

Authentic Creations Publishing
"Living My Truth"

100% recycled parchment

the
NATURE

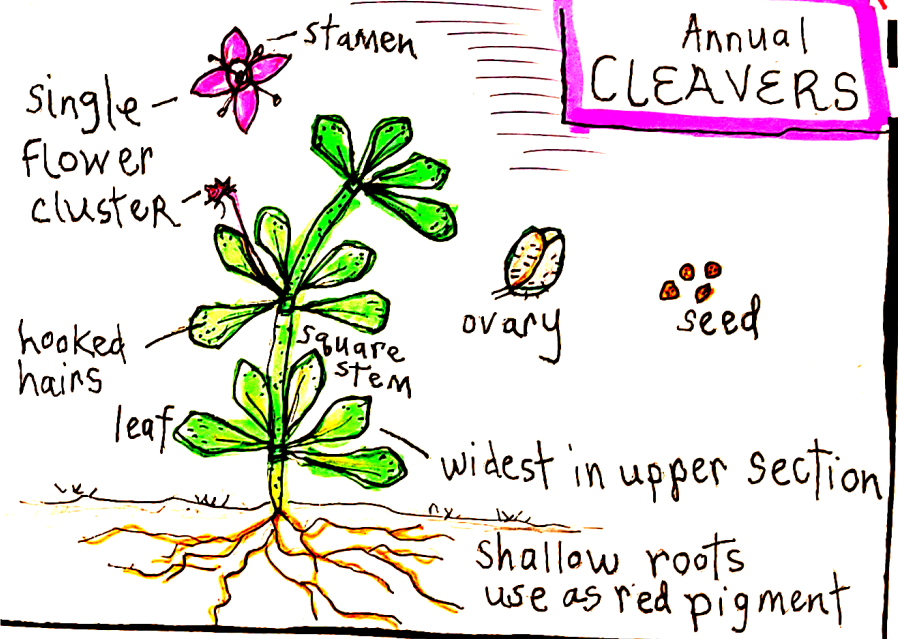
culture

COMMENTS
LIVE NOTES to
NETWORK
CONTRIBUTE

literature@riseup.net

Wild Wisdom

Annual
CLEAVERS



Includes
Educational
Colouring Pages

BUILD TOGETHER

Behind the Scenes

WRITING

by kuwa jasiri

(this one)

Linguist, Majiklan

Care Provider,

RESEARCH

by Owen McCloud (he/him):

Gardener, Survivalist, Edible Berry Master

Consulting

Thredd LeFeel (they/them)

Educational Illustrations

By: kuwa jasiri and Winter Apprentice

Wild Wisdom gives readers a easy-to-follow tutorial on how Nature grows, from reproductive cycles to pollinators and seed harvesting to plants natural process of restoration and beyond. Accompanied by educational illustrations and thoughtful notes to the reader like "You have value", this zine is great for broadening understanding of the world of plants!

SUPPORTING A DIVERSE NETWORK

OF GRASSROOTS Magick

INSPIRED
BY:

I write this information to applify observational listening.
GLORIOUS NATURE

Essential TOOLS

Nature Exploration Books

-Direct wisdom from the Plants

Seed Swap

Josie Jeffery

Ivy Press Reprographics

Tale of Weeping

kuwa jasiri

Authentic Creations Publishing

Plant Parts

Richard & Louise Spilsbur

Heinemann Library, 2003

Magic and Medicine of Plants

Readers Digest Association, 1986

The Wild Wisdom of Weeds

Katrina Blair

Chelsea Green Publishing, 2014

Plantas

Taylor, Barbara

Ediciones SM, 1997

<https://cousecraft.net/c/herbalfreeschool/splash>
Herbal Freedom School



DEDICATION

To Nature, May we "quite, be still"
and receive your wisdom.
THANK YOU!!

Painting By: Victoria Coe

kuwa jasiri Indomela (this one/the one) is a genderqueer Herbalist, Birthworker, Forager, Educator that engages in international writing and speaking opportunities that affirm People Of Heritage. kuwa jasiri (first name) is the Founding Executive of Authentic Creations Publishing Apothecary, an Earth based spiritual that brings People Of Heritage back into harmony with the Planet through tending our relationships to Self, Ancestry, Nature and each other. During the last decade, kuwa jasiri, studied wild foods becoming inspired to apprentice with Midwife Daphne SingingTree at her home apothecary EagleTree Herbs. Currently is enrolled in the dynamic and ever evolving Herbal Freedom School where we center the wellness stories and medicines of Indigenous, Black, Brown, Two-Spirit, Trans, Genderqueer and gender variant communities. These teachings allow this one to be present in their work at Authentic Creations Apothecary including Indigenous Solidarity efforts to add an apothecary section to the Diné General Store. Part of the organizations ethos is zero waste; kuwa jasiri continues to move such concepts forward in the global restoration methodologies. kuwa jasiri is passionate about Seed stewardship and native Seed dispersal to offer wellness to the Land, Watershed and the Original Seedkeepers.

Authentic Creations is a grassroots group spreading the wisdom of Seeds through tending the wounds of marginalized communities, and their land with our programs since 2011.

We are able to freely offer programs because of donations from people like you. To donate visit:

If you want to contribute in another way, please email us at
bebravegather@riseup.net

Paypal.me/ArtisticApothecary

ArtisticApothecary.wordpress.com

Authentic Creations PROGRAMS

Authentic Creations



LIVING MY TRUTH



Cultural Seed Drive

Requesting Seeds native to west Africa, the Caribbean
& the Diné Nation for People of Heritage (of Color)

To donate, contact us:

<https://ArtisticApothecary.wordpress.com/contact/>





Alligance To The Earth Poem:
kuwa Jasiri

Ancestors

By Savage Family

Still Here: Red Eagle

7: Frank Waln

End Of Days: Sevin

Red Nation: Drezus

Warriors: Snotty Nose Rez Kids

Language of Page Numbers

Sign Language

potent
CONTENT and *warnings*

LIFE CYCLE from a Seed

1. Intelligent Waiting
2. Life Span
3. Anatomy of Plants
4. Pollinators
5. Seed Maturing
6. Seeds Dispersal

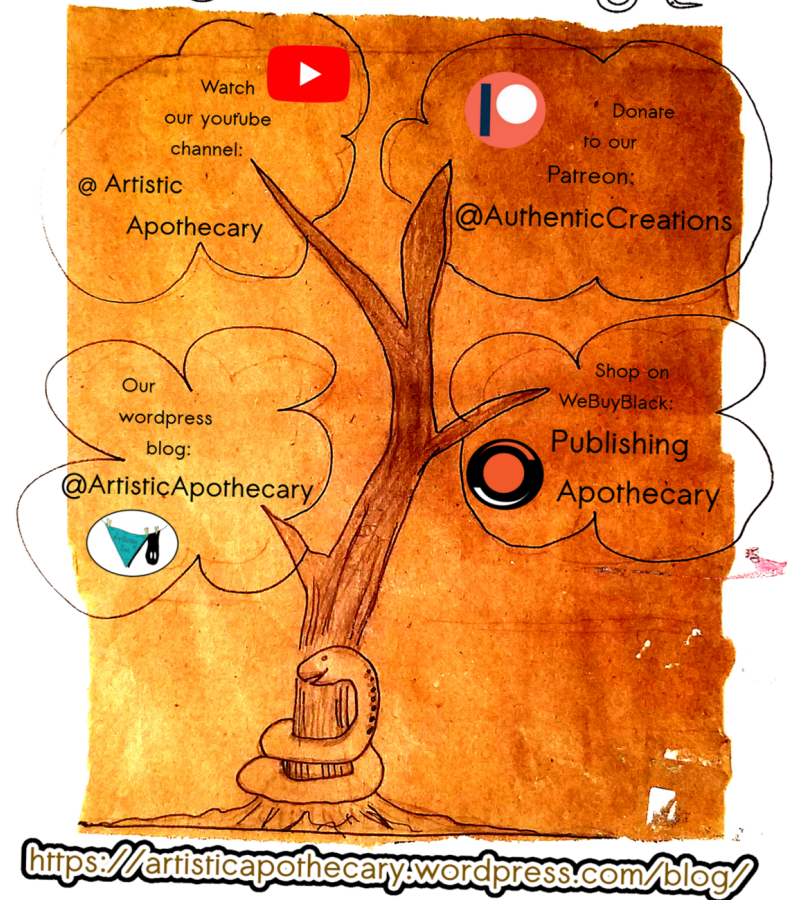
Process of Restoration

13 Educational Illustrations

Authentic Creations



LIVING MY TRUTH



Thank you for the gift of you showing up this lifeline.

Plants Natural Process of Restoration

Life Scope

Primary Succession: Plants that establish life on barren landscape such as clear cut, wild fire, weeded areas, glacier recession, or Mudslide, volcanic eruption

Secondary succession: Plants that establish in places that already have existing communities of organisms but the land has been recently disturbed (migrating animals, mowing, clearing along roadways, grazing animals, rock fall)

Succession of land

- M. Barren landscape
- N. Succession plants sprout
- O. Releasing compacted soil
- P. Increase in water available in top soil
- Q. Increase in shaded soil
- R. Drawing up minerals through root system depositing nutrients in top soil when leaves decompose
- S. Plant diversity flourishes

Seed to Seeds Plant Cycle

The FACTS are these:

- Plants are the first complex life forms to thrive on land
- Seeds are a source of life
- Our relationship to the elements Sun- Air -Water- Earth- Moon vital to our collective survival
- The majority of plants we interact with are planted or left to live by strangers some generations ago, so plant for the future
- Our place is within nature. You are from a seed, and most genitals have the potential to carry the seeds of future generation
- Plants have stories, songs, and need Indigenous names and planetary purpose



Exercise for the Spirit

Connect with A - plant - Ancestral
- Animal
- Element

Quiet yourself

Listen to the messages

- * True Names
- * Wellness Potential
- * Stories
- * Beliefs
- * Displacement and colonization

The importance of Seed propagated life

-Continuation of diverse, and genetically strong traits
Cloned plants only carry partial genetics losing dominate traits from Seed parent(s) which most often require more care

-Hardiness is gained. Which is the ability for plants to reproduce without intervention

-Complete Cycle -- the purpose of a Seed is to produce life through an abundance of Seeds. Leave on flower heads until seeds fully form, and drop

"Limiting Concept of "Invasive

It is important to become aware that native habitat only represents a moment in the story of the landscape. All habitats evolve, and are in constant change. If we continue exerting huge efforts to control natural progression, we may be creating more damage than by simply doing nothing, or aiding the natural flow

Adapted from *The Wild Wisdom of Weeds*

Seed Harvesting

Ask the plant(s), and any other species actively living, or using the area for permission. Inform them about how you plan to use them.

Y. Harvest only what you need, and will use only if there are multiple plants around. Always leave some for nature

Z. Give gratitude to the plant(s), and an offering to the landscape

These simple practices keep us in the frequency of respecting the intelligent life of the plants, the environment, and the universal flow of abundance. It is important that we embrace the full cycle of giving, and receiving. These practices ask us to go a little slower in our harvesting, which keeps us available for greater observation, and communication.

-----Adapted from *The Wild Wisdom of Weeds*

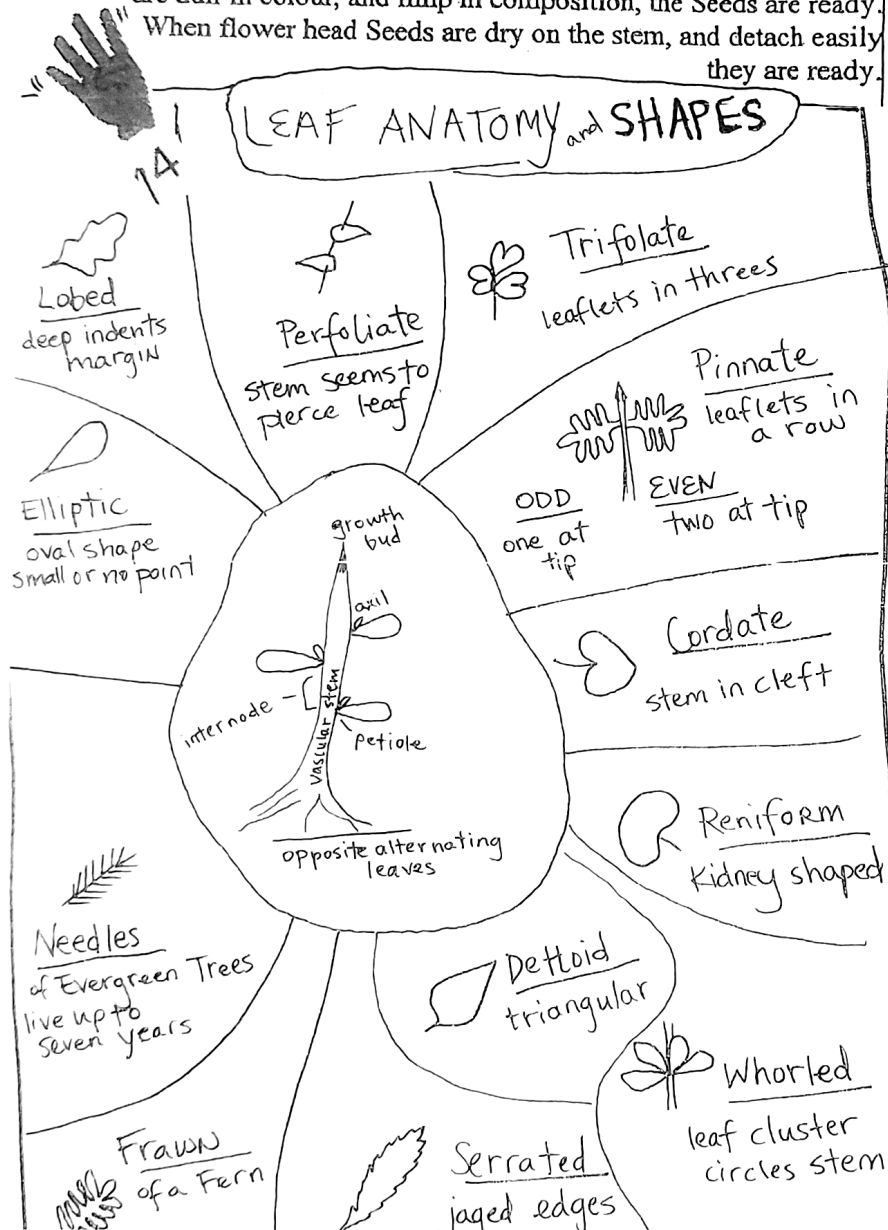
Seed Dispersal .6

Another symbiotic relationship Seeds have is with the animals, and elements that spread them, such as the waterways, wind, furry animals, rain, hungry mammals, and birds. Seeds develop buoyancy, feathery parts, burs, or sticky hooks to travel long distances. Some dry flowers, and fruits spring open sending Seeds into the world.



Seed Maturing .5

Seeds develop in flowers, and fruit. Leave flower heads, and fruit to mature into Seeds, which takes about one moon cycle. (A Moon cycle is in four lunar phases, as the Moon orbits Earth) When fruits are dull in colour, and limp in composition, the Seeds are ready. When flower head Seeds are dry on the stem, and detach easily they are ready.



This booklet is to educate about Seed Harvesting for planting only. If you plan to forage in any other way, please consult the resource section, and educate yourself on Ethical Harvesting.

"Seeds are the first link in the food chain as well as being the storage place for culture, and story, and we have the right to save and share them."

--Doctor Vandana Shiva

Life Cycle from a Seed

beginning the moment the fully formed seed touches Earth

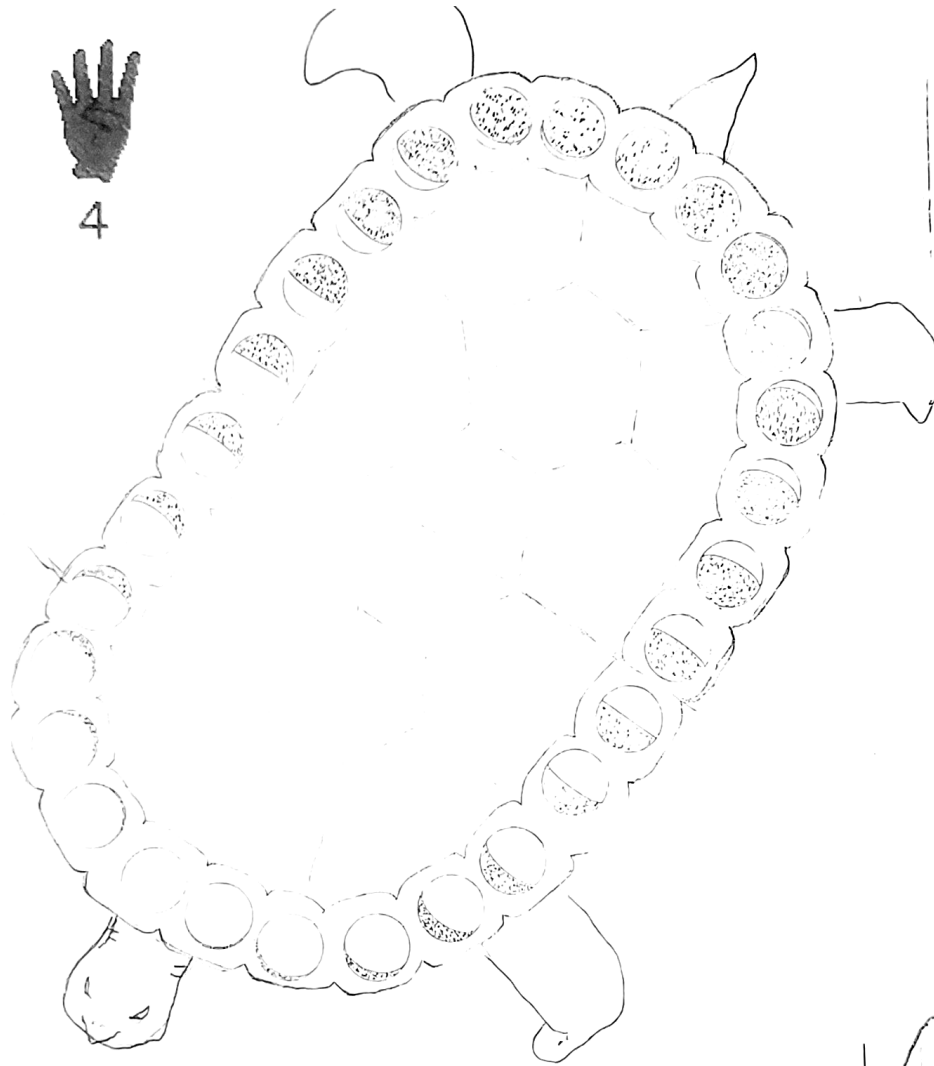
1. Intelligent Waiting
2. Life Span
3. Anatomy of Plants
4. Pollinators
5. Seed Maturing
6. Seed Dispersal

Natural Restoration Processes



1. Attentive Intelligent Waiting

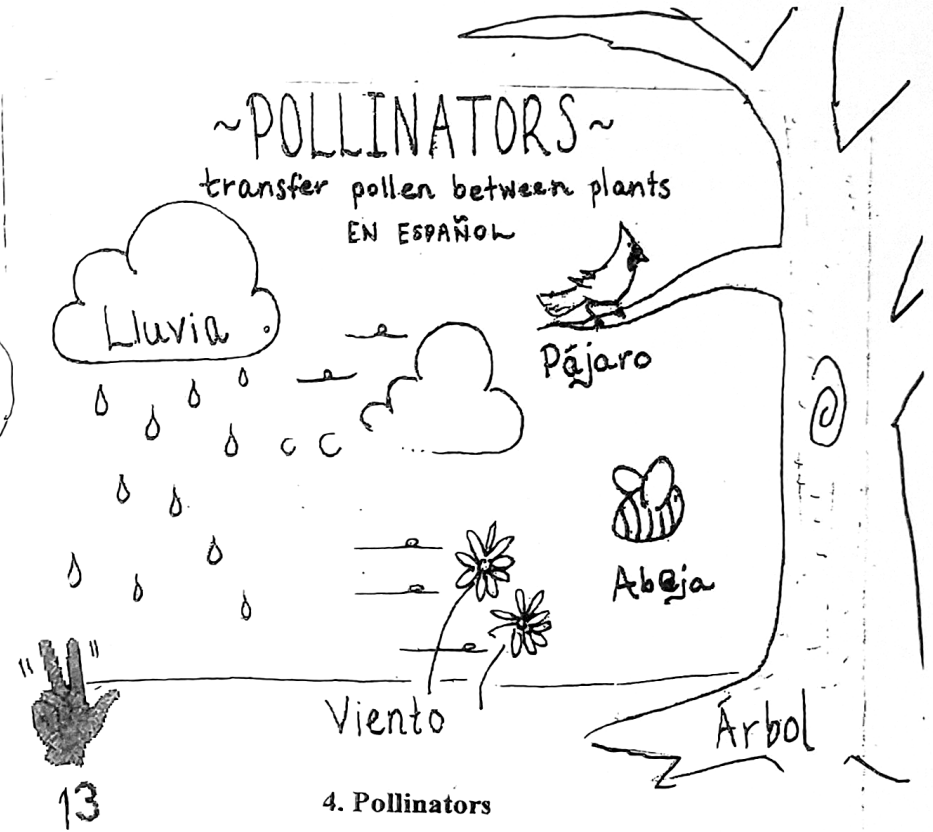
The Seed is aware of surroundings waiting for ideal conditions before opening, and sending out roots. Seeds can wait for 20 to hundreds of thousands of Sun cycles (a Sun cycle is one Sun rotation around the Earth).



Conditions

Elemental - temperature, Sun cycle, amount of Sun/shade, oxygen level, water, moon phase

Germination - forest fire, nutrients in soil, exposure to deep freeze, and prolonged cold, fermentation, passing through a digestive tract, and exposure to rodents



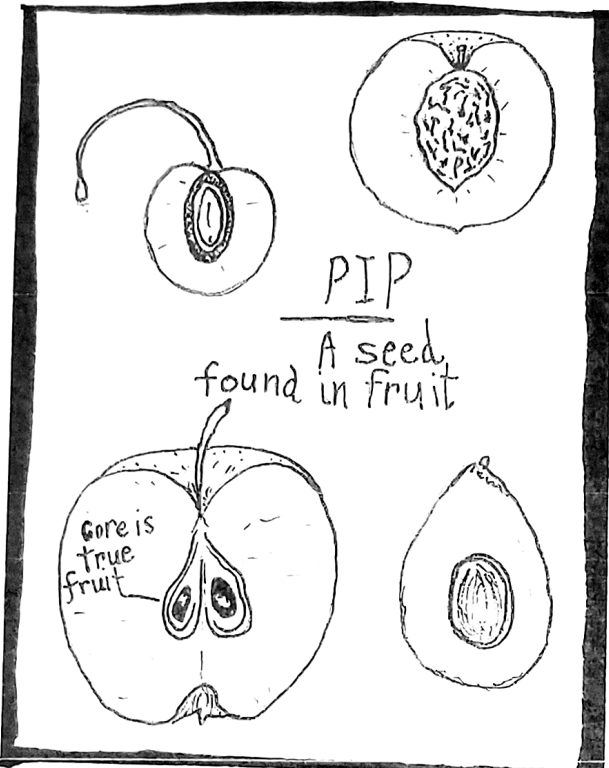
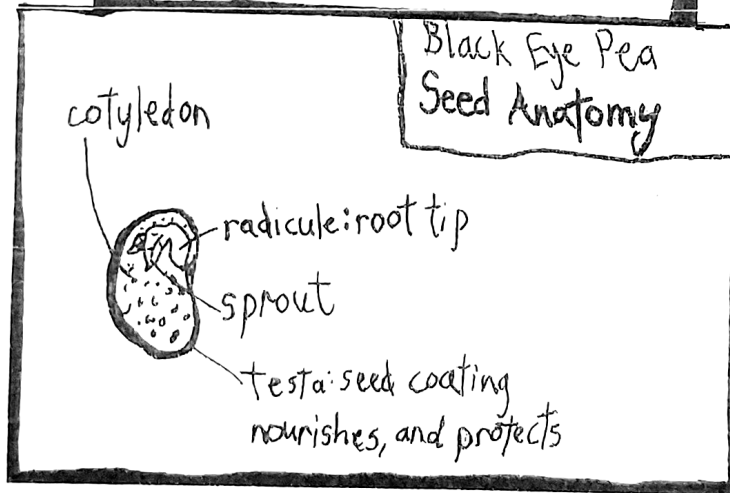
4. Pollinators

A group of elements, animals, and insects that transfer pollen between colourful flowers with dazzling patterns that give off seductive scents. Once the carpel is fertilized the use of the petals, and stamens are no longer needed, and they wither.

I detect birds, beetles, rodents, butterflies, bees the buzzing, humming breath of Weeping. I smile big, recognizing the pollinators as vital components of our ecosystem. Weeping reaches out through multiple precipitation puddles. The replenishing germinator, rain, creates tiny aquatic environments, a liquid supply to the thirsty. The pollinating ebb, and flow of wind chills me to an alert position, reminds me to stay present in every moment. I am attentive to the fully formed seeds in all directions; boldly beneficiaries.

----Excerpt from *Tale of Weeping*

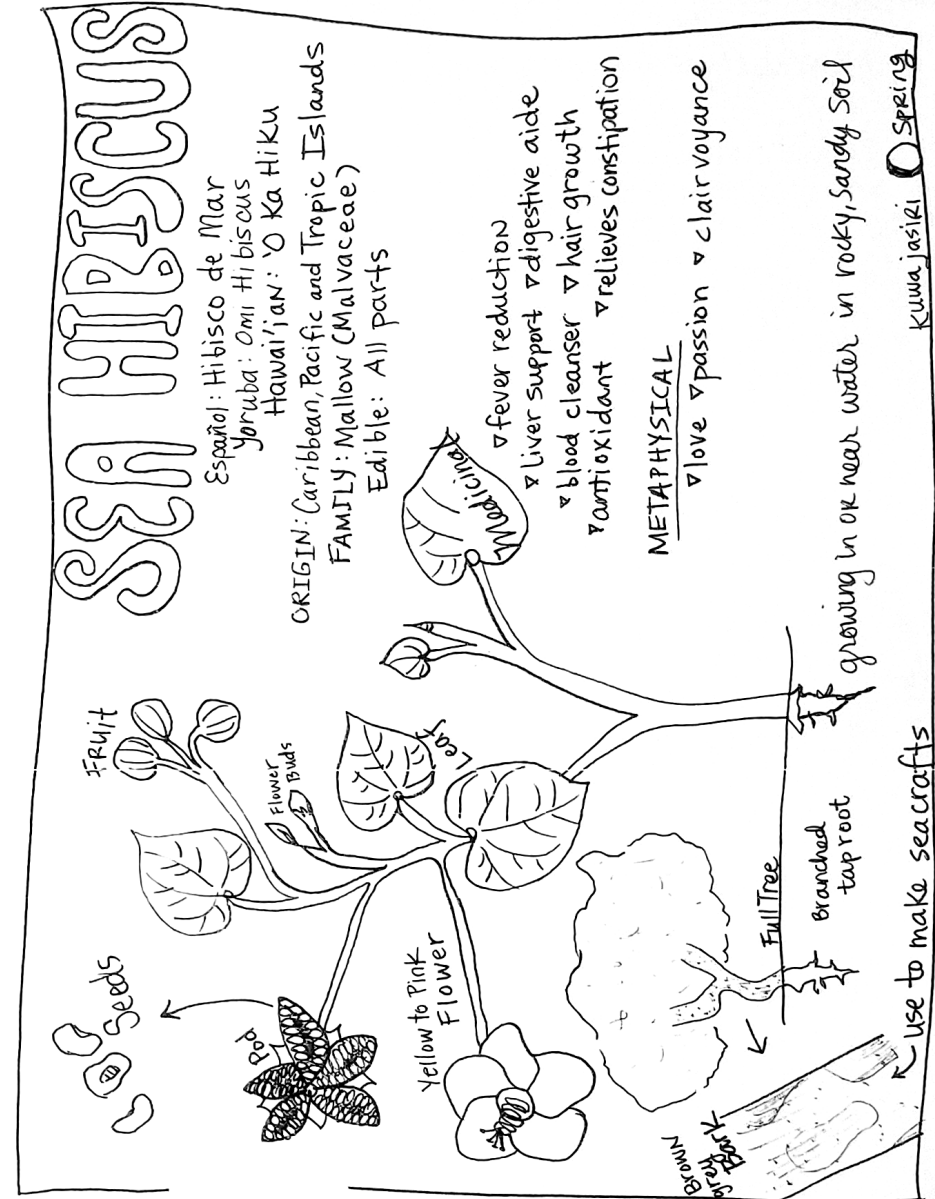
12



Seeds contain dormant sprouts formed at the base of the carpel. The Seed coating is a protective layer that nourishes, and prevents the seed from drying out.



5



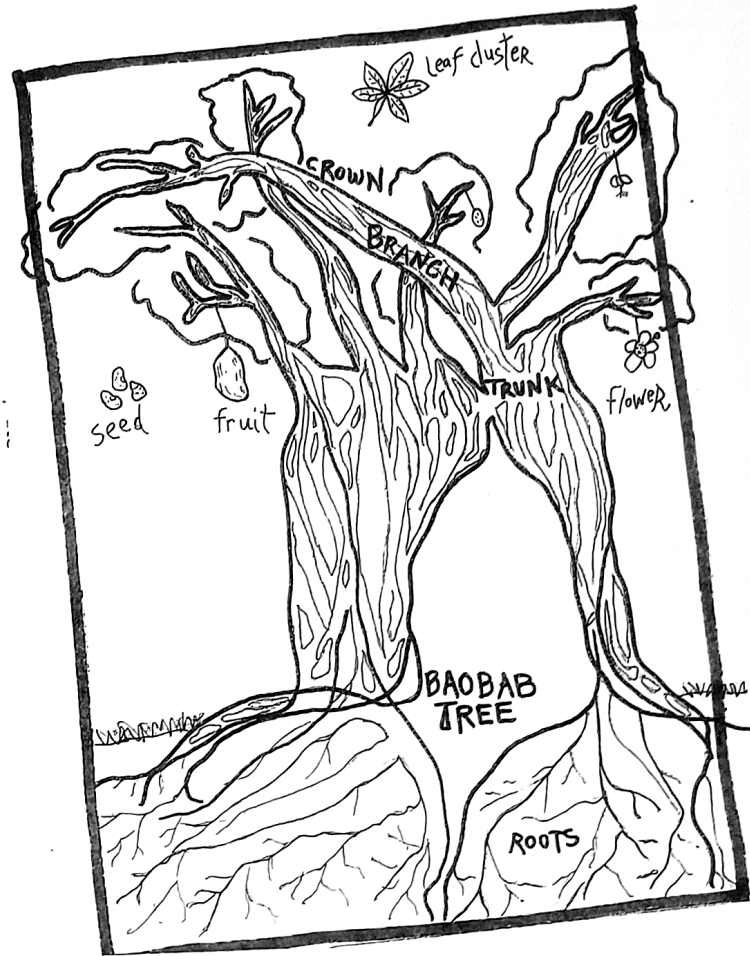
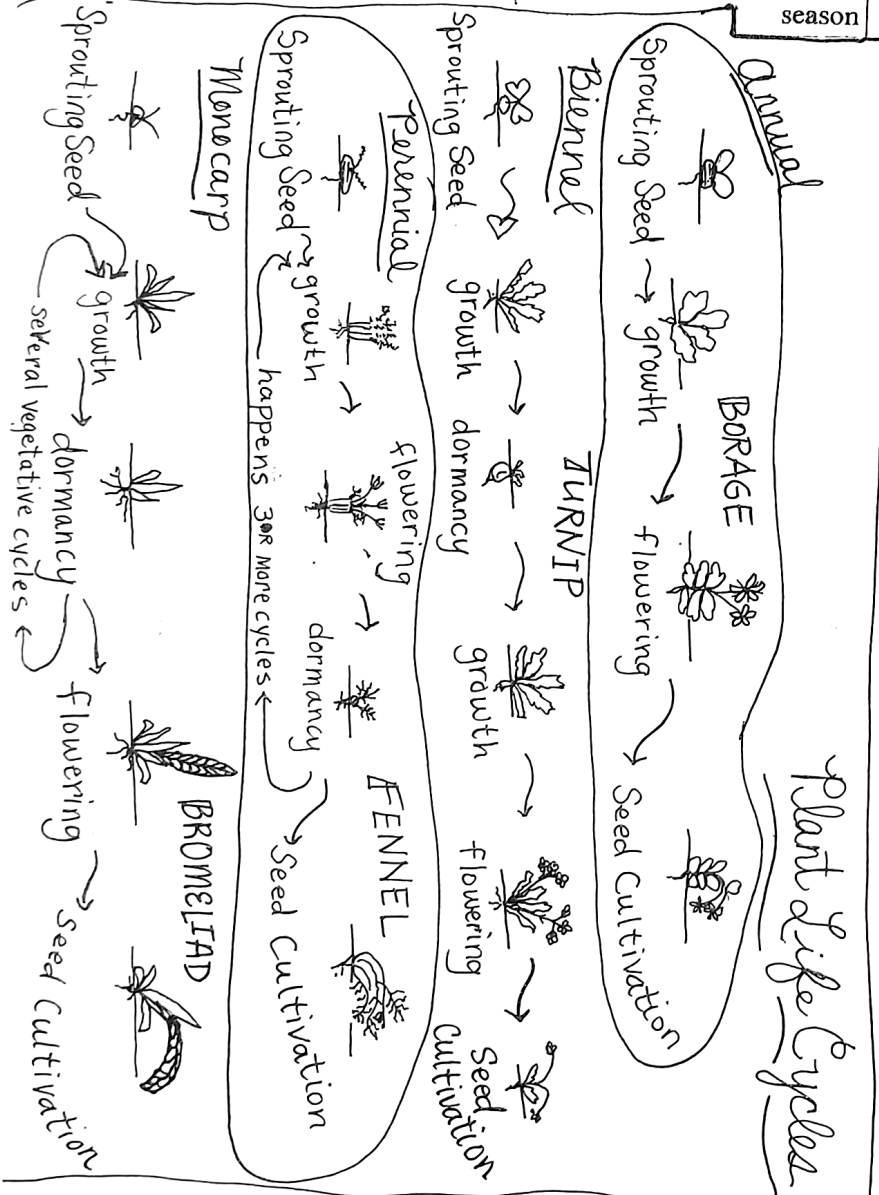
Kuwa Jasiki O Spring

2. Life Span

Annual: Plants produce large seeds, after living for one growing season

Biennial: Flowers, and dies in second growing season. Seed size varies depending on climate. May go dormant in roots during cold season

Share Skateboards and have a mini lesson.



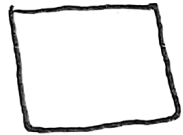
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EatFirst! Joke: Butter you doing? I feel waffle.

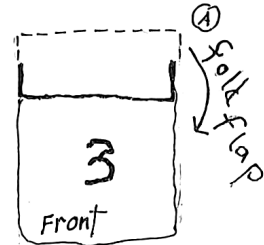
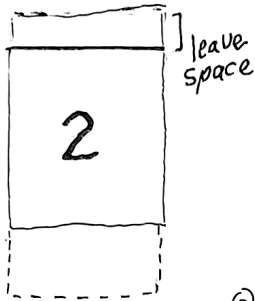
MAY YOUR SEASON BE *so much* **bright ideas**

HOW TO fold a seed packet

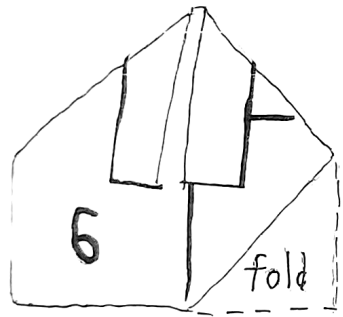
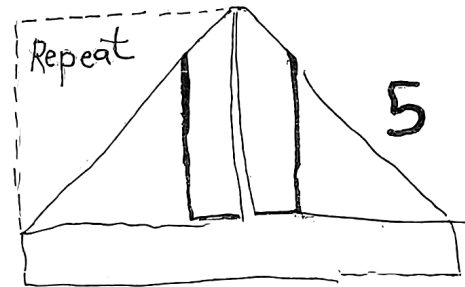
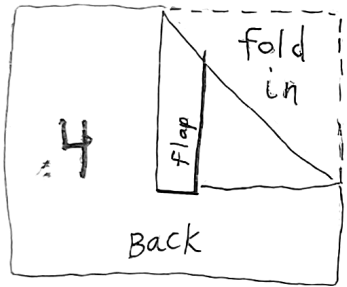
Start with a piece of paper



fold bottom



then flip packet over



and tuck under flap



Finish



To USE
open one
end
fully to
access
pouch



10

you have value

Perennial: Living three or more growing seasons. Depending on climate may go dormant in roots during cold season. Plants produce small seeds



7

Monocarp: Grows leaves for multiple growing seasons, then flowers, and dies during final growing season

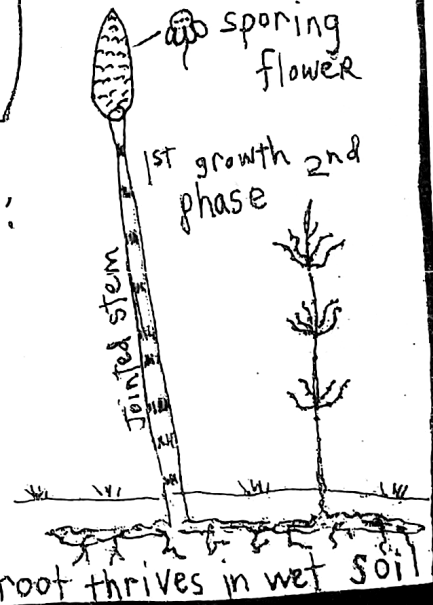
3. Anatomy of Plants

Spores -- Seeds -- Roots -- Stems -- Leaves --
Flowers -- Fruits -- Bark -- Seedlings

Perennial HORSETAIL

Use as a tool to:

- buff
- scour
- sharpen



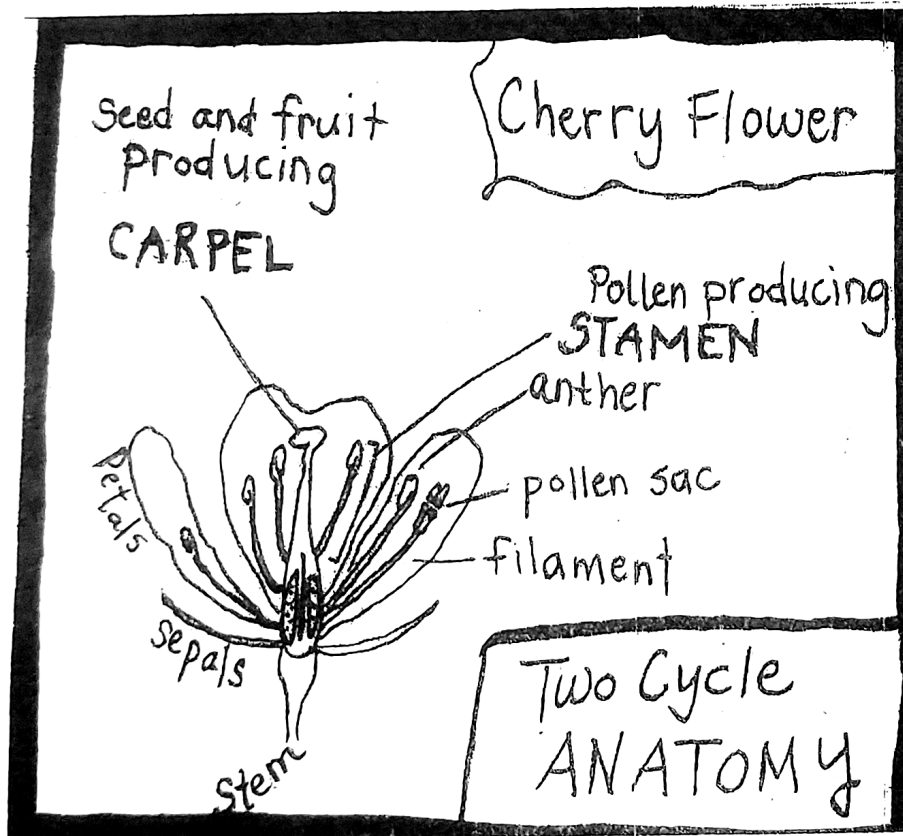
Even though plants can reproduce in other ways, Seed Production is the most effective way to ensure pure genetic diversity, and long-term success of a specie. Each Seed has the ability to root, become a plant that produces tens, hundreds, even thousands of Seeds. Seeds attempt to spread themselves as widely as possible, and we can keep up our specie cultural tradition of collecting, growing, and storing seeds
Adapted from SeedSwap

There are two cycles in the flower. The flower produces pollen grains in the stamens, and fruit forms from the pollinated carpels

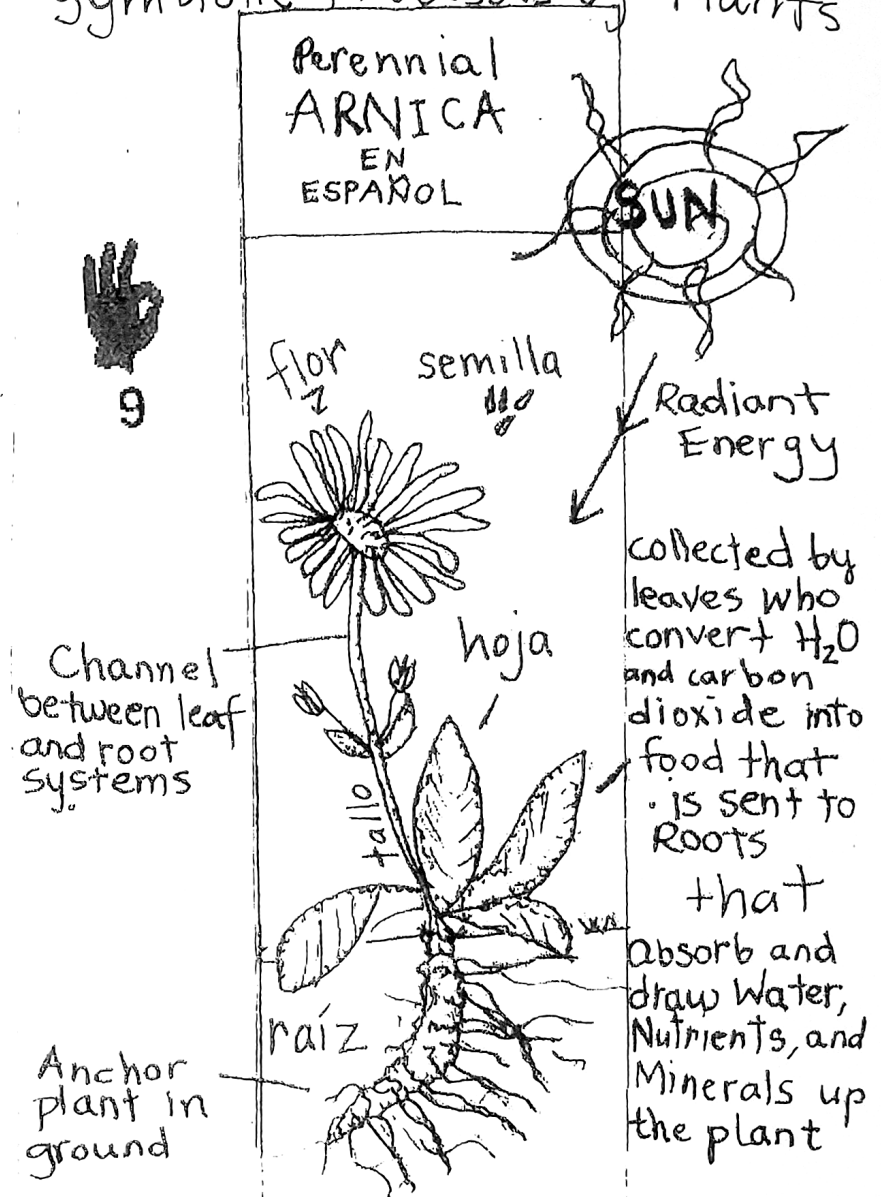
Flowers come in three varieties

- A. stamens and carpels
- B. only stamens
- C. only carpels

Most plants feature one variety of flower (dioecious), although some plants such as cucumber have both stamens only and carpels only flower (monoecious), alternating on the vine.



Symbiotic Processes of Plants



Mycelial networks