

April:

Guided by the natural world, this is a time when humans are encouraged to participate in spring cleaning in our homes, as well as our bodies, minds, spirit and hearts.

Celebrating our Kin: Two-Spirit Showcase

“This is the work of our Two-Spirit people, to sing, to shake, to listen, to remember the world who needs our fire if any human is to survive.”

-Quo-Li Driskil, from Stories of Asegi



Meet Quo-Li Driskil, Cherokee poet, speaker, scholar, performer and activist. They have written and published extensively on themes of cultural inheritance and healing, as well as Two-Spirit, queer and mixed-race experiences. Quo-Li Driskil is an assistant professor in the

Women, Gender and Sexuality Studies Department at Oregon State University.

[**Cherokee Queer and Two-Spirit Memory – Stories of Asegi with Quo-Li Driskil**](#)

[Sovereign Erotics: A Collectin of Two Spirit Literature](#)

Medicine of the Month:

Óhrhes (Kanien'keha) **Maazaan** (Ojibway) **Stinging Nettle** (English)

Stinging nettle grows abundantly across Turtle Island and is highly nutritious.

Medicinal Benefits: high in vitamins and minerals including Vitamin C, Vitamin A, calcium, magnesium, iron, and potassium. Source of protein. Anti-inflammatory. Strong tonic that supports kidney, bladder (including helping with urinary tract infections) and reproductive organs. Used in treatments for painful muscles and joints, eczema, arthritis, osteoporosis, gout, anemia and seasonal allergies. Because of their high nutrient and cleansing constituents, stinging nettle supports the nervous system (helps with stress, depression and anxiety).

Harvesting: They love to grow in sunny places with rich, moist soil. Harvest nettles in a clean location, a few weeks after they come up in the spring while they are still young (a couple or a few inches tall) before they flower and set seed. Pick the tender tops of plants (first few leaves). You may wish to wear gloves to prevent some of the stinging.

Preparing: When cooked or dried, nettle loses their stinging properties. Use as you would spinach. Enjoy fresh by steaming, sauté, or boiling them in soups and sauces.

Nettle Infusions:

- Tea: 1-4 teaspoons of fresh or dried nettle per cup of tea. Steep 5-20 minutes with water that has reached a rolling boil.
- Decoction: Boil for a few minutes and then strain.
- Tonic: Steep it at room temperature overnight.