

Culturally Important Plants of the Lakota

Based on interviews, research, and a comprehensive review of historical documents.

Principal Investigator

Linda S. Black Elk

Email: linda.black.elk@gmail.com

Primary Cultural Consultant

Wilbur D. Flying By, Sr.

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1	<i>Acer negundo</i>	boxelder maple	<i>čhaŋšúška</i>	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 been removed and the seeds boiled.
2	<i>Acer saccharinum</i>	silver maple	<i>tháhálo</i>	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.
3	<i>Acer saccharum</i>	sugar maple	<i>čhaŋhásaŋ</i>	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 an expectorant.
4	<i>Achillea millefolium</i>	Western yarrow, common yarrow	<i>h̄aŋté čhaŋh̄lóḡaŋ, tháópi p̄h̄ežúta</i>	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.
5	<i>Achnatherum hymenoides</i>	Indian ricegrass	<i>psíŋ</i>	The seeds are edible when cooked. They are often ground into flour and used to make bread or to thicken soups. The seeds are sometimes roasted.
6	<i>Acorus calamus</i>	sweet flag, bitterroot	<i>siŋkpé tháwóte</i>	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 off bad spirits.

7	<i>Agastache foeniculum</i>	lavender hyssop	<i>wañpé yathápi</i>	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.
8	<i>Alisma plantago-aquatica</i>	water plantain	<i>wakínyangla pahí lí hú</i>	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	<i>Allium spp.</i>	wild onion	<i>pšínj šičámna</i>	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	<i>Amaranthus spp.</i>	amaranth, pigweed	<i>wañpé makhá ayúblaya, wañpé makhá yathápi iyéčheca</i>	Leaves eaten similarly to spinach. Seeds ground into flour. All members of this genus are edible.
11	<i>Ambrosia artemisifolia</i>	annual ragweed	<i>poíphiye, cañhílogañ waštémna</i>	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 are having difficulty giving birth.
12	<i>Ambrosia trifida</i>	giant ragweed	<i>uñzípakhiñte, yamnúmnuğa iyéčheca</i>	Leaves are rough like a cat's tongue and were used as toilet paper. A poultice of the whole plant is used as a treatment for infected toes. An infusion of the leaves and stems is taken for pneumonia and fever and as a treatment for diarrhea.

13	<i>Amelanchier alnifolia</i>	juneberry, serviceberry, Saskatoon serviceberry	<i>wípazutkǵiŋ</i>	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	<i>Amorpha canescens</i>	leadplant	<i>ziŋtká wóte, ziŋtkála thǵačhǵŋ, thǵathǵŋka hotǵúŋ, pté hotǵúŋ, šungthǵawote</i>	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	<i>Amorpha fruticosa</i>	false indigo	<i>ziŋtkála thǵačhǵŋ</i>	Straight branches used to make arrow shafts.
16	<i>Amphicarpaea bracteata</i>	American hog peanut, mousebean, groundbean	<i>makǵátomniča</i>	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	<i>Andropogon gerardii</i>	big bluestem, turkeyfoot	<i>pǵeží šašǵá ókhihe thǵaŋkǵŋkǵŋyaŋ</i>	Boys use the stems as arrows in mock war games. This grass is excellent forage for bison and other grazing animals.
18	<i>Anemone canadensis</i>	meadow anemone	<i>wahǵpé owǵnyang wašté</i>	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	<i>Anemone cylindrica</i>	candle anemone, thimbleweed	<i>iṭḥúŋkala</i> <i>tḥaṭḥúŋkče</i>	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	<i>Anemone patens</i>	pasque flower, prairie crocus	<i>hokší čhekpá wahčá</i>	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	<i>Antennaria parvifolia</i>	small-tear pussytoes, mouse ear everlasting	<i>chaŋḥlógan h́u</i> <i>waŋžíla, iṭḥúŋkala</i> <i>nakpá</i>	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	<i>Apios americana</i>	Indian potato	<i>bló, bló pahú</i>	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	<i>Apocynum cannabinum</i>	Indian hemp, dogbane	<i>napéoilekiyapi</i>	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	<i>Arabis hirsuta</i>	hairy rockcress	<i>čhaŋḥlógan h́u</i> <i>waŋžíla</i>	Green parts of plant are eaten raw or cooked similarly to spinach.
25	<i>Arctium minus</i>	burdock	<i>wahpé tḥáŋka</i>	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.

26	<i>Arctostaphylos uva-ursi</i>	bearberry	<i>čhaŋlí wápe</i>	Fruit is considered edible, but it is only used as "trail food." An infusion of the whole plant is used as a cough medicine, and as a treatment for colds and back pain.
27	<i>Argemone polyanthemos</i>	prickly poppy	<i>thókahu wahíŋkpe</i> <i>uŋ zíyapi</i>	The roots of this plant are used to make yellow dye for arrow shafts.
28	<i>Argentina anserina</i>	silverweed, shrubby cinquefoil	<i>zuyá pñežúta</i>	The leaves are made into a pleasant tea. The roots are also edible raw or cooked. An infusion of the leaves and stems is used to treat diarrhea. The whole plant is regarded as "medicine to use against the enemy."
29	<i>Aristida purpurea</i>	red three awn, wiregrass	<i>peží thákñáŋ kazá</i>	Lakota recognize this plant because the awns get stuck in animals mouths and cause infections. Therefore, the Lakota will not graze their horses in areas where this grass is present.
30	<i>Artemisia absinthium</i>	absinth wormwood	<i>wapezuta</i>	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 externally to treat insect bites and stings.
31	<i>Artemisia campestris</i> & <i>dranunculoides</i>	Western sagewort, false tarragon sagewort	<i>čhaŋhí lóŋaŋ</i> <i>waštémna</i>	An infusion of the roots of either plant is used to treat constipation, difficulty urinating, and difficulty in childbirth. Decoction of leaves taken to abort difficult pregnancies. Pulverized roots are put on a sleeping man's face so that his horses can be stolen easily. The pulverized root is also used as a perfume
32	<i>Artemisia cana</i>	silver sagebrush, white sagebrush	<i>pñeží hótá thóthíó</i>	The Lakota recognize that this is the best sage for winter browsing by game and livestock. The leaves and stems are also burned as insect repellent.

33	<i>Artemisia frigida</i>	fringed sagewort, little wild sage	<i>p̄heží h̄óta</i> <i>waštémna, waňčá zí</i> <i>sutá, makíiá</i> <i>čheyáka</i>	This sage is known as "women's medicine." Women use it in their bath water or to make a bitter infusion. The infusion helps to regulate menstruation and to cause contractions in pregnant women who are overdue.
34	<i>Artemisia ludoviciana</i>	cudweed sagewort, cudleaf sage, ceremonial sage	<i>p̄heží h̄óta wápe</i> <i>blaskáska</i>	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 stomach disorders, to treat intestinal worms, to calm nerves, and to treat colds, sore throats and diarrhea. This sage is used to form wreaths and bracelets for Sundancers (Wiwayang Wacipi).
35	<i>Artemisia tridentata</i>	big sagebrush	<i>p̄heží h̄óta th̄ánka</i>	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 and sores. The dried plant is burned in one's house as a disinfectant.
36	<i>Asclepias incarnata</i>	swamp milkweed	<i>wahíngheya íphiye,</i> <i>waňčáňča hú bloká</i>	The pulverized root is made into a salve which is used to treat swollen glands. The young seed pods are edible after cooking. An infusion of the roots is used to treat asthma, rheumatism, syphilis, and a weak heart.
37	<i>Asclepias pumila</i>	low milkweed, dwarf milkweed	<i>čhešlóló p̄hežíta,</i> <i>p̄heží swúla čík'ala,</i> <i>h̄anté iyéčheča</i>	Infusion of leaves used as diarrhea medication, especially for children.

38	<i>Asclepias speciosa</i>	showy milkweed	<i>waŋpé thínpsila,</i> <i>pŋanúnŋpala,</i> <i>waŋčáŋča</i>	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	<i>Asclepias stenophylla</i>	narrowleaf milkweed	<i>thínpsila pŋežúta</i>	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	<i>Asclepias syriaca</i>	big milkweed, common milkweed	<i>pŋanúnŋpala</i> <i>waŋčáŋča</i>	Infusion of whole plant used as diarrhea medicine. Young shoots can be eaten in soups or stews. Flower buds are also edible.
41	<i>Asclepias verticillata</i>	whorled milkweed	<i>waŋpé thínpsila</i> <i>iyécheča</i>	An infusion is used to treat diarrhea. An infusion is also made from this plant to help lactating women produce milk.
42	<i>Asclepias viridiflora</i>	green milkweed (both slim leaf and wide-leaf varieties)	<i>húčhiŋška</i>	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.
43	<i>Aster ericoides &</i> <i>falcatus</i>	heath aster	<i>čhaŋŋlógan</i> <i>pŋépheła</i>	These aster species are grazed readily by deer and pronghorn antelope.
44	<i>Astragalus canadensis</i>	Canadian milkvetch	<i>pŋežúta ská hú,</i> <i>šunŋkówašakala</i>	Seeds are eaten by horses. Decoction of root used to treat fevers in 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	<i>Astragalus</i> <i>crassicaarpus</i>	groundplum milkvetch	<i>pté thawóte,</i> <i>thiatiŋŋka omníča</i>	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.

46	<i>Astragalus gilviflorus</i>	plains orophaca	<i>núŋŋoka yazáŋ p̄hežúta</i>	The small, silvery-gray leaves are moistened, rolled into a ball, and put in the outer ear to relieve earache.
47	<i>Astragalus gracilis</i>	slender milkvetch	<i>p̄hežúta skúya</i>	The roots are chewed by lactating women to increase milk production.
48	<i>Astragalus racemosus</i>	locoweed, alkali milkvetch	<i>p̄hežúta ská hú, šun̄kléža hú</i>	One must be careful to not confuse this plant with other milkvetch species. This plant is poisonous to both humans and livestock.
49	<i>Balsamorhiza sagittata</i>	arrowleaf balsamroot	<i>hutkáŋ tháŋka</i>	Decoction of the whole plant (including roots) is used to treat stomach pains and headache. Sticky resin is used as an antiseptic for wounds. The root may be eaten raw, boiled, or roasted.
50	<i>Beckmannia syzigache</i>	sloughgrass	<i>mní p̄heží</i>	Excellent forage for wildlife.
51	<i>Betula papyrifera</i>	birch, paper birch, white birch	<i>čhaŋhásaŋ</i>	The shredded bark is bound together to make torches. The bark is formed into a container, which is used to collect and hold the sweet sap from <i>Acer</i> spp. (maple trees).
52	<i>Bidens spp.</i>	beggartick, stickseed sunflower	<i>mníóhuta aglágla, wañčá zí</i>	Infusion of whole plant is used to alleviate pain and it is also used as an anti-diarrheal.
53	<i>Bouteloua gracilis</i>	blue grama	<i>p̄heží okhížata</i>	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 three inflorescences. (Akin to finding a four leaf clover.)
54	<i>Bouteloua hirsuta</i>	hairy grama	<i>p̄heží okhížata</i>	Excellent forage for wildlife.
55	<i>Bovista plumbia</i>	tumbling puffball	<i>hokší čhekpá</i>	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 marshmallow-white in the center.
56	<i>Brickellia eupatorioides</i>	false boneset	<i>wañpé p̄há</i>	The entire plant is used to make a poultice for swellings.

57	<i>Bromus inermis</i> spp. <i>pumpellianus</i>	Pumpellii bromegrass	<i>p̄heží hájškaska</i> <i>psín̄ iyéčheča</i>	This is a native subspecies of bromegrass. It is excellent forage for wildlife.
58	<i>Buchloe dactyloides</i>	buffalo grass	<i>p̄heží</i> <i>iwičhakiyaka,</i> <i>p̄heží hiŋkpíla</i>	This grass is excellent forage for bison. It is now being propagated as lawn sod, due to the fact that it does not grow taller than a few inches (no mowing required) and does not require irrigation.
59	<i>Calamovilfa longifolia</i>	sandreed	<i>saŋtúhu h̄čáka</i>	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 were used as pipe cleaners.
60	<i>Calvatia cyathiformis</i>	purple spored puffball	<i>hokší čhekpá</i>	As with all puffball mushrooms when brown and dried, the powdery spores 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 marshmallow-white in the center.
61	<i>Callirhoe involucrata</i>	purple poppy mallow	<i>p̄hežíta naŋtíažila</i>	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 inhaled for head colds.
62	<i>Calochortus gunnisonii</i>	sego lily	<i>p̄sín̄ tháŋka</i>	The bulbs are eaten raw, boiled or roasted. The bulbs are also macerated and combined with other plants to create a poultice that is used to treat breast cancer.
63	<i>Calochortus nuttallii</i>	mariposa lily	<i>p̄sín̄ tháŋka</i>	The bulbs are eaten raw, boiled or roasted. The bulbs are also macerated and combined with other plants to create a poultice that is used to treat breast cancer.
64	<i>Calylophus serrulatus</i>	yellow evening primrose, yellow prairie mallow, yellow sundrops	<i>wañčá zí čík'ala</i>	This primrose is good forage for wildlife.

65	<i>Campanula rotundifolia</i>	harebell	<i>waǰpé thó</i>	The leaves are edible raw or cooked. An infusion of the root is used to treat earaches.
66	<i>Capsella bursa-pastoris</i>	shepherd's purse	<i>napčhóka gmiyán</i>	INTRODUCED: The leaves, young stems, and seed pods are edible raw or cooked. An infusion of the dried plant is used to treat internal bleeding of the stomach, uterus, or kidneys.
67	<i>Cardamine bulbosa</i>	spring cress	<i>huŋtkaq kháta</i>	The roots of this plant are poisonous, but the leaves are edible raw or cooked.
68	<i>Carex spp.</i>	sedge	<i>pheží psuŋpsúŋla</i>	Sedges provide good forage and cover for wildlife and the leaves of some species are used to make baskets and mats.
69	<i>Carex douglasii</i>	Douglas' sedge	<i>pheží psuŋpsúŋla</i>	The young shoots and soft stems are eaten raw.
70	<i>Carya ovata</i>	hickory	<i>čhaŋsúhu</i>	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	<i>Castilleja sessiliflora</i>	downy paintbrush, painted cup	<i>waǰpé yazókapi</i>	The fresh flowers are edible, offering the reward of sweet nectar in the bottom of the corolla tube.
72	<i>Ceanothus herbaceous</i>	small red stem, new jersey tea, inland ceanothus	<i>uŋpíáŋ tháwóte</i>	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	<i>Celastrus scandens</i>	bittersweet	<i>zuzéča tháwóte, waǰlókapi šni phežíuta</i>	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.
74	<i>Celeriac macrantha</i>	junegrass	<i>pheží šičámna</i>	This grass is excellent forage for deer and other wildlife.
75	<i>Cenchrus longispinus</i>	sand bur	<i>pheží uŋkčéla</i>	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	<i>Chenopodium berlandieri</i>	lamb's quarters	<i>wahpé thoθhó,</i> <i>čhaŋhí lógaŋ íŋkpa</i> <i>gmigméla</i>	The leaves and young stems are an excellent green vegetable, and are eaten raw or cooked.
77	<i>Chrysothamnus nauseosus</i>	rubber rabbit brush, rabbitbrush	<i>pheží h́óta šičámna</i>	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, diarrhea, and stomach cramps. It has also been used externally as a wash for sores and skin eruptions, especially smallpox.
78	<i>Cicuta maculata</i>	water hemlock	<i>yažópi hú</i>	POISONOUS - all parts of this plant are deadly and should be avoided.
79	<i>Cirsium spp.</i>	thistle	<i>tš́ókahu</i>	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.
80	<i>Cirsium undulatum</i>	wavy leaf thistle	<i>tš́ókahu</i>	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 gonorrhoea. A cool infusion of the root has been used as a wash for eye diseases.

81	<i>Clematis ligusticifolia</i>	Western virgin's bower	<i>čhaŋíyuwe skaská nañčá, čhaŋíyuwi owíčak'ó, owíčak'ola hú</i>	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	<i>Cleome serrulata</i>	Rocky Mountain bee plant	<i>wañpé h'eh'é</i>	This plant is used in combination with <i>Amorpha canescens</i> 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.
83	<i>Conium maculatum</i>	poison hemlock	<i>yažópi hú čík'ala</i>	POISONOUS - all parts of this plant are deadly and should be avoided.
84	<i>Convolvulus arvensis</i>	creeping Jenny, bindweed	<i>kimímila tñawánañča čík'ala psithóla hú iyéčheča</i>	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.

85	<i>Conyza canadensis</i>	horseweed	<i>čhaŋh' lógaŋ</i> <i>waštémna iyéčheča</i>	An infusion is made from 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	<i>Coreopsis tinctoria</i>	golden tickseed	<i>čhaŋh' lógaŋ</i> <i>wak'íályapi</i>	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	<i>Cornus sericea</i>	red osier dogwood, red willow	<i>čhaŋšáša</i>	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.
88	<i>Corylus americana</i>	hazelnut	<i>úmahu</i>	The nuts are very tasty and delicious, although somewhat smaller than their domesticated relatives.
89	<i>Crataegus succulenta</i> & <i>chrysoarpa</i>	hawthorn	<i>mat'íó th'aspáŋ,</i> <i>th'aspáŋ hú</i>	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	<i>Croton texensis</i>	skunkweed, Texas croton	<i>waŋpé h'čah'čá</i>	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	<i>Cucurbita foetidissima</i>	buffalo gourd	<i>wagmú pñežúta</i>	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.
92	<i>Cucurbita lagenaria</i>	dipper gourd, bottle gourd	<i>wagmú há</i>	This gourd is used to make rattles which are used to make ceremonial music.
93	<i>Cucurbita maxima</i>	Lakota squash	<i>wagmú</i>	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	<i>Cycloloma atriplicifolium</i>	winged pigweed	<i>čhaŋh' lógaŋ owíčak'o</i>	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	<i>Cyperus esculentus</i>	flat sedge, yellow nutsedge	<i>mní saŋtúhu</i>	Roots are eaten raw, boiled, or roasted.
96	<i>Cypripedium acaule</i>	lady's slipper	<i>makhá čhaŋnákpa</i>	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	<i>Dalea aurea</i>	silk top dalea, golden prairie clover	<i>tñokh'ála tñaph'éžuta</i>	An infusion of the leaves is taken for dysentery and stomachache. A decoction of the leaves is used for colic.
98	<i>Dalea candida</i>	white prairie clover	<i>tñokh'ála tñaph'éžuta hú bloká</i>	The roots are peeled and chewed for their sweetness. An infusion is made from the dried roots, which is used to prevent disease.
99	<i>Dalea enneandra</i>	nineanther prairie clover, slender dalea	<i>heh'áka tñaph'éžuta</i>	An infusion of the leaves is used to relieve stomachache and dysentery.

100	<i>Dalea purpurea</i>	purple prairie clover	<i>thokháda thaphežuta</i> <i>hú wíngyela</i>	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.
101	<i>Dalea villosa</i>	hairy prairie clover, silky prairie clover	<i>biaye zihka</i> <i>tháčháj hustóla,</i> <i>čhasmú huňóhíota,</i> <i>waptáya huňóhíota</i>	A decoction of the roots is used as a laxative. The leaves and blossoms were eaten to reduce swelling of the throat. Roots are used to make a purgative.
102	<i>Dasiphora fruticosa</i>	shrubby cinquefoil	<i>čhaŋkhályapi zí</i>	A pleasant tea is made from the leaves.
103	<i>Daucus carota</i>	Queen Anne's Lace, wild carrot	<i>pňangí zí</i>	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	<i>Delphinium viruses</i>	prairie larkspur	<i>wanági thínpsila</i>	This plant is poisonous to livestock A tincture of the flowers or seeds may be mixed with shampoo to eliminate lice.
105	<i>Desmanthus illinoensis</i>	mimosa	<i>ňanté pňepňé</i> <i>iyéčheča</i>	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.
106	<i>Desmodium canadense</i>	Canada tickclover	<i>wókaň taŋ</i> <i>blaskáska</i>	This plant provides good forage for wildlife.
107	<i>Dichanthelium oiligosanthes</i>	panic grass	<i>pňeží wakíáj</i>	This grass is believed to be poisonous to horses.

108	<i>Distichlis spicata</i> <i>var. stricta</i>	saltgrass, inland saltgrass	<i>p̄eží suksúta</i>	Grows in high alkalinity/high salinity environments.
109	<i>Dyssodia papposa</i>	fetid marigold, dogweed	<i>pispíza th̄awóte</i>	The dried, powdered leaves were inhaled to relieve breathing difficulties and headaches. A decoction made from fetid marigold and <i>Gutierrezia sarothrae</i> (broomweed) is used to treat cough due to colds. A decoction of fetid marigold and <i>Grindelia squarrosa</i> (curlycup gumweed) flowers is used to treat tuberculosis and hemorrhaging.
110	<i>Echinacea</i> <i>angustifolia</i>	echinacea, purple coneflower, blackroot	<i>ičh̄áipe hú,</i> <i>unglákčapi</i>	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 system and relieve flu and cold symptoms. Echinacea is also being investigated as a treatment for cancer.
111	<i>Echinochloa crus-galli</i>	barnyard grass, cockspur grass	<i>p̄eží skúya</i>	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	<i>Echinocystis lobata</i>	wild cucumber, mock apple	<i>wañnáñnaheča</i>	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 is used to chills and fever.
113	<i>Elymus canadensis</i>	Canada wildrye	<i>p̄teyáñota</i>	Excellent forage for bison. The seeds are edible when cooked.
114	<i>Equisetum arvense</i>	field horsetail	<i>wanyéča swúla,</i> <i>p̄eží swúla</i>	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	<i>Equisetum hymenale</i>	scouring rush	<i>wanyéča hú tháŋka</i>	This plant is very high is silica, and is therefore used as a scrubbing tool. It is excellent for polishing or to clean utensils.
116	<i>Erigeron annuus</i>	fleabane	<i>inážij pñežúta, uŋwáhinižanŋthi uŋpi</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 infusion of the plant is used to treat mouth sores and to encourage urination in adults.
117	<i>Eriogonum flavum</i>	yellow wild buckwheat	<i>čhaŋh lógaŋ hutkáŋ sapsápa šunŋtháwote</i>	The seeds may be ground into flour.
118	<i>Eryngium yuccifolium</i>	rattlesnake master, button snakeroot	<i>wazímniŋkpa iyéčheča</i>	Root used as medicine for bladder trouble. The root is also used antidote to rattlesnake and scorpion venom. A decoction of the root is used to make men more virile.
119	<i>Erysimum asperum</i>	Western wallflower	<i>wañčá zí šičámna</i>	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 the same purpose.
120	<i>Eupatorium maculatum</i>	Joe pyeweed, purple boneset	<i>wañčá pñephéla</i>	Excellent forage for grouse. Grows along streams and riverbanks. An infusion of the whole plant is diuretic and is used to treat kidney ailments, painful urination, and rheumatism. A decoction of the roots lowers fevers, treats colds, and kidney infections.
121	<i>Euphorbia esula</i>	leafy spurge	<i>šišská čhaŋh lógaŋ</i>	INTRODUCED: This is a noxious weed which has taken over many acres of pasture and rangeland throughout the Great Plains. The milky sap may be irritating to the skin.
122	<i>Euphorbia geyerii</i>	Geyer's spurge	<i>waphóštaŋ, pñayá pñežúta</i>	The stems were woven together to make a sort of hat that was used to protect one's head from the sun.

123	<i>Euphorbia marginata</i>	snow on the mountain	<i>itópta sápa tháph'éžuta, asáŋpi p'hežúta</i>	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	<i>Euphorbia petaloides-eaplon</i>	prairie spurge	<i>apéla tháphišlečala iyéčheča</i>	The milky sap of this plant is poisonous.
125	<i>Fragaria vesca</i>	wild strawberry	<i>wažúšteča</i>	The fruits are never very plentiful, but when available, were eaten fresh or dried for later.
126	<i>Fraxinus pennsylvanica</i>	green ash	<i>pseñtíŋ č'háŋ</i>	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	<i>Fritillaria atropurpurea</i>	purple spotted fritillaria, spotted missionbells, leopard lily, checker lily	<i>č'haŋh'lóŋaŋ makh'át'íola p'hežúta, wahíŋheya iphíye</i>	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.
128	<i>Galega officinalis</i>	goat's rue	<i>č'hošáša</i>	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	<i>Galium aparine</i>	cleavers, bedstraw	<i>wañpé wáŋčaŋa hú bloká</i>	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	<i>Galium boreale</i>	Northern bedstraw	<i>č'haŋh'lóŋaŋ ská waštémna</i>	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.

131	<i>Galium triflorum</i>	sweet scented bedstraw	<i>wañpé wáñčáğa hú wínyela</i>	Women sometimes use the dried plant as a sort of perfume by slipping a stem under their belt.
132	<i>Gaura coccinea</i>	scarlet gaura	<i>thátháwabluška tháčháhñ loğar, ośúñk'oyuspapi</i>	The Lakota chew the plant and rub it on their hands to attract and catch horses.
133	<i>Gaura mollis</i>	velvety gaura	<i>heñáka hé</i>	This plant is used as a sort of love medicine.
134	<i>Gentiana andrewsii</i>	closed gentian, bottle gentian	<i>kaphópa, wañčá wašté</i>	Roots are used to flavor beverages. The root is also rubbed on the skin to prevent snakebite.
135	<i>Gentiana puberulenta</i>	downy gentian	<i>pñežúta zí</i>	A decoction of the root is taken as a bitter tonic.
136	<i>Geum triflorum</i>	prairie smoke, torch flower, old man's whiskers, lion's beard, maiden hair	<i>piñkpá hiñšmá</i>	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	<i>Grindelia squarrosa</i>	curlycup gumweed	<i>pté íčhiyuha</i>	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	<i>Glycyrrhiza lepidota</i>	American licorice, wild licorice	<i>wináwizi čík'ala</i>	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.

139	<i>Gypsophila muralis</i>	baby's breath	<i>wañčá ská čík'ala</i>	INTRODUCED: This plant is used in a creemony to treat Bell's Palsey and other symptoms of stroke. The ceremony must be repeated four times.
140	<i>Hedeoma hispida</i>	rough pennyroyal	<i>makiá čheyáka</i>	Infusion of leaves used to treat colds and loss of appetite in those who are sickly.
141	<i>Helianthus annuus</i>	annual sunflower, common sunflower	<i>wañčá zizí, wañčá zí tháŋka</i>	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 inflorescence) with the bracts removed are boiled and the resulting liquid drank to treat pulmonary problems. The seeds are also eaten.
142	<i>Helianthus maximiliani</i>	Maximilian's sunflower	<i>wañčá zii</i>	The small roots were sometimes eaten and the seeds are also edible.
143	<i>Helianthus tuberosus</i>	Jerusalem artichoke	<i>p̄h̄aŋǵí zí</i>	Tubers are boiled or roasted and sometimes fried after boiling and then eaten. Overuse of these tubers is said to cause flatulence.
144	<i>Hesperostipa spartea</i>	porcupine grass	<i>mačáph̄eča</i>	The culms are used by young boys as play arrows. The seeds have long sheaths that are collected and bound together to make hairbrushes.
145	<i>Heuchera richardsonii</i>	alum root	<i>wañp̄éǵa, wañp̄é t'áǵa, č̄haŋh̄lón̄snasna</i>	An infusion of the root of this plant is used as a treatment for diarrhea - it is very high in tannins. A poultice of the powdered root is applied to wounds and sores. Deer and elk occasionally eat this plant.
146	<i>Hierochloe odorata</i>	sweetgrass	<i>p̄heží wačh̄aŋǵa</i>	Strands of this grass are braided together and the braid is burned to call upon guardian spirits, and to create good feelings. The wonderful smell of sweetgrass is often used for this purpose in Lakota ceremonies.

147	<i>Hordeum jubatum</i>	squirrel tail, foxtail barley	<i>yus'íngs'íng ité,</i> <i>ité ašníyaŋpi</i>	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 it is difficult to separate from the husk. The dried root may be used as a poultice for sties on eyes.
148	<i>Humulus lupulus</i>	hops, common hops	<i>čhaŋíyuwe waí pé</i> <i>onáphí óh'ye, waí pé</i> <i>akíkašpapi</i>	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 therefore makes bread rise. The resulting dough is used to make bread. Hops contain a natural sedative and an infusion, although bitter, is excellent for treating sleeplessness.
149	<i>Hydrastis canadensis</i>	goldenseal	<i>p'óge očáŋčáŋ</i> <i>p'hežúta</i>	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 used externally as a wash for skin diseases, vaginal infections, and gum disease.
150	<i>Hymenopappus tenuifolius</i>	wooly hymenopappus	<i>šunghuštíphiye</i>	This plant is made into a salve or wash that is used to treat sores on horse's hooves.
151	<i>Hypsizygus tessulatus</i> (formerly <i>Pleurotus tessulatus</i>)	elm cap mushroom	<i>čhaŋnáka</i>	This delicious mushroom grows on boxelder trees in the autumn, often from the tiny holes made when boxelder is tapped for its sap in the spring. The mushrooms are dried or used fresh in soups and stews.
152	<i>Ipomoea leptophylla</i>	bush morning glory	<i>p'hežúta niǵé tháŋka</i> <i>p'hetága</i>	The Lakota eat the peelings of the root to treat stomach disorders. Before the days of matches and lighters, the Lakota would "store" a fire within the root and hang it in a tree. The fire would keep burning for months within the root.
153	<i>Ipomopsis congesta</i>	ballhead gilia	<i>yažókapi hú</i>	An infusion of the whole plant is used as a blood tonic.

154	<i>Iva xanthifolia</i>	marsh elder	<i>waǰpé šíc̣a</i>	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	<i>Juglans nigra</i>	black walnut	<i>gmá, čhaṅsápa</i>	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	<i>Juniperus virginiana, communis</i>	Eastern red cedar	<i>ǰaṅté šá</i>	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	<i>Lactuca oblongifolia, pulchella</i>	blue lettuce	<i>ažúṅtka yazáṅpi, wablúška hiṅšmá iyéčheča</i>	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	<i>Lactuca serriola</i>	wild lettuce	<i>waǰpé iṅkpa žiží</i>	The young leaves are eaten by lactating women to aid in milk production.
159	<i>Lappula occidentalis</i>	desert stickseed, hairy stickweed	<i>hú pǰepǰé</i>	This plant is known to spread quickly.
160	<i>Lepidium densiflorum</i>	peppergrass	<i>ziṅtkála tiawóte</i>	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.

161	<i>Lepidium densiflorum</i>	clasping peppergrass	<i>apé yuwí</i>	INTRODUCED: The young leaves are edible raw or cooked. They have a spicy, peppery flavor.
162	<i>Leucocrinum montanum</i>	Star of Bethlehem, common starlily, sand lily, mountain lily	<i>yapízapi iyéčheča</i>	The roots are eaten roasted or cooked in soups and stews. A poultice of the roots is used to treat sores and swellings.
163	<i>Levisticum officinale</i>	lovage	<i>čhaŋlí ičáhiye</i>	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	<i>Liatris punctata</i>	blazing star, dotted gayfeather, liatris	<i>thátéte čhaŋnúŋga</i>	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	<i>Ligusticum porteri</i>	osha root, bear root	<i>mathó thaphéžuta</i>	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	<i>Lilium philadelphicum</i>	wood lily, wild lily	<i>mná hčahčá</i>	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.

167	<i>Linum perenne</i>	wild blue flax	<i>čhaŋǰí lógaŋ nablága</i>	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 cooking.
168	<i>Linum rigidum</i>	stiffstem flax, large-flowered yellow flax	<i>áta sosapina, nablága čhaŋǰí lógaŋ nablága</i>	The seeds are eaten after being roasted.
169	<i>Lithospermum caroliniense</i>	hairy puccoon, Carolina puccoon	<i>pěžežúta wahesa, pěžežúta hášapa</i>	The powdered root is packed into chest wounds to stop bleeding and prevent infection. A beautiful red dye is obtained from the dried and powdered roots.
170	<i>Lithospermum incisum</i>	cleft gromwell, narrowleaf puccoon	<i>pěžežúta šapsápa</i>	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.
171	<i>Lobelia siphilitica</i>	lobelia, blue cardinal flower	<i>zuzéča tháwóte, úma/uŋmá wápe thóthíó hé</i>	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 trying to woo.
172	<i>Lomatium cous</i>	cous biscuitroot	<i>wahíčá zí iyawicaskapa</i>	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.
173	<i>Lomatium dissectum</i>	bear root, fernleaf biscuitroot	<i>mathíó tháphéžuta</i>	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 such as wasna (dried meat) and soups to give flavor.

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

182	<i>Mahonia aquifolium</i>	Oregon grape root	<i>húte zí</i>	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	<i>Maianthemum racemosum</i>	star-flowered false Solomon's seal	<i>yapízapi hú</i>	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	<i>Malva pusilla</i>	mallow	<i>ápe kalúlu</i>	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	<i>Matricaria discoidea</i>	pineapple weed	<i>skuyómna</i>	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	<i>Medicago lupulina</i>	black medic	<i>ápe yámni</i>	INTRODUCED: The leaves are edible raw or cooked. An infusion of the plant is used to soothe nerves.
187	<i>Medicago sativa</i>	alfalfa	<i>wañpókhižate, tñáčhájíčahu tñáŋka</i>	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	<i>Melilotus officinalis</i>	yellow sweet clover	<i>wañpé swúla</i>	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.

189	<i>Mentha arvensis</i>	field mint	<i>čheyáka, čháj pñěžúta čík'ala</i>	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 treat headaches and fever. Women use sprigs of mint as a sort of perfume by placing some of the leaves in pockets or under belts.
190	<i>Mentzelia decapetala</i>	ten petal blazing star, ten petal mentzelia, prairie lily	<i>čhañh'ológan mañ'áwanglakela</i>	This plant is well known for its beautiful white flowers. A decoction of the roots is used to treat rheumatism and arthritis. The seeds are edible, and were usually ground into mush.
191	<i>Mentzelia nuda</i>	bractless blazing star, sand lily	<i>tñókahu pñepñé</i>	The boiled and strained sap is applied externally to treat fever. One may use the crushed leaves in the same way.
192	<i>Mimulus glabratus</i>	roundleaf monkeyflower yellow monkeyflower	<i>čheškíkhāñ iyéčheča</i>	The leaves are eaten raw or cooked. They have a bitter flavor, but the bitterness diminishes after cooking.
193	<i>Mirabilis hirsuta</i>	hairy four o'clock, hairy umbrellawort	<i>čhañh'ológan ókhietñiun</i>	The dried leaves are sometimes mixed with various tobaccos for pipesmoking.
194	<i>Mirabilis linearis</i>	narrowleaf four o'clock, narrowleaf umbrellawort	<i>huókhihe habskáska</i>	An infusion of the dried leaves used to treat difficulty urinating.
195	<i>Mirabilis nyctaginea</i>	wild four o'clock, prairie four o'clock	<i>poíphiye, cañh'ológan waštémna</i>	A decoction of the roots of <i>poíphiye</i> and the roots of <i>Echinacea angustifolia</i> is used to kill intestinal worms. A decoction of the root is used to treat fever. A poultice of the whole plant, including the root, is used to treat swellings and broken bones. A poultice, mixed with other plants, is used to treat breast cancer.

196	<i>Monarda fistulosa</i>	wild bergamot, beebalm, horsemint, purple bergamot	<i>heháká tšapí'éžuta,</i> <i>heháká tšawóte,</i> <i>waipé waštémna</i>	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 leaves are chewed while singing, dancing or hunting to prevent sore throat. A decoction of the whole plant is used to bathe diabetic ulcers - this will kill the infection and promote healing. The name "hehaka tapejuta" or "elk medicine" refers to this plant's use as a love charm.
197	<i>Morchella esculenta</i>	morel mushroom	<i>nasúla iyéčheča</i>	Delicious mushroom is collected in early spring and them eaten fresh or dried for later.
198	<i>Morus alba</i>	white mulberry	<i>čhaŋská</i>	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 decoction to treat asthma and bronchitis.
199	<i>Musineon divaricatum</i>	wild parsley	<i>tšathíŋpsila</i>	The roots are eaten raw.
200	<i>Nelumbo lutea</i>	yellow lotus, American lotus	<i>thewápa, khewápa</i>	The seeds are shelled and then boiled with meat to make soup. The peeled tubers are cooked with meat and hominy. The leaves are also edible. This plant is characterized as having mystical powers.
201	<i>Nepeta cataria</i>	catnip, catmint	<i>igmú tšáčhéyaka</i>	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, and fevers, even for children.
202	<i>Nuphar lutea</i>	yellow water lily	<i>thewápa, khewápa</i>	The roots and leaf stalks are edible after boiling. The root is dried and powdered to use as a styptic for wounds.

203	<i>Oenothera biennis</i>	evening primrose	<i>čhaŋh'łógaŋ húh'la</i>	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 cough. Evening primrose oil is used today to treat acne, fibrocystic breast tissue, rheumatoid arthritis, cirrhosis, and high cholesterol.
204	<i>Oenothera caespitosa</i>	alkali lily, gumbo lily, tufted evening primrose	<i>čhaŋh'łógaŋ hú saŋsáŋ</i>	A poultice of the crushed roots is applied to sores and swellings.
205	<i>Oligoneuron rigidum</i>	stiff goldenrod	<i>t'hal'ágnake, čhaŋh'łógaŋ makh'á ayúblaya, miméla waŋč'ázi</i>	The leaves are laid on the ground to create a type of "plate" on which meat is placed to prevent dirt or other foreign objects from getting on the meat.
206	<i>Onosmodium bejariense</i>	false gromwell, Western marbleseed	<i>šúŋkačhaŋkh'ahúiphi ye</i>	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 (this remedy is said to only be used by men); it is also used as a rubbing solution for the sore muscles of horses, and it is sometimes given to them as a tea.
207	<i>Opuntia polyacantha</i>	plains pricklypear	<i>uŋkč'éla blaská, fruit- uŋkč'éla th'ášpú</i>	The roots of pricklypear are mixed with the roots of <i>Yucca glauca</i> - 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 use. The thick, juicy, green stem segments or "pads" are edible when the thorns have been safely removed. An infusion of the pads is used to treat diarrhea.
208	<i>Orobanche fasciculata</i>	clustered broomrape	<i>wápe šaš'á</i>	This plant is edible raw or cooked. A poultice of the root is used to treat wounds and open cuts and sores.
209	<i>Ostrya virginiana</i>	American hop hornbeam, ironwood	<i>išpáŋšpaŋheč'a</i>	This tree has very hard wood that is used to make bows and utensil handles. A decoction of the bark is used to massage sore muscles.

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

221	<i>Penstemon grandiflorus</i>	large beardtongue, shell leaf penstemon	<i>kimímila</i> <i>tǰawánaǰča</i>	A decoction of the leaves is taken for chills and fever. A decoction of the roots is taken for chest pain.
222	<i>Phaseolous vulgaris</i>	common bean	<i>omníča</i>	This bean is very similar to the Navy bean. It is eaten raw, cooked alone or in soups and stews.
223	<i>Phlox andicola</i>	plains phlox	<i>wahpé pǰephé</i>	This low-growing plant has very sharp, pointed leaves that will get stuck in meat if meat is accidentally lain on this plant.
224	<i>Physalis heterophylla</i>	clammy groundcherry	<i>tǰamníohpi hú</i>	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	<i>Physalis longifolia</i>	long-leaved groundcherry	<i>tǰamníohpi hú</i>	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	<i>Picea glauca</i>	Black Hill's spruce	<i>wazǰǰčaka</i>	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	<i>Pinus contorta</i>	lodgepole pine	<i>wazǰ čháj</i>	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	<i>Pleurotus ostreatus</i>	oyster mushroom	<i>čhaǰnákpá ská</i>	These mushrooms grow on dead deciduous trees and are harvested throughout spring and summer. They are eaten fresh or dried for later.

229	<i>Plantago major</i>	common plantain, broadleaf plantain	<i>wihúta hú iyéčheča</i>	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	<i>Plantago patagonica</i>	Pursh's plantain, wooly plantain	<i>čhanǎlógan</i> <i>waphóštan kágapi</i>	Chewing the leaves is used to treat toothache.
231	<i>Polanisia dodecandra</i>	clammyweed	<i>wahpé h'lá</i>	The leaves are cooked and eaten.
232	<i>Polygala alba</i>	white milkwort	<i>wahpé ská čík'ala</i>	A decoction of the roots is used to treat earaches. An infusion of the root is also used as an expectorant.
233	<i>Polygonatum biflorum</i>	Soloman's seal	<i>zuzéča thawóte hú,</i> <i>thánkíngyan héčha</i>	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	<i>Polygonum amphibium</i>	swamp smartweed, marsh smartweed	<i>táku šašála, pšitíóla</i> <i>hú iyéčheča</i>	The young shoots are eaten raw or cooked. The root is also eaten and is said to have a pleasant, nutty flavor.
235	<i>Polygonum lapathifolium</i>	curlytop knotweed, pale knotweed	<i>táku šašála hú</i> <i>wíngyela</i>	The young shoots are eaten raw or cooked.
236	<i>Polygonum pennsylvanicum</i>	jointweed, pink knotweed	<i>táku šašála swúla</i>	The seeds are eaten in soups and stews or roasted and ground into flour.
237	<i>Polygonum persicaria</i>	lady's thumb, heartweed	<i>táku šašála swúla</i>	The young shoots are eaten raw or cooked.

238	<i>Populus balsamifera</i>	balsam poplar	<i>šáka čháj</i>	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	<i>Populus deltoides</i>	cottonwood	<i>čhanyáí'u, šaká čháj, wańčhígč'a wahcinca,</i>	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	<i>Portulaca oleracea</i>	purslane	<i>wápe šóka</i>	INTRODUCED: The leaves are a delicious edible vegetable - raw or cooked. They are very succulent and are a good source of moisture.
241	<i>Prunus americana</i>	wild plum	<i>kńáŋta</i>	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).
242	<i>Prunus pumila</i>	sandcherry	<i>aúŋyeyapi, tháńpíyoǵiŋ</i>	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 pemmican).

243	<i>Prunus virginiana</i>	chokecherry	<i>čhaŋphá:</i> dried cherry patties: <i>čhaŋphákaški</i>	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 berries are reconstituted with water to make <i>wojapi</i> , which is a kind of pudding. <i>Wojapi</i> is still made using chokecherries, but these days corn starch and sugar are sometimes added. The stems are sometimes used to make arrows. The fruits of all <i>Prunus</i> species are added to dried meat and mixed together with fat to make <i>wasna</i> (also known as pemmican).
244	<i>Pediomelum argophyllum</i>	silverleaf scurfpea	<i>mat'ó tháthíŋpsila,</i> <i>thíčaničahu</i>	The roots are fed to horses as an energy stimulant. The tough green stems are woven into baskets to carry meat home. The roots are edible, and are usually eaten in soups and stews.
245	<i>Pediomelum esculentum</i>	breadroot scurfpea, prairie turnip, Indian turnip	<i>thíŋpsila, sahiyela</i> <i>thíŋpsila</i> , top of plant: <i>thíŋpsila</i> <i>pháhú</i> , hole from which turnip is taken: <i>owá wópte</i>	The roots are eaten fresh or dried for later. They are still a staple of the Lakota diet and are an excellent source of complex carbohydrates, so they do not raise blood sugar levels like potatoes tend to. The dried root is ground up and made into porridge which is used to treat stomach ulcers and irritated bowels, including for gastroenteritis.
246	<i>Psoralidium tenuiflorum</i>	slimflower scurfpea	<i>thíčaničahu tháŋka,</i> <i>waŋpé pheží,</i> <i>waŋpókíŋžate</i>	An infusion of the dried roots is used to treat headaches. The whole plant may be burned to repel insects. Stems were woven together to make a sort of hat to protect the head from the sun.
247	<i>Psoralidium lanceolatum</i>	lemon scurfpea, lance-leaved scurfpea	<i>čhaŋh'logaŋ hutkí'áŋ</i> <i>háŋska</i>	Chewing the roots or leaves of this plant will relieve hoarseness.
248	<i>Pycnanthemum virginianum</i>	Virginia mountain mint	<i>waŋpé</i> <i>ič'ik'ioyagyaka,</i> <i>waŋpé čheyáka</i>	The leaves make a very pleasant tea. An infusion of the plant is taken for coughs.
249	<i>Pyrus ioensis</i>	crabapple	<i>tháspáŋ h'ú</i> <i>iyéč'heča</i>	The berries are eaten raw, usually as a "trail food."

250	<i>Quercus macrocarpa</i>	burr oak	<i>uskúyeča hú, útahu čháh</i>	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. A decoction of the bark is used to treat poison ivy or any other seeping, wet rash.
251	<i>Quercus velutina</i>	black oak	<i>ithúhu</i>	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.
252	<i>Ranunculus cardiophyllus</i>	crowfoot, heartleaf buttercup	<i>čhaŋhí lógaŋ wičháhnaška</i>	This plant is considered to be poisonous and should be avoided.
253	<i>Ratibida columnifera</i>	yellow coneflower	<i>asáhpi iyátke, wapñóšta hú, wañčá zí čík'ala</i>	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 snakebites. The whole plant is fed to horses to treat urinary tract infections. The cone was sometimes used as a pacifier for babies. A pleasant tea is made from the flowers and leaves.
254	<i>Rhus glabra</i>	smooth sumac	<i>čhaŋzí</i>	The red, autumn leaves are used in pipesmoking. The roots are used to make a yellow dye.
255	<i>Rhus trilobata</i>	skunkbrush sumac	<i>čháhŋ uŋkčémna</i>	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 vaginal discharge and thrush.

256	<i>Ribes americanum</i>	black currant	<i>čhapčhéyazala</i>	The fruits are eaten raw or dried for later. A poultice of the root bark is used to treat swellings.
257	<i>Ribes aureum</i>	golden currant, buffalo currant	<i>wičháгнаška hú</i>	The fruits are eaten raw or dried for later. A poultice of the root bark or the inner bark is used to treat swellings.
258	<i>Ribes missouriense</i>	Missouri gooseberry	<i>wičháгнаška</i> <i>thíą́nka</i>	The fruits are eaten raw or dried for later.
259	<i>Rosa arkansana</i>	wild rose, prairie rose	<i>uńžíńžigtka hú</i>	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 and hips are extremely high in Vitamin C, and they also contain essential fatty acids, which is unusual for a fruit.
260	<i>Rosa woodsii</i>	wild rose	<i>uńžíńžigtka hú</i>	*see above entry
261	<i>Rubus occidentalis</i>	wild raspberry	<i>thákíą́nhečala hú</i>	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	<i>Rumex altissimus</i>	water dock	<i>táku šášála hú</i> <i>iyéčheča</i>	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.
263	<i>Rumex aquaticus</i>	Western dock	<i>oskúya</i>	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 the rocks in the sweatlodge to relieve rheumatic pains.
264	<i>Rumex crispus</i>	curly dock	<i>wańpé skúya</i>	The green leaves have a citrusy flavor and are eaten both raw and cooked.

265	<i>Rumex venosus</i>	winged dock, wild begonia	<i>waḥpé skúya</i>	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.
266	<i>Sagittaria latifolia</i>	arrowleaf, arrowhead	<i>hiḡhág tḡaháḡpi, pṣitóla hú</i>	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.
267	<i>Salix amygdaloides</i>	peachleaf willow	<i>čhoḡhág waḡžíčá tḡáhka, waḡpé pḡópa čhág</i>	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.
268	<i>Salix candida</i>	hairy willow	<i>čhoḡhág waḡžíčá šašá</i>	This willow is burned to repel insects.
269	<i>Salix eriocephala</i>	diamond willow, Missouri River willow	<i>čḡoḡhág waḡžíčá waḡháha</i>	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.
270	<i>Salix exigua</i>	sandbar willow	<i>čḡoḡhág waḡžíčá, waḡpé wazílya</i>	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.

271	<i>Sambucus nigra</i>	elderberry	<i>čaphute hú</i>	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	<i>Sanicula marilandica</i>	snakeroot, black snakeroot, Maryland sanicle	<i>waptá yahúžiži,</i> <i>waptá yaǎlá, waptá</i> <i>yaǎóta</i>	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	<i>Sanguinaria canadensis</i>	bloodroot	<i>ok šaša</i>	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.
274	<i>Schedonnardus paniculatus</i>	tumblegrass, crabgrass	<i>wablúška hǎuha óta</i> <i>pǎeží</i>	Birds are known to eat the seeds of this grass.
275	<i>Schoenoplectus tabernaemontani</i>	giant bulrush	<i>pšá čhiŋčá</i>	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	<i>Schizachyrium scoparium</i>	little bluestem	<i>pǎeží šašá swúla</i>	The dried leaves and culms are rubbed into soft fibers, which are used as an insulating, waterproof lining for shoes.

277	<i>Scirpus pallidus</i>	pale bulrush	<i>p̄heží iwíčhak̄ioyaka</i>	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	<i>Scirpus validus</i>	bulrush	<i>psá, wihúta hú swúla</i>	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	<i>Senecio riddellii</i>	Riddell's groundsel, Riddell's ragwort	<i>čhaŋh̄lógan sutá</i>	This plant is known as being poisonous to horses and livestock.
280	<i>Shepherdia argentea</i>	buffaloberry, silver buffaloberry	<i>maštínčaphuté</i>	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	<i>Silphium laciniatum</i>	compass plant, pilot plant	<i>čhaŋšínšingla</i>	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	<i>Silphium perfoliatum</i>	cup plant	<i>čhaŋšínšingla th̄ánka</i>	The roots are burned and the smoke is inhaled to treat headaches, colds, neuralgia, and rheumatism.
283	<i>Sisymbrium altissimum</i>	tumble mustard	<i>čhaŋh̄lógan wablúška hú</i>	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	<i>Sium suave</i>	water parsnip	<i>waŋpé ská</i>	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	<i>zuzéča thawóte,</i> <i>ptápta ikhíoyaka</i>	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	<i>špájšni yútapi</i> <i>iyéčheča</i>	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	<i>čhaŋhílógaŋ škiškíta</i>	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	<i>wañčáziblu</i>	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.
289	<i>Solidago missouriensis</i>	prairie goldenrod, Missouri goldenrod	<i>čhaŋnúŋga hú</i> <i>pteptéčela</i>	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.
290	<i>Sonchus arvensis & olearceus</i>	sow thistle, milk thistle	<i>wañpé zí čík'ala</i> <i>iyéčheča</i>	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	<i>makhátomniča hú</i> <i>hólhíóta</i>	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.

292	<i>Sorghastrum nutans</i>	Indian grass	<i>p̄heží šašá</i> <i>íjka žíží</i>	This grass provides excellent forage for bison and other grazing animals.
293	<i>Spartina pectinata</i>	prairie cordgrass, sandgrass	<i>saŋtúhu iyéčheča</i>	The long tillers of this grass are used as pipecleaners. When the Lakota began building cabins, this grass was used to thatch roofs.
294	<i>Sphaeralcea coccinea</i>	scarlet globemallow	<i>heyók̄h̄ia th̄aphéžuta</i>	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 power of their "medicine."
295	<i>Sporobolus cryptandrus</i>	sand dropseed	<i>p̄heží th̄iak̄h̄án̄</i>	The tillers of sand dropseed are known for being incredibly tough, but the seeds may be ground into flour and used to make bread.
296	<i>Strophostyles helvola</i>	fuzzy bean	<i>omníča hú</i>	The beans are eaten after cooking.
297	<i>Strophostyles leiosperma</i>	slickseed fuzzy bean	<i>omníča hú</i>	The beans are eaten after cooking.
298	<i>Symphoricarpos occidentalis</i>	buckbrush, wolfberry	<i>uŋšúŋnasapi hú,</i> <i>zuzéča th̄awóte</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 is used as an eyewash. An infusion of the roots is drunk as a tonic. An infusion of the inner bark is used to treat constipation.

299	<i>Taraxacum officinale</i>	dandelion	<i>wañčá zí</i>	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 aureus</i> , <i>Pneumococci</i> , <i>Meningococci</i> , <i>Bacillus dysenteriae</i> , and others.
300	<i>Thalictrum dasycarpum</i>	meadow rue, purple meadow rue	<i>wazímna, wazímnĩkpa</i>	The seeds of this plant are fed to horses as an energy stimulant. The seeds are also chewed and then rubbed on the skin to repel insects.
301	<i>Thermopsis rhombifolia</i>	prairie goldenpea, false lupine	<i>wañpé sóta</i>	The flowers are dried and then burned - the smoke is used to treat rheumatism.
302	<i>Thlaspi arvense</i>	pennycress, fanweed	<i>apé mázaská</i>	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	<i>Thuja plicata</i>	Western red cedar, flat cedar	<i>hąnté</i>	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.
304	<i>Tilia americana</i>	basswood	<i>hįnta</i>	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 burns, and is very soothing to the skin. A poultice of the leaves is used to treat burns, scalds, broken bones, and swellings.

305	<i>Townsendia exscapa</i>	large-flowered townsendina, Easter daisy	<i>ih'eh'e čhaŋh'logaŋ</i>	This is known by the Lakota as one of the first flowers of spring.
306	<i>Toxicodendron rydbergii</i>	poison ivy	<i>wikh'oska phežuta</i>	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	<i>Tradescantia bracteata</i>	bracted spiderwort	<i>čhaŋh'logaŋ phaŋphaŋla</i>	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	<i>Tradescantia ohiensis</i>	bluejacket, softweed spiderwort	<i>čhaŋh'logaŋ phaŋphaŋla</i>	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	<i>Tragopogon dubius</i>	Western salsify	<i>wah'ča'zi iyéčheča</i>	The root is edible after cooking; it is excellent in soups, stews and casseroles. The soft stems and leaf bases are also edible.
310	<i>Trametes versicolor</i>	turkeytail mushroom	<i>čháj siŋté</i>	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 preventive and curative for liver cancer.

311	<i>Trifolium pratense</i>	red clover	<i>blayé zigtká</i> <i>třáčháj</i>	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.
312	<i>Trifolium repens</i>	white clover	<i>blayé zigtká</i> <i>třáčháj ská</i>	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, colds, fevers, and vaginal discharge. A decoction or poultice of the flowers is also used to treat sore eyes.
313	<i>Triodanis leptocarpa</i>	Western Venus' looking glass	<i>čhaŋh lógaŋ</i> <i>kčaŋkčájla</i>	There are songs about this beautiful flower.
314	<i>Typha latifolia</i>	cattail	<i>wihúta hú, hiŋtkáj,</i> <i>stem = hiŋtkáj hú</i>	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.
315	<i>Ulmus americana</i>	American elm	<i>p'eíkčeka, p'éčhaŋ</i>	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	<i>Ulmus rubra</i>	black elm, slippery elm	<i>p'etúntuŋpa</i> 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 cuts, abrasions, swellings, burns and wounds. A decoction of the outer bark is used to induce abortions, because it is very irritating to the uterus.
317	<i>Urtica dioica</i>	stinging nettles	<i>čhaŋičaŋpehu</i> As its 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 a 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 growth.

318	<i>Usnea spp.</i>	old man's beard	<i>čhaŋ wíziye</i>	Usnea is a powerful antibiotic and antifungal. It makes an excellent poultice for open wounds and sores. An infusion is used in the treatment of respiratory infections and urinary tract infections.
319	<i>Vaccinium scoparium</i>	grouseberry, huckleberry, whortleberry	<i>háza</i>	This fruit is delicious eaten fresh or dried.
320	<i>Verbascum thapsus</i>	common mullein	<i>apé hiŋšmá</i>	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 feet.
321	<i>Verbena bracteata</i>	bigbract verbena	<i>apé sloháŋ</i>	INTRODUCED: An infusion of the root is used to treat tuberculosis, particularly when it has spread to the lymph nodes.
322	<i>Verbena hastata</i>	blue vervain, blue verbena	<i>čhaŋhí lógaŋ pñežúta, pñéstola</i>	An infusion of the roots and leaves is used to treat stomachache, fevers, and kidney stones. The seeds may be ground to make flour. This is a warming herb that promotes good circulation.
323	<i>Verbena stricta</i>	wooly vervain, hairy verbena	<i>tñophéstola, tñó pñestóla</i>	An infusion of the leaves and roots is used to treat fever and stomachaches.
324	<i>Vernonia fasciculata</i>	ironweed, prairie ironweed	<i>wahpé apé blaskáska, tñal'ágnake iyéčheča</i>	The leaves are formed into a sort of "plate" that keeps foreign matter from getting on meat. An infusion of the root is used to regulate menstrual periods.
325	<i>Veronicastrum virginicum</i>	culver's root	<i>wahpé pñáŋpñanla</i>	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 from the burning root is used to smudge and purify those who have come into contact with a person who mourning the death of a family member.

326	<i>Viburnum lentago</i>	black haw, nannyberry	<i>mnaḥú</i>	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 decoction of the roots is used to treat irregular periods. An infusion of the leaves is used to treat measles.
327	<i>Vicia americana</i>	American vetch	<i>thásúsu</i>	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 women as love medicine.
328	<i>Viola spp.</i>	violet	<i>waḥpé thó čík'ala</i>	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 poultice of the chewed leaves is applied to sore eyes.
329	<i>Vitis riparia</i>	wild grape	<i>čhaḡwíyapeha iyúwi,</i> <i>čhaḡwíyape</i>	The fruits are edible raw or cooked. They are also collected and dried for later use.
330	<i>Wyethia</i> <i>amplexicaulis</i>	mule's ear	<i>tháñča nakpá</i>	The roots are edible after cooking. They were usually pit roasted for two days.
331	<i>Xanthium strumarium</i>	cocklebur	<i>wináwizi hú tháḡka</i> <i>hč'a</i>	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 used to treat high fevers and to help a woman expel afterbirth. A salve is made with the powdered seed and is used on open sores.
332	<i>Yucca glauca</i>	yucca, soapweed	<i>huphéstola</i>	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 edible.

333	<i>Zigadenus elegans</i> , <i>Zigadenus venenosus</i>	death camas	<i>pšínj hublóka</i>	All parts of this plant are highly POISONOUS. It is avoided.
334	<i>Ziziana aquatica</i>	wild rice	<i>psínj</i>	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*.

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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.