and marshy woods, used medicinally as police for burns, frostbite. Notes that because of oral tradition for medicinal uses of plants, information is much less uniform and varies. Split into categories of fungi, lichens, nonvascular plants, vascular spore producers, gymnosperms, and angiosperms (flowering plants).

Turner, Nancy J. *Ancient Pathways, Ancestral Knowledge: Ethnobotany and Ecological Wisdom of Indigenous Peoples of Northwestern North America*. Montreal: McGill-Queen's

University Press, 2014. <https://ebookcentral-proquest-com.uwinnipeg.idm.oclc.org/lib/uwinnipeg/detail.action?docID=3332764>

Split into two volumes that focus mainly on the Northwest coastal and Interior Plateau regions. Volume one focuses on historical environment and development of plant use technology. Covers early Holocene environment, mid Holocene and late Holocene. Describes plant use, available plants, movements of groups of people within these time periods. Summarizes key archeological sites across North America. Includes compiled table of Indigenous plant names relating to their use and importance, mainly examples from coastal regions. Describes effects of contact on plant use systems, relationship to plants, and adaptation. Describes traditional plant foods in a table format. Notes on root vegetables, berries, seeds, nuts as well as general observations about plant foods. Describes plant materials in relation to Indigenous technology. Gives overview of origin and historical development of plant medicines. Finally, describes transmission of ethnobotanical knowledge.

Métis Nation of Alberta “*Traditional Plants.*”

<https://albertametis.com/app/uploads/2021/09/Youth-Department-Traditional-Plant-Flashcards.pdf>

General compilation of traditional plants (Canada) briefly lists medicinal uses and food uses. Photos included.

Scouts Canada “*Indigenous Plants Guide.*”

<https://scoutsca.s3.amazonaws.com/2021/07/plants-for-scouts.pdf>

Separates into categories of leaves and plants, berries, and barks. Similar to the Métis Nation of Alberta compilation, more Métis oriented. Lists where traditional plants are found, what they look like, key identifiers and how they are used in Indigenous culture. Illustrations included.