Culturally Important Plants of the Lakota

Based on interviews, research, and a comprehensive review of historical documents.

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			Sap is collected in the early spring by "tapping" trees and is used as a sweetener or a refreshing beverage. The leaves are sucked to relieve dry mouth during Sundances. The inner bark is edible, but only used during food shortages. The seeds are also edible after the husks have
1 Acer negundo	boxelder maple	čhaŋšúška	been removed and the seeds boiled.
2 Acer saccharinum	silver maple	tňahálo	A decoction of the bark is used to dye hides. The sap is sometimes collected and used as a sweetener or refreshing beverage. An infusion of the bark is used to treat diarrhea, dysentery, and cramps.
	silver maple	manaio	Sap is collected in early spring by "tapping" trees and is used as a
			sweetener. A decoction made from the inner bark is used as a
3 Acer saccharum	sugar maple	čhaŋhásaŋ	expectorant.
4 Achillea millefolium	Western yarrow, common yarrow	ňaŋté čhaŋňlógaŋ, tňaópi pňežúta	Poultice of dried leaves and flowers used to heal spider and other insect bites. Wad of moistened leaves put in outer ear to cure earache. Poultice made from whole plant applied to wounds to stop bleeding. Leaves chewed for toothache. Leaves rubbed on irritated skin to relieve itching. An infusion made from leaves used to treat stomach pains, coughing, and sore throat. An infusion is also used to stimulate sweating and urination, as a mild laxative, to cleanse/detoxify the blood, to cure female organ problems and heal internal bleeding.
			The seeds are edible when cooked. They are often ground into flour and
Achnatherum 5 hymenoides	Indian ricegrass	psíŋ	used to make bread or to thicken soups. The seeds are sometimes roasted.
	sweet flag,		A decoction of the roots is taken for fever, sore throats, coughs, stomach problems, heart disease, high blood pressure and diabetes. Root chewed for sore throat and toothache. Poultice of crushed root used externally for muscle cramps. Root is chewed and then put onto one's face to ward off fear in the presence of an enemy. Pulverized root mixed with gun powder and made into a decoction, which is effective against arm and leg cramps. Piece of root placed inside of cheek to ward
6 <i>Acorus calamus</i>	bitterroot	siŋkpé thăawóte	off bad spirits.

I				
7	Agastache foeniculum	lavender hyssop	waňpé yatňápi	Leaves used to make a pleasant tea. Leaves chewed for their "licorice" flavor and to freshen breath. They may also be added to cooked meats and fruits. An infusion of the leaves is used to treat colds and fevers, and to strengthen the heart.
	Alisma plantago- aquatica	water plantain	wakiŋyaŋla paħlí hú	Root is edible - it is harvested in the late fall and then dried for later use. Use caution when harvesting in the fall, as one must ensure correct identification so as to not confuse the tubers of this plant with poisonous death camas.
9	Allium spp.	wild onion	pšíŋ šičámna	Whole plant cooked in soups and stews; it is also eaten raw. Plant rubbed on bee and wasp stings to relieve pain and swelling. Onions are excellent for heart health and blood detoxification.
10	Amaranthus spp.	amaranth, pigweed	waňpé makňá ayúblaya, waňpé makňá yatňápi iyéčheca	Leaves eaten similarly to spinach. Seeds ground into flour. All members of this genus are edible.
	Ambrosia		poíphiye, caŋħlóğaŋ	A poultice is made by preparing a decoction of the leaves and soaking material in the liquid and applying the material to swellings. A poultice may also be made by macerating the leaves and applying them directly onto the swollen area. An infusion made from roots promotes regular bowel movements and urination. An infusion is also taken by women who
11	artemisifolia	annual ragweed	waštémna	are having difficulty giving birth.
			uŋzípakhiŋte,	Leaves are rough like a cat's tongue and were used as toilet paper. A poultice of the whole plant is used as a
			yamnúmnuğa	treatment for infected toes. An infusion of the leaves and stems is
12	Ambrosia trifida	giant ragweed	iyéčheca	taken for pneumonia and fever and as a treatment for diarrhea.

13	Amelanchier alnifolia	juneberry, serviceberry, Saskatoon serviceberry	wípazutkňaŋ	Stems are formed into hoops and covered with leather to use for a game of skill. Stems sometimes used for arrow shafts. Leaves boiled to make a tasty tea. Berries eaten fresh or dried for later use. Berries have a mild laxative effect. The fruits of this species are added to dried meat and mixed together with fat to make wasna (also known as pemmican).
14	Amorpha canescens	leadplant	ziŋtká wóte, ziŋtkála tňačháŋ, tňatňáŋka hotňúŋ, pté hotňúŋ, šuŋgtňáwote	Leaves used to make tea. This infusion is excellent as a simple beverage, but it is also effective in treating lung congestion caused by the flu. Leaves dried and added to smoking mixtures. An infusion of the leaves is used as a bath to treat eczema. Stems are used in ceremonies, especially before bison hunts. Stems are boiled and used to treat neuralgia and rheumatism.
15	Amorpha fruticosa	false indigo	ziŋtkála tňačháŋ	Straight branches used to make arrow shafts.
	Amphicarpaea bracteata	American hog peanut, mousebean, groundbean	makňátomniča	There are two types of fruit on this vine. Fruit that hangs from the upper part of the vine is not edible, but fruits that hang from the lower part of the vine actually extend underground as a sort of root pod. These fruits contain seeds that are known as groundbeans. These "beans" are collected from vole caches. Lakota women would always sing songs to ask the voles (mice) permission to take the beans and they would also leave a gift of corn meal or some other food in exchange for the <i>makatominica</i> . If a reciprocal gift is not given, it is said that the woman and her family would go hungry during the winter. The groundbeans are eaten raw or in soups and stews.
17	Andropogon gerardii	big bluestem, turkeyfoot	pheží šašá ókhihe thaŋkíŋkiŋyaŋ	Boys use the stems as arrows in mock war games. This grass is excellent forage for bison and other grazing animals.
18	Anemone canadensis	meadow anemone	waĥpé owáŋyaŋg wašté	The roots are quite astringent and are used to stop bleeding. A decoction of the root is used to treat lower back pain. An infusion of the root is used as an eye wash to treat sore eyes, crossed eyes, and eye twitching. The root is eaten to clear the throat to promote good singing.

19	Anemone cylindrica		itňúŋkala tňatňúŋkče	There are stories about this plant. A poultice of the boiled, mashed root is used to treat all types of wounds. A poultice of the leaves is used to treat burns. An infusion of the root is used to treat headaches.
20	Anemone patens	pasque flower, prairie crocus	hokší čhekpá waňčá	This is one of the very first flowers of spring. There are many songs about the beauty of this flower and the joy of seeing the first one in early spring. The whole plant is also used as a counter-irritant in the treatment of arthritis.
21	Antennaria parvifolia		chaŋň lóğaŋ hú waŋžíla, itň úŋkala nakpá	Whole plant used as a poultice to treat swellings. The inflorescences are sometimes chewed like tobacco or even gum. Known by some medicine men as "eagle medicine."
22	Apios americana	Indian potato	bló, bló pahú	This potato is mixed into soups and stews. It can also be eaten raw, roasted or boiled. The green tops of the plant are also edible and are called "blo hu."
23	Apocynum cannabinum	Indian hemp, dogbane	napéoilekiyapi	This plant is considered toxic by the Lakota, but the milky sap is used to "burn-off" warts when applied to the wart three times a day for 5-7 days. Stem fibers are used to make nets and twine. The Lakota are aware that snakes tend to hide under this plant.
24	Arabis hirsuta		čhaŋʰlóǧaŋ hú waŋžíla	Green parts of plant are eaten raw or cooked similarly to spinach.
25	Arctium minus	burdock	waňpé tňáŋka	INTRODUCED. The young, green shoots are eaten raw or cooked, as are the tender roots. It sometimes takes a lot of boiling to remove the bitter taste from the roots. A decoction of the roots is also an excellent blood tonic (detoxifier) and is also effective against throat infections, boils, rashes, eczema, acne, boils, and insect bites. It is used in the treatment of colds with sore throat and cough.

				Fruit is considered edible, but it is only used as "trail food." An infusion
	Arctostaphylos			of the whole plant is used as a cough medicine, and as a treatment for
26	uva-ursi	bearberry	čhaŋlí wápe	colds and back pain.
	Argemone	/	thókahu wahíŋkpe	
27	polyanthemos	prickly poppy	uŋ zíyapi	The roots of this plant are used to make yellow dye for arrow shafts.
				The leaves are made into a pleasant tea. The roots are also edible raw or
		silverweed,		cooked. An infusion of the leaves and stems is used to treat diarrhea.
28	Argentina anserina	shrubby cinquefoil	zuyá pňežúta	The whole plant is regarded as "medicine to use against the enemy."
				Lakota recognize this plant because the awns get stuck in animals mouths
		red three awn,		and cause infections. Therefore, the Lakota will not graze their horses
29	Aristida purpurea	wiregrass	peží tňakňáŋ kazá	in areas where this grass is present.
				INTRODUCED: This plant is one ingredient in the distilled liquor called
				absinth. The liquor has been shown to be psychoactive and was outlawed
				in the United States. A decoction of the whole plant is used to treat
				heart disease and diabetes; however, care must be taken, as large
				quantities of this infusion may be toxic. It has been known to stimulate
				the liver, gall bladder and digestive system. The plant is also used
30	Artemisia absinthium	absinth wormwood	wapezuta	externally to treat insect bites and stings.
				An infusion of the roots of either plant is used to treat constipation,
				difficulty urinating, and difficulty in childbirth. Decoction of leaves
	Artemisia campestris	Western sagewort,		taken to abort difficult pregnancies. Pulverized roots are put on a
	Å	false tarragon	čhaŋň lógaŋ	sleeping man's face so that his horses can be stolen easily. The
31	dranunculoides	sagewort	waštémna	pulverized root is also used as a perfume
				The Lakota recognize that this is the best sage for winter browsing by
		silver sagebrush,		game and livestock. The leaves and stems are also burned as insect
32	Artemisia cana	white sagebrush	pňeží ňóta tňotňó	repellant.

		pňeží ňóta	This sage is known as "women's medicine." Women use it in their bath
		, waštémna, wahčá zí	water or to make a bitter infusion. The infusion helps to regulate
	fringed sagewort,	sutá, makňá	menstruation and to cause contractions in pregnant women who are
33 Artemisia frigida	little wild sage	čheyáka	overdue.
	·····		
			Leaves and stems burned as incense and used for "smudging." That is,
			the sage is burned and the smoke breathed in, and wafted all over the
			body to purify one's self. An infusion of the plant is used to treat
	cudweed sagewort,		stomach disorders, to treat intestinal worms, to calm nerves, and to
	cudleaf sage,	pňeží hóta wápe	treat colds, sore throats and diarrhea. This sage is used to form
34 Artemisia ludoviciana	ceremonial sage	blaskáska	wreaths and bracelets for Sundancers (Wiwayang Wacipi).
			A decoction of the leaves is used to treat indigestion and sore throat.
			An infusion of the dried leaves is used to treat pneumonia, colds, coughs
			and bronchitis. It is used both internally and externally to treat
			rheumatism. A poultice of the crushed plant is used on open wounds, and
			a decoction of the leaves is used as an antiseptic wash for cuts, wounds
35 Artemisia tridentata	big sagebrush	pheží hóta tháŋka	and sores. The dried plant is burned in one's house as a disinfectant.
		,	
			The pulverized root is made into a salve which is used to treat swollen
		wahíŋheya íphiye,	glands. The young seed pods are edible after cooking. An infusion of the
36 Asclepias incarnata	swamp milkweed	waňčáňča hú bloká	roots is used to treat asthma, rheumatism, syphilis, and a weak heart.
		čhešlóšlo pňežúta,	
	low milkweed,	pňeží swúla čík'ala,	
37 Asclepias pumila	dwarf milkweed	ňaŋté iyéčheča	Infusion of leaves used as diarrhea medication, especially for children.

38	Asclepias speciosa	showy milkweed	waňpé thíŋpsila, pňanúŋpala, waňčáňča	Blossoms are boiled, mixed with flour, and eaten. Decoction of plant used to help lactating women produce milk. Young shoots are used in soups, like wild cabbage. This plant can be toxic as it matures, so use caution. Floral buds are used to thicken soups. Open flowers are chopped up to make a sort of chutney or "preserve."
39	Asclepias stenophylla	narrowleaf milkweed	thíŋpsila pȟežúta	Infusion of whole plant used to stimulate appetite. Roots are made into an infusion, or a small piece of the root is chewed, especially by children, to improve appetite.
40	Asclepias syriaca	big milkweed, common milkweed	pňanúŋpala waňčáňča	Infusion of whole plant used as diarrhea medicine. Young shoots can be eaten in soups or stews. Flower buds are also edible.
41	Asclepias verticillata	whorled milkweed	waňpé thíŋpsila iyéčheča	An infusion is used to treat diarrhea. An infusion is also made from this plant to help lactating women produce milk.
42	Asclepias viridiflora	green milkweed (both slim leaf and wide-leaf varieties)	húčhiŋška	Pulverized roots made into an infusion, which is used to treat diarrhea, especially for children. An infusion is also given to lactating women to aid them in producing more milk.
	Aster ericoides & falcatus	heath aster	čhaŋňlóğaŋ pňépňela	These aster species are grazed readily by deer and pronghorn antelope. Seeds are eaten by horses. Decoction of root used to treat fevers in
44	Astragalus canadensis	Canadian milkvetch	pňežúta ská hú, šuŋkówašakala	children. The root is chewed to relieve chest pain and coughing. The roots of <i>A. canadensis</i> are mixed with the roots of <i>Glycyrrhiza lepidota</i> (American licorice), the macerated mixture is made into an infusion, which is used to treat the spitting up of blood.
45	Astragalus crassicarpus	groundplum milkvetch	pté tňawóte, tňatňáŋka omníča	The fruits of the groundplum resemble small plums, but are very firm and no larger than a ping-pong ball. They are an excellent snack food and the taste resembles raw green beans, but slightly sweeter. The Lakota consider this plant to be good medicine for their horses.

			núŋgoka yazáŋ	The small, silvery-gray leaves are moistened, rolled into a ball, and put in
46	Astragalus gilviflorus	plains orophaca	pȟežúta	the outer ear to relieve earache.
47	Astragalus gracilis	slender milkvetch	pňežúta skúya	The roots are chewed by lactating women to increase milk production.
		locoweed, alkali	pňežúta ská hú,	One must be careful to not confuse this plant with other milkvetch
48	Astragalus racemosus	milkvetch	šuŋkléža hú	species. This plant is poisonous to both humans and livestock.
				Decoction of the whole plant (including roots) is used to treat stomach
	Balsamorhiza	arrowleaf		pains and headache. Sticky resin is used as an antiseptic for wounds. The
49	sagittata	balsamroot	hutkáŋ tằáŋka	root may be eaten raw, boiled, or roasted.
50	Beckmannia syzigache	sloughgrass	mní pňeží	Excellent forage for wildlife.
				The shredded bark is bound together to make torches. The bark is
		hinah nanan hinah		-
F 4		birch, paper birch,	×1 1 / .	formed into a container, which is used to collect and hold the sweet sap
51	Betula papyrifera	white birch	čhaŋhásaŋ	from <i>Acer</i> spp. (maple trees).
		beggartick,	mnióhuta aglágla,	Infusion of whole plant is used to alleviate pain and it is also used as an
52	Bidens spp.	stickseed sunflower	waňčá zí	anti-diarrheal.
				This is an excellent forage for wildlife. Lakota children would play a
				game using this grass: Most of the stems have two inflorescences on
				them, so children would compete to see who could find the stems with
53	Bouteloua gracilis	blue grama	pňeží okhížata	three inflorescences. (Akin to finding a four leaf clover.)
		5	/	
54	Bouteloua hirsuta	hairy grama	pňeží okhížata	Excellent forage for wildlife.
				When brown and dried, the powdery spores of this mushroom are used
				as an antibacterial styptic for wounds, especially on a newborn's
				unhealed navel. The mushroom is also a choice edible when young and
55	Bovista plumbia	tumbling puffball	hokší čhekpá	marshmallow-white in the center.
	Brickellia			
56	eupatorioides	false boneset	waňpé pňá	The entire plant is used to make a poultice for swellings.

	Bromus inermis spp.	Pumpellii	pňeží háŋskaska	This is a native subspecies of bromegrass. It is excellent forage for
57	pumpellianus	bromegrass	psíŋ iyéčheča	wildlife.
			pňeží	This grass is excellent forage for bison. It is now being propagated as
			iwíčhakňoyaka,	lawn sod, due to the fact that it does not grow taller than a few inches
58	Buchloe dactyloides	buffalo grass	pňeží hiŋkpíla	(no mowing required) and does not require irrigation.
				The inflorescence (spike) is used as ceremonial decoration, similar to a
				feather in one's hair. Crazy Horse was said to have worn a sandreed
				spike in his hair. It was also considered a war charm. Long sandreeds
59	Calamovilfa longifolia	sandreed	saŋtúhu ȟčáka	were used as pipe cleaners.
				As with all puffball mushrooms when brown and dried, the powdery
				spores are used as an antibacterial styptic for wounds, especially on a
		purple spored		newborn's unhealed navel. The mushroom is also a choice edible when
60	Calavatia cyathiformis	puffball	hokší čhekpá	young and marshmallow-white in the center.
				A decoction of the root is taken for internal pains. The smoke of the
				dried root is used to "bathe" or waft over aching body parts, and is
61	Callirhoe involucrata	purple poppy mallow	pňežúta naŋtíažila	inhaled for head colds.
				The bulk are ester new bailed or reacted. The bulk are also
				The bulbs are eaten raw, boiled or roasted. The bulbs are also
62	Calochortus gunnisonii	seco lilv	pšíŋ tȟáŋka	macerated and combined with other plants to create a poultice that is used to treat breast cancer.
02			psnj mujku	
				The bulbs are eaten raw, boiled or roasted. The bulbs are also
				macerated and combined with other plants to create a poultice that is
63	Calochortus nuttalii	mariposa lily	pšíŋ tňáŋka	used to treat breast cancer.
		yellow evening		
		primrose,		
		yellow prairie		
		mallow, yellow		
64	Calylophus serrulatus	sundrops	waňčá zí čík'ala	This primrose is good forage for wildlife.

	Campanula			The leaves are edible raw or cooked. An infusion of the root is used to
65	rotundifolia	harebell	waňpé thó	treat earaches.
	Capsella bursa-	ab an b and ' a muran	n an the flag and info	INTRODUCED: The leaves, young stems, and seed pods are edible raw or cooked. An infusion of the dried plant is used to treat internal
66	pastoris	shepherd's purse	napčhóka gmiyáŋ	bleeding of the stomach, uterus, or kidneys.
67	Cardamine bulbosa	spring cress	huŋtkaŋ kȟáta	The roots of this plant are poisonous, but the leaves are edible raw or cooked.
68	Carex spp.	sedge	pňeží psuŋpsúŋla	Sedges provide good forage and cover for wildlife and the leaves of some species are used to make baskets and mats.
69	Carex douglasii	Douglas' sedge	pňeží psuŋpsúŋla	The young shoots and soft stems are eaten raw.
70	Carya ovata	hickory	čhaŋsúhu	Hickory nuts are a tasty and nutritious food source. The nuts were eaten whole or ground into flour. The sap of the hickory is sometimes used as a sweetener.
71	Castilleja sessilflora	downy paintbrush, painted cup	waňpé yazókapi	The fresh flowers are edible, offering the reward of sweet nectar in the bottom of the corolla tube.
72	Ceanothus herbaceous	small red stem, new jersey tea, inland ceanothus	uŋpʰáŋ tʰawóte	Leaves are used to make a fragrant tea. An infusion is used to treat asthma, chronic bronchitis, whooping cough, consumption, and dysentery, fevers and sore throat.
73	Celastrus scandens	bittersweet	zuzéča tňawóte, waňlókapi šni pňežúta	Roots chewed and then smeared on the body to make one impervious to wounding. All parts of the plant are believed to be toxic, but the bark is used to make an ointment or poultice, which is used to treat burns, scrapes, and rashes. The root is also made into a diuretic decoction.
13			priezuru	serupes, and rushes. The root is also made into a didrette decoerton.
74	Celeriac macrantha	junegrass	pňeží šičámna	This grass is excellent forage for deer and other wildlife.
75	Cenchrus longispinus	sand bur	pňeží uŋkčéla	The burrs (<i>unkcecela</i>) stick to clothing and fur and may irritate the skin. One must be careful not to set one's food/meat on the burrs.

76	Chenopodium berlandieri	lamb's quarters	wahpé thothó, čhaŋȟlóǧaŋ íŋKpa gmigméla	The leaves and young stems are an excellent green vegetable, and are eaten raw or cooked.
10		rubber rabbit	gmgmena	In large quantities, this plant can be toxic. Jackrabbits and squirrels use this plant for food and cover. Leaves and stems are sometimes chewed to extract a type of "chewing gum." A decoction of the twigs has been used in the treatment of toothaches, coughs and chest pains. An infusion of the flowering stems has been used in the treatment of colds and TB. An infusion of the leaves and stems has been used to treat colds,
	Chrysothamnus	brush,		diarrhea, and stomach cramps. It has also been used externally as a
77	nauseosus	rabbitbrush	pheží hóta šičámna	wash for sores and skin eruptions, especially smallpox.
78	Cicuta maculata	water hemlock	yažópi hú	POISONOUS - all parts of this plant are deadly and should be avoided. The root and stems may be peeled and eaten raw or in soups and stews. It can also be dried and stored for winter use. The stems may be tough
79	Cirsium spp.	thistle	<i>tňókahu</i>	or stringy, much like celery, so one may need to cook them before eating.
				The root and stems may be peeled and eaten raw or in soups and stews. It can also be dried and stored for winter use. The stems may be tough or stringy, much like celery, so one may need to cook them before eating. A decoction of the root has been used in the treatment of gonorrhea. A cool infusion of the root has been used as a wash for eye
80	Cirsium undulatum	wavy leaf thistle	tňókahu	diseases.

81	Clematis ligusticifolia	Western virgin's bower	čhaŋíyuwe skaská naħčá, čhaŋíyuwi owíčak'o, owíčak'ola hú	Leaves are chewed as a cold and sore throat remedy. Infusion of roots taken for headache. The root is macerated and used as a poultice to treat open sores, chest pains and rheumatic joints. An infusion of the plant has been used as a wash for skin eruptions, sores, wounds, backaches, swollen limbs, tired feet, syphilitic sores, and eczema. The stalks and roots have been used to make a woman's contraceptive. A poultice made from the cut stems has been applied to the teeth for treating toothache. A poultice of the mashed, moistened seeds is applied to severe burns.
82	Cleome serrulata	Rocky Mountain bee plant	waňpé ň'eň'é	This plant is used in combination with Amorpha canescens to ensnare bison into a trap. Young shoots, leaves and flowers may be eaten as a potherb. An infusion of the plant is drunk to treat fevers to relieve stomach disorders. A poultice made from the macerated, moistened leaves is used to relieve sore eyes.
	Conium maculatum	poison hemlock		POISONOUS - all parts of this plant are deadly and should be avoided.
84	Convolvulvus arvensis	creeping Jenny, bindweed	kimímila tňawánaňča číK'ala psitňóla hú iyéčheča	INTRODUCED: This vine is considered a noxious weed. However, it is used by some Lakotas in the treatment of fevers. An infusion of the flowers is laxative and is also used in the treatment of fevers and wounds. A cold tea made from the leaves is laxative and is also used as a wash for spider bites or taken internally to reduce excessive menstrual flow.

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85	Conyza canadensis	horseweed	čhaŋňlóğaŋ waštémna iyéčheča	An infusion is made form the roots and lower stalks to treat diarrhea and pain in the bowels, especially in children. Horseweed is boiled to make steam for sweat lodges, taken as a snuff to stimulate sneezing during the course of a cold and burned to create a smoke that wards off insects. It is quite astringent and is also used to treat diarrhea and dysentery. It is also said to be an effective treatment for bleeding hemorrhoids.
86	Coreopsis tinctoria	golden tickseed	čhaŋňlóğaŋ wakňályapi	This plant is known as "life-medicine" and the dried plant is used to make a coffee substitute. Lakota women made an infusion of the shoots (above ground parts of plant) when they desired a female child.
87	Cornus sericea	red osier dogwood, red willow	čhaŋšáša	During very cold months, the Lakota collect the stems of this shrub and then peel off the bright red, outer bark. Some boil the stems to make this task easier. What is desired is the cambium layer just below the red, outer bark. This material will be a light green to white color when freshly peeled, later turning a reddish brown. <i>Can sasa</i> is used in ceremonial pipe smoking, and is considered a very sacred plant.
	Corylus americana	hazelnut	úmahu	The nuts are very tasty and delicious, although somewhat smaller than their domesticated relatives.
89	Crataegus succulenta & chrysocarpa	hawthorn	mathó thaspáŋ, thaspáŋ hú	birds and other wildlife. The berries are sometimes mixed with other medicines to make them more palatable. A tasty tea can be made by boiling the twigs. The flowers and berries are excellent for treating heart related illnesses, muscular issues, and multiple sclerosis. A decoction or even a tincture of the fruits and flowers is excellent for strengthening the heart and for treating high blood pressure. The long, sharp thorns are used for sewing.
90	Croton texensis	skunkweed, Texas croton	waňpé ňčaňčá	An infusion of the leaves is used for rheumatism, stomach ache, and paralysis. The seeds are placed in the outer ear to treat earache. Smoke from the burning plant is inhaled to treat headache.

91	Cucurbita foetidissima	buffalo gourd	wagmú přežúta	The root is used to treat ailments in all parts of the body. A poultice of the fruit is used to treat skin conditions. The seeds are made into an infusion that is used to kill intestinal worms. The fruit is also used as a soap substitute.
		dipper gourd,		This gourd is used to make rattles which are used to make ceremonial
92	Cucurbita lagenaria	bottle gourd	wagmú há	music.
93	Cucurbita maxima	Lakota squash	wagmú	This delicious squash was harvested in late fall. It was dried for use during winter months, and is still used in soups and stews.
94	Cycloloma atriplicifolium	winged pigweed	čhaŋĥ lógaŋ owíčak'o	The seeds were ground into flour and made into mush or cakes. The inflorescences, stems and leaves are made into an infusion, which is used to treat rheumatism, fevers and headaches.
95	Cyperus esculentus	flat sedge, yellow nutsedge	mní saŋtúhu	Roots are eaten raw, boiled, or roasted.
96	Cypripedium acaule	lady's slipper	makňá čhaŋnákpa	The root is known for treating anxiety and sleeplessness. The roots have also been used in the treatment of menstrual disorders, stomach aches, kidney and urinary tract disorders and venereal disease.
97	Dalea aurea	silk top dalea, golden prairie clover	tňokňála tňapňéžuta	An infusion of the leaves is taken for dysentery and stomachache. A decoction of the leaves is used for colic.
98	Dalea candida	white prairie clover	tňokňála tňapňéžuta hú bloká	The roots are peeled and chewed for their sweetness. An infusion is made form the dried roots, which is used to prevent disease.
99	Dalea enneandra	nineanther prairie clover, slender dalea	heňáka tňapňéžuta	An infusion of the leaves is used to relieve stomachache and dysentery.

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100	Dalea purpurea	purple prairie clover	tňokňála tňapňéžuta hú wíŋyela ыауе zīŋтка	Roots are peeled and chewed for their sweetness. An infusion of the leaves is used to treat diarrhea. The pulverized roots are mixed with water and this "gruel" is drunk to prevent disease. A poultice of the crushed leaves is applied to wounds. An infusion of the leaves and flowers is used treat heart problems. A decoction of the roots is used to treat measles.
			tňačháŋ hustóla,	A decoction of the roots is used as a laxative. The leaves and blossoms
		hairy prairie clover,	čhasmú huňóľňota,	were eaten to reduce swelling of the throat. Roots are used to make a
101	Dalea villosa	silky prairie clover	waptáya huňóľňota	purgative.
101	Dulea Villosa	Sirky pi uli le clover	wapraya nanomora	
102	Dasiphora fruticosa	shrubby cinquefoil	čhaŋkħályapi zí	A pleasant tea is made from the leaves.
103	Daucus carota	Queen Anne's Lace, wild carrot	pňaŋgí zí	INTRODUCED: The root is edible in the same manner as cultivated carrots. One must be very careful not to confuse this plant with poisonous hemlock <i>(Conium maculata</i> or <i>Cucuta maculata</i>). The root is very tonic, and is excellent to stimulate the kidneys and the liver. It is especially good for treating digestive disorders. An infusion of the leaves is taken to prevent and even eliminate kidney stones. The root is used to stimulate the uterus, so it shouldn't be used by pregnant women.
104	Delphinium viruses	prairie larkspur	wanági thíŋpsila	This plant is poisonous to livestock A tincture of the flowers or seeds may be mixed with shampoo to eliminate lice.
105	Desmanthus illinoensis	mimo <i>s</i> a	ňaŋté pňepňé iyéčheča	Bean pods are used as play rattles by young boys. The seeds were sometimes used as food after roasting. An infusion of the leaves is used to treat eczema and psoriasis.
			wókaňtaŋ	
106	Desmodium canadense	Canada tickclover	blaskáska	This plant provides good forage for wildlife.
107	Dichanthelium oiligosanthes	panic grass	pňeží wakňáŋ	This grass is believed to be poisonous to horses.

Distichlis spicata	saltgrass, inland		
108 <i>var. stricta</i>	saltgrass	pňeží suksúta	Grows in high alkalinity/high salinity environments.
109 <i>Dyssodia papposa</i>	fetid marigold, dogweed	pispíza tňawóte	The dried, powdered leaves were inhaled to relieve breathing difficulties and headaches. A decoction made from fetid marigold and Gutierrezia sarothrae (broomweed) is used to treat cough due to colds. A decoction of fetid marigold and Grindelia squarrosa (curlycup gumweed) flowers is used to treat tuberculosis and hemorrhaging.
	echinacea,		A poultice of the root is applied to wounds, swellings, and sores. The roots and seed heads are chewed to relieve toothache, sore throat, tonsillitis, stomach-ache, over-perspiration, and to quench thirst. The chewed root and its juices are applied to venomous bites (including snakes, spiders, and bees), and are also applied to burns. The smoke from the burning root is inhaled to treat headaches in people and distemper in horses. The dried, prickly head is used to brush hair. A tincture, or decoctions made from the root is used to boost the immune
Echinacea	purple coneflower,	ičháňpe hú,	system and relieve flu and cold symptoms. Echinacea is also being
110 angustifolia	blackroot	unglákčapi	investigated as a treatment for cancer.
111 Echinochloa crus-galli	barnyard grass, cockspur grass	pňeží skúya	The seeds have a sweet flavor and are used to season food or are ground into flour. Recently, some Lakotas have used a decoction of this grass or a meal made from the seeds to treat cancers.
112 Echinocystis lobata	wild cucumber, mock apple	waňnáňnaheča	The fruits of the wild cucumber are used medicinally in combination with other plants. The pulverized root was used as a poultice for headaches. An infusion of the roots in used to chills and fever.
113 Elymus canadensis	Canada wildrye	pteyáňota	Excellent forage for bison. The seeds are edible when cooked.
114 Equisetum arvense	field horsetail	waŋyéča swúla, pheží swúla	If this plant gets mixed into hay, it may cause poisoning to livestock. It contains certain harmful alkaloids, so it is not advisable to eat it - although the Lakota sometimes did when it was very young. It is quite astringent and a decoction is excellent to stop bleeding.

115 Equisetum hymenale	scouring rush	waŋyéča hú tháŋka	This plant is very high is silica, and is therefore used as a scrubbing tool. It is excellent for polishing or to clean utensils.
	<u>_</u>	<i></i>	
			The blossoms of fleabane are mixed with brains, gall bladders, or
			spleens of animals and the mixture is used to bleach or tan hides. The
			flowers are dried and powdered and the resulting powder is inhaled to
			cause uncontrollable sneezing, which relieves head congestion. An
		inážiŋ pȟežúta,	infusion of the plant is used to treat mouth sores and to encourage
116 Erigeron annuus	fleabane	uŋwáhinižaŋtňuŋpi	urination in adults.
		čhaŋhlóğaŋ hutkáŋ	
	yellow wild	sapsápa	
117 Eriogonum flavum	buckwheat	šuŋgtȟáwote	The seeds may be ground into flour.
			Root used as medicine for bladder trouble. The root is also used
	rattlesnake master,	wazímniŋKpa	antidote to rattlesnake and scorpion venom. A decoction of the root is
118 Eryngium yuccifolium	button snakeroot	iyéčheča	used to make men more virile.
			The Lakota dried and then chewed the bitter foliage or made an infusion
			of the entire plant to treat stomach and bowel troubles, such as
			dysentery. The crushed seeds are put into warm water and drunk for
119 Erysimum asperum	Western wallflower	wahčá zí šičámna	the same purpose.
			Excellent forage for grouse. Grows along streams and riverbanks. An
			infusion of the whole plant is diuretic and is used to treat kidney
	Joe pyeweed, purple		ailments, painful urination, and rheumatism. A decoction of the roots
120 Eupatorium maculatum	boneset	waňčá pňepňéla	lowers fevers, treats colds, and kidney infections.
			INTRODUCED: This is a noxious weed which has taken over many acres
			of pasture and rangeland throughout the Great Plains. The milky sap may
121 Euphorbia esula	leafy spurge	šiŋská	be irritating to the skin.
		ćhaŋh lóğaŋ	
		waphóštaŋ, phayá	The stems were woven together to make a sort of hat that was used to
122 Euphorbia geyerii	Geyer's spurge	phežúta	protect one's head from the sun.

123	Euphorbia marginata	snow on the mountain	itópta sápa tňapňéžuta, asáŋpi pňežúta	An infusion of the crushed leaves is used as a liniment for swelling. An infusion of the whole plant is used to help lactating women produce breast milk. Use caution because the plant may be toxic.
124	Euphorbia petaloides-eaplon	prairie spurge	apéla tňáphišlečala iyéčheča	The milky sap of this plant is poisonous.
125	Fragaria vesca	wild strawberry	wažúšteča	The fruits are never very plentiful, but when available, were eaten fresh or dried for later.
126	Fraxinus pennsylvanica	green ash	pseňtíŋ čháŋ	The wood of the ash tree is used to make bows, tipi pins and pegs, drums, drying racks, and pipestems. It is makes an excellent firewood.
127	Fritillaria atropurpurea	purple spotted fritillaria, spotted missionbells, leopard lily, checker lily	čhaŋňlógaŋ makňátňola pňežúta, wahíŋheya iphíye	The scaly bulbs are tasty when eaten raw or cooked, but they are small and relatively scarce, so one must take steps to prevent over harvesting.
		goat's rue	čhošáša	INTRODUCED: This plant is considered a noxious weed in most states. The leaves contains galegine, an alkaloid that strongly reduces blood sugar levels; therefore, an infusion of the plant is used to treat diabetes. An infusion is also used to increase milk production in lactating mothers.
129	Galium aparine	cleavers, bedstraw	waňpé wáŋčaga hú bloká	This plant often clings to clothing with the aid of tiny hairs along the stems, leaves and fruits. The roasted seeds may contain caffeine and was used as a coffee substitute. A salve made from cleavers is excellent in treating skin irritations.
130	Galium boreale	Northern bedstraw	čhaŋňlógaŋ ská waštémna	The leaves are edible after cooking. A decoction of the whole plant is used to prevent pregnancy. Women wear dried stems under their belts as a sort of perfume. Red dye is made from the roots.

		sweet scented	waĥpé wáŋča <u>ğ</u> a hú	Women sometimes use the dried plant as a sort of perfume by slipping a
131	Galium triflorum	bedstraw	wíŋyela	stem under their belt.
132	Gaura coccinea	scarlet gaura	tňatňáwabluška tňačháŋňlogaŋ, ošúŋk'oyuspapi	The Lakota chew the plant and rub it on their hands to attract and catch horses.
133	Gaura mollis	velvety gaura	heȟáka hé	This plant is used as a sort of love medicine.
134	Gentiana andrewsii	closed gentian, bottle gentian	kapňópa, waňčá wašté	Roots are used to flavor beverages. The root is also rubbed on the skin to prevent snakebite.
135	Gentiana puberulenta	downy gentian	pňežúta zí	A decoction of the root is taken as a bitter tonic.
136	Geum triflorum	prairie smoke, torch flower, old man's whiskers, lion's beard, maiden hair	piŋkpá hiŋšmá	A decoction of the whole plant is used to treat sore eyes. A decoction of the root is used as a mouthwash for canker sores and sore throat and is also used to bathe wounds. The dried foliage is used to make a tonic infusion. The achenes were used as perfume. The dried root is used to make a healing salve for wounds. The root is also scraped and added to smoking mixtures.
137	Grindelia squarrosa	curlycup gumweed	pté íčhiyuha	An infusion of the tops of the plants is used to treat asthma and/or to relieve bronchial symptoms. However, the plant should not be used by those with heart or kidney disorders. The decoction, taken three times a day, will relieve constricted airways and even help to dry phlegm.
138	Glycyrrhiza lepidota	American licorice, wild licorice	wináwizi čík'ala	The root is chewed for its pleasant flavor and to treat toothache and the flu. A decoction of the dried root or leaves is used to treat diarrhea, upset stomach, fever, coughs, chest pain, and sore throat. Leaves are steeped to produce a topical treatment for earache. The leaves are chewed and applied as a poultice to the sore backs of horses. The root is also used to protect pregnant women from spiritual harm.

				INTRODUCED: This plant is used in a creemony to treat Bell's Palsey
				and other symptoms of stroke. The ceremony must be repeated four
139	Gypsophila muralis	baby's breath	waȟčá ská čík'ala	times.
				Infusion of leaves used to treat colds and loss of appetite in those who
140	Hedeoma hispida	rough pennyroyal	makňá čheyáka	are sickly.
				The inflorescences are collected after the seeds have matured and are
				then boiled. The sunflower oil rises to the top of the water, is collected,
				and used to moisturize hair and skin. The boiled flowers (the entire
		annual sunflower,		inflorescence) with the bracts removed are boiled and the resulting
141	Helianthus annuus	common sunflower	tȟáŋKa	liquid drank to treat pulmonary problems. The seeds are also eaten.
		Maximilian's		
142	Helianthus maximiliani	sunflower	waňčá zií	The small roots were sometimes eaten and the seeds are also edible.
				Tubers are boiled or roasted and sometimes fried after boiling and then
143	Helianthus tuberosus	Jerusalem artichoke	phangí zí	eaten. Overuse of these tubers is said to cause flatulence.
				The culms are used by young boys as play arrows. The seeds have long
144	Hesperostipa spartea	porcupine grass	mačápňeča	sheaths that are collected and bound together to make hairbrushes.
				-
			waħpéǧa, waħpé	An infusion of the root of this plant is used as a treatment for diarrhea -
	., , ., ,		ťága,	it is very high in tannins. A poultice of the powdered root is applied to
145	Heuchera richardsonii	alum root	čhanjň lóň snasnala	wounds and sores. Deer and elk occasionally eat this plant.
				Strands of this grass are braided together and the braid is burned to
				call upon guardian spirits, and to create good feelings. The wonderful
146	Hierochloe odorata	sweetgrass	pň eží wačháŋ ğa	smell of sweetgrass is often used for this purpose in Lakota ceremonies.

				This grass is sometimes foraged by geese. It is also an indicator of high-
				alkaline soil. The seeds are edible and may be ground into flour, although
		squirrel tail, foxtail	yus'íŋs'iŋ ité,	it is difficult to separate from the husk. The dried root may be used as
147	Hordeum jubatum	barley	ité ašníyaŋpi	a poultice for sties on eyes.
		,	, ,,	The papery fruits of the hops vine are steeped and the resulting infusion
				drunk to treat fever and intestinal pains. Hops are also boiled and the
				resulting liquid mixed with various flour sources (ground nuts, ground
				roots, pollens) to make bread. Hops encourages CO2 production and
			čhaníyuwe waňpé	therefore makes bread rise. The resulting dough is used to make bread.
			onápňóňye, waňpé	Hops contain a natural sedative and an infusion, although bitter, is
148	Humulus lupulus	hops, common hops	akíkašpapi	excellent for treating sleeplessness.
				An infusion of the root treats digestive disorders and soothes mucous
				membranes. It is also extremely useful in treating of constipation. An
				infusion also treats earache, sore throat, and runny nose. Goldenseal is
				antibacterial and long-term use may destroy beneficial intestinal
				organisms, so use for limited periods of time. An infusion of the root is
			pȟóge očáŋčaŋ	used externally as a wash for skin diseases, vaginal infections, and gum
149	Hydrastis canadensis	goldenseal	pňežúta	disease.
	Humanananan			This plant is make into a salve on weak that is used to thest same on
	Hymenopappus tenuifolius		Kungha Ktinhian	This plant is make into a salve or wash that is used to treat sores on horse's hooves.
150	Tenuițonus	wooly hymenopappus	sungnus inprilye	norse's nooves.
	Hypsizgus tessulatus			This delicious mushroom grows on boxelder trees in the autumn, often
	(formerly Pleurotus			from the tiny holes made when boxelder is tapped for its sap in the
151	tessulatus)	elm cap mushroom	čhaŋnákpa	spring. The mushrooms are dried or used fresh in soups and stews.
				The Lakete set the peolines of the post to treat stemach disorders
				The Lakota eat the peelings of the root to treat stomach disorders.
			ně a žísta niž á tř. frale-	Before the days of matches and lighters, the Lakota would "store" a fire
450	Tramanalantanhulla		phežúta niğé tháŋka	within the root and hang it in a tree. The fire would keep burning for
152	Ipomoea leptophylla	bush morning glory	phetága	months within the root.
153	Ipomopsis congesta	ballhead gilia	yažókapi hú	An infusion of the whole plant is used as a blood tonic.

			ſ	
154	Iva xanthifolia	marsh elder	waňpé šíča	The seeds may cause irritation to skin. A decoction of the whole plant is taken internally or made into a salve and applied externally and used to treat cough and congestion.
155	Juglans nigra	black walnut	gmá, čhaŋsápa	The deliciously rich nuts are used for food. The bark of the root is used to make black dye. The bark and leaves are made into a poultice that is excellent for treating skin ailments such as poison ivy, eczema and even herpes. A weak decoction of the bark is useful in treating diarrhea, even in children. The juice of the husk is applied externally to kill ringworm.
156	Juniperus virginiana, communis	Eastern red cedar	ňaŋté šá	Juniper leaves are burned ceremonially, especially to cure the fear of thunder. A decoction is made from the cones and leaves is used to treat coughs. The cones have an incredibly strong "pine" flavor, but are effective in relieving thirst. Smoke from burning twigs is inhaled to relieve head congestion. Red Cloud had a vision that he should drink a decoction of the leaves or bathe in the decoction to treat cholera. It was said that this cure was infallible.
157	Lactuca oblongifolia, pulchella	blue lettuce	ažúŋtka yazáŋpi, wablúška hiŋšmá iyéčheča	The roots yield a milky resin that was sometimes used as a type of "chewing gum." An infusion of the leaves and stems is taken for stomachaches. The young leaves are eaten as a green vegetable, but are quite bitter, so are best mixed with other lettuces and greens and collected early in the spring.
158	Lactuca serriola	wild lettuce	waňpé íŋkpa žiží	The young leaves are eaten by lactating women to aid in milk production.
159	Lappula occidentalis	desert stickseed, hairy stickweed	hú pňepňé	This plant is known to spread quickly.
160	Lepidium densiflorum	peppergrass	ziŋtkála tňawóte	An infusion of the whole plant is excellent for the kidneys. The young greens make a nice addition to any salad and the seeds may be used as a substitute for pepper in any dish. The mature seeds are quite spicy.

				INTRODUCED: The young leaves are edible raw or cooked. They have a
161	Lepidium densiflorum	clasping peppergrass	apé yuwí	spicy, peppery flavor.
162	Leucocrinum montanum	Star of Bethlehem, common starlily, sand lily, mountain lily	yapízapi iyéčheča	The roots are eaten roasted or cooked in soups and stews. A poultice of the roots is used to treat sores and swellings.
163	Levisticum officinale	lovage	čhaŋlí ičáhiye	INTRODUCED. The root is chewed for toothaches. It is also used in pipe-smoking mixtures. The leaves and stems are edible raw or cooked and taste very much like celery. The whole plant is effective in treating digestive and respiratory complaints, especially indigestion, colic, fever, and bronchitis.
164	Liatris punctata	blazing star, dotted gayfeather, liatris	tňatéte čhaŋnúŋga	The pulverized roots are eaten to improve appetite and they are also eaten during times of famine. The roots are best collected in the early spring when they are still tender, as they get very woody later in the year.
165	Ligusticum porteri	osha root, bear root	matňó tňapňéžuta	The fragrant leaves may be used as a celery substitute. A decoction of the roots or seeds is used to treat poor circulation, fevers, bronchitis, and cramps. The root is used in ceremonial pipe-smoking. The root is burned and the smoke inhaled through the nose to relieve headache and to eliminate sinus infections.
166	Lilium philadelphicum	wood lily, wild lily	mná hčahčá	Pulverized or chewed flowers are applied to spider bites to reduce pain and swelling. The root bulb is edible when cooked and provides a nice carbohydrate source. A decoction of the bulbs is used to treat stomach complaints, coughs, and fevers.

				Stem fibers are used as cordage. Flax seeds are added to all sorts of foods for their delicious flavor and also for added nutrition. Flax seeds are boiled and used as a thickener for soups and stews. They should not be eaten raw, as they do contain cyanide, but it is eliminated through
167	Linum perenne	wild blue flax	čhaŋĥlóğaŋ nabláğa	cooking.
168	Linum rigidum	stiffstem flax, large-flowered yellow flax	áta sosapina, nablága čhaŋňlógaŋ nablága	The seeds are eaten after being roasted.
169	Lithospermum caroliniense	hairy puccoon, Carolina puccoon	pňežúta wahesa, pňežúta hásapa	The powdered root is packed into chest wounds to stop bleeding and prevent infection. A beautiful red dye is obtained form the dried and powdered roots.
170	Lithospermum incisum	cleft gromwell, narrowleaf puccoon	pňežúta sapsápa	The root is chewed to treat colds, lung hemorrhaging, and coughs. It is also eaten as an oral contraceptive. An infusion of the root is used to treat of stomach aches and kidney pain.
		lobelia, blue cardinal	zuzéča tňawóte, úma/uŋmá wápe	The root is used to treat fluid retention, diarrhea, and dysentery. The fresh root is used in conjunction with <i>Podophyllum peltatum</i> (mayapple) and <i>Prunus virginiana</i> (chokecherry), and then dusted the ulcers with the bark of <i>Ceanothus americanus</i> . The Lakota also used the root as a love charm by adding powdered root to the food of a person whom one was
171	Lobelia siphilitica	flower	thothó hé	trying to woo.
172	Lomatium cous	cous biscuitroot	waňčá zí iyawicaskapa	The root is peeled and eaten raw or cooked. The root is also ground into flour to be used as a thickener and to make bread.
		bear root, fernleaf		The fragrant and resinous root of this plant was used very much like <i>Ligusticum porteri.</i> Some Lakotas believe that the plants were used interchangeably depending upon availability. The root is sometimes ground into flour to make breads, or may also be added to other foods
173	Lomatium dissectum	biscuitroot	mathó thaphéžuta	such as wasna (dried meat) and soups to give flavor.

			šahíyela	The dried plant is used in a love charm. The root is edible, but has a
		desert biscuitroot,	, tňathíŋpsila huzízi,	strong flavor that is diminished through roasting. After roasting, it is
	Lomatium	wild parsley,	wahčá zí	sometimes ground into flour to make breads or to thicken soups and
174	foeniculaceum	carrotleaf parsley	iyawicaskapa	stews.
		/		
				A tasty tea may be made from the stems and leaves. The root is a nice
	Lomatium		šahíyela	edible, particularly when it is dried and ground into flour. It may also be
175	macrocarpum	bigseed biscuitroot	tȟathíŋpsila hú	added to soups and stews, and is very nutritious.
				The root is used for food. Roots are rubbed into hot ash to remove the
		white flowered		strong flavor and then eaten. The roots of most Lomatium species should
176	Lomatium orientale	parsley	tňathíŋpsila hú	be gathered in early spring.
			čhaŋwískuye,	The flowers are used as a sort of candy. The nectar is sucked out of the
177	Lonicera spp.	honesysuckle	čhuŋwiskuye	flowers because it is deliciously sweet.
	zonicei a spp.	American	chujwiskuye	The secure of th
		deervetch,		The seeds of deervetch make good forage for birds and rodents. The
178	Lotus purshianus	Spanish clover	ziŋtkála tňawóte	whole plant provides nutritious feed for larger animals.
	- /	low lupine,	, , , , , , , , , , , , , , , , , , ,	
179	Lupinus sericeus	silky lupine	čhaŋĥlóġaŋ nabláya	This plant is recognized as forage for deer and elk.
			čhaŋĥ lógaŋ hú čháŋ,	
			swúla un hé	An infusion made from the whole plant is used for children with
		skeleton plant,	tuktéktel yuŋké,	diarrhea. The milky sap is sometimes chewed like gum and it is also
180	Lygodesmia juncea	prairie pink	makňá čhanš'inhu	rubbed on mosquito bites to relieve itching.
	2/903001114 Juniou	F		· · · · ·
				An infusion of the leaves and stems is used to treat dysentery and
181	Lysimachia thyrsiflora	tufted loosestrife	špaŋšpáŋžela	diarrhea.

182	Mahonia aquifolium	Oregon grape root	húte zí	Oregon grape is used to treat stomach disorders and weak digestive systems. It will also stimulate kidney and gallbladder function and to reduce phlegm in the nose and lungs. An infusion of the whole plant is used to treat psoriasis and respiratory infections. The fruit is edible, but is quite laxative. The compound Berberine, which is present in the roots of Oregon grape, is very antibacterial and is used to treat all kinds of infections, especially of the lungs.
183	Maianthemum racemosum	star-flowered false Solomon's seal	yapízapi hú	The berries are eaten raw or cooked, but they have a very mild laxative effect. The rhizome is dried, ground into powder, and used as a styptic for wounds.
184	Malva pusilla	mallow	ápe kalúlu	INTRODUCED: The leaves of this plant make a very tasty green vegetable. They are edible raw or cooked. A poultice of the leaves is used to treat bruises and inflammation.
185	Matricaria discoidea	pineapple weed	skuyómna	INTRODUCED: The flowers made a nice, pineapple-scented tea. An infusion of the flowers is drunk as a sedative and to relieve post-partum exhaustion.
186	Medicago lupulina	black medic	ápe yámni	INTRODUCED: The leaves are edible raw or cooked. An infusion of the plant is used to soothe nerves.
187	Medicago sativa	alfalfa	waňpókhižate, tňačháŋičahu tňáŋka	INTRODUCED: The sprouts are edible as are the mature leaves. Alfalfa leaves are eaten to improve appetite, and to promote the healing of internal wounds.
188	Melilotus officinalis	yellow sweet clover	waňpé swúla	INTRODUCED: This plant is very attractive to insects and during years when sweetclover is prolific, it covers the Great Plains in a beautiful blanket of bright yellow.

				The leaves and stems are boiled to make tea, which is commonly served at ceremonies, feeds, and various meetings. The leaves may also be eaten fresh or dried to treat indigestion. A strong decoction made from the
				roots is used to teat headaches and fever. Women use sprigs of mint as
			čheyáka, čháŋ	a sort of perfume by placing some of the leaves in pockets or under
189	Mentha arvensis	field mint	pňežúta čík'ala	belts.
		ten petal blazing		
		star, ten petal		This plant is well known for its beautiful white flowers. A decoction of
		mentzelia, prairie	čhaŋň lóğaŋ	the roots is used to treat rheumatism and arthritis. The seeds are
190	Mentzelia decapetala	lily	maħ'áwaŋglakela	edible, and were usually ground into mush.
		bractless blazing		The boiled and strained sap is applied externally to treat fever. One may
191	Mentzelia nuda	star, sand lily	tňóKahu pňepňé	use the crushed leaves in the same way.
101	Menizena nada	Star, Sana my	monuna prepre	use the crushed leaves in the sume way.
		roundleaf		
				The large and enter new on eached They have a hitter flavor, but the
400	Minulus elebratus	monkeyflower	čheškíkňan v tito to	The leaves are eaten raw or cooked. They have a bitter flavor, but the
192	Mimulus glabratus	yellow monkeyflower	iyéčheča	bitterness diminishes after cooking.
		hairy four o'clock,	čhaŋň lógaŋ	The dried leaves are sometimes mixed with various tobaccos for
193	Mirabilis hirsuta	hairy umbrellawort	ókhihetňuŋ	pipesmoking.
		narrowleaf four		
		o'clock,		
		narrowleaf		
194	Mirabilis linearis	umbrellawort	huókhihe habskáska	An infusion of the dried leaves used to treat difficulty urinating.
				A decoction of the roots of <i>poipiye</i> and the roots of Echinacea
			× 1 ·	angustifolia is used to kill intestinal worms. A decoction of the root is
			poíphiye,	used to treat fever. A poultice of the whole plant, including the root, is
		wild four o'clock,	caŋň lóğaŋ	used to treat swellings and broken bones. A poultice, mixed with other
195	Mirabilis nyctaginea	prairie four o'clock	waštémna	plants, is used to treat breast cancer.

				The leaves are used to make a refreshing tea. The leaves are also edible
				raw or cooked, although they have a very strong scent and flavor. An
				infusion of the flowers or leaves is used to treat abdominal pains,
				indigestion, fevers, sore throats, colds, whooping cough, and fainting. A
				poultice of the leaves is used to treat snakebites, to stop bleeding, to
				relieve sore eyes, and to prevent wounds from getting infected. The
		wild bergamot,		leaves are chewed while singing, dancing or hunting to prevent sore
		beebalm,	heňáka tňapňéžuta,	throat. A decoction of the whole plant is used to bathe diabetic ulcers -
		horsemint, purple	heňáka tňawóte,	this will kill the infection and promote healing. The name "hehaka
196	Monarda fistulosa	bergamot	waňpé waštémna	tapejuta" or "elk medicine" refers to this plant's use as a love charm.
				Delicious mushroom is collected in early spring and them eaten fresh or
197	Morchella esculenta	morel mushroom	nasúla iyéčheča	dried for later.
				The berries are eaten fresh or dried for later. The inner bark is also
				edible and was readily used during times of famine. A decoction of the
				leaves is used to treat colds and influenza. The root bark is made into a
198	Morus alba	white mulberry	čhaŋská	decoction to treat asthma and bronchitis.
199	Musineon divaricatum	wild parsley	tňathíŋpsila	The roots are eaten raw.
				The seeds are shelled and then boiled with meat to make soup. The
		yellow lotus,		peeled tubers are cooked with meat and hominy. The leaves are also
200	Nelumbo lutea	American lotus	thewápa, khewápa	edible. This plant is characterized as having mystical powers.
200			тетара, клетара	
				The young leaves are edible or can be made into a refreshing, although
				slightly bitter, tea. An infusion is used to treat indigestion, cold, flues,
201	Nepeta cataria	catnip, catmint	igmú tňačhéyaka	and fevers, even for children.
			- '	
				The roots and leaf stalks are edible after boiling. The root is dried and
202	Nuphar lutea	yellow water lily	thewápa, khewápa	powdered to use as a styptic for wounds.

				A poultice of the whole plant is applied to bruises. The seeds are
				sometimes used as perfume. The leaves are used to treat asthma and
202	Oenothera biennis	avanina primnaca	čhaŋňlógaŋ hứňla	cough. Evening primrose oil is used today to treat acne, fibrocystic breast tissue, rheumatoid arthritis, cirrhosis, and high cholesterol.
203	Cenomera Diennis	evening primrose	charjniogarj nunia	breast fissue, meditatola arthritis, cirritosis, and high cholesterol.
		alkali lily, gumbo lily,		
	Oenonthera	tufted evening	čhaŋňlógaŋ hú	
204	caespitosa	primrose	saŋsáŋ	A poultice of the crushed roots is applied to sores and swellings.
			tňaľágnake,	
			čhaŋňlóğaŋ makňá	The leaves are laid on the ground to create a type of "plate" on which
			ayúblaya, miméla	meat is placed to prevent dirt or other foreign objects from getting on
205	Oligoneuron rigidum	stiff goldenrod	waħčázi	the meat.
				The seeds are put into gourds or turtle shells to make ceremonial rattles. A decoction of the roots and seeds is used to treat swelling
		false gromwell,		(this remedy is said to only be used by men); it is also used as a rubbing
	Onosmodium	Western	šúŋkačhaŋkňahúiphi	solution for the sore muscles of horses, and it is sometimes given to
206	bejariense	marbleseed	ye	them as a tea.
			/-	The roots of pricklypear are mixed with the roots of Yucca glauca - this
				mixture is made into a decoction that is used to strengthen contractions and progress childbirth. A decoction of the roots is taken for urinary tract infections. The "pears" or fruits are eaten raw or dried for later
			uŋkčéla blaská,	use. The thick, juicy, green stem segments or "pads" are edible when the
			fruit- uŋkčéla	thorns have been safely removed. An infusion of the pads is used to
207	Opuntia polyacantha	plains pricklypear	tňašpú	treat diarrhea.
	Orobanche	clustered		This plant is edible raw or cooked. A poultice of the root is used to treat
208	fasciculata	broomrape	wápe šašá	wounds and open cuts and sores.
		American hop		This tree has very hard wood that is used to make bows and utinsel
209	Ostraya virginiana	hornbeam, ironwood	išpáŋšpaŋheča	handles. A decoction of the bark is used to massage sore muscles.

				In large quantities, this plant is considered toxic. Horses will eat the
		purple locoweed,		entire plant if it is available, but if eaten in large quantities, they often
210	Oxytropis lambertii	Lambert crazyweed	sunktňápňežuta	suffer from trembling, paralysis, and even death.
		silvery ragwort,	šúŋkawakħáŋ	The whole plant is used as an unspecified "horse medicine." It contains
211	Packera cana	wooly groundsel	tňapňéžuta	toxic alkaloids, so the author does not believe it was used internally.
212	Packera plattensis	prairie ragwort	čhaŋȟlóğaŋ sutá	This plant is known as being poisonous to horses and livestock.
	,	<u> </u>		
040			· · · · · · · · · · · · · · · · · · ·	The seeds of this grass are readily used by birds, but were also cooked
213	Panicum capillare	witch grass	ité awíčhašniyaŋ hú	whole or ground into flour by the Lakota.
214	Panicum virgatum	switch grass	pňeži blaskaska	This grass is grazed by bison.
				Lichens are boiled to make a yellow dye, which is used to dye porcupine
				guills. Lichens are also burned as ceremonial incense and used for
	Parmelia spp.	lichen	pňeží blaskáska	smudging.
	Parthenocissus			
216	vitacea	woodbine	čhanjyuwi iyéčheča	The Lakota believe this plant to be poisonous to humans.
217	Pascopyrum smithii	Western wheatgrass	phéži hčáka	This grass is excellent forage for bison and horses.
		white beardtongue,	čhaŋň lớgaŋ hú	
218	Penstemon albidus	white penstemon	sluslúta	Butterflies love the beautiful flowers of this plant.
		narrowleaf		
		beardtongue,		
	Penstemon	broadbeard	čhaŋň lógaŋ ň lấň la,	
219	angustifolius	beardtongue	háŋpi natňópi	The blossoms of this plant are used to make blue paint for moccasins.
		J	Jr ·······	And the first second se
		slender	zuzéča tňapňéžuta,	
		beardtongue,	uŋ huŋkálowaŋpi	
220	Penstemon gracilis	lilac beardtongue	iyéčheča	The roots are rubbed on the skin to repel snakes.

221	Penstemon grandiflorus	large beardtongue, shell leaf penstemon	kimímila thawánahča	A decoction of the leaves is taken for chills and fever. A decoction of the roots is taken for chest pain.
222	Phaseolous vulgaris	common bean	omníča	This bean is very similar to the Navy bean. It is eaten raw, cooked alone or in soups and stews.
223	Phlox andicola	plains phlox	waňpé pňepňé	This low-growing plant has very sharp, pointed leaves that will get stuck in meat if meat is accidentally lain on this plant.
224	Physalis heterophylla	clammy groundcherry	tňamníoňpi hú	DANGER - All parts of this plant are poisonous except for the ripe fruit. The fruits, which turn orange when ripe, are eaten raw or cooked.
225	Physalis longifolia	long-leaved groundcherry	tňamníoňpi hú	DANGER - All parts of this plant are poisonous except for the ripe fruit. The fruits, which turn orange when ripe, are eaten raw or cooked.
226	Picea glauca	Black Hill's spruce	wazîĥčaka	The young shoots are gathered in spring and boiled for long periods to eat as emergency food. The hardened sap is chewed as a sort of gum. The inner bark is quite nutritious and is dried, powdered and blended with flour to make bread. An infusion of the leaves is drunk to treat TB, influenza, coughs and colds.
227	Pinus contorta	lodgepole pine	wazí čháŋ	The cones of this pine tree are called "wazi pinkpa." A decoction of the roots is used to tan deerhides. The tall, this tress are used for tipi poles. The sap or pitch from all species of pine is antibacterial and is wonderful for making salves.
228	Pleurotus ostreatus	oyster mushroom	čhaŋnákpa ská	These mushrooms grow on dead deciduous trees and are harvested throughout spring and summer. They are eaten fresh or dried for later.

229	Plantago major	common plantain, broadleaf plantain	wihúta hú iyéčheča	The leaves are made into a poultice that is extremely effective in the treatment of burns and scalds. It is also applied to bruises, sprains, sores, insect bites, bee stings, snakebites, and splinters. The poultice will quickly stop bleeding on open wounds. The young, green leaves are eaten raw or cooked, and the seeds are added to soups and stews.
230	Plantago patagonica	Pursh's plantain, wooly plantain	čhanňlóganj waphóštanjkágapi	Chewing the leaves is used to treat toothache.
231	Polanisia dodecandra	clammyweed	waň pé ň lá	The leaves are cooked and eaten.
232	Polygala alba	white milkwort	waňpé ská čík'ala	A decoction of the roots is used to treat earaches. An infusion of the root is also used as an expectorant.
233	Polygonatum biflorum	Soloman's seal	zuzéča tňawóte hú, tňaŋkíŋyaŋ héčha	The rhizomes are eaten in soups and stews, they are also dried for later use. The young shoots can be eaten raw or cooked. The seeds and fruits are considered toxic.
234	Polygonum amphibium	swamp smartweed, marsh smartweed	táku šašála, pšitňóla hú iyéčheča	The young shoots are eaten raw or cooked. The root is also eaten and is said to have a pleasant, nutty flavor.
	Polygonum Iapathifolium	curlytop knotweed, pale knotweed	táku šašála hú wíŋyela	The young shoots are eaten raw or cooked.
	Polygonum pensylvanicum	jointweed, pink knotweed	táku šašála swúla	The seeds are eaten in soups and stews or roasted and ground into flour.
237	Polygonum persicaria	lady's thumb, heartweed	táku šašála swúla	The young shoots are eaten raw or cooked.

238	Populus balsamifera	balsam poplar	šáka čháŋ	The buds are covered in sticky resin, which is a prized Lakota medicine. The buds are made into a salve to treat sores and wounds. An infusion of the buds is used as a wash for sprains, inflammation, muscle pains and wounds. The infusion is also taken internally to treat lung ailments and coughs. The buds can also be put in hot water and used as an inhalant to relieve congested nasal passages.
239	Populus deltoides	cottonwood	čhaŋyấň'u, šaká čháŋ, waňčhíŋča wahcinca,	The inner bark is eaten in small pieces or ground into flour and added to soups and stews. The young shoots are also eaten in early spring. The bark is excellent forage for horses during harsh winter months - the term for this is canha yuslotan. Cottonwood tree trunks are used to build the framework for Sundance lodges. The bark contain salicin, a noted painkiller and the bark is therefore chewed to treat toothache, or made into a decoction that is drunk to treat headaches, menstrual cramps, and fevers. The sticky buds are used to make yellow dye.
240	Portulaca oleracea	purslane	wápe šóka	INTRODUCED: The leaves are a delicious edible vegetable - raw or cooked. They are very succulent and are a good source of moisture.
241	Prunus americana	wild plum	kňáŋta	The fruits are eaten raw or dried for later. A strong decoction of the twigs is used to treat asthma. A poultice of the inner bark will prevent infection and is used to treat open wounds. The fruits of all Prunus species are added to dried meat and mixed together with fat to make wasna (also known as pemmican).
			aúŋyeyapi,	The fruits are eaten raw or dried for later use. The pigments from the fruits are used as face paint. The fruits of all Prunus species are added to dried meat and mixed together with fat to make wasna (also known as
242	Prunus pumila	sandcherry	tňaňpíyoğiŋ	pemmican).

1				Bundles of branches are tied to Sundance poles as a sacred offering.
				The leaves are made into tea for Sundancers. Sundancers suck on small
				bits of the stem to relieve thirst. Small pieces of the wood are
				sharpened and used to pierce Sundancer's skin. The fruits are eaten raw
				or dried for later. The dried berried are reconstituted with water to
				make <i>wojapi</i> , which is a kind of pudding. <i>Wojapi</i> is still made using
			čhaŋpňá;	chokecherries, but these days corn starch and sugar are sometimes
			dried cherry	added. The stems are sometimes used to make arrows. The fruits of all
			patties:	Prunus species are added to dried meat and mixed together with fat to
242	Prunus virginiana	chokecherry	čhaŋpħákaški	make wasna (also known as permican).
243	rrunus virginiunu	chokecherry	спапрлаказкі	· · · · · · · · · · · · · · · · · · ·
				The roots are fed to horses as an energy stimulant. The tough green
	Pediomelum		mathó thathíŋpsila,	stems are woven into baskets to carry meat home. The roots are edible,
244	argophyllum	silverleaf scurfpea	thíčaničahu	and are usually eaten in soups and stews.
			thíŋpsila, šahíyela	The next one extended an drived for later. They are still a stanle of
			<i>thíŋpsila,</i> top of	The roots are eaten fresh or dried for later. They are still a staple of
			plant <i>: thíŋpsila</i>	the Lakota diet and are an excellent source of complex carbohydrates,
		breadroot scurfpea,	, ,	so they do not raise blood sugar levels like potatoes tend to. The dried
0.45	Pediomelum	prairie turnip,	which turnip is	root is ground up and made into porridge which is used to treat stomach
245	esculentum	Indian turnip	taken <i>: owá wópte</i>	ulcers and irritated bowels, including for gastroenteritis.
			thíčaničahu tňáŋka,	An infusion of the dried roots if used to treat headaches. The whole
	Psoralidium		waňpé pňeží,	plant may be burned to repel insects. Stems were woven together to
246	tenuiflorum	slimflower scurfpea	waňpókiŋžate	make a sort of hat to protect the head from the sun.
			wanponnjzaro	
		lemon scurfpea,		
	Psoralidium	lance-leaved	čhaŋňlógaŋ hutkňáŋ	
247	lanceolatum	scurfpea	háŋska	Chewing the roots or leaves of this plant will relieve hoarseness.
			und in f	
	O		wahpé	
0.40	Pycnanthemum	Virginia mountain	ičikňoyagyaka,	The leaves make a very pleasant tea. An infusion of the plant is taken for
248	virginianum	mint	wahpé čheyáka thaspáŋ hú	coughs.
2/0	Pyrus ioensis	crabapple	iyéčheča	The berries are eaten raw, usually as a "trail food."
249		ci apappie	iyechecu	The berries are earen raw, usuany as a Train 1000.

			The acorns of the burr oak are an excellent food source. The Lakota
			boiled the acorns repeatedly to remove bitter tannins and ate them
			whole or ground them into flour to make bread. They were sometimes
			roasted after boiling, giving them a flavor similar to chestnuts. The
			bark, including root bark is made into a weak infusion to treat diarrhea.
		uskúyeča hú, útahu	A decoction of the bark is used to treat poison ivy or any other seeping,
Quercus macrocarpa	burr oak	čháŋ	wet rash.
			The Lakota boiled the acorns repeatedly to remove bitter tannins and
			ate them whole or ground them into flour to make bread. They were
			sometimes roasted after boiling, giving them a flavor similar to
Quercus velutina	black oak	ithúhu	chestnuts.
Denunculua	anoutoot	čhonž lážon	
	·		This plant is considered to be prisoners and should be evoluted
caraiopnyilus	neartieat buttercup	wicnagnaska	This plant is considered to be poisonous and should be avoided.
			An infusion of the flowers is used to treat chest pain and kidney
			ailments. A poultice of the flowers is used to treat all types of wounds.
			An infusion of the entire inflorescence is used to treat headaches and
			stomachaches. A decoction of the whole plant is used as a wash for
		asáŋpi iyátke,	snakebites. The whole plant is fed to horses to treat urinary tract
		wapňóšta hú, waňčá	infections. The cone was sometimes used as a pacifier for babies. A
Ratibida columnifera	yellow coneflower	zí čík'ala	pleasant tea is made from the flowers and leaves.
			The red, autumn leaves are used in pipesmoking. The roots are used to
Rhus glabra	smooth sumac	čhaŋzí	make a yellow dye.
			The leaves are mixed with various tobaccos for pipesmoking. The
			berries, while unpleasant to smell, are edible and were eaten during
			times of famine. An infusion of the leaves or berries makes a refreshing
			tea, reminiscent of lemonade. Do not boil the tea, simply steep the plant
			parts in warm or cold water. A decoction is used to treat excessive
Rhus trilobata	skunkbrush sumac	čháŋ uŋkčémna	, vaginal discharge and thrush.
	Quercus velutina Ranunculus cardiophyllus	Quercus velutina black oak Ranunculus crowfoot, cardiophyllus heartleaf buttercup Ratibida columnifera yellow coneflower Rhus glabra smooth sumac	Quercus macrocarpaburr oakčhágQuercus velutinablack oakithúhuRanunculus cardiophylluscrowfoot, heartleaf buttercupčhaŋň lógag wičhágnaškaRatibida columniferayellow coneflowerasáŋpi iyátke, waphóšta hú, waňčá zí čík'alaRhus glabrasmooth sumacčhaŋzí
			The fruits are eaten raw or dried for later. A poultice of the root bark
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256 Ribes americanum	black currant	čhapčhéyazala	is used to treat swellings.
	golden currant,		The fruits are eaten raw or dried for later. A poultice of the root bark
257 <i>Ribes aureum</i>	buffalo currant	wičhágnaška hú	or the inner bark is used to treat swellings.
		wičhágnaška	
258 <i>Ribes missouriense</i>	Missouri gooseberry	tȟáŋka	The fruits are eaten raw or dried for later.
			The petals, hips and roots all make a nice tea. The hips are dried for
			later use as food, especially during times of famine. They are very
			satisfying when added to soups or stews. An infusion of the flowers or
			hips is used to treat bladder infections and kidney stones. The petals
	wild rose,		and hips are extremely high in Vitamin C, and they also contain essential
259 <i>Rosa arkansana</i>	prairie rose	uŋžíŋžiŋtka hú	fatty acids, which is unusual for a fruit.
260 <i>Rosa woodsii</i>	wild rose	uŋžíŋžiŋtka hú	*see above entry
261 <i>Rubus occidentalis</i>	wild raspberry	tňakňáŋhečala hú	The fruits are eaten raw or dried for later. An infusion of the leaves is used to treat diarrhea in children. An infusion of the roots is used to treat sore eyes. A decoction of the leaves is used to treat infected sores.
262 Rumex altissimus	water dock	táku šašála hú iyéčheča	A poultice of the green leaves is applied to boils. An infusion of the whole plants is used to treat diarrhea, hemorrhaging, and stomach cramps.
			A decoction of the plant is used to treat indigestion, cramps, piles, constipation, cirrhosis, congestion, jaundice, and hepatitis. A poultice of the green leaves is used to draw pus out of infected wounds. An infusion
			of the plant is an excellent blood detoxifier. The leaves are placed on
263 Rumex aquaticus	Western dock	oskúya	the rocks in the sweatlodge to relieve rheumatic pains.
			The green leaves have a citrusy flavor and are eaten both raw and
264 Rumex crispus	curly dock	waňpé skúya	cooked.
	/	, , ,	

	-	waňpé skúya	An infusion of the roots is used to help women expel the placenta after giving birth. The roots and dried leaves are used to make red dye.
Sagittaria latifolia	arrowleaf, arrowhead	highág thahágpi, pšitóla hú	The bulbous roots are boiled or roasted and then eaten. They are best when harvested in late summer or early fall. One must use caution when collecting and ensure proper identification so as not to confuse it with poisonous plant species.
Salix amygdaloides	peachleaf willow	čhoňáŋ waŋžíča tháŋka, wahpé phópa čháŋ	This is the largest, native willow on the Great Plains. The inner bark is eaten during times of extreme famine. The Lakota also make a decoction of the bark which is used to treat headaches and fever. The peeled bark is also used as a poultice for wounds and cuts. The bark of all willows contain salicin, from which aspirin is derived. The bark is used to make brown dye.
Salix candida	hairy willow	čhoȟáŋ waŋžíča šašá	This willow is burned to repel insects.
	diamond willow,	čňoňáŋ waŋžíča	The branches of this willow and many other species of willow are sometimes attacked by a fungus (probably <i>Valsa sordida</i>) and his fungus creates a distinctive "diamond" shape at each node. They are prized for making sacred staffs and walking sticks. The Lakota also make a decoction of the bark which is used to treat headaches and fever. The peeled bark is also used as a poultice for wounds and cuts. The bark of all willows contain salicin, from which aspirin is derived.
Salix axiaua	sandhan willow	čhohán wanžíča,	The branches of this willow species are used in making sweatlodge frames. The peeled outer bark is used for tying sweatlodge frames together. The whole tree is used during an unspecified mourning ceremony. The Lakota also make a decoction of the bark which is used to treat headaches and fever. The peeled bark is also used as a poultice for wounds and cuts. The bark of all willows contain salicin, from which aspirin is derived.
	Rumex venosus Sagittaria latifolia Salix amygdaloides Salix candida Salix eriocephala	Sagittaria latifolia arrowleaf, arrowhead Salix amygdaloides peachleaf willow Salix candida hairy willow Salix eriocephala diamond willow, Missouri River willow	Rumex venosuswild begoniawali pé skúyaSagittaria latifoliaarrowleaf, arrowheadhighág tňahágpi, pšitóla húSagittaria latifoliaarrowheadčhoľi ág wagžíča tňágka, wali pé pliópa čhágSalix amygdaloidespeachleaf willowčhoľi ág wagžíča šašáSalix candidahairy willowšašáSalix eriocephaladiamond willow, Missouri River willowčhoľi ág wagžíča wapňáha

271	Sambucus nigra	elderberry	čaphute hú	The fruits are eaten after being dried or cooked. An infusion of the flowers makes a pleasant tea. The flowers were sometimes dipped in maple sap and then dried and eaten like candy. The ripe berries are boiled with honey or maple sap and the resulting syrup is used to treat cough and cold or any other viral illness. However, caution must be used, as the leaves and stems are poisonous.
272	Sanicula marilandica	snakeroot, black snakeroot, Maryland sanicle	waptá yahúžiži, waptá yaňlá, waptá yaňóta	A decoction of the roots is used to treat fever, eczema, psoriasis, sore throat, coughs, excessive perspiration, morning sickness (during pregnancy), toothaches, and menstrual irregularities. A poultice of the root is applied to snakebites.
273	Sanguinaria canadensis	bloodroot	ok šaša	Bloodroot must be used with extreme caution. It is incredibly potent and toxic in large doses. The juice can even "burn" one's skin. Blood root is made into a very weak decoction and is then used to treat fevers and rheumatism, and to induce vomiting. It is also used as an expectorant for lung congestion. A poultice of the root is also used in the treatment of skin cancers and other skin conditions.
	Schedonnardus paniculatus	tumblegrass, crabgrass	wablúška ľúha óta pheží	Birds are known to eat the seeds of this grass.
275	Schoenoplectus tabernaemontani	giant bulrush	pšá čhiŋčá	The tender, white base of the stem and the roots are eaten raw or cooked. The pollen is mixed with flour to add nutrients and flavor. The tough stems are woven together to make mats. These mats are called "pšá owíŋža" or "pšá oyúŋke." A poultice of the pith is used to stop bleeding.
276	Schizachyrium scoparium	little bluestem	pheží šašá swúla	The dried leaves and culms are rubbed into soft fibers, which are used as an insulting, waterproof lining for shoes.

277	Scirpus pallidus	pale bulrush	pňeží iwíčhakňoyaka	The tender, white base of the stem and the roots are eaten raw or cooked. The pollen is mixed with flour to add nutrients and flavor. The tough stems are woven together to make mats. A poultice of the pith is used to stop bleeding.
278	Scirpus validus	bulrush	psá, wihúta hú swúla	A decoction of the whole plant is used as a ceremonial emetic. The stems are woven together to make mats. These mats are called "psa owinja" or "psa oyunke."
279		Riddell's groundsel, Riddell's ragwort	čhaŋňlógaŋ sutá	This plant is known as being poisonous to horses and livestock.
280		buffaloberry, silver buffaloberry	maštínčaphuté	The berries are eaten fresh or dried for later. They are usually collected after the first frost, otherwise they are quite sour. The berries are also mildly laxative.
281		compass plant, pilot plant	čhaŋšíŋšiŋla	Children sometimes use the resin as chewing gum. An infusion of the whole plant is used to rid horses and humans of intestinal worms. An infusion of the leaves is used to loosen phlegm in the lungs.
282	Silphium perfoliatum	cup plant	čhaŋšíŋšiŋla tháŋka	The roots are burned and the smoke is inhaled to treat headaches, colds, neuralgia, and rheumatism.
283	Sisymbrium altissimum	tumble mustard	čhaŋň lógaŋ wablúška hú	INTRODUCED: The leaves and young shoots are edible raw or cooked and make a nice addition to salads. The ground seeds may be used as a substitute for mustard.
284	Sium suave	water parsnip	waňpé ská	The Lakota ate the roots of this plant, but the author does not advise this. It is edible, but this plant so closely resembles POISONOUS water hemlock, that it is not worth the risk. If one does decide to collect roots, they are best collected in the spring or fall and only with positive identification.

285 <i>Smilax herbacea</i>	Jacob's ladder, carrion flower	zuzéča tňawóte, ptápta ikňóyaka	The fruits are eaten to relieve hoarseness. They are also eaten as trail food when they are fully ripe. The leaves and young shoots are edible raw or cooked. A decoction of the root is used to treat back pain, stomachaches, and kidney pain.
286 <i>Solanum rostratum</i>	buffalo burr, prickly nightshade	špánšni yútapi iyéčheča	The entire plant is covered in thorns and prickly burrs, so handle carefully. Most members of this genus are poisonous, so use extreme caution. However, the Lakota did make an infusion of buffalo burr to treat nausea.
287 <i>Solanum triflorum</i>	cut-leaved nightshade	čhaŋň lógaŋ škiškíta	POISONOUS: One or two berries are eaten to treat stomachache and diarrhea, but one must use extreme caution, as they can be quite poisonous if they are not fully ripe.
288 <i>Solidago canadensis</i>	Canada goldenrod	waňčáziblu	The young leaves and shoots are edible after blanching in a few changes of water. An infusion of the dried leaves, flowers, or roots is used to treat stomachaches. A poultice of the root is applied to burns. A decoction of the entire plant is used to expel kidney stones.
Solidago 289 missouriensis	prairie goldenrod, Missouri goldenrod	čhaŋnúŋğa hú pteptéčela	An infusion of the dried leaves, flowers, and stems treats stomachaches, gastroenteritis, and influenza. It is also used to treat urinary tract infections, yeast infections, and sore throats. A nice tea is made from the dried flowers. A decoction of the entire plant is used to expel kidney stones.
Sonchus arvensis & 290 olearceus	sow thistle, milk thistle	waňpé zí čík'ala iyéčheča	INTRODUCED: The young leaves and stems are edible raw or cooked. The roasted root was used by early settlers as a coffee substitute. A poultice of the leaves relieves swelling. An infusion of the leaves is also said to calm nerves.
291 <i>Sophora nuttalliana</i>	mescal bean, silky sophora	makňátomniča hú ňoľňóta	The sweet roots are chewed as a sort of snack. The seeds are poisonous and should be avoided. The leaves and stems contain cytosine, a compound similar to nicotine and so these parts of the plant should be avoided.

ſ				
			pȟeží šašá	
292	Sorghastrum nutans	Indian grass	' íŋkpa žiží	This grass provides excellent forage for bison and other grazing animals.
	<u> </u>			
		prairie cordgrass,		The long tillers of this grass are used as pipecleaners. When the Lakota
293	Spartina pectinata	sandgrass	saŋtúhu iyéčheča	began building cabins, this grass was used to thatch roofs.
200	opur ma poermara	Sanagrass		The heyoka is one of several types of medicine men in the Lakota
				culture. They are sometimes described as "backwards" or "contrary" or
				even as "clowns" because of their distinctive behavior of doing the
				opposite of what a "normal" person does. For example, heyokas have
				been known to ride horses backwards, or to wash off in the sand and dry
				off in the water. Scarlet globemallow is used by heyokas in the following
				way: they boil the root until the liquid turns into a type of gel. Then they
				rub the gel all over their hand and arm until completely covered. This
				"glove" makes their skin impervious to burning when they reach into
				boiling water. They often did this at certain ceremonies to prove the
294	Sphaeralcea coccinea	scarlet globemallow	heyókňa tňapňéžuta	power of their "medicine."
	Sporobolus			The tillers of sand dropseed are known for being incredibly tough, but
295	cryptandrus	sand dropseed	pheží thakháŋ	the seeds may be ground into flour and used to make bread.
206	Strophostyles helvola	fuzzy bean	omníča hú	The beans are eaten after cooking.
290	Shi uphusiyies hervulu	1022y Deun		The beans are earen after cooking.
	Strophostyles			
	leiosperma	slickseed fuzzy bean	omníča hú	The beans are eaten after cooking.
	- <i>F</i>			······································
				The long, straight tillers are used as play arrows by young boys. All parts
				of the plant are used as a poultice for wounds. An infusion of the leaves
	Symphoricarpos	buckbrush,	uŋšúŋgnasapi hú,	is used as an eyewash. An infusion of the roots is drunk as a tonic. An
	occidentalis	wolfberry	zuzéča tňawóte	infusion of the inner bark is used to treat constipation.
		'		

				All parts of the plant are edible, from root to flower. A decoction of the root is drunk as a tonic, liver stimulant, or as a mild laxative. The flowers are dried and used to make a delicious tea. All parts of the plant are diuretic, and it is actually sold as a prescription drug in Canada for this purpose. The roasted roots make a nice coffee substitute. The
				leaves may be added to salad, and they are often used to help regulate
				blood sugar. Dandelions are also high in the antioxidant luteolin, which is said to be effective in preventing certain types of cancer. The plant has
				antibacterial properties, inhibiting the growth of <i>Staphylococcus</i>
299	Taraxacum officinale	dandelion	waħčá zí	aureus , Pneumococci , Meningococci , Bacillus dysenteriae , and others.
	Thalictrum	meadow rue, purple	wazímna,	The seeds of this plant are fed to horses as an energy stimulant. The
300	dasycarpum	meadow rue	wazímniŋkpa	seeds are also chewed and then rubbed on the skin to repel insects.
	Thermopsis	prairie goldenpea,		The flowers are dried and then burned - the smoke is used to treat
301	rhombifolia	false lupine	waňpé sóta	rheumatism.
302	Thlaspi arvense	pennycress, fanweed	apé mázaská	The young leaves are eaten raw. The seeds are ground up and used to add a mustard-like flavor to foods. A decoction of the whole plant is used to treat strep throat.
303	Thuja plicata	Western red cedar, flat cedar	ňaŋté	The pitch or sap from this tree is antibacterial and is used in making salves. The leaves are dried and then burned during sweatlodge ceremonies. A small pinch is placed on each rock that is brought into the sweatlodge. A decoction of the leaves is used to treat colds and flu symptoms. A decoction of the leaves and stems is used to treat coughs, colds, and tuberculosis and is also effective in treating dandruff.
				The inner bark is used to make rope and cordage. The leaves and flowers are edible raw or cooked. A decoction of the inner bark is applied to
304	Tilia americana	basswood	híŋta	burns, and is very soothing to the skin. A poultice of the leaves is used to treat burns, scalds, broken bones, and swellings.
504		Busswoou	, ing i u	to it car barns, scalas, broken bones, and swennigs.

305	Townsendia exscapa	large-flowered townsendina, Easter daisy	iň'éň'e čhaŋňlóğaŋ	This is known by the Lakota as one of the first flowers of spring.
306	Toxicodendron rydbergii	poison ivy	wikňóška pňežúta	Contact with this plant causes a very irritating, long-lasting rash. It is avoided. The Lakota use a poultice of an oak bark decoction to treat poison ivy rash.
307	Tradescantia bracteata	bracted spiderwort	čhanňlógan pňánpňanla	The flowers are used to make blue paint for shoes. Lakota men wrote and sang songs about this beautiful flower, often relating and comparing it to the women they loved. The leaves and flowers are edible raw or cooked.
308	Tradescantia ohiensis	bluejacket, softweed spiderwort	čhaŋňlógaŋ pňáŋpňaŋla	The flowers are used to make blue paint for shoes. Lakota men wrote and sang songs about this beautiful flower, often relating and comparing it to the women they loved. The leaves and flowers are edible raw or cooked.
309	Tragopogon dubius	Western salsify	waňčá zí iyéčheča	The root is edible after cooking; it is excellent in soups, stews and casseroles. The soft stems and leaf bases are also edible.
				The entire mushroom is used to strengthen the immune system. A decoction of the mushroom and it's mycelium is used to treat hepatitis and liver infections. The polysaccharides found in the mycelium of the mushroom and from the fermented decoction, have significant anti- carcinogenic activity. In Japan, turkeytail mushroom is prescribed as a drug for the treatment of malignant tumors, and it is used as a
310	Trametes versicolor	turkeytail mushroom	čháŋ siŋté	preventive and curative for liver cancer.

311	Trifolium pratense	red clover	blayé ziŋtká tňačňáŋ	INTRODUCED: The leaves and flowers are edible raw or cooked, and are best collected before flowering. The leaves are best cooked. The seed can be sprouted and used in salads. The root is edible after cooking. A deliciously sweet tea is made from the fresh or dried flowers. Red clover is into a salve or poultice to treat skin conditions, normally in combination with <i>Arctium minus</i> and <i>Rumex crispus</i> . A very strong decoction of the flowers, or a crushed poultice, is applied to cancer of the breast, which encourages the tumor to come to a head and eventually burst. An infusion of the whole plant is drunk to treat and psoriasis, whooping cough and dry coughs.
				INTRODUCED: The leaves are edible raw or cooked, and should be harvested before flowering. The leaves are best cooked. The root is
				edible after cooking. An infusion of the flowers is used to treat coughs,
			blayé ziŋtká	colds, fevers, and vaginal discharge. A decoction or poultice of the
312	Trifolium repens	white clover	tňačháŋ ská	flowers is also used to treat sore eyes.
	,	Western Venus'	čhaŋh lóğaŋ	
313	Triodanis leptocarpa	looking glass	kčankčánla	There are songs about this beautiful flower.
314	Typha latifolia	cattail	wihúta hú, hiŋtkáŋ, stem = hiŋtkáŋ hú	The soft down obtained from the carpel spike is used for lining baby's diapers and cradleboards. It is also applied as a poultice to burns. The down is mixed with fat and applied to smallpox sores. The pollen from the male spike is added to flour - it makes pancakes or bread incredibly delicious and much more nutritious. The young cattail shoots are edible raw or cooked, as are the fleshy rhizomes. Today, the rhizomes are cut into chunks and sauteed in butter to make a fantastic side-dish that is delicate and reminiscent of water chestnuts. The root is also dried and ground into powder to make flour.
	Ulmus americana	American elm	p'eíkčeka, p'éčhaŋ	An infusion of the outer and inner bark is used to treat TB and lung hemorrhaging, coughs, colds, influenza, dysentery, eye infections, cramps and diarrhea. A decoction of the bark is used to wash wounds. The wood is used for fuel, to make pots, and as building material.

316	Ulmus rubra	black elm, slippery elm	p'etúŋtuŋpa	boiled and then the resulting mucilaginous liquid may be added to oatmeal to make it more nutritious. Decoction of the inner bark also makes a very nutritious drink; it is a gentle and effective remedy for chest congestion, stomach irritation, and intestinal irritation. This decoction is also very soothing and healing when used to treat sore throats, indigestion, digestive irritation, stomach ulcers. It was also applied externally to fresh cut, abrasions, swellings, burns and wounds. A decoction of the outer bark is used to induce abortions, because it is very irritating to the uterus.
				As it's name implies, you will want to take care when handling or walking
				near stinging nettles. Tiny hairs cover the entire plant and, when
				touched, release a trio of chemicals that causes a burning rash, similar
				to poison ivy but much shorter in duration and very easy to relieve. If
				you do come into contact with raw nettles, simply wash the affected
				area with warm, soapy water or rub wet mud on the area and allow it to
				dry before rubbing it off. In spite of its faults, nettles are incredibly
				useful. The young leaves make an delicious and nutritious potherb, and all
				of the stinging effect is removed through cooking, crushing, drying, or
				chopping. Nettles are high in nutrients and protein. They also make a
				nice tea that can be used to treat stomach aches. Stem fibers of mature
				plants were used to make rope and cordage. The young leaves are edible
				when they are cooked and are very high in vitamins and minerals. An
				infusion of the young leaves is consumed for general health and is
				especially good for children. An infusion is also used to treat arthritis,
				rheumatism, and eczema. The whole plant is used to make a salve that is
				excellent in treating sciatica, eczema, and dandruff. The young leaves
				are made into a decoction that is taken internally to treat hives. The
				whole plant is used to "whip" arthritic joints as a counter-irritant. An
				infusion of the whole plant is used as a hair wash to increase hair
317	Urtica dioica	stinging nettles	čhaníčaňpehu	growth.

]	Usnea is a powerful antibiotic and antifungal. It makes an excellent
				poultice for open wounds and sores. An infusion is used in the
318	Usnea spp.	old man's beard	čhaŋ wíziye	treactment of respiratory infections and urinary tract infections.
		grouseberry,		
		huckleberry,		
319	Vaccinum scoparium	whortleberry	háza	This fruit is delicious eaten fresh or dried.
				An infusion of the leaves reduces the formation of mucus and acts as an expectorant. It is therefore used to treat any type of chest congestion
				associated with bronchitis or influenza. A decoction of the leaves is
				made into a poultice, which is used to heal diabetic ulcers on the legs or
320	Verbascum thapsus	common mullein	apé hiŋšmá	feet.
				INTRODUCED: An infusion of the root is used to treat tuberculosis,
321	Verbena bracteata	bigbract verbena	apé sloháŋ	particularly when it has spread to the lymph nodes.
				An infusion of the roots and leaves is used to treat stomachache, fevers,
		blue vervain,	čhaŋňlógaŋ pňežúta,	and kidney stones. The seeds may be ground to make flour. This is a
322	Verbena hastata	blue verbena	pňéstola	warming herb that promotes good circulation.
		wooly vervain,	tňopňéstola,	An infusion of the leaves and roots is used to treat fever and
323	Verbena stricta	hairy verbena	thó phestóla	stomachaches.
			wahpé apé blaskáska,	The laws are formed into a cent of "plate" that keeps foreign matter
		inchurch	,	The leaves are formed into a sort of "plate" that keeps foreign matter
204	Vermenie Considente	ironweed,	tňaľágnake	from getting on meat. An infusion of he root is used to regulate
324	Vernonia fasciculata	prairie ironweed	iyéčheča	menstrual periods.
				An infusion of the root stimulates the liver and increases the flow of
				bile. However, one must be very careful, as it can cause violent vomiting.
				The Lakota would only use roots that were well dried; some herbalists
				say the root needs to dry for at least a year before being used. Smoke
	Veronicastrum			from the burning root is used to smudge and purify those who have come
325	virginicum	culver's root	waňpé pňáŋpňaŋla	into contact with a person who mourning the death of a family member.

				The fruits are edible raw or dried for later. They are not a favorite for
				eating purposes, as they have a thick skin and can be very dry. A
		black haw,		decoction of the roots is used to treat irregular periods. An infusion of
326	Viburnum lentago	nannyberry	mnahú	the leaves is used to treat measles.
				This plant provides excellent forage for grazing animals. A poultice of
				the leaves is applied to spider bites. An infusion of the leaves is used by
327	Vicia americana	American vetch	tňasúsu	women as love medicine.
				The young leaves and flower buds are edible raw or cooked. The leaves
				are added to thicken soups and stews. An infusion of the leaves and
				roots is used to treat asthma in children. A decoction of the roots and
				leaves is used as a wash or poultice to relieve sore and swollen joints. A
328	Viola spp.	violet	waňpé thó čík'ala	poultice of the chewed leaves is applied to sore eyes.
	· · ·		čhaŋwíyapeha iyúwi,	The fruits are edible raw or cooked. They are also collected and dried
329	Vitis riparia	wild grape	čhaŋwíyape	for later use.
	Wyethia			The roots are edible after cooking. They were usually pit roasted for
330	amplexicaulis	mule's ear	tháhča nakpá	two days.
				This plant is poisonous if eaten by livestock. The Lakota burned the
				leaves and the roots as ceremonial incense. A decoction of the root is
			wináwizi hú tháŋka	used to treat high fevers and to help a woman expel afterbirth. A salve
221	Xanthium strumarium	cocklebur	ňča	is made with the powdered seed and is used on open sores.
331		COCKIEDUI	ncu	
				The root is dried and powdered - the powder is then boiled for long
				periods to make an excellent shampoo. A decoction of the root is used
				to treat stomachaches. The fumes given off by the burning root is said
				to allow horses to be easily caught. The roots of this plant and the roots
				of <i>Opuntia polyacantha</i> are made into an infusion that is used to help
				women progress childbirth. The flowers, buds, and seed pods are all
332	Yucca glauca	yucca, soapweed	hupňéstola	edible.

333	Zigadenus elegans, Zigadenus venenosus	death camas	pšíŋ hublóka	All parts of this plant are highly POISONOUS. It is avoided.
334	Ziziana aquatica	wild rice		Wild rice was collected along the Missouri River (at Big Lake) by the Lakota of Standing Rock. In the 1950's the river was flooded, killing all the rice plants on the river. Since then, it has been left out of the Lakota diet. Formerly, the Lakota ate the rice in soups and stews. Other bands of Lakota also used wild rice.

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Interviews

Numerous interviews were conducted throughout the Great Lakota, Dakota, and Nakota Nations. Many Elders did not want credit for their contributions, and therefore they will remain nameless. However, I am endlessly thankful to them for agreeing to pass on this sacred knowledge to the people. I vow to never misuse this knowledge and to keep passing it on to the Next Generation. I hope that whoever reads this will respectfully do the same. I extend many thanks to the following people, many of whom have already begun the journey on the Red Road – *wopila tanka*.

Zona Loans Arrow	Gladys Hawk
Mary Louise Defender-Wilson	Everette Jamerson
Bea Medicine	Lavorra Jones
George Iron Shield	Helmina Makes Him First
Keva Sitting Dog	Earl Bullhead
Wilbur Flying By	Alberta Crowe
Delores Taken Alive	Imogene Taken Alive
Vernon Iron Cloud	Vivian High Elk
Theo Iron Cloud	and almost 65 others who wish to remain anonymous.