

Juniper (*Juniperus communis*):

Juniper berries, when still green, can be boiled to make a remedy for kidney ailments. The mature berries or cones must not be eaten. The berries can also be smoked in a pipe to treat asthma. Native Americans also used juniper berries as a female contraceptive.



Juniperus communis is a shrub or small coniferous evergreen, very variable and often a low-spreading shrub, but occasionally reaching up to 10 metres. It has needle-like leaves in whorls of three; the leaves are green, with a single white stomatal band on the inner surface. It is dioecious, with male and female cones on separate plants, which are wind pollinated.

The seed cones are berry-like, green ripening in 18 months to purple-black with a blue waxy coating; they are spherical, 4–12 mm diameter, and usually have three (occasionally six) fused scales, each scale with a single seed.



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Compiled by Lawrence Barkwell
Coordinator of Métis Heritage and History Research
Louis Riel Institute