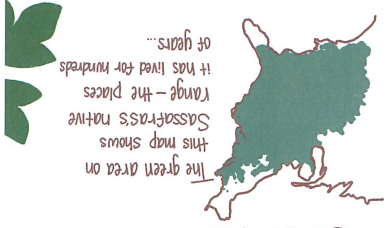


This Sassafras is near location B10 in the Blomquist Garden of Native Plants. Pick up a map visit to find even more!



You can visit Sassafras in Duke Gardens! Look here to find it!



Where can you find Sassafras?
The green area on this map shows Sassafras' native range—the places it has lived for hundreds of years...

SASSAFRAS MEDICINE IS VERY POWERFUL... AND CAN COME IN MANY FORMS.

INGESTIBLE MEDICINE SHOULD ONLY BE PREPARED AND ADMINISTERED BY PEOPLE WITH TRAINING AND EXPERIENCE. SASSAFRAS IS KNOWN TO:

- TREAT KIDNEY PROBLEMS
- PURIFY BLOOD
- PROMOTE SWEATING
- AND MORE! ASK SOMEONE IN YOUR COMMUNITY WHAT THEY KNOW ABOUT SASSAFRAS!



Can you identify me?

<p>Look for my three distinct leaf shapes! They are one of my most unique features!</p>	<p>I also produce tiny yellow-white flowers in the spring!</p>
<p>In the fall, you can see my tiny blue fruit!</p>	<p>Depending on where I live I can vary in size: small to tall, green, and changing to red, yellow, and orange in the fall!</p>

Nice to meet you! Some of my names are

Kansalli (Telugu, English lettering)
Walu (Telugu, Chinese speaking)
 Pronounced "Kan Sha St"
Sassafras (Common English name)
Sassafras albidum (Scientific name)

Did you know? Telugu is another name for the Chinese language!

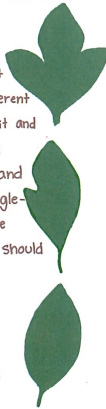
BY TIGERLILY KAYNOR

ROOTED IN RELATIONALITY

A BRIEF INTRODUCTION TO SASSAFRAS AND ITS MEDICINE

SOME MEDICINE FROM SASSAFRAS

In one story, it is said that the different shapes of Sassafras leaves represent different genders. Three lobed leaves represent Two-Spirit and LGBTQIA+ relatives. Masculine genders are represented by leaves with two lobes and feminine genders are represented by single-lobed leaves. Sassafras reminds us that there are many ways to express gender, and all should be celebrated!



To read the full story, check out the book "Sassy Sassafras" by the Paths (Re)Membered Project!

!SOS!
SAVE OUR SASSAFRAS
 Despite documented benefits and generations of relationality and wisdom, using Sassafras was **OUTLAWED** by the United States FDA. Sassafras contains a potentially dangerous chemical, **SAFROLE**. Bans like these threaten and de-value Indigenous relationships, making Sassafras medicine less accessible.

Sassafras has also been threatened by the invasive ambrosia beetle, which spreads deadly Laurel wilt fungus from tree to tree.

Want to build your relationship with Sassafras?

1. Find a Sassafras friend near you! Use your senses to observe it—what do you notice? How does interacting with Sassafras make you feel?
2. Can you think of a story or lesson that can be represented by Sassafras' leaves?
3. Find a Sassafras leaf (this might be hard in the Winter!) Draw or trace the leaf. Can you incorporate this shape into a larger drawing?



LOOKING FOR MORE?

#1 in the series
 ROOTED IN RELATIONALITY.

Learn more about Sassafras. Connect with other artists by and discover other zines by scanning the QR code!

Rooted in Relationality was created by Tigerlily Kaynor as part of Duke Gardens' Engaging Through Storying Program. Learn more about her work and the program by scanning the QR code!

DUKE GARDENS SARAH B. LEAH