



TSE'K'WA

National Historic Site

Learning Activities:
Healing Garden and
Traditional Plants





Learning Activities: Healing Garden and Traditional Plants

Background

These activities showcase traditional plants that hold cultural significance for the Dane-zaa. Tse'k'wa National Historic Site is home to many of these traditional plants, some of which are planted in our healing gardens and others which grow wild on the interpretive trails, among the structures at kwâ-zâa watsáádzé? (old camp), or near the cave. Gathering berries, food plants, and medicines continues to be an important part of the Dane-zaa culture and is a meaningful practice of Treaty 8 rights. We invite you to visit Tse'k'wa and learn about the plants that grow here, and elsewhere on the land.

Activities

- Traditional Plant Word Search
- Plant Walk Bingo
- Plant Match Language Activity

Visiting Tse'k'wa

We hope you will consider visiting us at Tse'k'wa National Historic Site. Self-guided tours are welcome anytime. If you have a large group, or wish to receive a guided tour, contact our staff at TsekwaHeritage@gmail.com or 250-224-7906 to arrange your visit.

Walk the interpretive trail down to the cave and see what plants you can find. You may take photographs, but please do not collect any plants without permission. We are actively restoring native plant species on the property, and growing edible plants for community programming. Never eat a wild plant unless you are 100% certain of its identity.

Questions to Ask Yourself

- What plants do I see? Smell? Hear?
- What native edible plants do I know? Do they grow here?
- How might people use these plants?
- What was my favorite plant on the walk?
- What people or resources can help us identify plants?

Wuujō Aasanaláá? (Thank You)

This project was made possible with funding support from the First Peoples Cultural Council. All language translations were provided by the Culture, Heritage, and Language Department at Doig River First Nations. We are grateful for all the Elders, Knowledge Holders, and Twin Sisters Native Plant Nursery for sharing their plant knowledge and expertise with us.



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Are you planning a trip to Tse'k'wa National Historic Site?

Are you interested in learning more about the plants that grow in our area?

The Tse'k'wa Reference Library includes books and learning resources on local plants and their traditional uses. These books can be used by all visitors on site; simply ask one of our staff and we will be happy to share these with you and your group!

Are you an Elder, knowledge holder, or staff member of Doig River, Prophet River, or West Moberly First Nations? If so, these books are available for off-site use; simply contact our staff in person at Tse'k'wa or at TsekwaHeritage@gmail.com or 250-224-7906.

- Trees of the Northwest
- Wild Berries of the Northwest
- Common Mushrooms for the Northwest
- Edible & Medicinal Plants of the Northwest
- Braiding Sweetgrass
- Mushrooms of British Columbia
- Plants of Northern British Columbia
- Wildflowers of the Pacific Northwest
- Edible and Medicinal Plants of the Rockies
- Plants of the Western Forest
- Aboriginal Plant Use in Canada's Northwest Boreal Forest
- A Field Guide to Alpine Wildflowers of the Rocky Mountains
- A Field Guide to Medicinal Wild Plants of Canada
- A Field Guide to Edible Fruits and Berries of the Pacific Northwest
- A Field Guide to Foraging for Wild Greens and Flowers
- Prophet River Ethnobotany: A Report on Traditional Plant Knowledge and Contemporary Concerns of the Prophet River First Nation
- A Cree Healer and His Medicine Bundle: Revelations of Indigenous Wisdom -- Healing Plants, Practices, and Stories
- The Boreal Herbal: Wild Food and Medicine Plants of the North
- Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants

All books were purchased with funding support from First Peoples Cultural Council.



Tse'k'wa

NATIONAL HISTORIC SITE

Traditional Plants

NAME:

DATE:

Z R T V Q M F I C X N P C Q S T Z M S K
 X H T O F G V Q B S L Z E N N T U I W Y
 K U S W Q J P W S D G F K I H Z K Z O P
 F S E A N D T M W N F W M W E T T D U W
 L G K T N S Z I G N E P D M F N Q P R W
 L M F S Y M C L F C X H O M P R C R E J
 F V K Q L S Y T U H L J N S C M H U H V
 O J L T I T P V F O K I U M V F I I E U
 S O I S I J R R K K T J U Q F T I V H M
 T O B A E E O T U E X E X P I J R V E F
 R E K D H R L J O C P Z A E A L M E G R
 A R S L D F O U Q H E A D L M C T U E V
 W M P E Z H E S B E T A B P L O C M M Z
 B E A L I F C W E R S D Z C T T I L N Q
 E R Z Q I I T V Z R H E C B O H U P N U
 R O Y V H J E N B Y E Q Z T L A J N F O
 R O C R A S P B E R R Y J P B H N A W I
 Y Q W S R N S C B H Y B L J G C M E F Q
 I W X Z P Z V T L T S A S K A T O O N X
 G R N S D A C H I N H U Y O T Y V E W E

ATSQTSADLE
 JIJZAA
 MINT
 RASPBERRY
 TREE

CHOKECHERRY
 SASKATOON
 HUS
 GAT

EHDZIIH
 LAJII
 ROSE
 SPRUCE

STRAWBERRY
 TQCHII
 EHEHEGE
 DACHIN



Tse'k'wa

NATIONAL HISTORIC SITE

Traditional Plants

ANSWER KEY

Z R T V Q M F I C X N P C Q S T Z M S K
 X H T O F G V Q B S L Z E N N T U I W Y
 K U S W Q J P W S D G F K I H Z K Z O P
 F S E A N D T M W N F W M W E T T D U W
 L G K T N S Z I G N E P D M F N Q P R W
 L M F S Y M C L F C X H O M P R C R E J
 F V K Q L S Y T U H L J N S C M H U H V
 O J L T I T P V F O K I U M V F I I E U
 S O I S I J R R K K T J U Q F T I V H M
 T O B A E E O T U E X E X P I J R V E F
 R E K D H R L J O C P Z A E A L M E G R
 A R S L D F O U Q H E A D L M C T U E V
 W M P E Z H E S B E T A B P L O C M M Z
 B E A L I F C W E R S D Z C T T I L N Q
 E R Z Q I I T V Z R H E C B O H U P N U
 R O Y V H J E N B Y E Q Z T L A J N F O
 R O C R A S P B E R R Y J P B H N A W I
 Y Q W S R N S C B H Y B L J G C M E F Q
 I W X Z P Z V T L T S A S K A T O O N X
 G R N S D A C H I N H U Y O T Y V E W E

ATSQTSADLE
 JIJEZAA
 MINT
 RASPBERRY
 TREE

CHOKECHERRY
 SASKATOON
 HUS
 GAT

EHZIIH
 LAJII
 ROSE
 SPRUCE

STRAWBERRY
 TQCHII
 EHEHEGE
 DACHIN

NAME:

DATE:

HOW MANY OF THESE TRADITIONAL PLANTS CAN YOU FIND AT TSE'K'WA? TAKE AS MANY PICTURES AS YOU LIKE, BUT PLEASE DO NOT HARVEST PLANTS WITHOUT PERMISSION.

Atsɔtsadle
Chokecherry

Əhdzih
Strawberry

Jizeaa
Saskatoon

Lajii Tɔchii
Wild Mint

Take a
Group Photo



Hus
Wild Rose

Gat
Spruce Tree

Əhehege
Raspberry

Dachin
Tree





Plant Match

NAME:

DATE:

CAN YOU MATCH THE PLANTS WITH THEIR TRADITIONAL NAMES?
ALL OF THESE PLANTS CAN BE FOUND GROWING AT TSE'K'WA!

Ĕhdzih

Tree

Hus

Saskatoon

Ĕhehege

Chokecherry

Atsȟtsadle

Spruce Tree

Jizezaa

Strawberry

Dachin

Raspberry

Lajii Tȟchii

Wild Rose

Gat

Wild Mint

CAN YOU MATCH THE PLANTS WITH THEIR TRADITIONAL NAMES?
ALL OF THESE PLANTS CAN BE FOUND GROWING AT TSE'K'WA!

