

ROOTED REMEDIOS

ANNUAL REPORT 2024/25





ROOTED REMEDIOS: BOTANICAS X PLANT CRUZER

Rooted Remedios: Botánicas x Plant Cruzar is a groundbreaking project with the primary objective of establishing a supportive and educational space for Indigenous medicine and teachings. The project aims to help students gain language and engage in concepts of Indigenous medicinal practices, such as sustainable plant harvesting, social justice, traditional medicine, and overall health and wellness by providing access and resources aimed for the benefit of Chicanx, Latinx, Indigenous, multiracial peoples, and lower income or working-class community members.

Rooted Remedios originated in Doctor Patrisia Gonzales' Mexican Traditional Medicine course at the University of Arizona. Staff and student staff from the Guerrero Student Center and Women & Gender Resource Center wrote a grant proposal as students in the course. With support from Plant Cruzar, the grant was submitted to The Campus Sustainability Fund (CSF), a unique and non-traditional grant program of the Office of Sustainability. Rooted Remedios received \$100,000 for the 2024-25 Academic Year!

ASSESSMENT

Throughout the fall 2024 and spring 2025 semesters, the Rooted Remedios student team executed fourteen programs across the academic year. The programming included the creation of plant and herbal medicine such as rose water, candles, tea, and aloe vera addressing mental health, wellness, immunity, the heart, nourishment (food as medicine), gut health and healing our spirits, scars and soul wounds.



84%

of attendees gained knowledge about cultural and resource centers on campus.

98%

of attendees gained knowledge about plant properties and their uses.

659

attendees across all programs

92%

of attendees found the medicines and resources provided to be “very useful”.

87%

of attendees experienced significant improvement in their understanding of Indigenous medicinal practices.

ASSESSMENT

Qualitative and quantitative data were collected over the course of the academic year through Trellis and post-event surveys. Thank you to the program attendees for your attendance and feedback!

FALL SEMESTER PARTICIPANT

"I'm overall really thankful for the experience. It's been really hard finding places and people that can help me connect more with my ancestral roots so I'm incredibly thankful for that."

"I ABSOLUTELY LOVE THE MEDICINE THIS SEMESTER"



THANK YOU TO OUR FRIENDS AND COLLABORATORS:

Alianza Indígena Sin Fronteras
Apapáchame Tierra
Wolfberry Apothecary
Osito Treats
Kaotic Kitties LLC
Sagrado Wellness
Manzo Elementary School




"INCLUSIVE AND WELCOMING"

OPEN HOUSE PARTICIPANT

"This was not only a fun and interactive experience but an extremely educational and relaxing one. I will be taking this information and resources with me and hold them close to my heart."

"A HEALING EXPERIENCE DURING A STRESSFUL TIME"



A woman with dark curly hair and glasses, wearing a white cardigan over a black top, is smiling as she pours a yellow liquid from a small glass jar into a large black slow cooker. The slow cooker is filled with a similar yellow liquid. The scene is set on a table covered with newspapers, and other people are visible in the background.

“Thank you for providing a social group, I really, really needed it this semester and your program and teachings have helped my mental health more than I can express.”



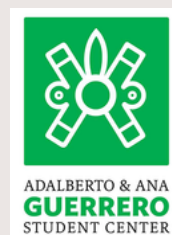


THE SPACES THAT HELD US

The restorative growth and healing that has flourished in the Rooted Remedios community would not have been possible without the spaces that made room for our curiosity, care, and intentions. We carry immense gratitude for each and every one of these places, and we ask for your continued support and attention to each of them as we continue to navigate challenging times and changing policy landscapes. The Women & Gender Resource Center and the Adalberto & Ana Guerrero Center in particular are facing threats to their work due to the tumultuous political climate, and your support will be instrumental to the continuation of those spaces and the community resilience they sustain.

**Adalberto & Ana Guerrero Center
Women & Gender Resource Center
Wassaja - Native American Research &
Training Center
UArizona Community Garden**

**“KEEP IT FULLY FUNDED.
ESSENTIAL WORK!”**



THE UNIVERSITY OF ARIZONA
**Women & Gender
Resource Center**

[HTTPS://GSC.ARIZONA.EDU/](https://gsc.arizona.edu/)

[HTTPS://WGRC.ARIZONA.EDU/](https://wgrc.arizona.edu/)

THANK YOU

FROM THE ROOTED REMEDIOS TEAM



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Dr. Patrisia Gonzales,
Advisor for Rooted
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Traci Faith Hughes,
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Kim Dominguez, Director
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Dominique Calza,
Director at Guerrero
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