

Traditional Sugpiaq Medicinal Plants Coloring Book



Sugpiaq/Alutiiq healers have a long history of using plants as medicine. Their knowledge includes more than the names of the plants and the conditions for which they are used. The healer's knowledge includes the location of plant resources, part of the plant used as medicine, time of the year plants are to be gathered, method of preparing traditional medicines, and ways to preserve and store both the plant and medicines made. Traditionally, the people have depended upon plants to heal their bodies, minds, and spirits.



A publication of
Chugachmiut Culture and Language Department
Developed for the Healing Properties of Alaska's Plants Heritage Kit

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Introduction

The plants in this coloring book were chosen to represent some of the most important plants in the Chugachmiut region and specifically to be put into the Healing Properties of Alaska's Plants Heritage Kit.

There are three separate categories of plants:

1-16: Plants with Medicinal Uses

17-21: Plants that may be Dangerous if not used properly

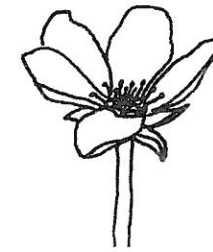
22-25: Poisonous Plants - Do not use for medicine or food.

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Line drawings by Christalina Jager and ©Chugachmiut 2011

Flower inflorescence



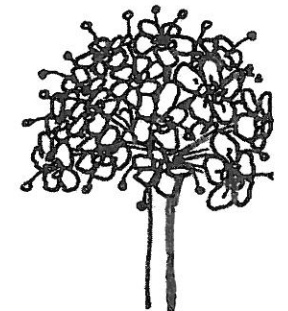
solitary



raceme



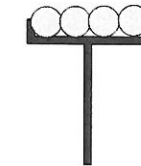
spike



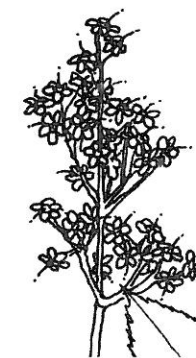
corymb



umbel



capitulum

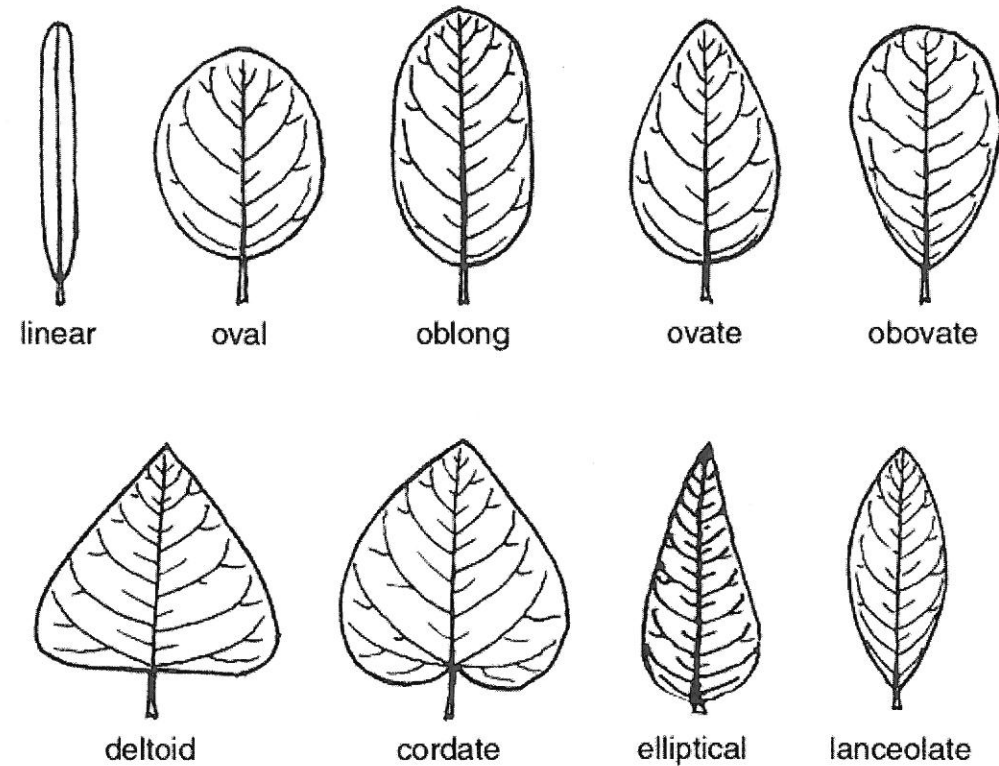


panicle



cyme

Leaf Shape



Leaf Margin

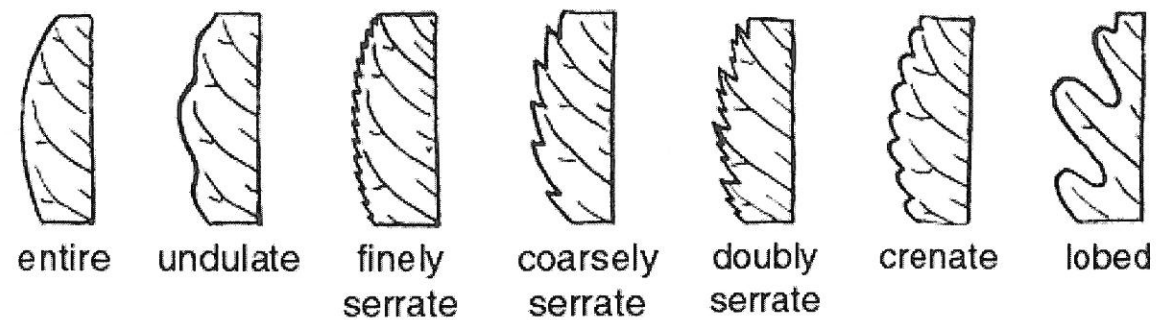
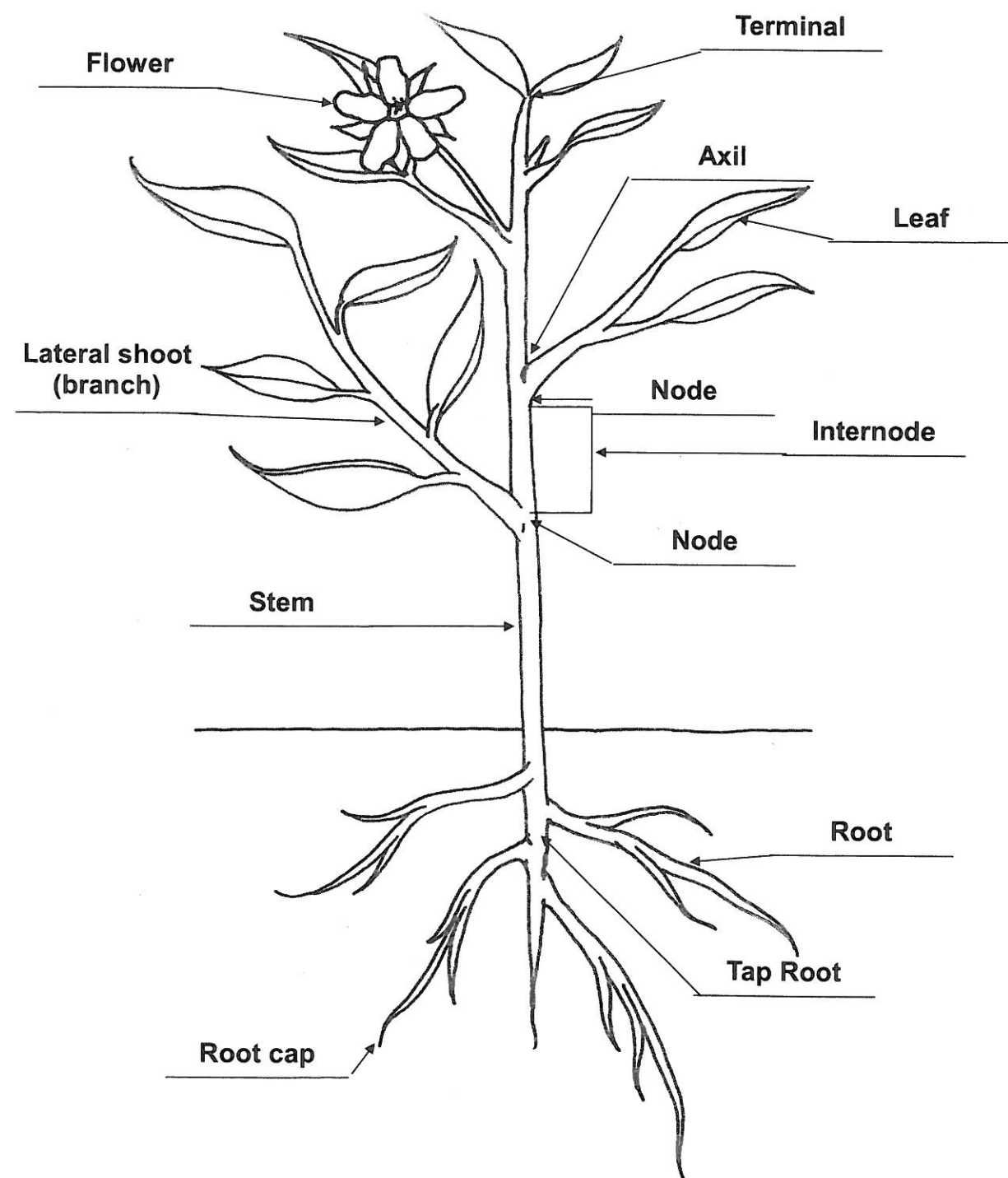


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Flowering Plant Anatomy



CAUTION: This plant is deadly, do not touch.

Common Name	Sugt'stun Name	Latin Name
Water Hemlock		Cicuta douglasii



CAUTION: This plant is deadly, do not eat.

Common Name
Monkshood

Sugt'stun Name

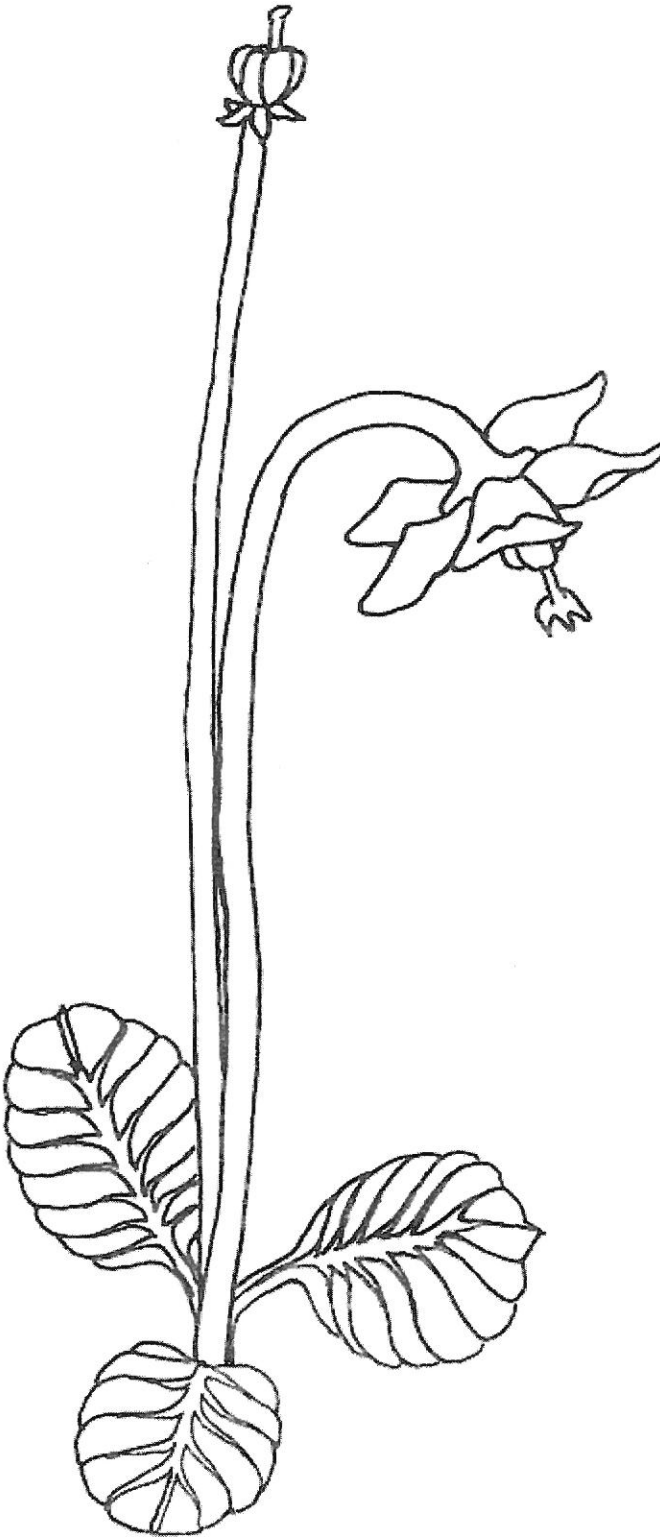
Latin Name
Aconitum delphinifolium



Common Name
Bethlehem Star or Single Delight

Sugt'stun Name
Ikignanaq

Latin Name
Moneses uniflora



Common Name
Cottonwood

Sugt'stun Name
Ciquq

Latin Name
Populus balsamifera

CAUTION: This plant is deadly, do not eat.

Common Name
False hellebore

Sugt'stun Name

Latin Name
Veratrum viride
ssp. *Eschscholtzii*



CAUTION: This plant is deadly, do not eat.

Common Name	Sugt'stun Name	Latin Name
Baneberry		Actaea rubra



Common Name	Sugt'stun Name	Latin Name
Cranberry (Highbush)	qalakuak	Viburnum edule



Common Name
Crowberry

Sugt'stun Name
Pakit

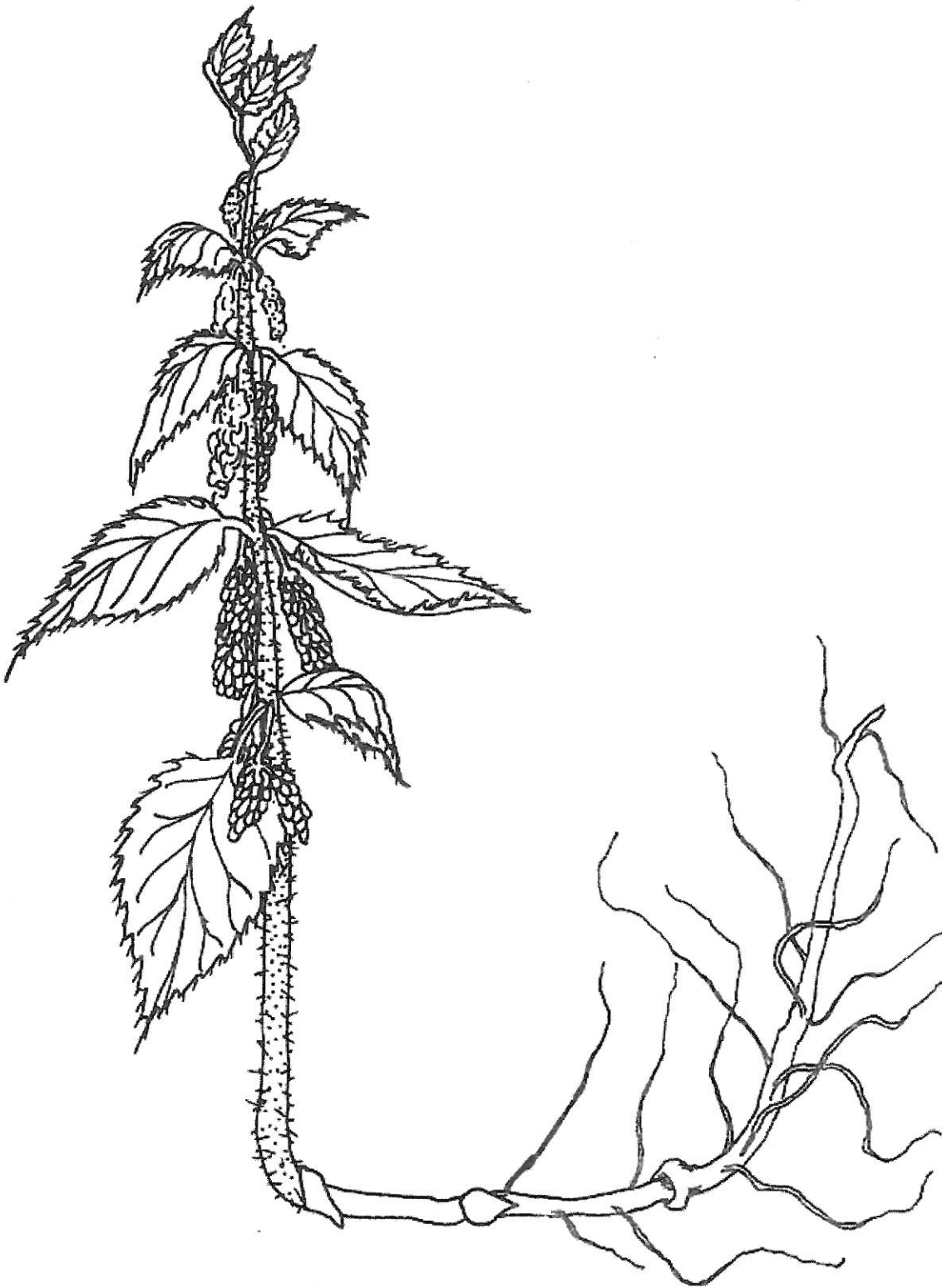
Latin Name
Empetrum nigrum

CAUTION: This medicinal plant can be dangerous if not used properly

Common Name
Nettle

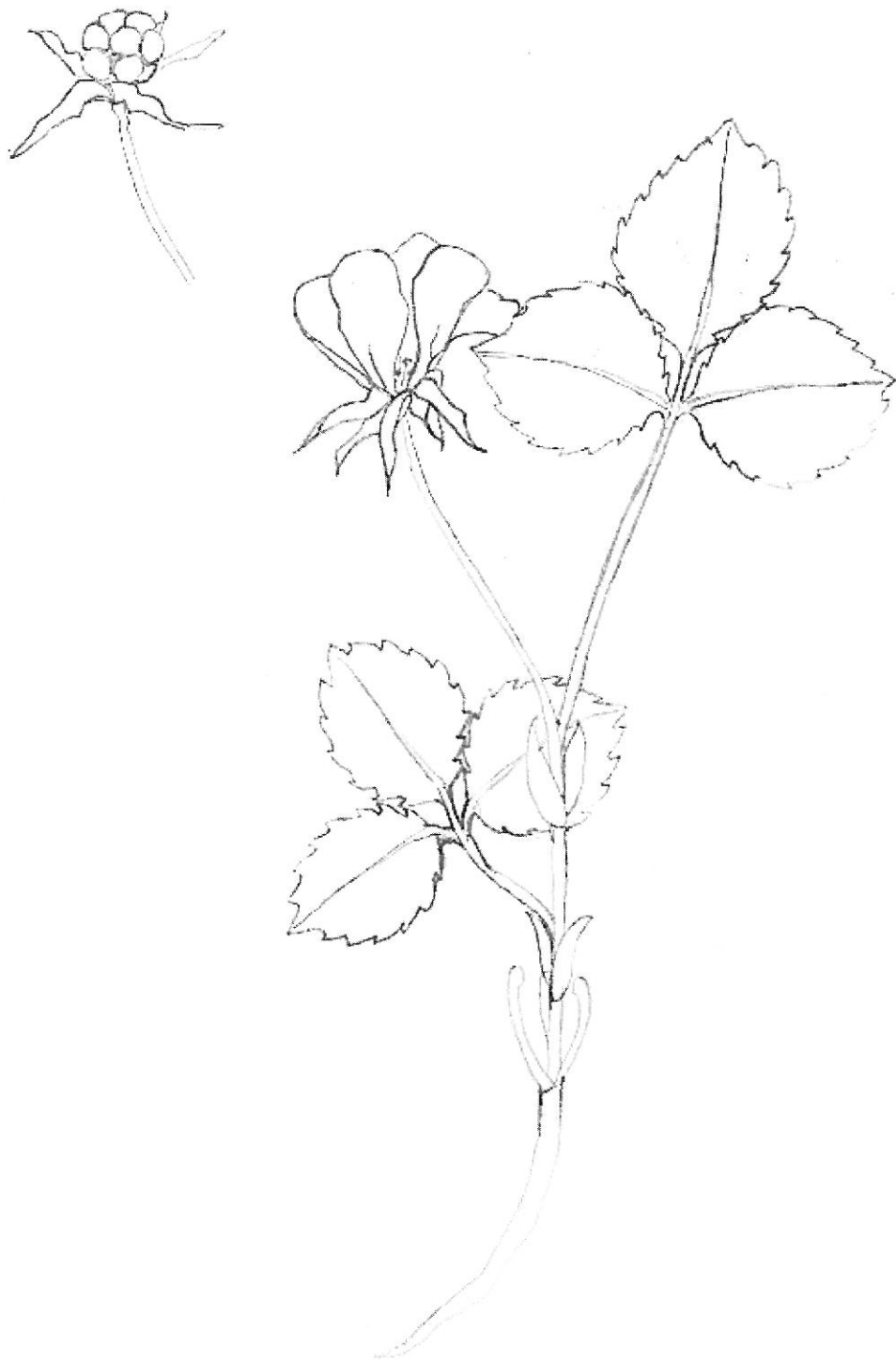
Sugt'stun Name
uuqaayanaq

Latin Name
Urtica gracilis
or *U. lyallii*

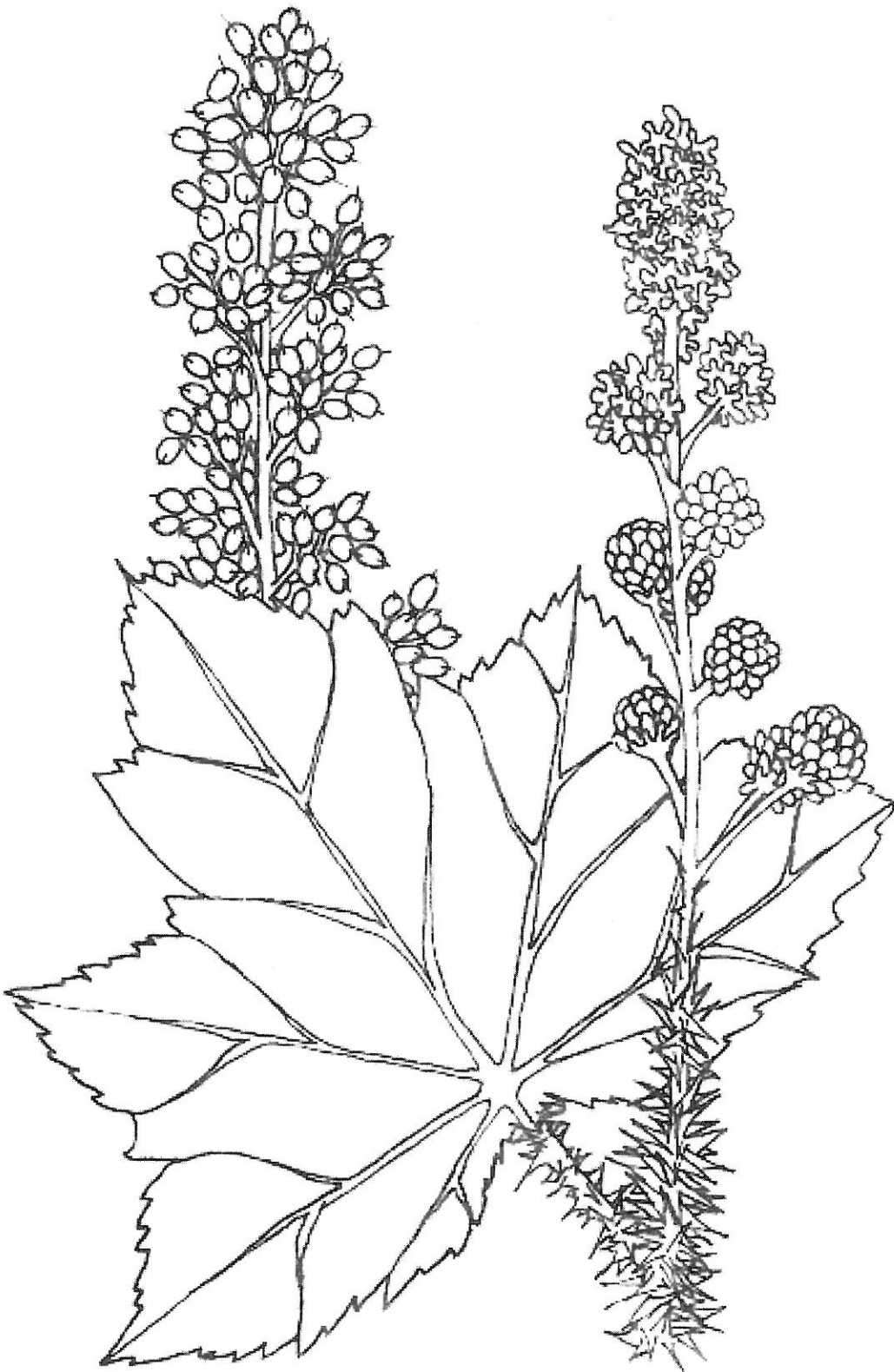


CAUTION: This medicinal plant can be dangerous if not used properly

Common Name	Sugt'stun Name	Latin Name
Nagoonberry	puyurnaq	Rubus arcticus



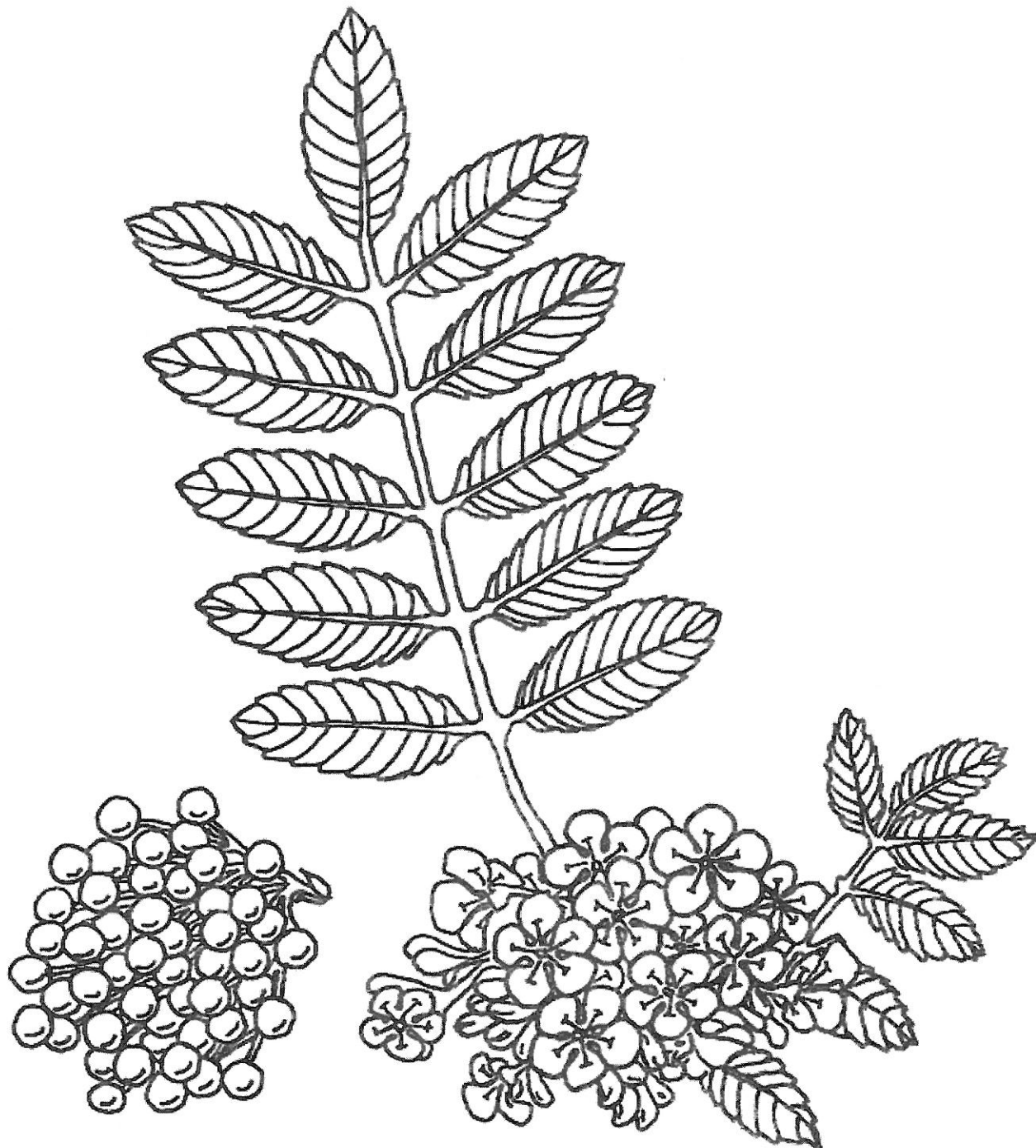
Common Name	Sugt'stun Name	Latin Name
Devil's Club	cukilanarpak	Oplopanax horriduz



Common Name
Mountain Ash
(Green or Sitka)

Sugt'stun Name
esqunaq

Latin Name
Sorbus scopulina
or *S. sitchensis*



CAUTION: This medicinal plant can be dangerous if not used properly

Common Name
Pacific Red Elder
or False Elder

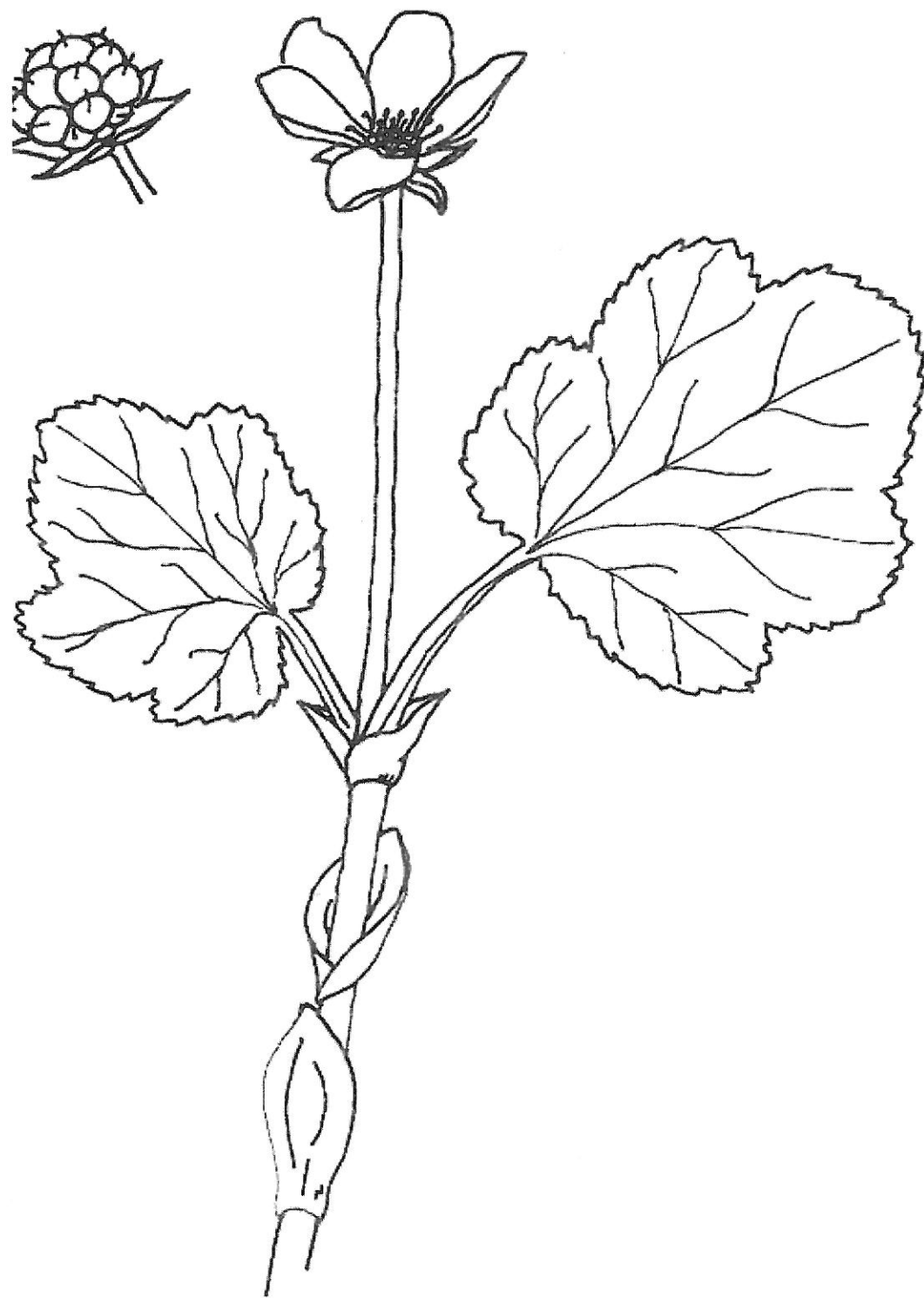
Sugt'stun Name
qaruckaq

Latin Name
Sambucus racemosa



CAUTION: This medicinal plant can be dangerous if not used properly

Common Name	Sugt'stun Name	Latin Name
Cloudberry or Low Bush Salmonberry	aqagwik	Rubus chamaemorus



Common Name	Sugt'stun Name	Latin Name
Pineapple Weed	alam'áaskaaq	Matricaria matricarioides



Common Name
Purple Daisy
Coastal Fleabane

Sugt'stun Name
Teptukuuyak

Latin Name
Aster alpinus
Erigeron peregrinus

CAUTION: This medicinal plant can be dangerous if not used properly

Common Name
Alder

Sugt'stun Name
Aqgwik

Latin Name
Alnus species



Common Name
Northern Yarrow

Sugt'stun Name
qanganaruaq

Latin Name
Achillea borealis



Common Name
Red Currants

Sugt'stun Name
kawirqaq qunisiq

Latin Name
Ribes triste



Common Name
Rockweed

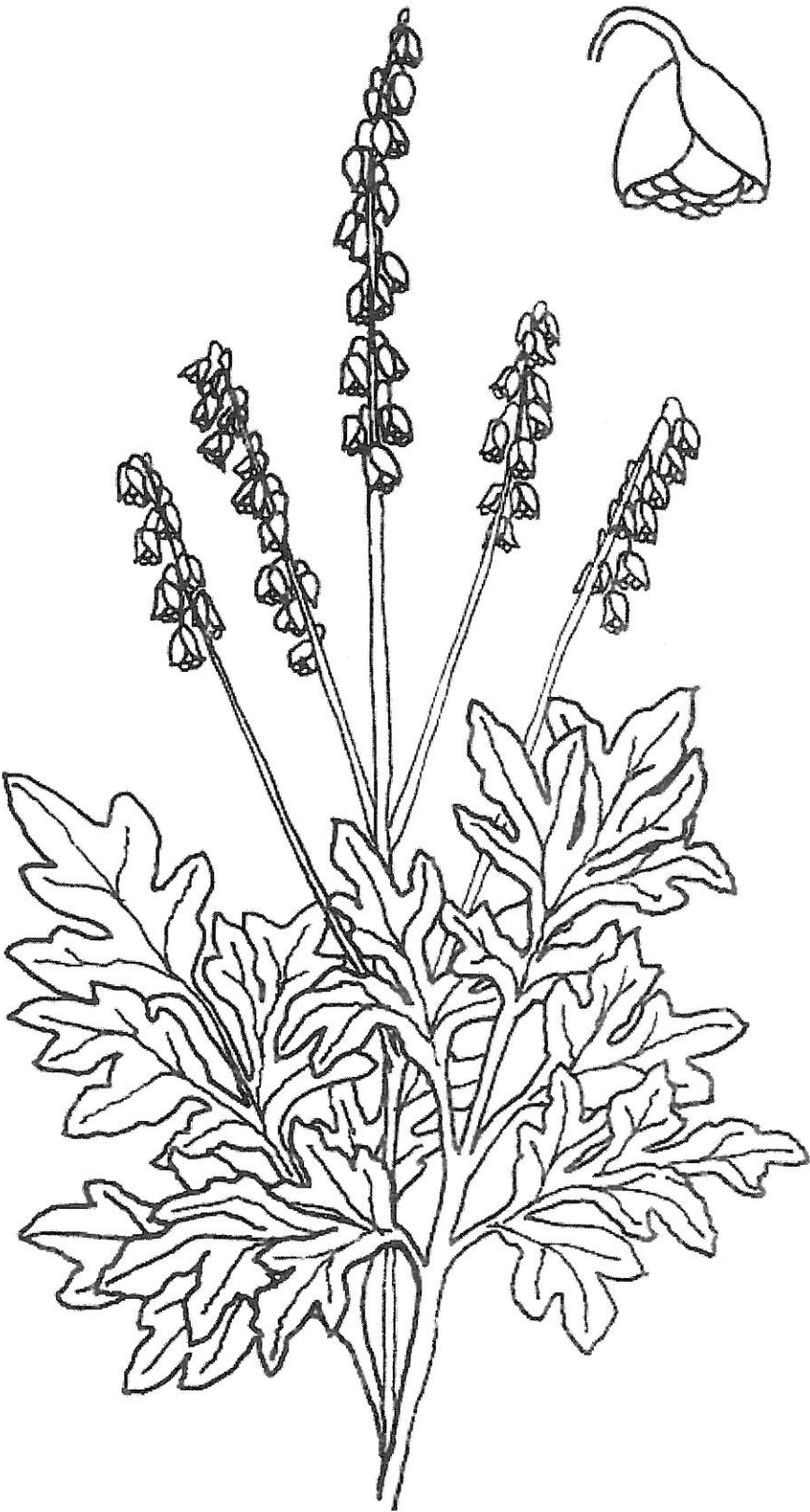
Sugt'stun Name
ellquaq

Latin Name
Fucus gardneri

Common Name
Wormwood

Sugt'stun Name
caik

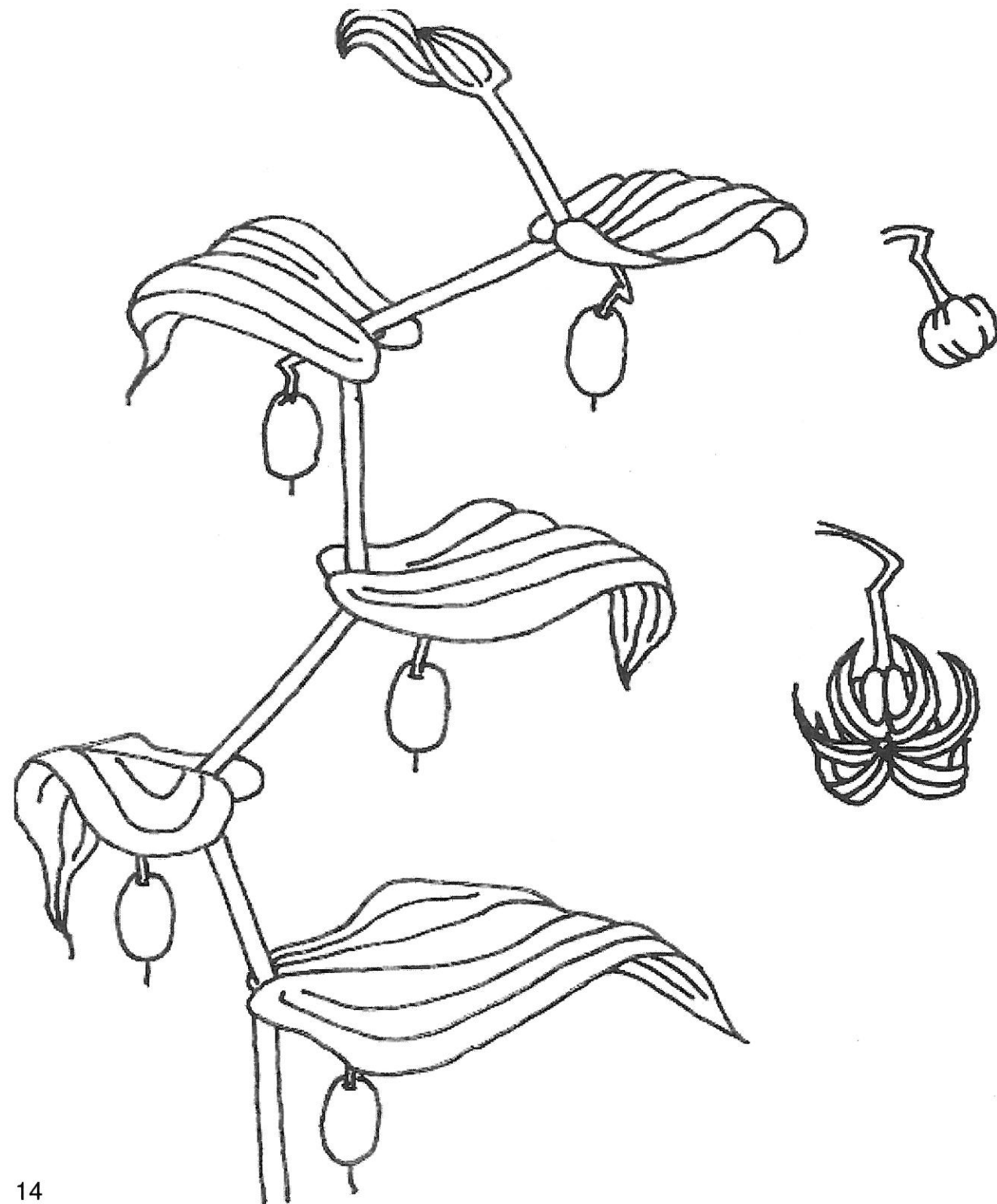
Latin Name
Artemisia Tilesii



Common Name
Watermelon Berries
or Twisted Stalk

Sugt'stun Name
meruaqutaq
or muuguaq

Latin Name
Streptopus amplexifolius



Common Name
Salmonberry

Sugt'stun Name
Alagnaq

Latin Name
Rubus spectabilis



Common Name
Sweet Coltsfoot

Sugt'stun Name
nausak

Latin Name
Petasites frigidus



Common Name
Tundra Rose
or Shrubby Cinquefoil

Sugt'stun Name
qutuneskiiq

Latin Name
Potentilla fruticosa

