

GROWING ASEMAA

(Traditional Tobacco)

WHY GROW ASEMAA?

Growing asemaa can bring people together in a good way and connect them to a healthy and healing way of life.

Area Elders teach us to 'lead with love'. Come to the asemaa with a clear mind and a loving spirit. When we put love into our plants and let them know their purpose, we grow our offerings in a good way.

THERE ARE MANY TEACHINGS

Asemaa can be grown in different ways; this is only one of them. We encourage you to try, learn, and share your knowledge... and seeds!

Area Elders teach us that asemaa is sacred – one of the first gifts given by the Creator. Always lead with asemaa: before ceremonies, when asking for guidance from an Elder, and as an offering to the Creator.



Resources

The Four Sacred Medicines - Anishnawbe Mushkiki

Offering Asemaa - Lakehead University

Purchasing Asemaa - Turtle Lodge Trading Post

CREATED IN COLLABORATION:



COMMUNITY HEALTH & WELLNESS
Aboriginal Health Access Centre



If you would like some seeds to grow asemaa, please contact:

NWTCAN@tbdhu.com

GETTING STARTED

- Start seedlings indoors, ideally late February or early March.
- Asemaa grows well in a variety of soils. If possible, try using soil from future plant site/garden.
- Lightly cover a pinch of the tiny tobacco seeds in a cup of soil.
- Place in a sunny area and mist with water regularly to keep soil moist.
- Shoots usually appear after 7 - 10 days.

TRY THIS

Make a little greenhouse by putting a clear plastic covering over your shoots.

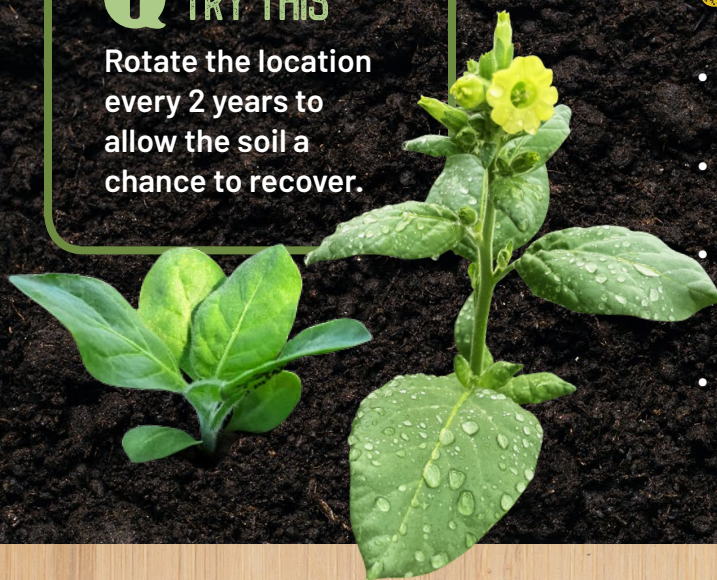


TRY THIS

Rotate the location every 2 years to allow the soil a chance to recover.

OUTDOOR GROWTH

- When plant is sturdy enough, transplant outdoors after the last frost (no earlier than mid-June).
- Asemaa loves the sun! Pick a spot with lots of direct sunlight.
- Plants can become very large. Grow them well away from your vegetables, with at least 18 inches between each plant.
- Water regularly to keep the soil moist.



HARVESTING/DRYING

- Healthy lower leaves can be picked as they grow big enough throughout the summer.
- Individual leaves can be strung up and hung to dry.
- Harvest the entire plant in the fall when the flowers have dried into seed pods.
- Dig up the roots and shake off the soil.
- Hang plants upside down in a dark, dry place. It can take several months to dry completely.

TRY THIS

Lay a sheet underneath to collect fallen seeds.

