

# NATURALIZED MEADOW

## Before settlement, the riverbank was covered by forest

**F**arther inland, where you are now, you would have found meadow or marsh. This meadow shows some of the native plants that were once common here.

Besides being pretty and interesting, many native plants were useful for Indigenous peoples and settlers alike.

Native meadows are adapted to our climate and soils, and need less maintenance than lawns or annual flower beds. They also provide habitat for native birds, butterflies, and bees.

*In a meadow full of flowers, you cannot...remain angry.* —Jonas Mekas



### Wild Rose

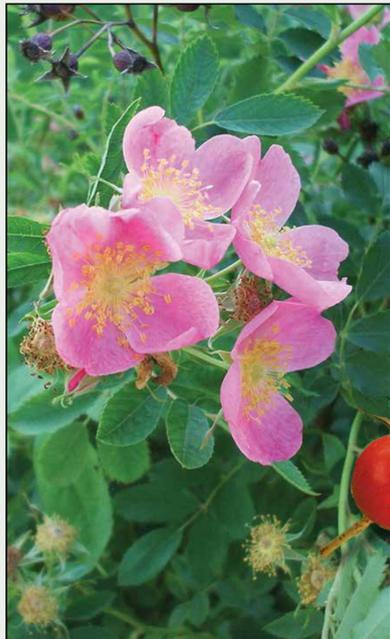


Photo credit  
Alexwcovington Wikipedia

As well as serving as patterns for Indigenous beadwork, roses were a survival food.



The scarlet fruits contain vitamin C, but don't eat the seeds; they have small, sharp hairs that will irritate your gut. The Métis called them "gratte-cul," which means "scratchy bum." Some jams are sold under this name.



### Prairie Sage



Minnesota Wildflowers  
Peter M. Dzuik

Indigenous people burn sage in smudging ceremonies, to bless, cleanse and heal the person or object being smudged.

It was used to preserve meat, to cure toothache or headache, coughing or heartburn.

Early settlers thought it was a remedy for typhoid fever.

The plant can also be burned to repel mosquitoes.



Fritillary butterfly  
Living Prairie Museum

### Wild Bergamot



Prairie Originals

It is said to be used to treat colds and flu. It also has a soothing effect on the digestive tract and helps to treat indigestion

It can be used as a herbal tea and a fragrance in perfume and soaps.

It is excellent for attracting bees, butterflies and hummingbirds.

Manitoba Agriculture suggests it as a potential commercial crop.

***Many plants may be harmful. Always seek advice from your physician before trying a plant for medicinal purposes.***

For more information on our area's history, please visit the Red River North Heritage website using the QR code below. Funding assistance for these signs was provided by the Manitoba government.



**St. Clements**  
The place to be