

Seattle Indian Health Board & Plant Medicine

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Seattle Indian Health Board



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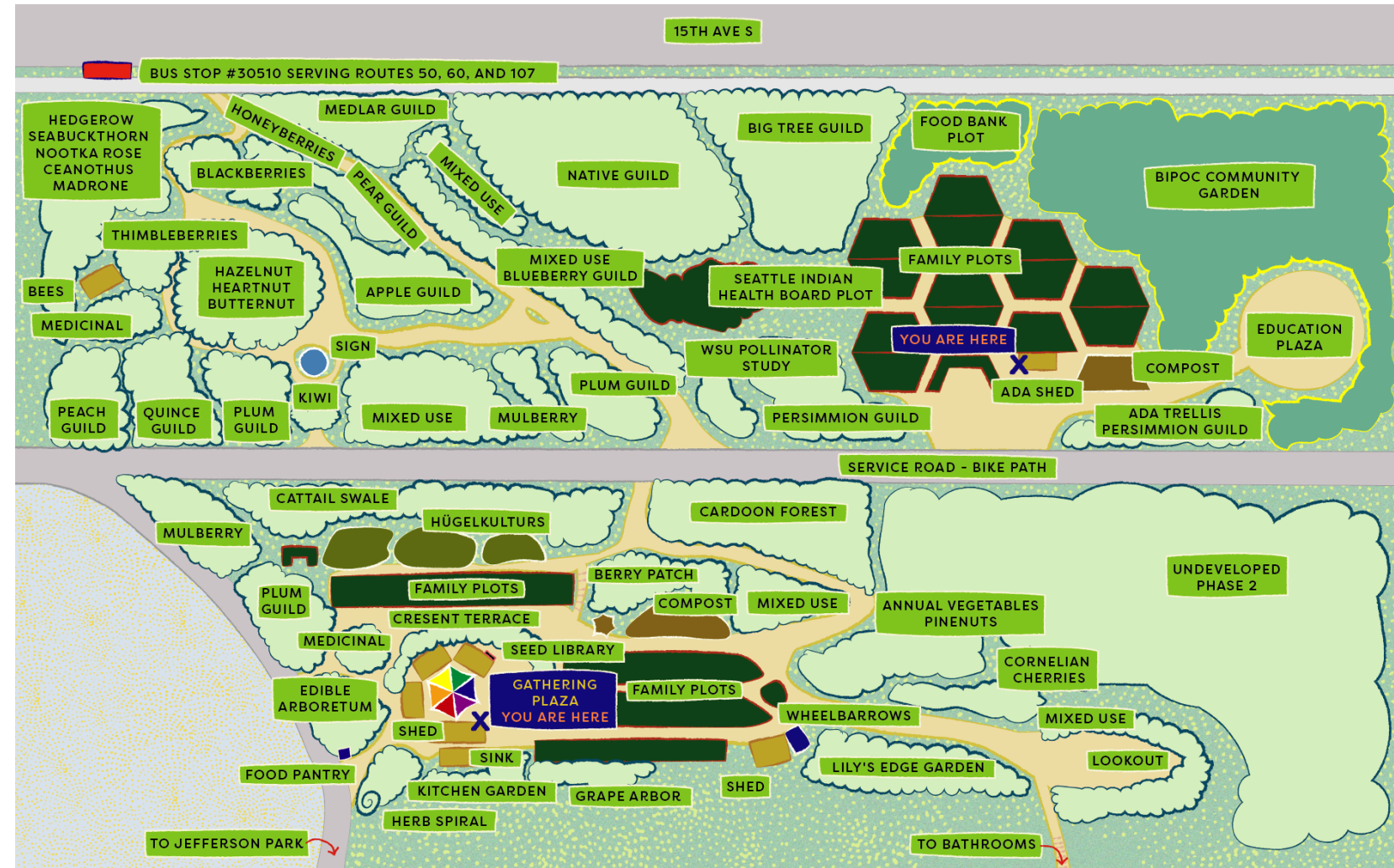
- Review of SIHB Garden
- Review of Plant Medicine
- Questions

Medical Disclaimer

The information presented is for educational and informational purposes. The information provided should not be used for diagnosing or treating a health problem or disease, and those seeking personal medical advice should consult with a licensed physician. Always seek the advice of your doctor or other qualified health provider regarding a medical condition.

Traditional Indian Medicine Department Garden

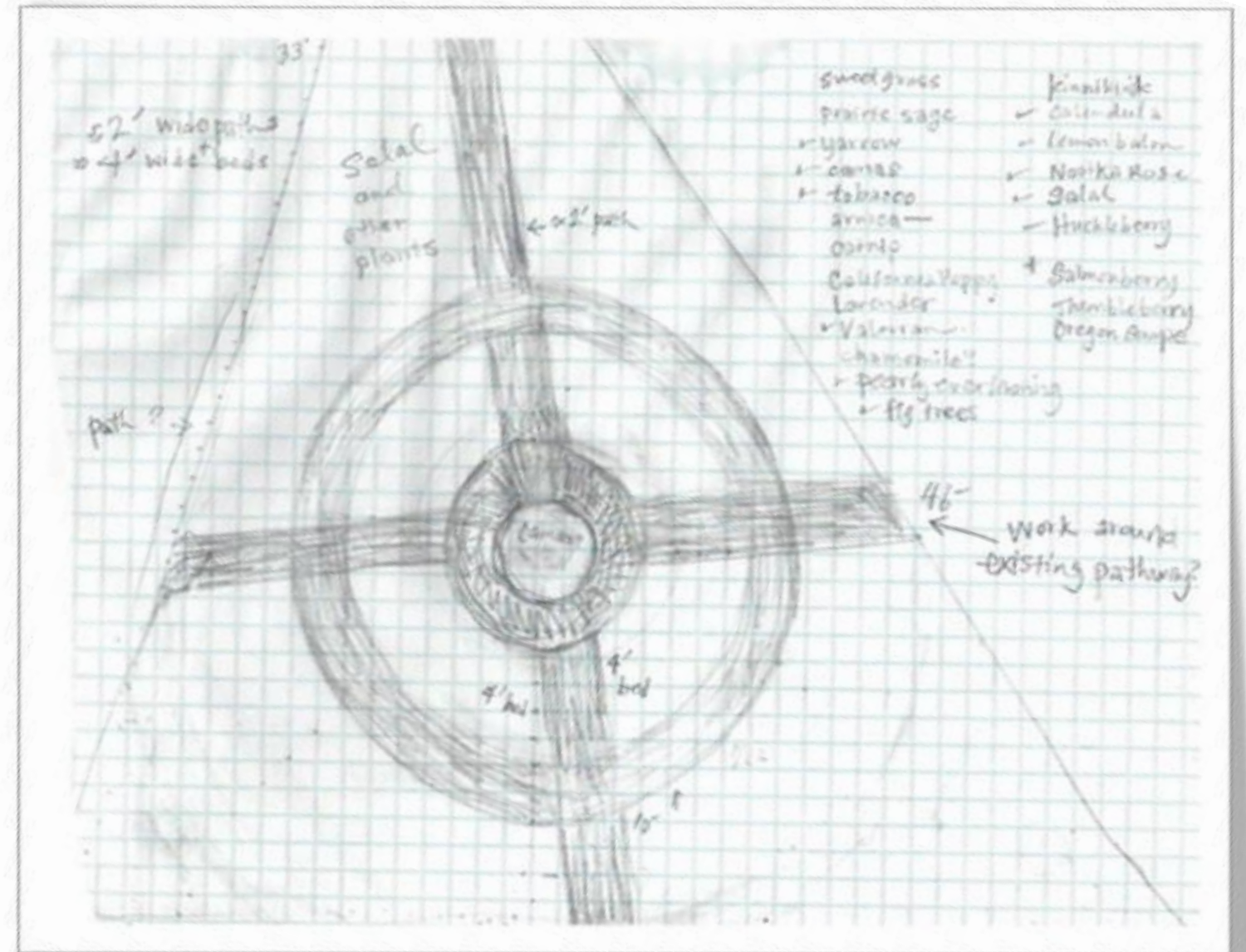
- Developed early 2022
- Located at Beacon Foods Forest, within Seattle, WA
 - Approx. 3 miles distance from SIHB
- Consulted with local herbalists
- Received seeds from local partners, including GRuB (Garden Raised Bounty), Bastyr University, and relatives



Map Photo: <https://beaconfoodforest.org/>

Traditional Indian Medicine Department Garden

- Seattle Indian Health Board Plot is approx. 44' x 46' within triangular space
- Design was based off medicine wheel concept, with central keyhole of Camas (8 ft diameter), with four radiant beds that represent mental, emotional, spiritual and physical medicinal plants
 - 2 ft walking paths surrounding 4 ft wide bed to aid in easy access for planting, weeding, and tending



Plants within Garden

Mental/Emotional: Mint, California Poppy, Valerian, Lavender, Lemon balm

Physical: Goldenrod, Gooseberry, Horse tail, Oregon grape, Pearly everlasting, Plantain, Yarrow

Social: Huckleberry, Nootka rose, Thimbleberry, Raspberry, Salmonberry, Strawberry

Spiritual/Ceremonial: Kinnikinic, Sage, Sweetgrass, Tobacco

Plant Medicine Profiles

Kinnikinnic (*Arctostaphylos uva-ursi*)

- Spiritual/Ceremonial category
- Other common names: Kinnick kinnick, kinnikinnik, bearberry
- Uses: common within ceremonial purposes to aid in cleaning and purifying air. Leaves would be dried and smoked.
- Properties: anti-microbial, astringent
- Note: fresh leaves are potent and could produce warning signs that may include nausea, vomiting, shortness of breath, and lightheadedness



Salmonberry (*Rubus spectabilis*)

- Social category
- Uses: commonly in food dishes such as jellies, jams, desserts
- Best harvested mid-June to mid-August
- Nutritional source of Vitamin A, C and fiber
- Properties: anti-diarrheal, astringent, anti-oxidant
- Root, bark, and leaves can be used topically as a poultice to aid in skin wounds

Plant Medicine Profiles

Nootka Rose (*Rosa nutkana*)

- Social category
- Part of plant used: fruit (raw or cooked), petals (raw), young shoots (raw or cooked), leaves
- Commonly used in teas, jellies, jams, rose water, syrup
- Rich in Vitamins A, C, and E
- Properties: astringent, anti-oxidant
- Note: Ensure to remove the seed hairs surrounding petals, otherwise has been known to cause irritation to the mouth and digestive tract



Oregon Grape (*Mahonia aquifolium*)

- Physical category
- Uses: skin health, digestive health
- Part of plant used: fruit (raw or cooked), flowers (raw), inner bark, root or stem
- Properties: anti-microbial, anti-inflammatory, bitter properties, immune stimulant
- This can be used topical as a cream, lotion, or ointment.

Resources

- Washington Native Plant Society, <https://www.wnps.org/plants>
- Native Plants PNW, <https://nativeplantspnw.com/>
- The Naturopathic Herbalist, <https://thenaturopathicherbalist.com/>

Questions?



Thank You!

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