

Plant Name Chart

Common Name	Scientific Name	Aboriginal Group that Used the plant	Plant part used	Uses of the plant
Balsam-root	Balsamorhiza sagittata	Blackfoot Blood	Leaves Seeds Roots	-Salad for Sun Dance Ceremony -Ground into flour and made into a biscuit -Tender portion of root used in stew -Roots burned as incense before a battle to bring good luck -Used as a 'holy turnip' in the Sun Dance Lodge -Extract made for stomach trouble
Bearberry, Kinnikinnik	Arctostaphylos Uva-ursi	Cree Chipewyan Blackfoot Blood	Leaves Stems, roots Leaves Leaves Fruit Fruit Leaves	-Mixed with tobacco for smoking -About 15" boiled in water the liquid drank to treat diarrhea -Mixed with tobacco for smoking -Mixed with tobacco for holy ceremonies of Horn Society -Eaten raw or preserved for later use -Dried, boiled then eaten, put in rattles, or made into necklaces -Tea, brewed to cure hemorrhage
Bear Grass	Xerophyllum tenax	Blackfoot	Roots	-Boiled roots are steeped and utilized as a hair tonic and to ease sprains, or the brew is evaporated and the residue used as soap
Bergamot, Wild Horse Mint	Monarda fistulosa	Blackfoot Blood	Leaves	-Boiled leaves were applied directly to pimples to dry them up -Extract for birth control -Extract for person spitting blood -To treat sores

Birch, Paper or White Birch	<i>Betula papyrifera</i>	Cree	Wood Bark Leaves Sap	-White rotten wood boiled into an extract, wood then dried and powdered. Powder used for chapped skin -Birch bark documents for Medicine Men -Canoes, baskets -Innermost bark produces a dye -Leaves made into a tea-like beverage -For syrup
Bitter-root	<i>Lewisia pygmaea</i>	Blackfoot	Roots	-Pounded and chewed for sore throat -Dried, scraped and used for food
Double Bladder-pod	<i>Physaria didymocarpa</i>	Blackfoot Blood	Leaves	-Steeped as a remedy for sore throats and stomach trouble -Plant held between teeth for a toothache -Brewed for hemorrhoids and liver trouble -Horse medicine
Indian Bread- root	<i>Psoralea esculenta</i>	Blackfoot	Root	-Eaten or roasted fresh, dried for winer use -Dried in the sun and ground between stones for flour to mix with soup
Cushion Cactus or Ball Cactus	<i>Mamillaria Vivipara</i>	Blood	Fruit Plant	-Eaten raw -Cut and put in dirty water to clear it -Used to cure diarrhea in children -Extract used to treat sore eyes
Death Camas	<i>Zygadenus gramineus</i>	Blackfoot	Bulbs Roots	-Poisonous bulbs are pulped and applied as a wet dressing to sprains and bruises -Mashed and applied to swollen knees and aching legs
Common Cattail	<i>Typha latifolia</i>	Blackfoot	Flowers Roots	-Downy seeds are used to make dressings for burns and scalds; diaper padding for cradle-boards -Ground into flour; served raw or roasted

Ground Cedar	<i>Lycopodium complanatum</i>	Blackfoot	Entire Plant Spores	-Extract of plant used to treat lung and venereal diseases -Applied as an antiseptic dust on wounds or sniffed for nosebleeds
Wild Black Currant	<i>Ribes americanum</i>	Blackfoot Cree	Roots Stems, bark, roots	-Liquid extract of root taken for kidney ailments -A tea is made and used to help women conceive
Red Osier Dogwood	<i>Cornus stolonifera</i>	Cree Chipewyan	Bark	-Bark mixed with tobacco for smoking -Fine scraping of young bark used to induce vomiting; to cure coughs and fevers -Dying and tanning hides
Alpine Fir	<i>Abies lasiocarpa</i>	Blackfoot	Leaves	-Perfume -Needles burned as incense -Tea for colds -Smudge
Sweet Grass	<i>Hierochloe odorata</i>	Blood Blackfoot	Entire Plant Entire Plant	-Incense either lit or placed on hot coals for all holy ceremonies -Burned as an offering to mark numerous activities with spiritual significance -Inhaled for nosebleeds -For chapped skin -Soaked in water to be used to wash a woman after she gives birth -Brewed and drank for hemorrhages -Nnatural sachet -Sewn into clothing
Gumweed	<i>Grindelia squarrosa</i>	Blackfoot Cree	Leaves and Flowers Entire Plant Entire Plant	-Resin from these parts used to treat bronchitis and asthma; to produce spittle and for relief from muscle spasms -Used to make a beverage prized for its tonic qualities; to purify blood; to clear up colds and lung trouble -Tea drunk for kidney trouble -Combined with Chamomile to treat kidney pains; prevent childbearing

Bluebell	<i>Campanula rotundifolia</i>	Cree	Root	-Dried, chopped root made into a compress to be placed on a cut or other wound to stop bleeding, reduce swelling and speed healing
Indian Hemp	<i>Apocynum cannabinum</i>	Blackfoot	Root	-Extract taken as a laxative, to reduce fever, and to prevent falling hair -Induces vomiting
Ground Juniper	<i>Juniperus communis</i>	Cree	Branches	-For sore throat boil about 6" of branch in three cups of water and gargle
Labrador Tea	<i>Ledum groenlandicum</i>	Cree Blackfoot	Leaves	-Dried, crushed, and boiled in water for a tea to treat chest colds -Powdered leaves made into an ointment for burns and scalds; tea used as a diuretic, used to induce vomiting -Dye
Wild Licorice	<i>Glycyrrhiza lepidota</i>	Blood	Roots	-Root chewed and liquid swallowed to strengthen the throat for singing -Treatment for toothache -Extract of root boiled to treat fever in small children and diarrhea -Extract for coughs and stomach trouble
Western Wood Lily	<i>Lilium philadelphicum</i>	Blackfoot	Flower	-Pulverized flowers are made into a wet dressing to treat the bite of a small, brown, poisonous spider
Yellow Pond Lily	<i>Nuphar variegatum</i>	Blackfoot	Seeds	-Roasted or ground into flour; highly nutritious
Lupine	<i>Lupinus sp.</i>	Blood	Leaves	-Incense -Chewed during Ghost Dance -Extract used for bloated stomachs, hiccups
Wild Mint		Blackfoot	Leaves	-Tea and medicine; parfleches are lined with leaves before filling them with dried meat to be stored for the winter

Wild Onion	Allium sp.	Blackfoot	Entire Plant	-Sore throat remedy -Boiled with meat, eaten fresh or preserved
Cows Parsnip	Heracleum lanatum	Cree Blackfoot Blood	Roots Young stems and roots Young stems and roots	-Cure for toothache -Eaten after being roasted on hot coals -For Sun Dance Ceremony -Treatment of rheumatism and arthritis; boiled and taken for intestinal pains -Dried plant taken with a drink of water for a broken leg
Prairie Parsley	Lomatium triternatum	Blood	Roots	-Induce abortion -Extract used to stop nosebleeds
Puccoon	Lithospermum incisum	Blackfoot	Flowers Roots	-Dried tops burned ceremonially -Incense -Violet dye -Pounded fine and dried in the sun to produce a flour which is boiled in fat broth
Wild Red Raspberry	Rubus strigosus	Blackfoot	Roots	-Scraped roots made into an extract which is given to children with bowel trouble
Rose	Rosa sp.	Blackfoot	Roots Fruit	-Bitter drink brewed and used in treatment of diarrhea -Rose fruits were used to make necklaces before trade beads were acquired
Pasture Sage	A. frigida	Cree Blackfoot	Entire Plant Roots or Tops Leaves	-Infusion of pasture sage used for bathing -Boiled and liquid taken for fever -Tops only chewed for heartburn -Tea made to treat coughs and colds
Pasture or Prairie Sagewort	Artemisia frigida	Blood	Leaves	-Used to plug a bleeding nose -Toilet paper -Chewed and used to bandage cuts -Menstrual pads

			<p>Roots</p> <p>Entire Plant</p>	<p>-Cleanser after childbirth</p> <p>-Brew made for aching liver and vomiting</p> <p>-Holy, used in offering</p> <p>-In Sun Dance Ceremony it was tied around head, wrists, and ankles of those who would go through self-torture</p> <p>-Chewed before holy ceremonies to reinforce powers</p>
		Cree	Entire Plant	<p>-Incense</p> <p>-Plant dried, pulverized and dropped on hot stones, then fumes inhaled for headache</p>
Saskatoon Berry	Amelanchier alnifolia	Cree	Stems Fruit	<p>-Arrow shafts, pipestems</p> <p>-Added to pemmican</p>
		Blackfoot	Fruit	<p>-Added to soups, stews, and meats; dried for winter use</p>
			Stems or branches	<p>-For religious rituals</p>
		Blood	Fruit	<p>-Brewed for stomach ache</p> <p>-Berry soup eaten on special occasions</p>
			Roots	<p>-Made into tobacco</p>
Silverweed	Potentilla anserina	Blood	Roots	<p>-Long roots taken for diarrhea</p> <p>-Brewed for chest pains</p> <p>-Chewed up and sprayed onto clean sores to dry them up</p>
Skeleton Weed or Prairie Pink	Lygodesmia juncea	Cree	Stems	<p>-Chopped and brewed to make a tea for treating morning sickness or periodic pains</p>
		Blackfoot	Stems	<p>-Tea used to treat sore eyes</p> <p>-Juice from broken stems permitted to harden and then chewed for its flavor (candy)</p>
			Leaves	<p>-Tea given to nursing mothers into increase milk flow</p>
Wild Strawberry	Fragaria virginiana	Cree	Roots	<p>-Combined with root of yarrow in the form of a cooled tea; used to cure insanity</p>
		Blackfoot	Roots	<p>-Extract of roots used to treat diarrhea</p>

		Blood	Leaves	-Extract used for diarrhea -for treating eyes
Common Annual Sunflower	Helianthus annuus	Blackfoot	Seeds	-Eaten raw -Oil extracted and used to lubricate face or body; a hair decoration
Yellow Umbrella Plant	Eriogonum flavum	Blood	Stem Roots	-Brewed and used as face wash for drying up sores and reducing swelling -Chewed and put in children's ears to keep out water when swimming -Children eat them for sweets; too many will make you sick
Willow	Salix sp.	Blackfoot Blood	Seeds Bark Roots	-Fluff of seed pods used to line babies cradles -Contains a large percent of tannin which is used for tanning hides -Burned bark is powdered and applied to green wounds and ulcers -Cut into small pieces, dried and brewed for hemorrhage and 'waist trouble' -Pulverized bark removed and mixed with grease from kidneys for soaking hair for scalp sores and dandruff -To straighten curly hair, along with kidney grease mixture -Brew drank to clear throat
Pussy Willow	S. discolor	Blackfoot	Twigs Buds	-Twigs gathered, preserved and steeped in boiling water, the extract taken to cure fever or as a pain killer -Spring buds produce red dye