

These towering and luminous yarrow and blue vervain plants are symbols of healing and recovery. Both are native to this part of the world and are important medicine and plant allies to people who live here today, as well as for those who lived on this land before colonization. Yarrow is known for its ability to stop bleeding and heal wounds. Blue vervain can be used to treat headaches, insomnia, depression and anxiety.

The location of this mural and the entire City of La Crosse occupies land that was once a prairie and home to a band of Ho-Chunk. This mural is meant to emanate a sense of healing and connection and honor the Ho-Chunk people who stewarded this land since time immemorial.

This mural was made possible by the La Crosse Arts Board.

