

TAKE A HIKE!



MÉTIS PEOPLE HAVE ALWAYS HAD A CONNECTION TO THE LAND, HARVESTING AND USING PLANTS AS BOTH FOOD AND MEDICINE.

WRITE DOWN SOME FACTS OR STORIES ABOUT EACH PLANT!



PLANTAIN



YARROW



SASKATOON



DEPARTMENT OF CHILDREN AND FAMILY SERVICES

albertametis.com

TAKE A HIKE!



PLANT HARVESTING IS AN IMPORTANT INTERGENERATIONAL AND RELATIONSHIP BUILDING ACTIVITY,
PASSING DOWN THIS DEEP-ROOTED TRADITIONAL KNOWLEDGE TO YOUNGER GENERATIONS.

WRITE DOWN SOME FACTS OR STORIES ABOUT EACH PLANT!



BEE BALM



RASPBERRIES



ROSEHIPS



TAKE A HIKE!



DRAW A LINE FROM EACH PLANT ON THE LEFT TO THE MATCHING NAME ON THE RIGHT.



SASKATOON

YARROW

PLANTAIN

BEE BALM

ROSEHIPS

WILD RASPBERRIES



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