



BEAHR



BEAHR Indigenous Training Program – Traditional Harvesting





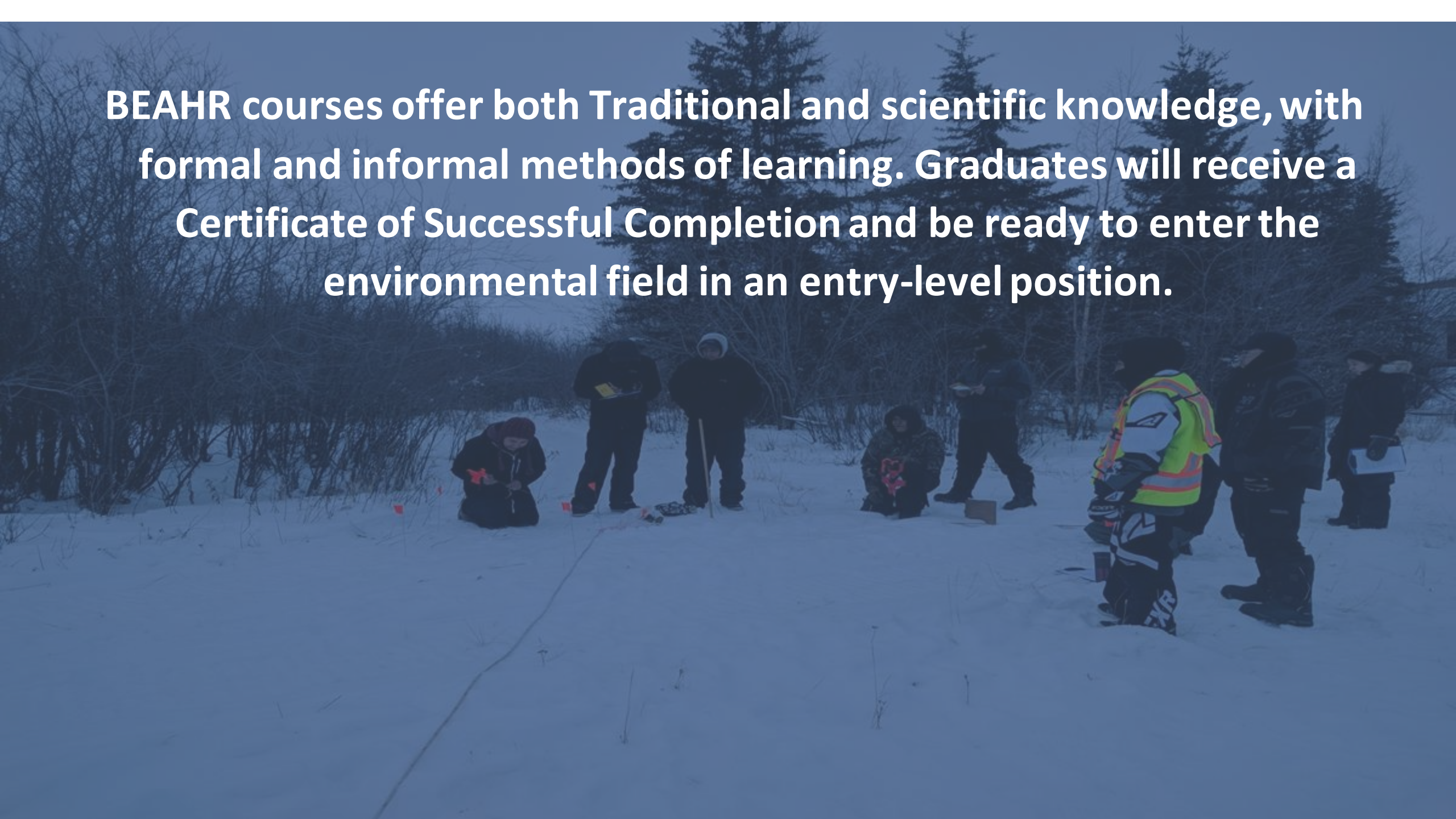
X-Terra Environmental Consulting Ltd. (X-Terra) is an Indigenous owned environmental services company based out of Saskatoon, Saskatchewan and Lloydminster, Alberta.

X-Terra offers environmental assessment, planning, regulatory reporting, traditional land use, advisory and monitoring services on environmental projects across Western Canada and in the Northwest Territories.

X-terra Environmental Services Ltd.

- X-Terra understands that the scope of services to our clients while monitoring a large-scale program will include those that our company specializes in, including:
 - Desktop Analysis
 - Environmental / Biological Field Assessments
 - Environmental Monitoring
 - Ongoing Regulatory Liaison, Permitting and Approval Applications
 - Technical Advice and Support
 - Indigenous Consultation Services

BEAHR courses offer both Traditional and scientific knowledge, with formal and informal methods of learning. Graduates will receive a Certificate of Successful Completion and be ready to enter the environmental field in an entry-level position.



Traditional Harvesting

- Throughout the history of the Métis Nation, our people have relied on the bounty offered by Mother Earth
- As our Nation evolved throughout the great expanse called Canada, our citizens hunted, fished and gathered plants to ensure the survival of our families
- As in the past, harvesting from Mother Earth remains an integral tradition of our Nation that we inherited from our ancestors

What are some Traditional Plant Usages within your community???



Tree bark and needles

First Nations shared their cure for scurvy with European newcomers. The bark and needles of the hemlock or pine tree are boiled to make a vitamin C tonic.



Spruce gum

First Nations discovered the first chewing gum, which was collected from spruce trees.

<https://www.aadnc-aandc.gc.ca/eng/1302807151028/1302807416851>

Indigenous Traditional Plant Use



- Cattails are upright [perennial](#) plants that emerge from creeping [rhizomes](#). The long tapering [leaves](#) have smooth margins and are somewhat spongy.
- The tiny unisexual [flowers](#) are borne on a dense cylindrical spike, with the male flowers located above the female flowers.
- After releasing their [pollen](#), the male flowers wither and fall off, leaving the characteristic brown furry fruiting spikes. When mature, the spike disintegrates to release cottony masses of minute wind-dispersed seeds.

Cattail



Harvesting “Timing is Everything”



Date & Time: Tue Jun 28 12:14:38 CST 2017
Position: 13.N 398223.5734933
Altitude: 1632ft
Datum: WGS-84
Azimuth/Bearing: 080° N80E 1422mils (175deg)
Elevation Angle: -06.9°
Horizon Angle: +01.4°
Zoom: 8X



Preparing the Harvest







Second Round of Harvest Preparation

Grinding the pollen





Chokecherry



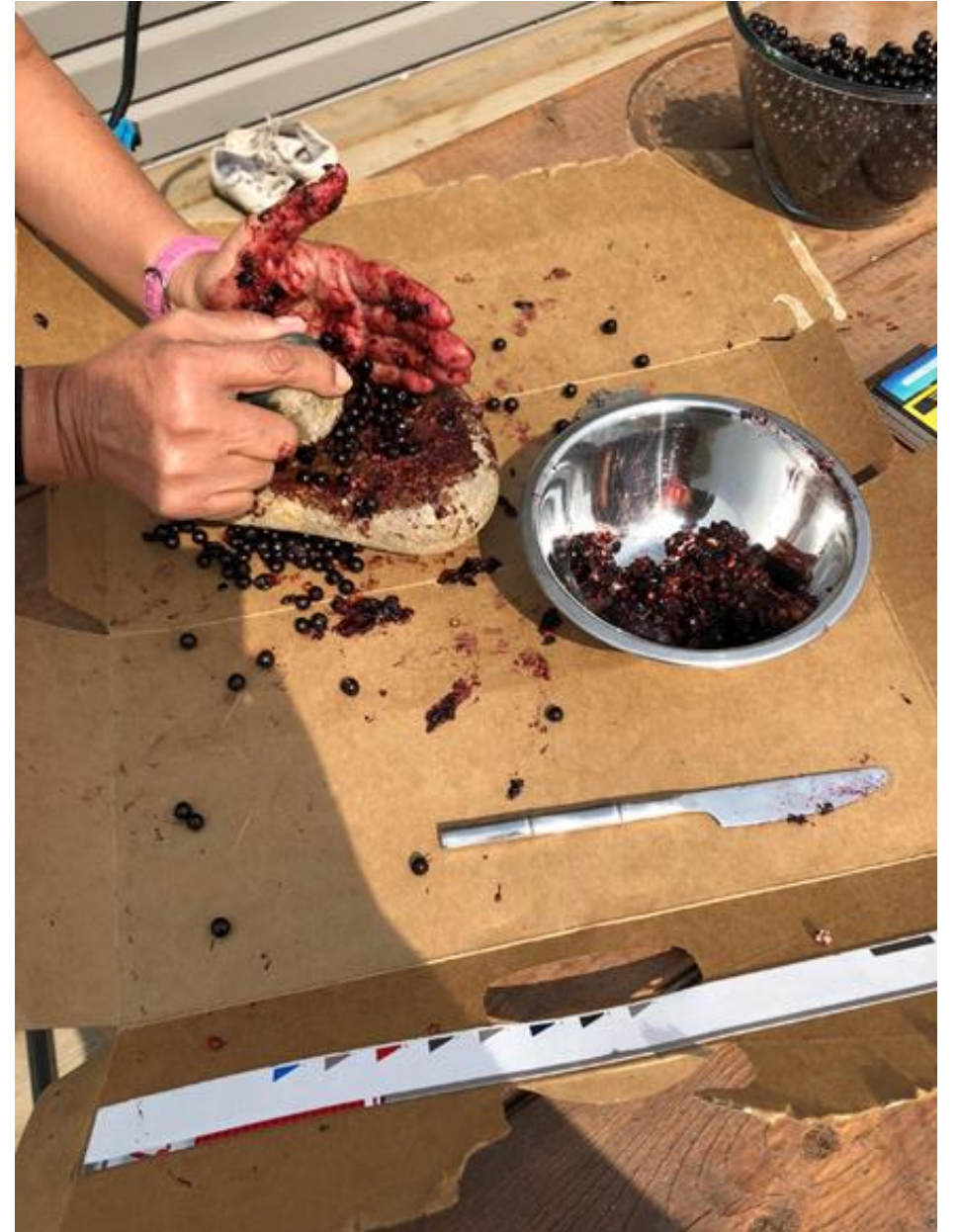
- Bush or small tree, 2 – 5 m tall
- Leaves: are dark green above & lighter underneath. Egg shaped with pointed end and have sharply-toothed edges
- Flowers: are white and hang in dense popsicle-shaped
- Fruit: berries are red, ripening to bluish black, less than 1 cm diameter & have a fairly large stone. The fruit hangs off the branches in long dropping cluster of 6-12 berries

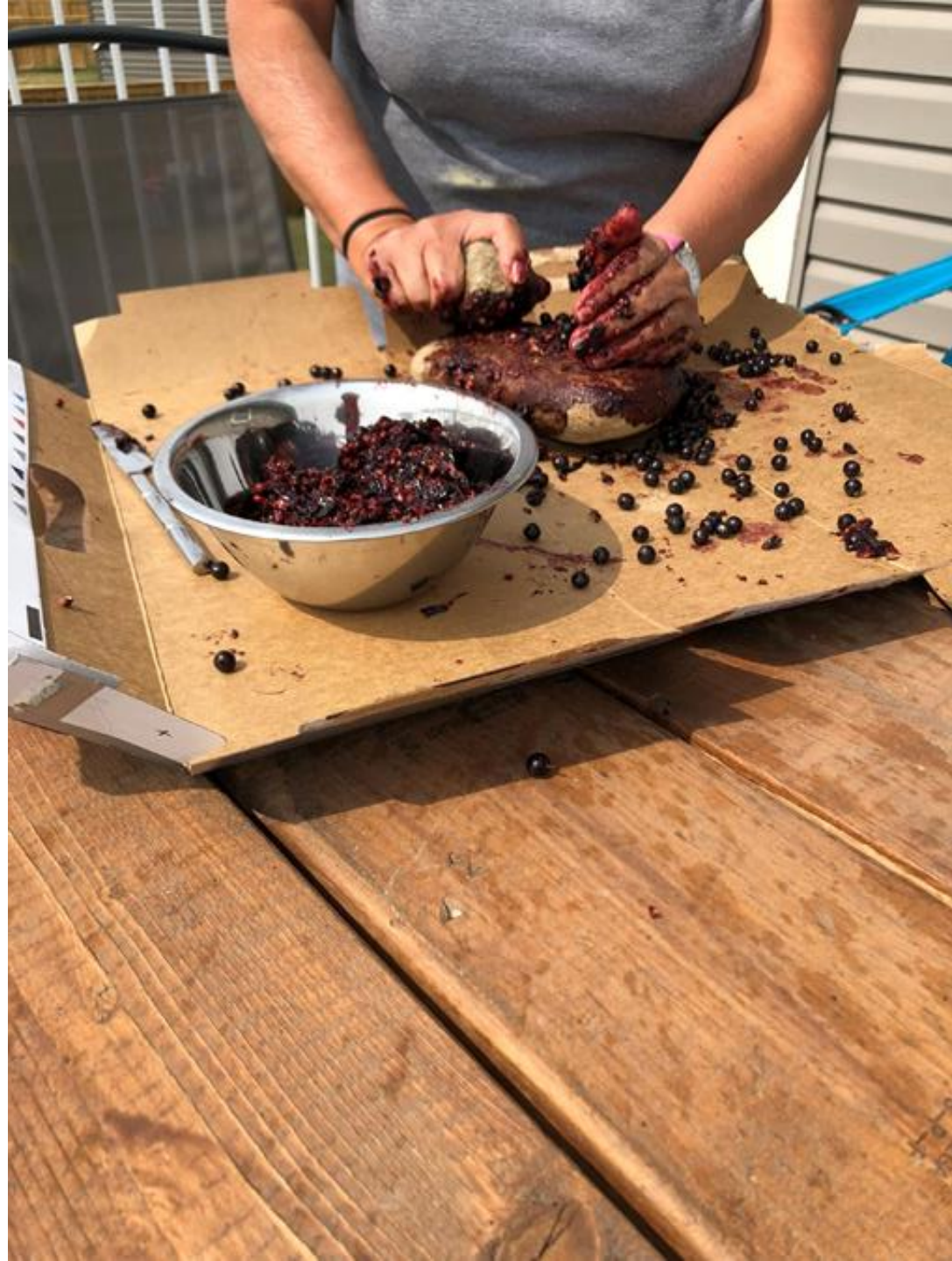






Pounding the Chokecherries





Fried Chokecherries



Taste it for yourself and let me
know what you think??