

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 Geerdts, mother
- “Tukgar” Eddie Hoffman & Palagia
Tengmeak Golga, grandparents

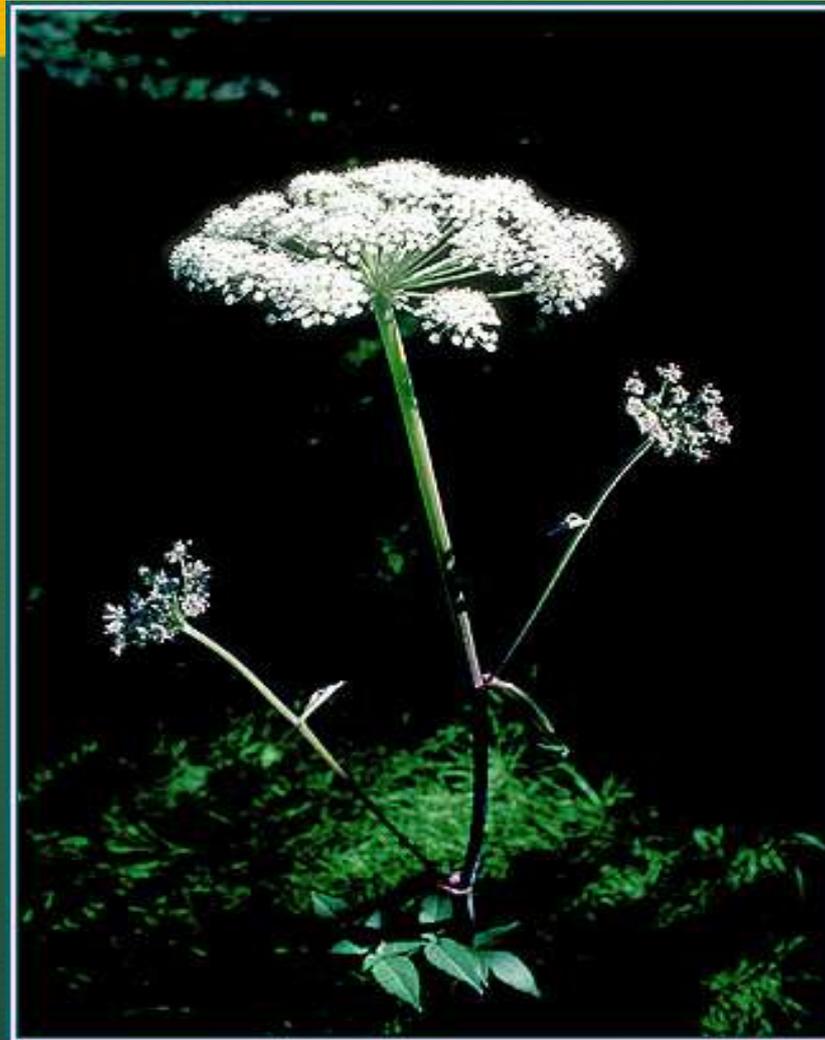
Qualifications

- 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

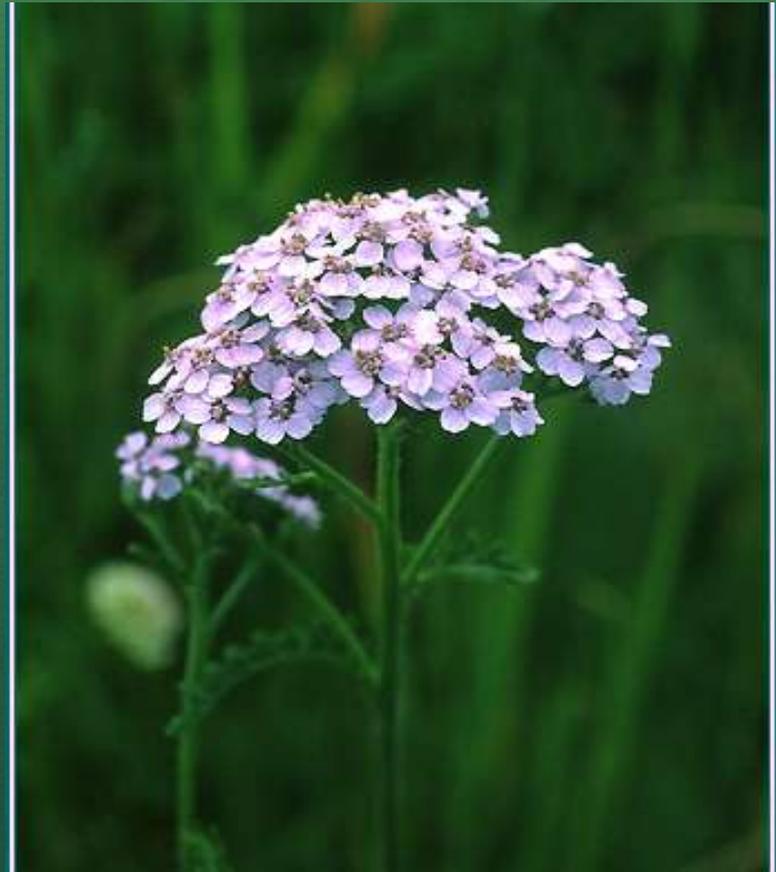
Properties of Caiggluk

- 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:

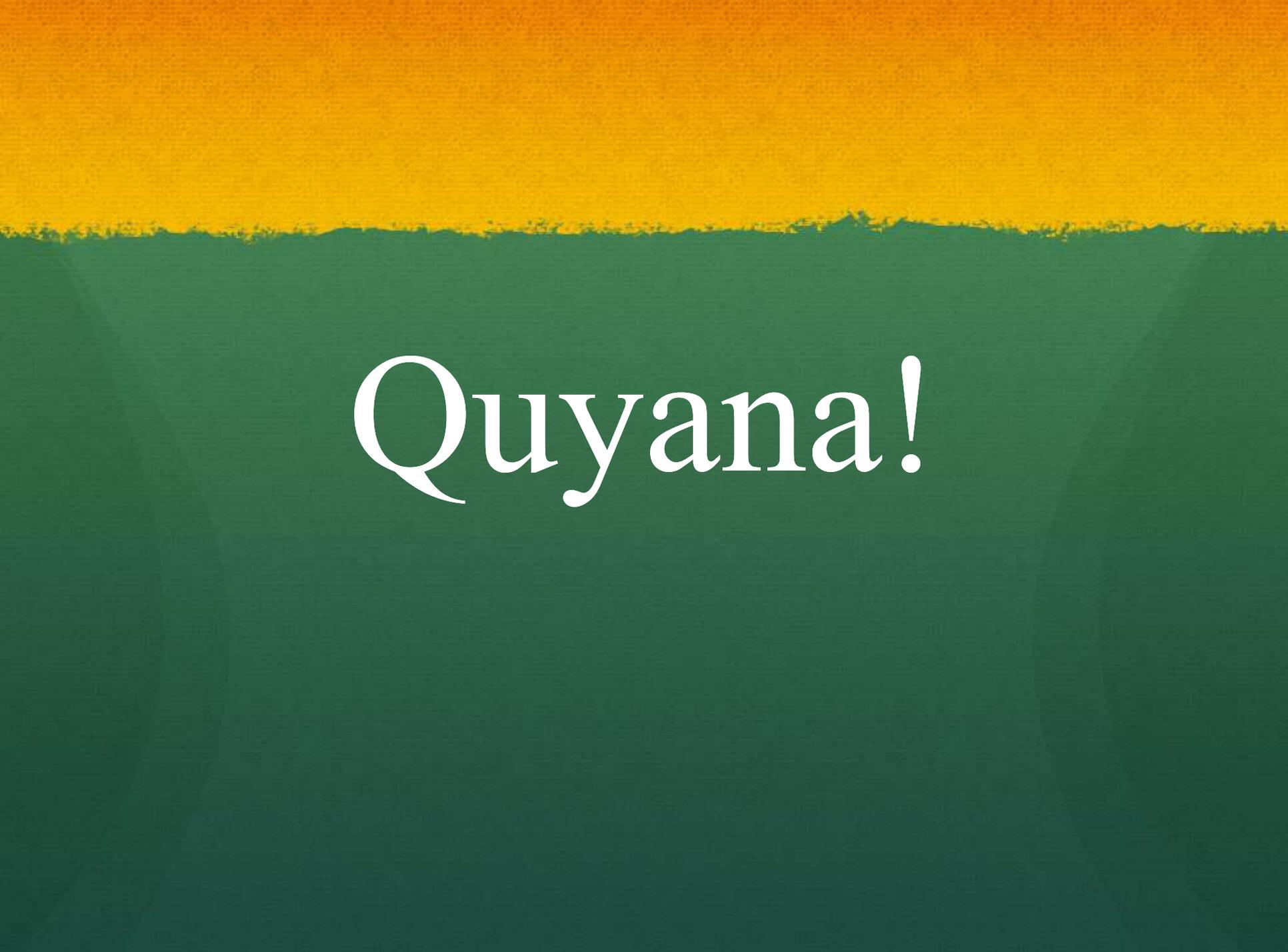
- Active ingredient, salicin is anti-inflammatory.
- Anti-fungal and anti-tuberculosis.
- Used to treat pain for over 2400 years.
- Salicin identified as active ingredient in 1837.
- Over 4 dozen species of willow in Alaska.

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!

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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

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