

**May 5**

**1-3:00 pm**

**Meeting in the  
Discovery Annex  
Room at the [Great  
Blue Heron Reserve](#)**

# Edible and Medicinal Uses of Native Plants

Please join us in the Discovery Annex Classroom where Metis elder, Joe Smith, will share his vast knowledge of our native edible and medicinal plants. Joe and Alena will honour us by gathering native plants and brewing tea for us.

**Joe Smith** is a member of the Chilliwack Metis Association. He grew up in Prince Albert, Saskatchewan where he learned about, and lived, his Metis culture and traditions. He is passionate about passing his experiences and knowledge about his Metis heritage along to others.

He is very knowledgeable in edible/medicinal native plants and has been teaching his knowledge through community workshops and with students at UFV and in the public school system.



## IMPORTANT NOTES:

- This is a rain or shine Explorer Day, so please dress for the weather. Layers allow the freedom to add or remove as needed, and a raincoat and hat are essential if it is raining.
- Consider a drink and snack.
- **Please bring a mug for the tea** that Joe and Alena will make and serve.
- You may want to plan time to explore the Great Blue Heron Reserve after our activity.