

UOFS Spring Gathering

Foraging List

(go out looking for medicinal herbs) bbaa-mshkikiwe

Lowbush Wild Cranberry
mashkiigimin



Fiddlehead (Ostrich Fern)
(fern) mzise-miijim

Strawberry
ode'imín



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<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcScLemvich1DpwwW0C264Qv9yNs3-MzPdRCQ8s>



<http://www.zanherz.com/medicinal-herbs/white-cedar.html>

White Cedar
giizhik

<https://www.creehealth.org/health-tips/traditional-medicine-balsam-fir>

Balsam Fir
zhingob



White Spruce
gaawaandag



<https://www.awes-ab.ca/species/white-spruce/>

Wild Ginger
namepin



https://www.wildflower.org/plants/result.php?id_plant=asca