



GROWING PLANT LOVE

TRADITION, RELATIONSHIPS, AND
RESILIENCE OF THE PLANTS AROUND US

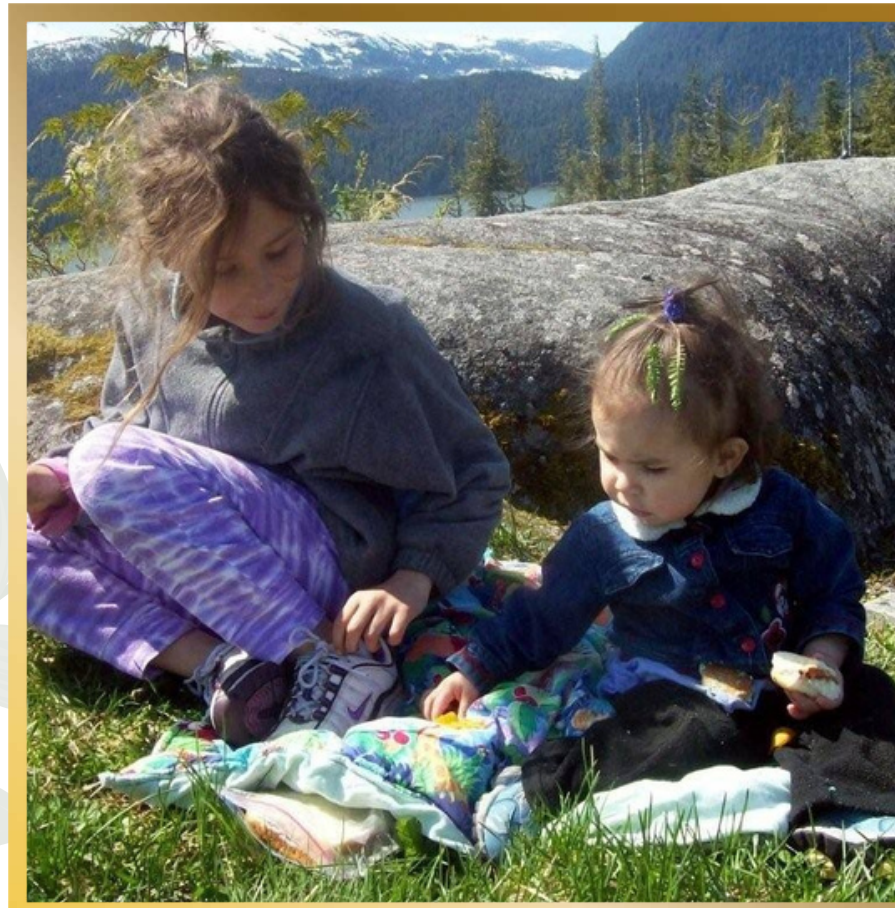
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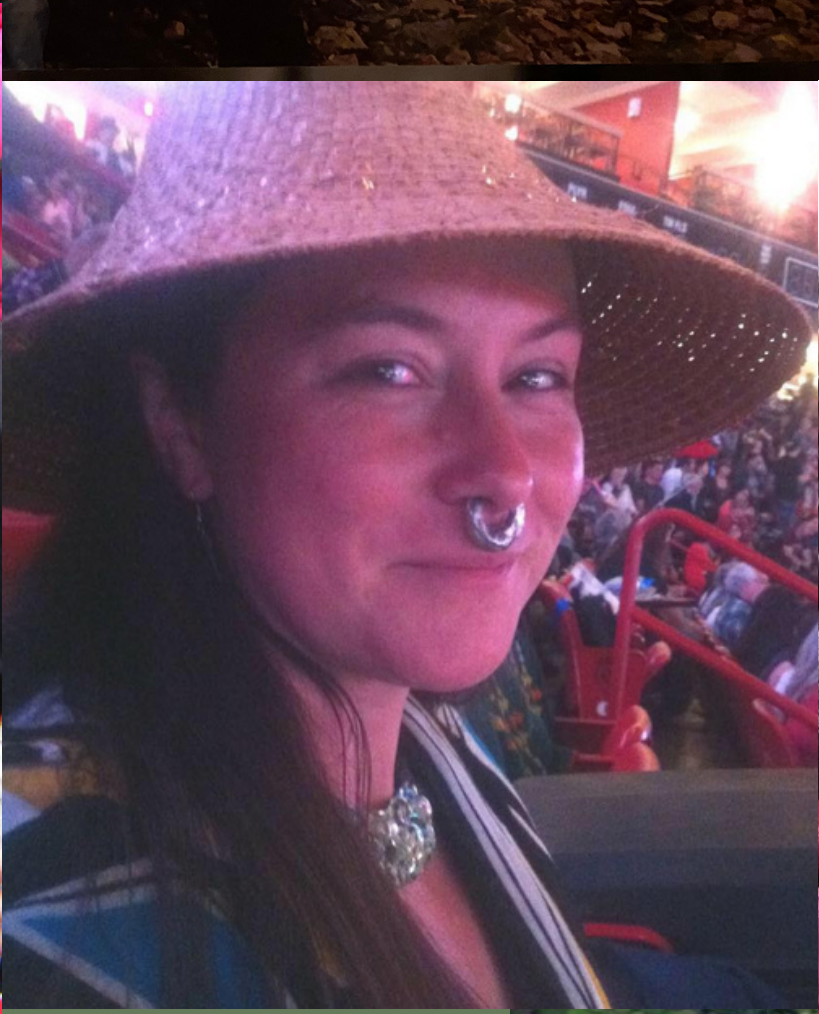
ABOUT ME

Tribe: Tlingit from Wrangell, Alaska
Clans: Naanyaa.aayí and a daughter of the Kiks.ádi

Formal Education: BA in Psychology from Dartmouth College, pursuing an MPH with UW

Work Passions: Family violence and suicide prevention; nature accessibility and building spiritual connections with the natural world; urban Indigenous futurism








GROWING YOUR PLANT LOVE

Loving and learning plants for absolute beginners

Going to leave with tools to develop a relationship with plants and to learn more about plants, if you so choose

Where we'll go today:

- Traditional concepts and relationships
 - Time, plants, and us
 - Where do I start?
 - Resources and knowledge practice
- 

WHY NOW?



You have time to practice and research while the plants are resting



You can be present with the plants as they bloom and change



When you're not paying attention, change happens fast and sudden!

LOVE



IS A VERB



TRADITIONAL RELATIONSHIPS: THE SPIRITS THAT INHABIT ALL THINGS

Because everything has
a spirit, everything has a
memory

Our relationships are
reciprocal - there are
consequences when we
don't reciprocate

How can you reciprocate
a plant's sacrifice?



TRADITIONAL RELATIONSHIPS: RESPECTING SPIRITS WHILE HARVESTING

Learn about the plant so
you can respect it on it's
own terms

Ask permission and give
thanks

Don't waste!

Offer a gift



TRADITIONAL RELATIONSHIPS:

TIME AND CYCLES

Western Time

- 60 seconds in a minute, 60 minutes in an hour
- 24 hours in a day
- Summer starts on X calendar day and ends on X calendar day
- Work time is 8am-5pm
- Hunting season is September 10 to October 12

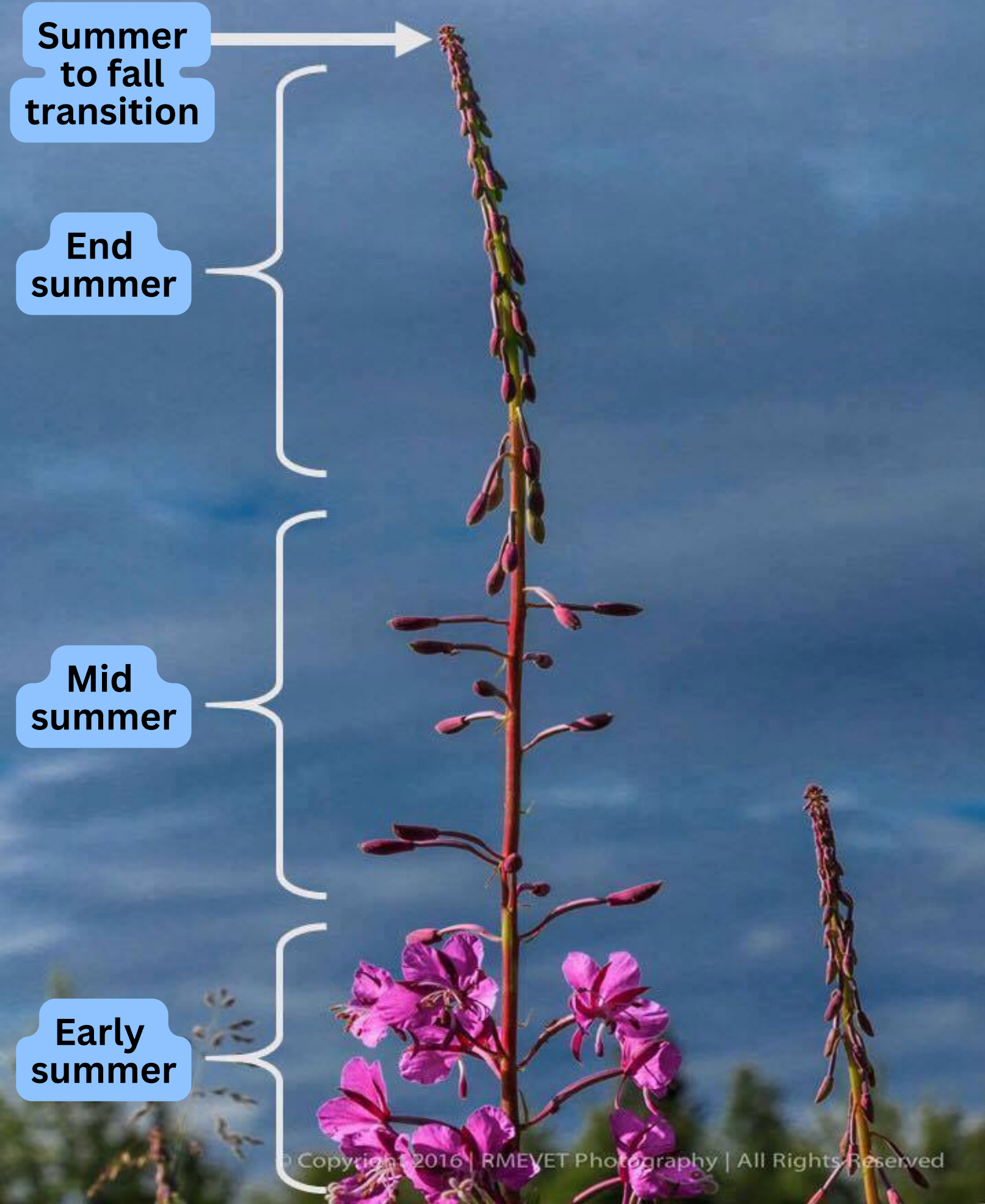
Traditional Ancestral Time: *the way the spirits learned to live with each other*

- Movement of the moon, stars, and tides
- Bloom and death of plants
- Daylight and nighttime
- Hibernation and feeding time of animals





Alaska's Summer Calendar



Summer to fall transition

End summer

Mid summer

Early summer

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Fall!



Original visual from That Alaskan Life on Facebook

TRADITIONAL RELATIONSHIPS: TIME AND CYCLES IN THE MODERN DAY



Examples of time cycles

- Plants - death and rest, bloom, reproduction
- Animals - hibernation, spring and summer gorging, reproduction
- Moon and stars - moon phases, stars moving across the sky
- Clock time - strict delineation between morning, afternoon, and night
- Calendar time - weekday and weekends, holidays (rest days)

TRADITIONAL RELATIONSHIPS: TIME AND CYCLES IN THE MODERN DAY



How do we walk in two worlds?

How do we make space for ancestral time?

WHERE DO I START?

1. Be curious!
2. Take it one step or one plant at a time
3. Be proud of each step you take

“A journey of a thousand miles begins with a single step”



ASKING A KNOWLEDGEKEEPER

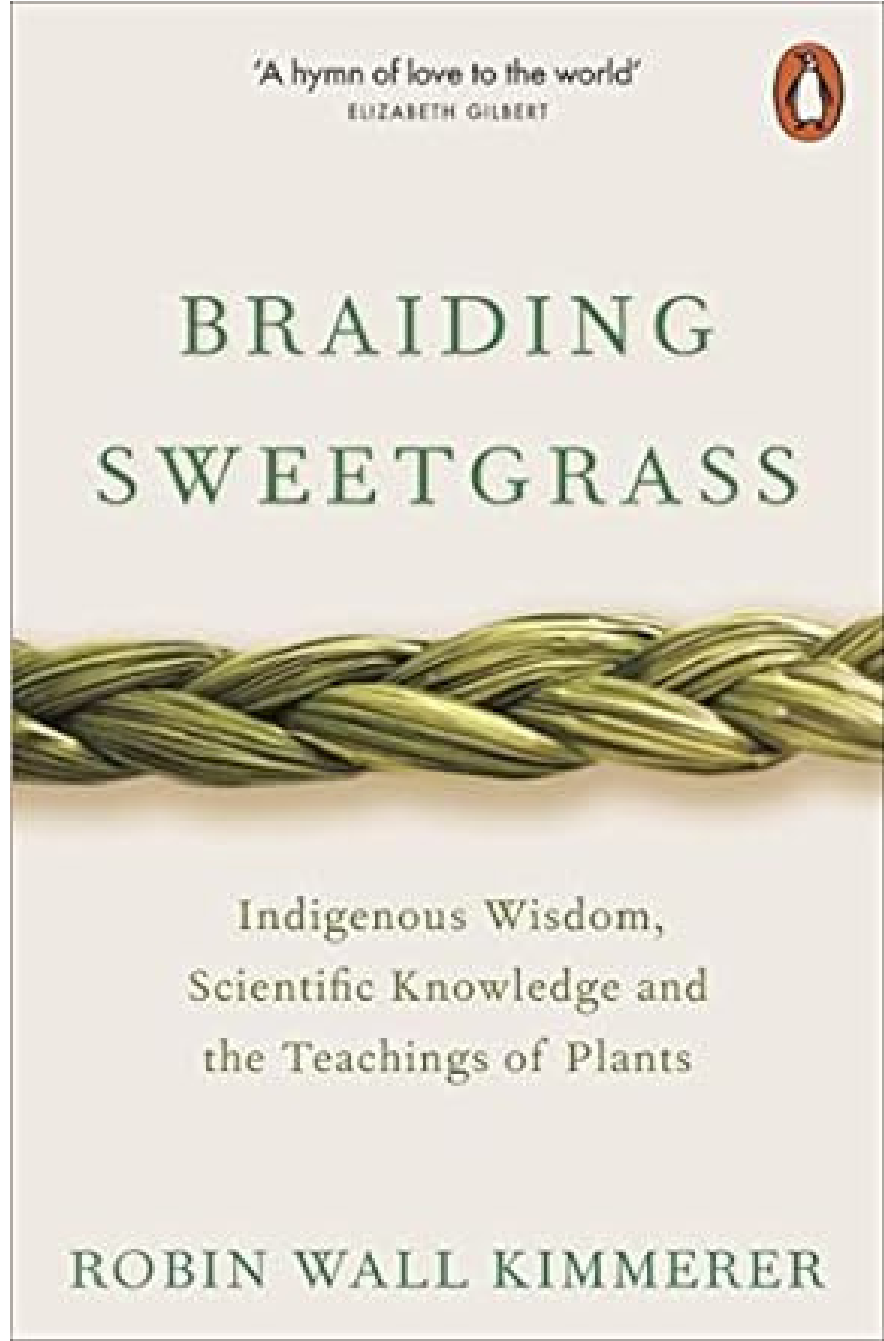
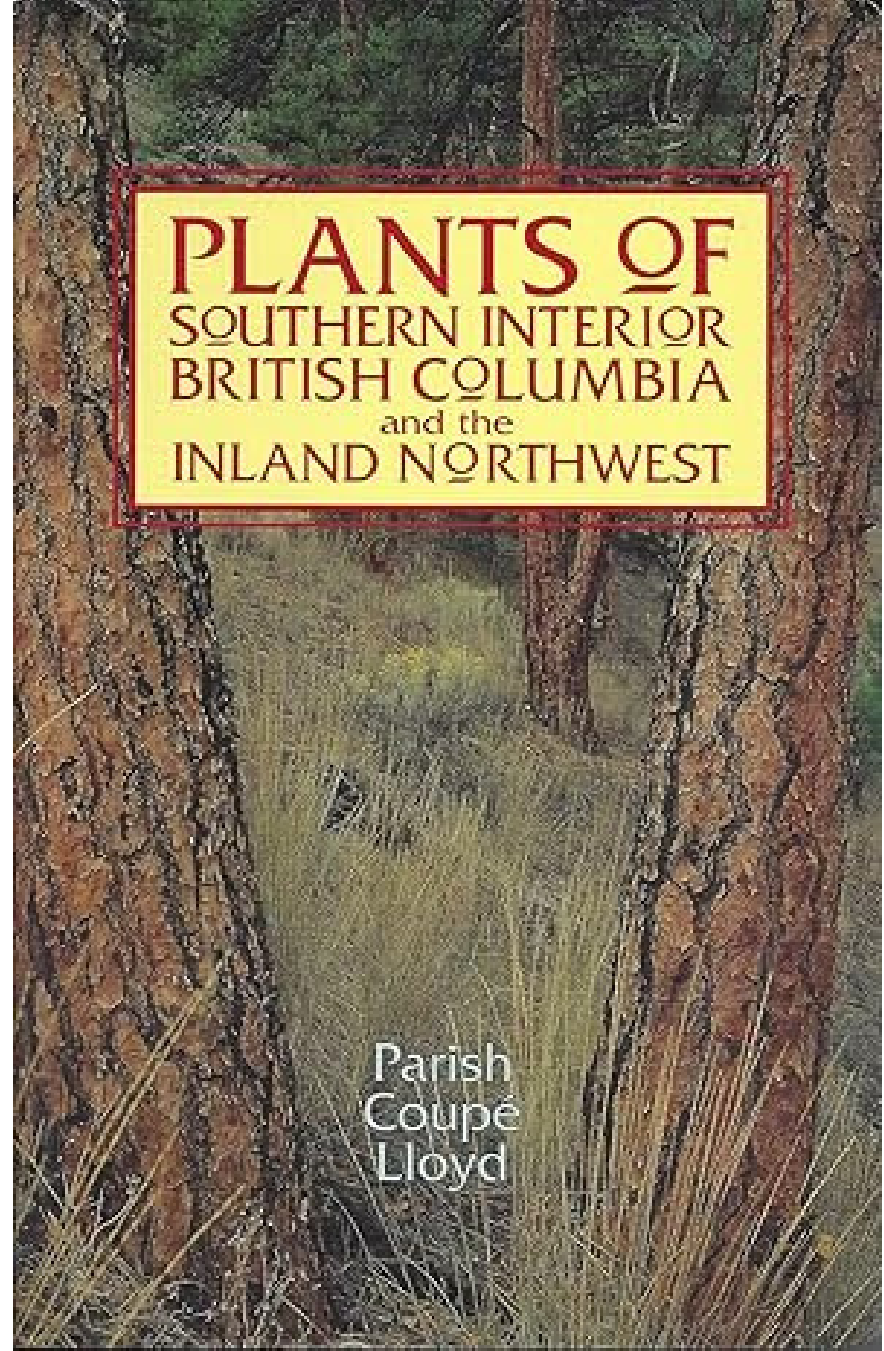
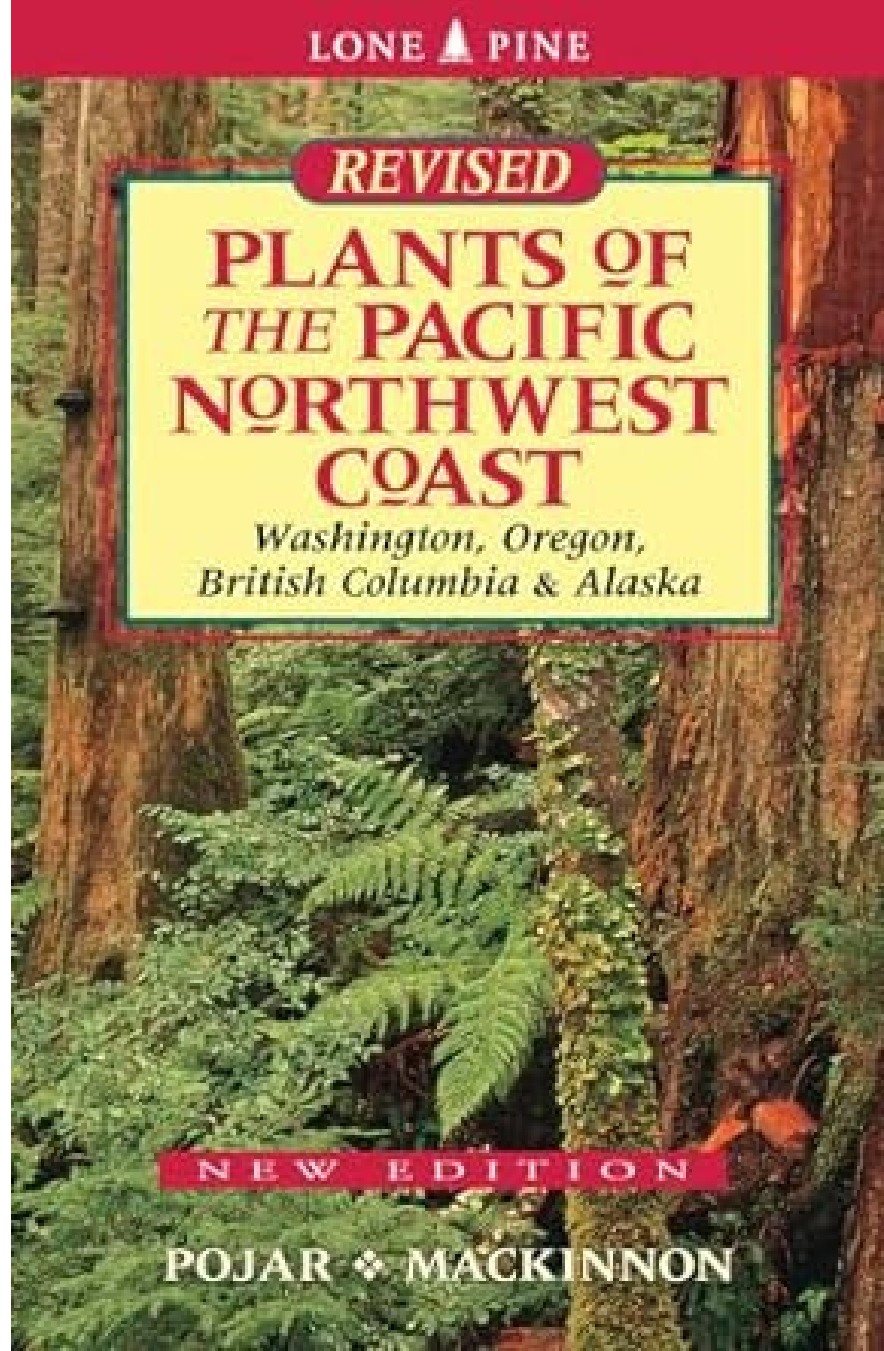
Tips for starting the conversation:

1. DON'T ask where to find the berries (or fiddle heads, or tea, or fish)
 - Instead, ask to go out harvesting with them
2. DO ask for help!
 - Making a specific ask can make the idea of helping easier and shows you have true interest
3. Bring a gift your first time together
 - It's the thought that counts
4. Remember - it's not only time to harvest, but also time to listen, learn, clean, preserve, and eat!

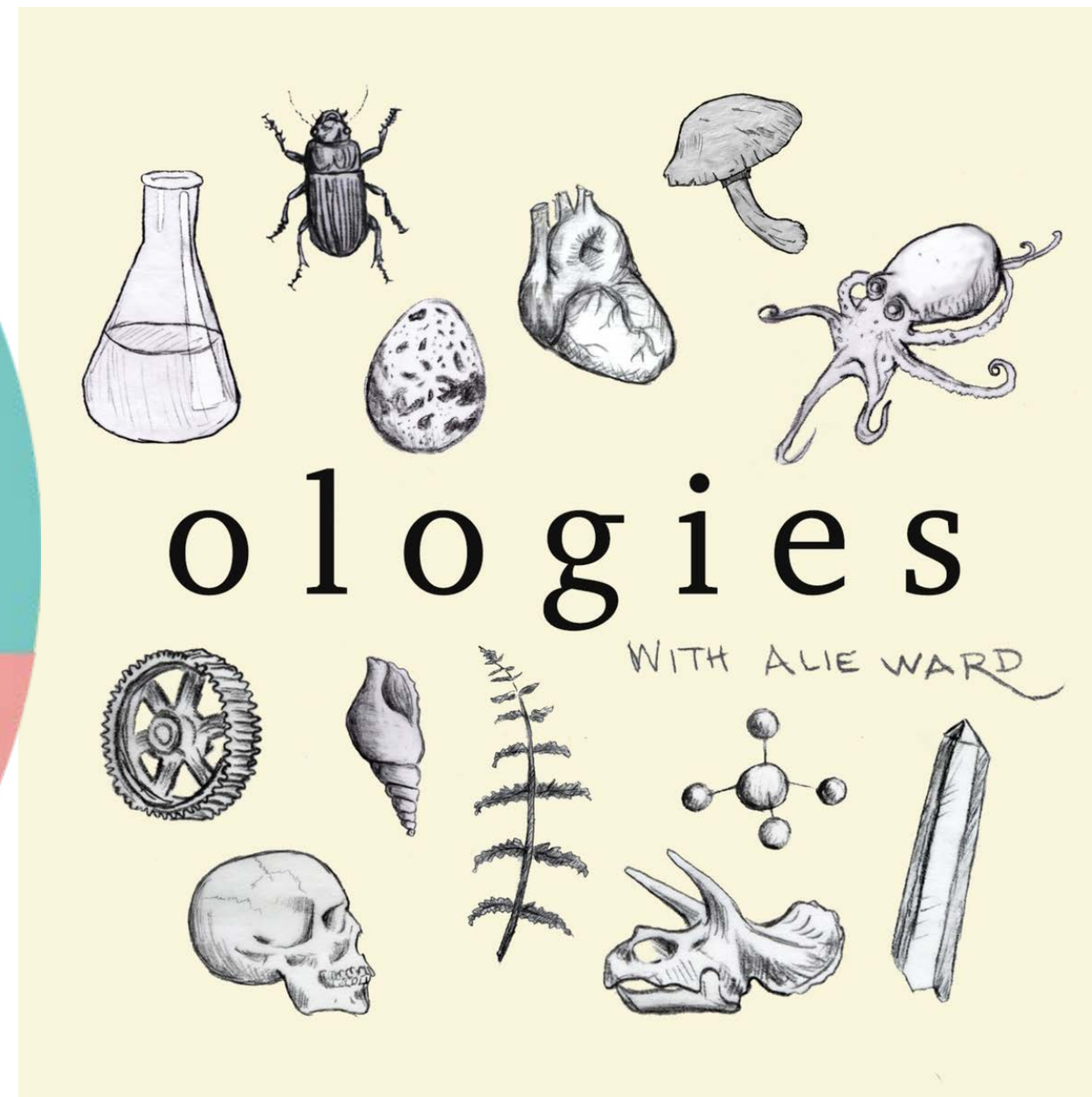
ONLINE AND PRINT RESOURCES



wnps.org



MEDIA RECOMMENDATIONS



tiktok: @alexisnikole
insta: @blackforager





Tips for online identification:

1. Don't trust the apps
2. Don't trust the apps
3. Don't trust the apps

Think in layers:

1. Region - what part of the world
2. Environment - where'd you find it
3. Neighbors - what's around it
4. The plant
 - a. Leaves - shape, pattern, texture, color
 - b. Stem - branching or solid?, color, direction
 - c. Flower/fruit - bunching or individual? color



**Poison Control:
800-222-1222**







Javelina, Portland



My apartment, Juneau



Owamni, Minnesota

New Menu Item

Stinging Nettle Pesto Salmon Bowl

Fresh caught salmon over a bed of wild rice with stinging nettle & sunflower seed pesto drizzle, topped with cilantro



?ál?al Café, Seattle



Ronnie Jerry (Muckleshoot & Yakama)
Our Fisherman!



My apartment, Juneau



My Nana's house, Wrangell