



# Planting one Another

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A project with care and coexistence at its core, *Planting one Another* features a twin re-planting of a Medicine and Butterfly garden by the late Mi'kmaw artist Mike MacDonald (1941-2006). Comprised primarily of plants that are indigenous to the Americas, the two gardens will be cared for by two organizations situated within the Haldimand Tract: the Kitchener-Waterloo Art Gallery and the original site where the garden was first planted, the Woodland Cultural Centre.

MacDonald created gardens to make space for contemplation and to invite slow looking and interaction with medicine plants. Over five years, from the late 1980s into the early 1990s, MacDonald recorded testimony and created visual documents for the Gitksan and Wet'suwet'en during their land claim challenges.

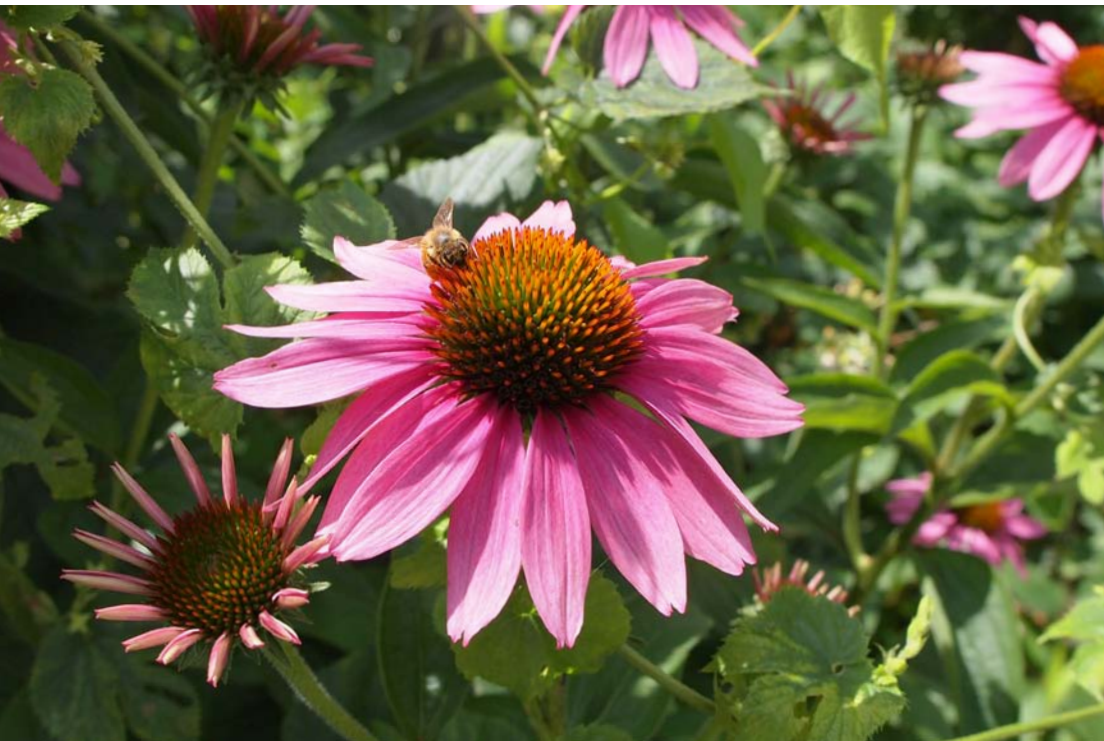
While on location for a video shoot near Kitwanga, British Columbia, in an area threatened by clear-cut logging, MacDonald's encounters with butterflies inspired his understanding of their connection to medicine plants and healing. This was the seed of his numerous in-situ butterfly gardens created from 1995 to 2003 across the country from the Presentation House in Vancouver, British Columbia to Mount Saint Vincent Gallery in Halifax, Nova Scotia.



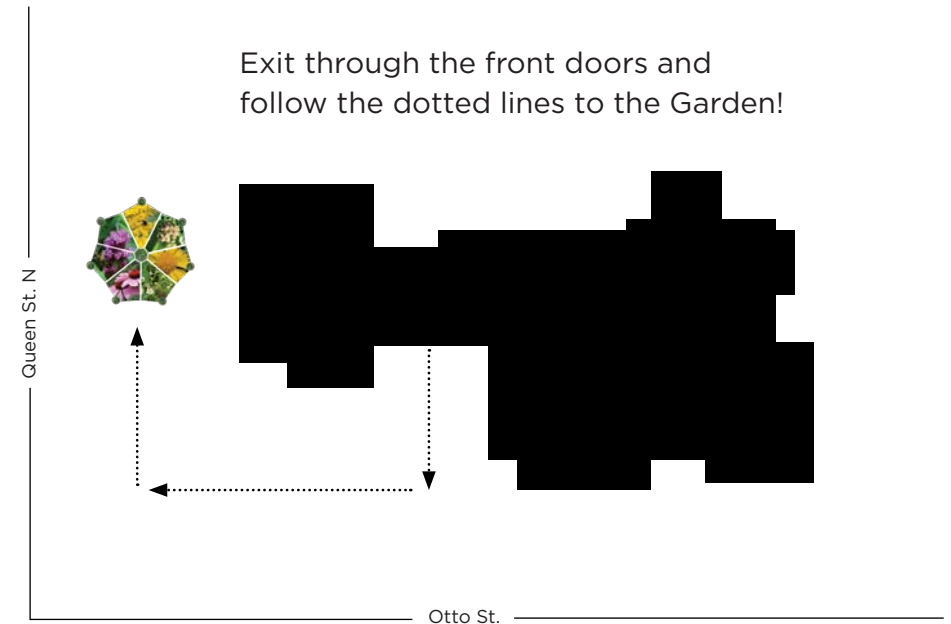
# From the Curator

I consider Mike MacDonald's gardens within the paradigm of returning land and Land Back. I feel that planting native plants on municipal lands in urban spaces re-inscribes plants that were once abundant in that place, but is also a way of inserting a mnemonic, a reminder, a re-mem-bering to call on Indigenous language and plant/land knowledge, which is one part of the intangible value of land - our languages. In this way, these gardens are a living archive of relations including the relations between plants, pollinators, soil, sunlight, water and many other elements. As an artwork, his gardens have symbolism, meaning, ecological function and a cultural and relational purpose.





*Lisa Myers*  
Curator



# Visit the Garden

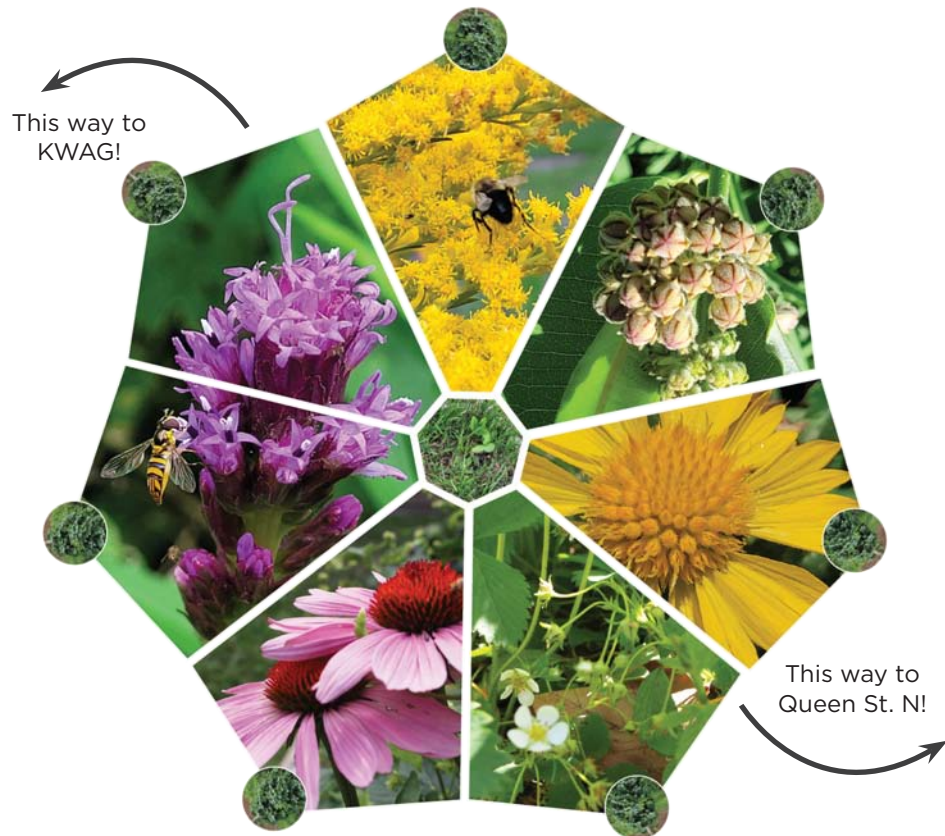


## Tips for your visit

-  Stay as long as you like! You can borrow an embroidered cushion created by the Storm Petal Collective from Visitor Services if you wish to sit with the garden.
-  Please do not take plants, flowers or leaves from the garden. It is an artwork, after all!
-  Feel free to use the stone pathways to get a closer look.
-  Photographs and conversations with fellow visitors are encouraged.

# Discover these Plants

*Planting one Another* is a busy hub of activity! Look closely and you will see many non-human visitors and inhabitants. This variety of life in the garden is part of a larger local ecosystem of pollinators, predators and prey. But insects, birds and other animals are not the only ones who have a use for these plants. For centuries, these plants have been known for their medicinal properties. Even today, many of the medicines that we are familiar with at the pharmacy are derived from plant knowledge.



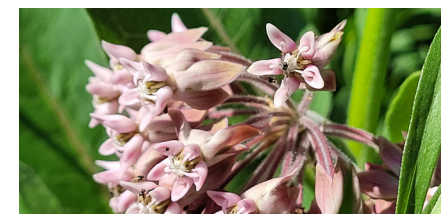
Goldenrod

**1 Goldenrod or Solidago** flowers from mid-July to September. It is used as a tea to help with sore throats and nasal congestion and can also help heal minor wounds when turned into a poultice.

**Aster** flowers in late Summer and early Fall. It is a source of nectar for monarchs and other butterflies. The root is used to help relieve fever or diarrhea, and can be used as a pigment.



Aster



Milkweed

**2 Milkweed** thrives from June to October. Its roots are used to make tea that helps coughs and colds. Milkweed tea was also used as a contraceptive.

**Boneset** thrives from July to September. It is used to treat fever, as well as joint pain, fluid retention, malaria, pneumonia and influenza.

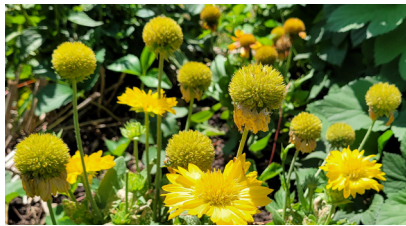
**Caution: Both Milkweed and Boneset are toxic and must be used carefully.**



Boneset

**3** **Blanket Flower** blooms from early to late Summer. An infusion of the flower soothes sore feet.

**Black-Eyed Susans** bloom in late Summer to Fall. Many species of butterflies enjoy their nectar. An infusion of their roots has been used to treat colds.



**Blanket Flower**



**Black-eyed Susan**

**4** **Wild Strawberries** can be found from May to October. Their roots make a tea used to help stomach ailments, jaundice and can treat sunburn when applied to the skin.



**5** **Echinacea** blooms from June to August. It is an immune booster and used for burns, toothaches and wounds.



**6**  
**&**  
**7** **Purple Liatris** grows in meadows and blooms from July to late Fall. When turned into a tea it helps treat kidney ailments, colic and painful periods.



**8 Sweetgrass** grows across North America and can be found in the middle of the garden. It is burned like an incense and used in cleansing or prepared as tea to treat coughs, sore throats and fevers.



**9 Hops** are the only plant in *Planting one Another* not native to North America. The vines are seen growing up the poles. Hops give beer its bitter taste and are a spot for butterflies to lay their eggs. These invasive plants are like the colonizers of the garden, taking up valuable space and restricting the amount of sunlight that is able to reach the native plants below.







## Take a Closer Look

*Slow down*

*Look closely*

*Look from a distance*

*Take time to exist in relation*

-  What feeling, ideas or images does the garden evoke?
-  Examine the garden using all five senses. What do you smell, taste, touch, see and hear?
-  When you leave the garden today, think about what other types of medicine exist in your life such as plants, pets or music, and consider how you interact with them.
-  Can defence of the environment be understood as a type of medicine?

# KITCHENER-WATERLOO ART GALLERY

101 Queen Street North, Kitchener ON N2H 6P7  
519-579-5860 | kwag.ca | mail@kwag.on.ca

  @kwartgallery |  kwartgallerypage

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Thursday: 9:30 am - 9 pm  
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Sunday: 1 - 5 pm

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