

Our Tundra: Sustenance & Healing

**Tribal Unity Gathering XIX
Yupiiit Piciryariat Cultural Center
10 April 2012
By: Gloria “Al’ apaacuuk”
Simeon**

Introduction

- “Al’ apaacuuk” Gloria Simeon
- “Capaiyuk” Anita Geerds, mother
- “Tukgar” Eddie Hoffman & Palagia
Tengmeak Golga, grandparents

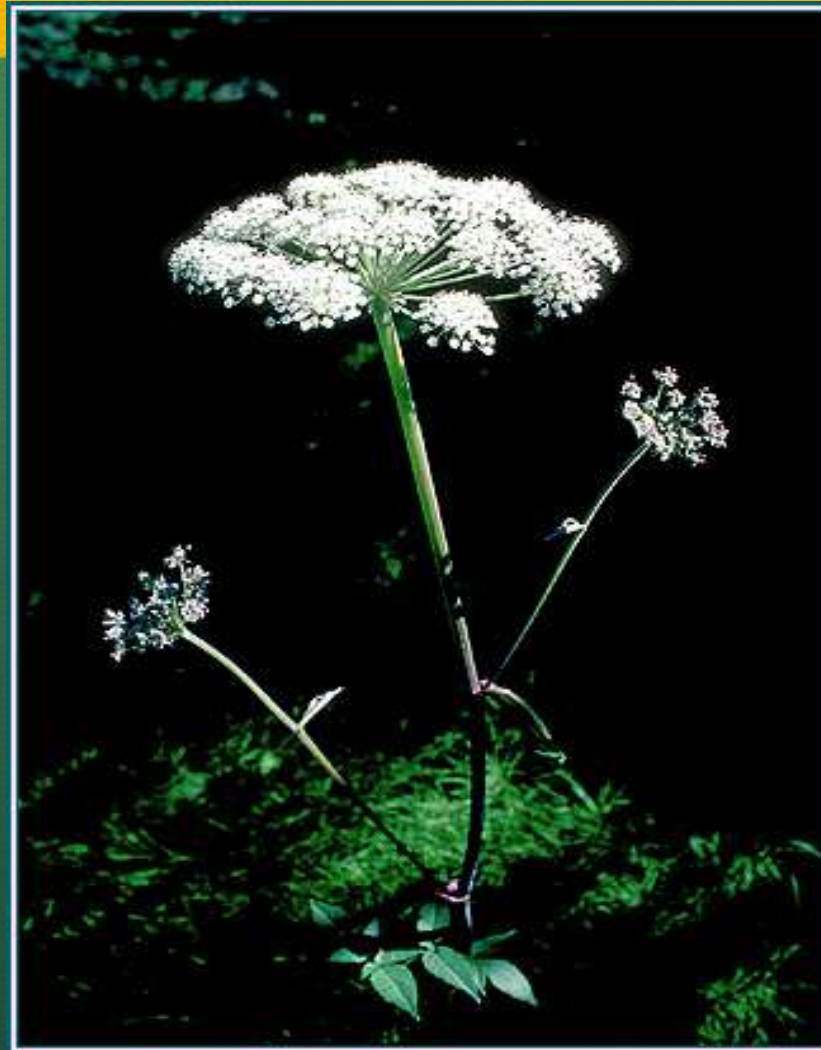
Qualifications

- Born and raised in Bethel
- Familiar with Yup'ik culture & traditions
- Extensive travel throughout AVCP region
- Subsistence user
- Some knowledge of edible plants
- User of medicinal plants
- Lifelong learner

Acknowledgements

- Knowledge gained from Yup'ik Elders
- Knowledge gained from the Yup'ik People
- Healers and subsistence users
- Tribal Gatherings

Angelica



Uses for Angelica:

- Dried seeds and leaves for flavoring.
- Boiled and mashed root poultices for cuts, aches, pains, sore, blood poisoning and infection.
- Ground seeds, roots in teas for cramps, nausea, heartburn, gas and indigestion.
- Chewing dried root daily is considered preventive medicine.

Properties of Angelica:

- Active ingredient, coumarin.
- Stimulates digestive juices, increases appetite.
- Same family as ginseng.

Caution:

Use in small amounts.

Roots must be dried before use.

Can easily be confused with deadly water hemlock.

Fireweed



Uses for Fireweed:

- Young spring shoots raw, steamed, stir-fry, added to soups and stews.
- Young leaves and unopened flowers added fresh to salads.
- Dried leaves and flowers for a relaxing tea.
- Tea for constipation, upset stomach, cough and asthma.
- Poultices of leaves and flowers externally for skin irritations, insect bites, boils.

Properties of Fireweed:

- Anti-spasmodic
- Laxative

Labrador Tea



Uses for Labrador Tea:

- Used in tea to treat colds, relieve arthritis pain, stomach trouble, heartburn, respiratory ailments and bleeding.

Properties of Labrador Tea:

- Cathartic, purging medicine
- Emits a pleasant smell when simmered in water.

Caution:

Use in small amounts. Do not eat raw. People with high blood pressure or heart palpitations should use “Ayuq” with extreme care.

Pineapple Weed



Pineapple Weed

- Pineapple weed, false chamomile
- Relaxing tea
- Flower tops used
- Flower tops can be added to salads and casseroles

Uses for Pineapple Weed

- Tea for internal use is good medicine for women experiencing female problems, cramps and other uterine disorders
- Helps with flow of breast milk
- Good for colicky, teething babies.
- Tea for internal cleansing, relief of gas pains, upset stomach, colds and congestion
- Externally used as a rinse for baby's bath, rashes and other skin irritations
- Use as compress for muscle aches, headache and sore eyes

Properties of Pineapple Weed

- Anti-inflammatory
- Gathered spring and summer

CAUTION

Use in small amounts.

Wormwood



Caiggluk

- Wormwood, stinkweed
- Known and used throughout Alaska
- Good all around medicine
- Used in ceremonies involving blessing and cleansing

Uses for Caiggluk

- Tea for internal use to treat colds, bad lungs, bladder trouble and as general tonic.
- Externally used as poultice for aches and pains, skin rashes, cuts, blood poisoning, boils, sprains, bruises. Use as switch in steam bath.
- Especially good for women.
- Use fresh or dried

Properties of Caiggluk

- Volatile oil, absinthium
- Stimulates appetite and digestion

CAUTION

Use in small amounts.

Yarrow



Uses for Yarrow

- Internally as a good cleansing tonic for new moms. Tightens uterus after childbirth and improves flow of breast milk
- Good tea for inducing perspiration and reducing fever
- Use internally as a tea for stomach trouble, diarrhea, piles, colds and flu
- Externally as a poultice on infected, swollen skin, hot pack on aches and pains
- Cooled tea can be used as an eyewash

Properties of Yarrow

- Stimulant
- Induces perspiration
- Reduces fever
- Diuretic, causing increased urine
- Astringent
- Coagulant

CAUTION

Use in small amounts.

Mossberries



Uses for Mossberries:

- Use in jams, jellies, syrup, cakes, pies, fruit leather. Tastes better with other berries.
- Twigs and leaves in tea for colds, kidney problems, diarrhea.
- Root tea for sore eyes and cataracts.

Properties of Mossberries:

- Diuretic
- Astringent

Poplar



Uses for Poplar:

- Catkins are high in Vitamin C. Add to soups and stews to hide bitter taste.
- Inner bark is nourishing, boiled or dried and ground.
- Buds in salves for colds, sinus problems and other respiratory complaints.
- Bud and bark decoction for arthritis pain, muscle aches and pains, sprains and swollen joints.

Properties of Poplar:

- Active ingredients, salicin and terpene.
- Counterirritant
- Expectorant
- Bark is cathartic, stimulant, diuretic, antiscorbutic.

Spruce Trees



Uses for Spruce Trees:

- Spruce tips in tea and jelly.
- Inner bark good survival food, raw, boiled, or dried and ground.
- Tea and syrup made from tips good for colds and respiratory congestion, urinary problems.
- Externally, use pitch for burns and sore.
- Pitch plasters for backache, headache, wounds.
- Spruce oil for deep pain.

Properties of Spruce Trees:

- Excellent source of Vitamin C.
- Antiscorbutic.

Willow



Uses for Willow:

- Bark and roots are used internally and in baths for pain and swelling. Leaves and bark are chewed.
- Willow bark tea for mouth sores, skin trouble, headaches, fever, asthma, diarrhea, colic, sore eyes, gargle for sore throat.
- Shiny spring leaves of a species can be eaten raw or cooked. High Vitamin C.

Properties of Willow:

- Active ingredient, salicin is anti-inflammatory.
- Anti-fungal and anti-tuberculosis.
- Used to treat pain for over 2400 years.
- Salicin identified as active ingredient in 1837.
- Over 4 dozen species of willow in Alaska.

Gathering Tips

- Locate greens growing in clean, undisturbed areas.
- Gather small amounts from different areas.
- Break off at lower end of stalk rather than pulling out by roots.
- Most greens are best early in the season when they are young and tender.
- Discard diseased, blemished or discolored plants.

Closing:

- **Know the plants you are gathering.**
- **Understand their uses and cautions.**
- **Gather for sustainability of resources.**
- **Always, but always give thanks.**
- **There is a symbiotic relationship between all properties of each plant. Isolation of active ingredients does not allow all properties to work together.**
- **Use of natural remedies seems to have less side effects than synthetic or manufactured drugs.**

Quyana!

Photo Credits:

Fireweed: www.alaskafloattrips.com/fireweed.jpg

Labrador Tea: www.ontariowildflower.com/bogfen.htm

Pineapple Weed: ©1999 Gill and Adrian Smith

Wormwood: Photo copyright Steven Foster

Yarrow: White: www.zianet.com/kgloria/wildflowers/yarrow.jpg

Purple: www.primefocus-iowa.com/Yarrow.html g

Mossberries: www.beringsea.com/.../Saint_Paul/Culture/edible plant.php

Poplar: www.forwolves.org/ralph/wpages/grsphics/mccaleb6.jpg

Spruce: homeschooling.about.com/library/aktree.gif

Willow: wildernessfishing.com/scenery.htm

Sources:

Fortuine, Robert, M.D., M.P.H., Alaska Medicine: The Use of Medicinal Plants by Alaska Natives. November/December, 1988.

Garibaldi, Ann, Medicinal Flora of the Alaska Natives. UAA Alaska Natural Heritage Program, 1999.

Gregory, Mary M., Yupik Native Nutrition. YKHC Nutrition Department. 1989.

Schofield, Janice J., Discovering Wild Plants. Alaska Northwest Books. 2nd Printing 1992.

Viereck, Eleanor G., Alaska's Wilderness Medicines. Alaska Northwest Books. 2nd Printing 1989.