

IY, SÇÁĆEL! Good day POL students and parents!

[Click Here](#) to hear Miss Adams.

Throughout this slideshow, is written, audio, and visual information about stinging nettle, our Indigenous plant of the week. Please feel free to read and listen to all of the information in any order, and try out or skip any activities or information at your discretion!

(The following two slides are an example of a scientific writing and drawing journal template that Saseenos students have used previously. It is completely optional, but some students who enjoy doing written journals and drawing might want to try this format, either printed out or in a personal notebook - ***we encourage students to use the photos and info in the powerpoints to do any plant journal activities indoors***)



Saseenos grade 4/5 **Indigenous Plant of the Week**

_____ TŦE NE SNÀ



Plant name (common name):

SENĆOFEN:

Scientific name:

(My name is _____)

My Scientific Drawing of the plant:

Plant-sketching tips:

Accurate – looks like the plant

Big

Colourful

Detailed – see all the small parts

Explained – with labels, questions, observations



Saseenos grade 4/5 **Indigenous Plant of the Week**



Plant name (common name):

SENĆOŦEN:

Scientific name:



Some Indigenous uses of the plant:



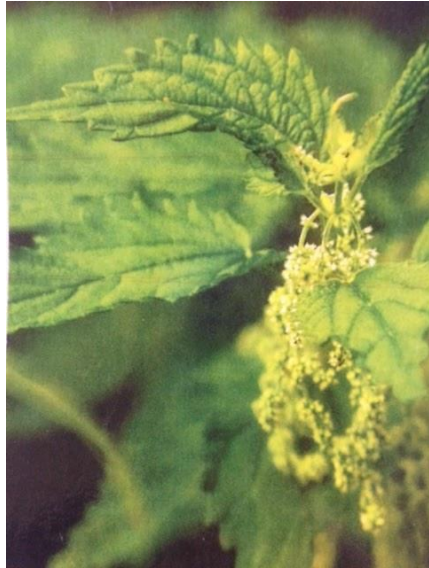
Other uses:



Indigenous plant of the week: Stinging Nettle

SENĆOFEN:TEX,TEX – means “poison” or “stinging”

Scientific name: *Urtica dioica*

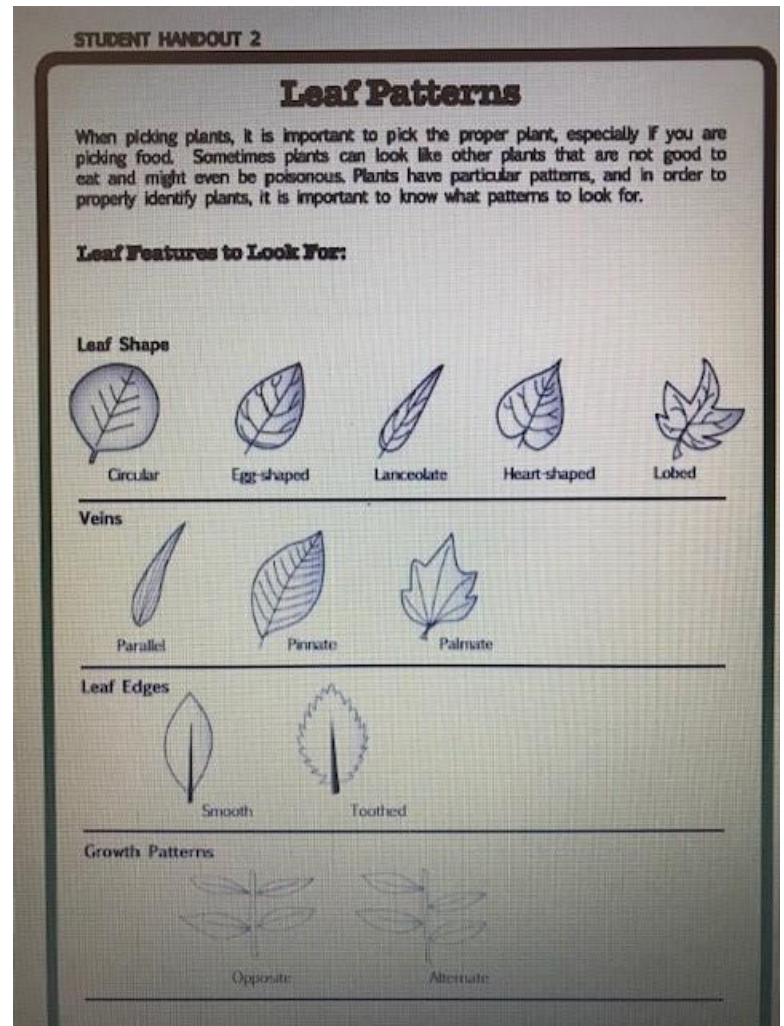


What does it look like? How to identify it:

- stems and leaves are covered with fine, stinging hairs
 - leaves are triangular or heart-shaped, on stiff stalks
 - edges of leaves are saw-toothed
 - small, greenish flowers
- *Try out the leaf ID exercise on the following slide!**

If you'd like, you can use the leaf patterns guide here to identify the leaf shape, type of veins, leaf edges, and the growth patterns of stinging nettle! (see answers in the speaker notes).

(from the Sierra Club "Going Wild!" guidebook)



Where does it grow?

[Click Here](#) to hear Miss Adams

It usually grows in these types of places:

- wet meadows, pastures and thickets
- in open forests and along stream banks

It grows well in moist, rich soil.

Information adapted from Saanich Ethnobotany by Nancy J. Turner and Richard J. Hebda, p. 146-147

Traditional Indigenous uses of TEX, TEX (nettle)

Traditional First Nations' (WSÁNEĆ Nations and other Coast Salish) uses of Stinging Nettle:

[Click Here](#) to hear Miss Adams.

- **Food** - eating the leaves and stems (boil and eat like spinach); used in various recipes
- **Tea/medicines** - leaves can be dried for teas (like we use for our Tea Teams!)
- **For twine** - to make many things - see upcoming slides!

Information adapted from Saanich Ethnobotany by Nancy J. Turner and Richard J. Hebda, p. 146-147

Traditional uses: Nettle twine - info

[Click Here](#) to hear Miss Adams.

Nettle twine: What was it used for?

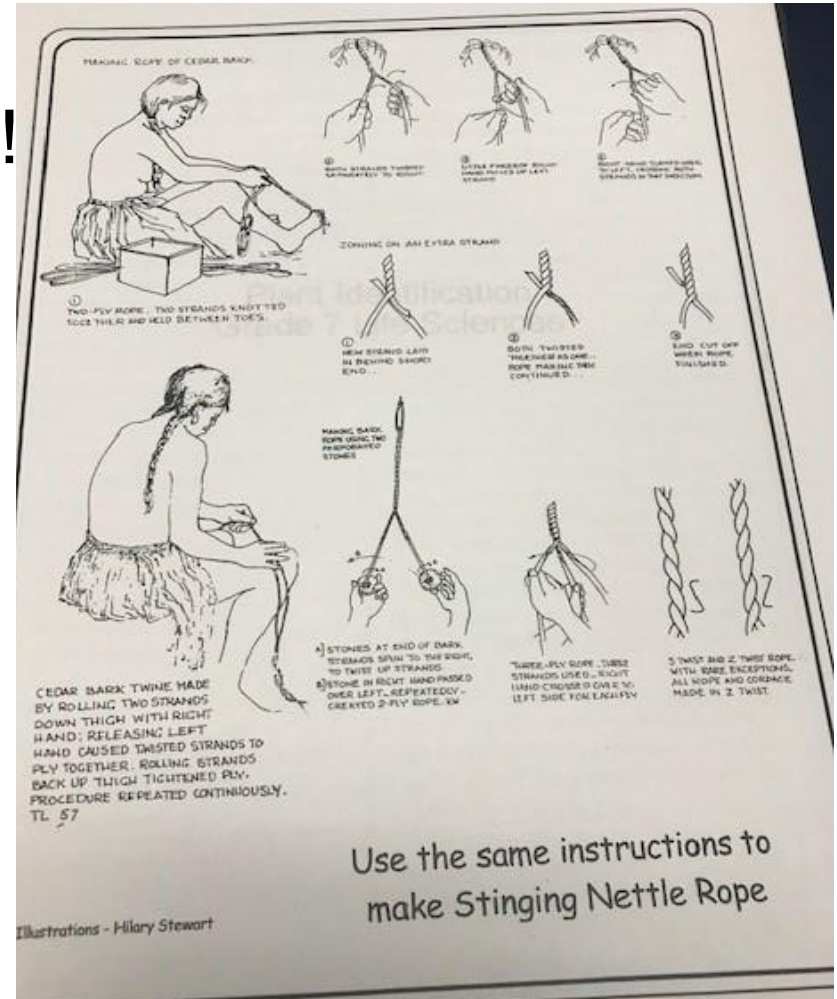
-Fishing lines (reef nets), fish nets, duck nets, and deer nets. [Click Here](#) to hear Elder Earl.

Steps for making nettle twine:

- 1) Stems were cut in the PEKELÁNEW moon (approximately October), and split with a bone needle.
- 2) Stems were dried for five or six days outside, and then dried more over a fire.
- 3) When the stems were dry, they were peeled and the fibres were combed out.
- 4) Nettle stems were spun on a person's thigh, or with a bigleaf Maple spindle.
- 5) Threads were twisted into strong two and four-ply twine- used for binding, tying, and net construction.

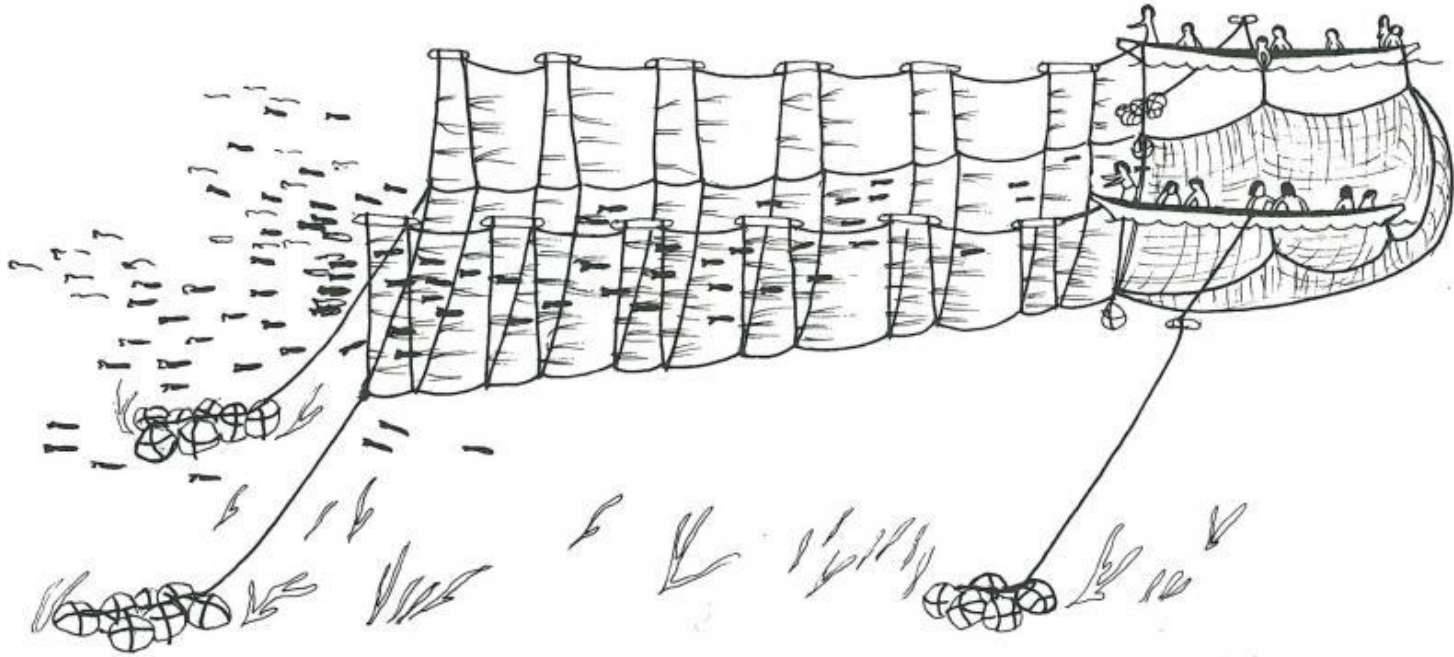
Make your own 2-ply twine!

If you have household twine, yarn, or string, you can try this yourself following the diagram here!



WSÁNEĆ Nation Reef Net fishing

[Click here](#) to hear Elder Earl share about Reef Nets and ceremonies



How Nettle Saved the People - A Traditional Story

Elders and traditional stories tell us that the plants are our first teachers. If we learn to listen with all our senses, we begin to understand the many gifts they carry. Join storyteller, Roger Fernandes, to celebrate the awakening of spring and the teachings of nettle.

<https://vimeo.com/90379255>

[Click Here](#) to hear Miss Adams.

Nettle twine: WSÁNEĆ Nations' Reef Net fishing

You can watch the reef net fishing clip - “To Fish As Formerly” at the following link:

<https://www.youtube.com/watch?v=vTQk1IR9ibc>

Here are some questions to think about as you watch:

-Why are the WSÁNEĆ often known as the “Saltwater People”?

-Can you explain how the reef net works?

*Another video option is the following from the Lummi Nation (Northwestern Washington state: <https://www.youtube.com/watch?v=tYvITV3nlag>

Harvesting Nettle

From K-10 Science resource:

[Click Here](#) to hear Miss Adams.

-When people harvest nettle, they typically pick it in early spring, using rubber gloves (to avoid being “stung” by the hairs on it!)



-To make tea or medicines with the leaves, people put it on a drying rack or sit the leaves in the sun.

Traditional and modern uses: Nettle as Food

-More recently, nettle leaves and stalks are boiled and eaten like spinach!

Information adapted from Saanich Ethnobotany by Nancy J. Turner and Richard J. Hebda, p. 146-147

Some restaurant chefs today include plants, such as Nettle, on their menu. Have you been to a restaurant with your family and seen nettle on the menu?

Take a look at this Nettle Recipe!

[Click Here](#) for a Nettle Soup Recipe.



What kinds of questions do you have about nettle?

Perhaps you might wonder...

[Click Here](#) to hear Miss Adams.

What causes it to “sting” people?

How is “stinging” a useful adaptation for a plant?

You can look into it on the following websites...

<https://www.edenproject.com/learn/for-everyone/plant-profiles/stinging-nettle>

https://kids.kiddle.co/Stinging_nettle

https://www.softschools.com/facts/plants/common_nettle_facts/595/

<https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/stinging-nettle>

Other Video Resources:

<http://iffculture.ca/resource/waylon-andrews-taking-the-sting-out-of-nettle/>

<https://vimeo.com/108420031>