



On the Land 2023





two thousand twenty-three

January

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						







Start the year off grounded.



January 2023


"Connection to the land and all that she provides is directly linked to our health and well-being." - Karole O'Brien

SUN	MON	TUE	WED	THU	FRI	SAT
1 New Year's Day	2  PD Day	3 Back to School	4	5	6 	7
8	9	10	11	12	13	14
15	16  PD Day	17	18	19	20	21
22	23	24 International Day of Education	25	26	27	28
29	30	31 	Take care of the land, and it will take care of you. Get to know your surroundings and the animals you might encounter. Safety first! Be prepared for changing weather. Make a plan and leave it with someone who is not going with you. If you take from the forest, leave something behind in the form of offerings like prayers, tobacco, or water.			

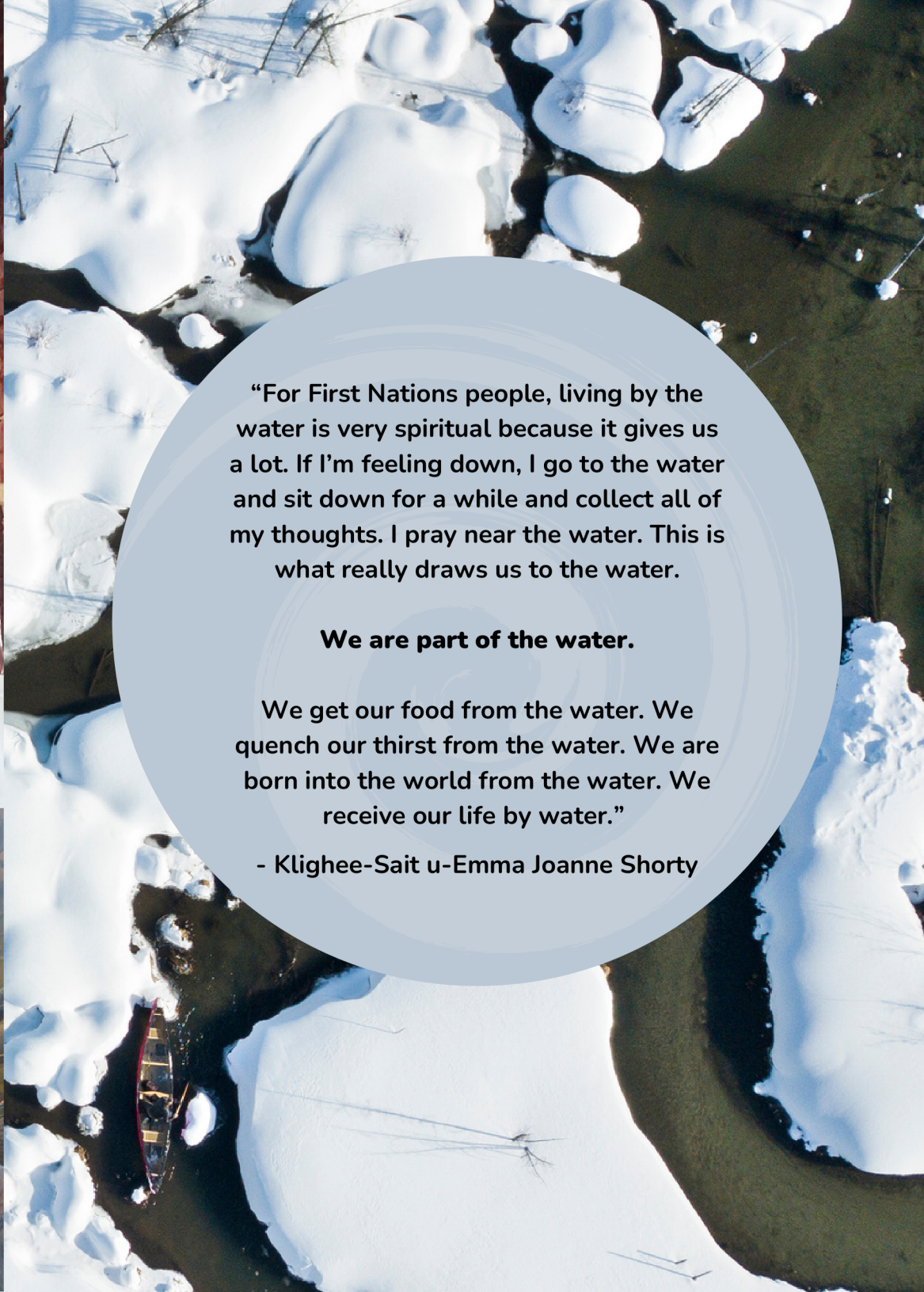


February 2023

Winter is the best time for trapping because mammals have thick warm coats.

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Snares are best used for ga (rabbit), dlùra (squirrel), dzäna (muskrat), and ägay (wolf). Traps can be used for animals like tsà (beaver), nàday (lynx), tù (fish), and ríh'j (marten). It's always good to get training so that you can trap safely and respectfully.</p>			1	2	3	4
5 	6	7	8	9 World Wetlands Day	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	<p>Anti-Bullying Day</p>		<p>Heritage Day</p>	
			<p>Hides from fur-bearing animals can be used for making moccasins, bags, clothing, shelter, and drums.</p>			





“For First Nations people, living by the water is very spiritual because it gives us a lot. If I’m feeling down, I go to the water and sit down for a while and collect all of my thoughts. I pray near the water. This is what really draws us to the water.

We are part of the water.

We get our food from the water. We quench our thirst from the water. We are born into the world from the water. We receive our life by water.”

- Klighee-Sait u-Emma Joanne Shorty



March 2023

"Let your food be your medicine and let your medicine be your food" - Hippocrates

SUN	MON	TUE	WED	THU	FRI	SAT
<p>The 40°C below weather is behind us, and there is a flurry of activity if you know where to look. Under the thickest river and lake ice, now is the time to set nets for łù (whitefish) and mbet (lake trout). Many other fish are gathering to spawn and can be over harvested, so fish with respect.</p>			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
Yukon Schools Spring Break						
19	20	21	22	23	24	25
26	27	28	29	30	31	



International Women's Day

World Wildlife Day



Yukon Schools Spring Break





Spring Begins



April 2023

Blooming nàkhyel gyù (crocus) marks the end of winter. Adaalàl Kwàch'e (It is springtime).

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Plants are beginning to thaw after a long winter season, and hibernating animals are waking up. In general, this is the time of year you can harvest trees for medicines. K'i (birch) syrup starts to run, and roots can be harvested before leaves begin to bud. When harvesting plant roots later in the spring, never over harvest so the plant can continue to grow in the summer.</p>						1
2	3	4	5	6 	7	8
9	10 Easter Monday	11	12	13	14 Good Friday	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29 Earth Day 
30	<p>The optimal time to tap into birch trees is in the spring. Ideally you want to tap into trees when it is freezing at night and above freezing during the day. The sap that drips out has the consistency of water and contains potassium, magnesium, phosphorus, vitamin C, folic acid, and copper, among other nutrients. Try drinking the sap or making medicines and syrups.</p>					



Ts'u (spruce) can be harvested for food, medicine, shelter, and tools. The pitch, needles, twigs, tips, and bark can all be collected anytime of year.

Harvesting in the spring is said to be best by elders, when all of the energy is being put into new growth.

Spruce boughs laid on the ground with the needles pointing down provide a cushion for sleeping, soaking up moisture and filling the space with a nice smell.

May 2023

A time of birth and new beginnings, with millions of birds returning to the Yukon.




SUN	MON	TUE	WED	THU	FRI	SAT
	1  PD Day	2	3	4 National Day of Awareness for Missing and Murdered Indigenous Women and Girls	5 	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20 Migratory Bird Day
21	22	23	24	25	26	27
Fish Migration Day	Victoria Day	29	30	31	 <p><u>Ts'u (Spruce) Tip Salt</u> Preserve your spruce tips and eat them at every meal. Finely chop spruce tips and add to salt. Let dry for a few days and then store in an air-tight container. Use in soups, meats, veggies, or fresh on the table.</p>	
28	29	30	31			



June 2023



As the snow melts, high water season begins and flowers are in bloom.

SUN	MON	TUE	WED	THU	FRI	SAT
A time for gathering plants for recipes. Avoid harvesting near roadsides and residential areas due to possible contaminants. Plants can be dried in a basket, windowsill, or by hanging from the ceiling. If you're short on time, use a dehydrator or oven. Once completely dry, store them in mason jars out of direct sunlight and use them before next season. 				1	2	3 
4	5	6	7	8	9	10
	World Environment Day					
11	12	13	14	15	16	17
					Last Day of School	
18	19	20	21 	22	23	24
			Summer Solstice National Indigenous Peoples Day			
25	26	27	28	29	30	



July 2023

Ime Kwach'e (It is summertime). A time of growth and abundance, feasting and celebrations.

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Nàkhela (fireweed) is edible at all stages of growth. Leaves and roots are best harvested in spring, flowers in summer, and roots in autumn. Fireweed is high in Vitamin A and C. It is said to have anti-inflammatory properties, used for digestive upsets and topically for burns.</p>						1 Canada Day
2	3  World Environment Day	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30 International Friendship Day	31	"Show respect for the plants and animals you are harvesting. Share your intentions and thoughts before harvesting, take only what you need ensuring the plants and animals can continue to grow and thrive for years to come, show gratitude and offer thanks - we need to co-exist with nature, we are not greater than it." - Amy Genier				





Ts'ürk'i Zhùr
Juniper

Tlàwa
Raspberry

N-tl'ä't
Low-bush
Cranberry

Kwäntsi Zhùr
Strawberry

Zhùr Tthē
Crowberry



Nj-ghru
Soapberry

Nämhdhāy
Blueberry

Khùr Zhùr
Rosehip

August 2023




Collecting berries is not only a yearly tradition, but also a necessity.

SUN	MON	TUE	WED	THU	FRI	SAT
Zhùr (berries) can be made into jam, pies, or dried for the winter. Juniper berries, rosehips, and soapberries are best for recipes. Other berries can be enjoyed right after picking.	1		2	3	4	5
6	7	8	9	10	11	12
13	14	15	International Day of the World's Indigenous Peoples	17	18	International Youth Day
20	21	22	23	24	25	26
27	Discovery Day	29	30		31	Many animals also rely on berries. Shar shāw (grizzly bears) gorge on berries to prepare for winter, eating up to 200,000 in a day! Be sure to leave plenty behind for the wildlife.



September 2023



Nuchu Kwach'e (It is fall time) - a time of transformation. Change is felt everywhere.

SUN	MON	TUE	WED	THU	FRI	SAT	
	From the top of mountains with sheep and sage bushes, to the valley bottoms with bears and berries, there is traditional food and medicine everywhere! It's big game hunting season and luckily the first frosts thinned out the mosquitoes and black flies. Focus on harvesting animals that already passed on their genes or males so that we can keep sustainably harvesting for generations.					1	2
3	4	5	6	7	8	9	
	Labour Day						
10	11	12	13	14	15	16	
Suicide Prevention Day							
17	18	19	20	21	22 	23	
					Fall Equinox		
24	25	26	27	28	29 	30	
World Rivers Day							



October 2023

During this time of year we give thanks and say Shăw níthän to the land for all it provides.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9 Thanksgiving Day	10 World Mental Health Day	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 
29	30	31	 <p><u>Ts'ütsj (Balsam Fir) Medicinal Tea</u> Add balsam fir bark and branches with needles and cones, cinnamon sticks, and lemon into a large pot. Cover with water almost to the top. Measure ingredients to taste, adding more for stronger tea. Boil until the tea darkens. Let cool for 10-15 minutes and carefully strain. Serve hot. Consume 1/2-1 cup per day.</p>			



“I am thankful to be able to go on the land to hunt for the first time, because not everybody gets this opportunity. It was hard work, but I loved it. Also, it was really cool to have the elders there to teach us and seeing how that knowledge gets passed down to the next generation.”

- Kianna Sidney, KDFN Youth



November 2023

A time to stay warm by the fireplace and dāk'anuṭà jè (take care of yourself).

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Ts'ù dì (Labrador Tea). Harvest any time of year. Break up dried or fresh leaves and add a pinch per cup. Pour boiling water and infuse for 5-10 minutes. Rich in Vitamin C!</p>			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18 Remembrance Day
19	20	21	22	23	24	25
26	27 	28 Giving Tuesday	29	30 National Day for Truth and Reconciliation		





Infused Oil

Ingredients:

3 small conifer branches
Pitch, bark, various conifer parts
2 cinnamon sticks
5 cloves (optional)
1 small piece of ginger (optional)
2 cups extra virgin olive oil

- Cut needles into small pieces and add to large glass jar.
- Add spices and oil making sure everything is completely covered.
- Use a clean utensil to mix thoroughly and remove air bubbles.
- Put lid on jar and store in a dry, dark, warm spot for 4-6 weeks.
- Strain into a sterile jar with a fine strainer or cheesecloth.
- Store in a cool, dark place.



Cough Syrup

Ingredients:

Glycerin or apple cider vinegar
Rose petals
Spruce tips

- Fill mason jar loosely with a blend of rose petals and spruce tips.
- Fill jar to 1cm from top with pure food grade glycerin or apple cider vinegar.
- Let sit for 6-8 weeks in a dark cool room or cupboard before first use.
- After opening, keep refrigerated for up to 1 year.

Dosage: 1 teaspoon every 4 hours if unwell or a teaspoon a day as a preventative. Use as a cough syrup, additive in tea, or mix into warm water.



Salve

Ingredients:

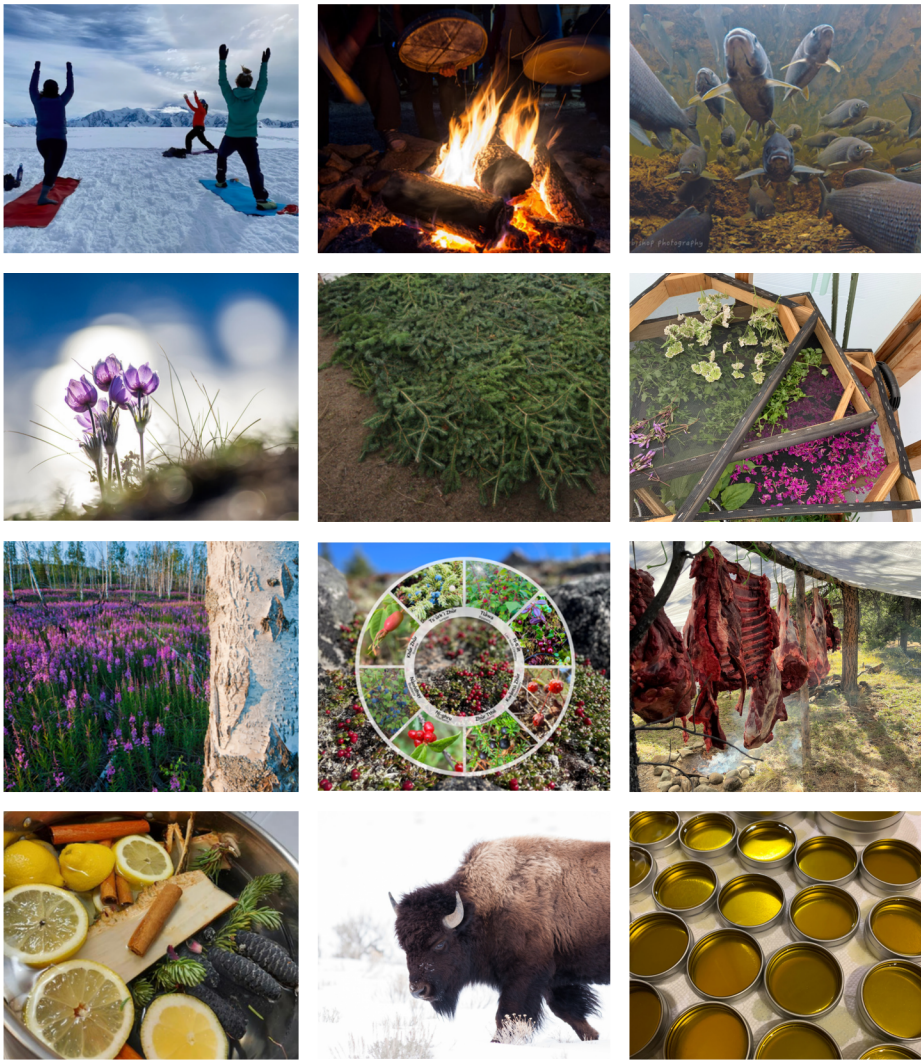
1 cup infused oil
2 tbsp beeswax
Essential oils (optional)

- Measure out infused oil. Melt beeswax and oil on the top of a double boiler, then stir.
- Once melted, add essential oils of your choice (optional).
- Pour the mixture into a measuring cup (dry the bottom of the pot to prevent water from dripping into the oil mixture).
- Fill sterile jars with the prepared mixture.

December 2023

Yúk'e Kwàch'e (It is winter time).
A month of sharing and giving with family.

SUN	MON	TUE	WED	THU	FRI	SAT
Medicine making is a good winter activity. Recipes can be shared as gifts for friends and family, along with the stories of being out on the land collecting ingredients. Fresh is best but dried herbs work too.					1	2
3	4  Wildlife Conservation Day	5	6	7	8	9
10	11 International Mountain Day	12	13	14	15	16
17	18	19	20	21  Winter Solstice	22	23
24	25 Christmas Day	26 Boxing Day	27 	28	29	30
31						



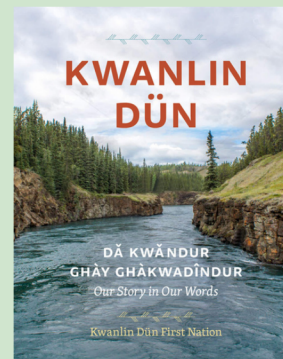
This calendar is an invitation for you to get out on the land and learn how to harvest. Our collection of photos, quotes, and recipes with Southern Tutchone names highlight how each month in the Yukon offers an opportunity for connection.

Please note that the content and recipes are not intended to constitute medical advice or treatment.

Written by Candace Dow (CPAWS) and Katelyn Dawson (KDFN).
 Designed and edited by Paula Gomez Villalba (CPAWS). Southern Tutchone translations by Pricilla Dawson.



You can find resources to help you get started at cpawsyukon.org/2023



Some of the information in this calendar came from Kwanlin Dün First Nation's book, ¹Kwanlin Dün Dă kwändur ghày ghakwadîndur: Our Stories in Our Words. This book shares stories, knowledge, and language from Kwanlin Dün Citizens past and present.