
ETHNOBOTANY OF BOONE COUNTY, IL

Plants used by the Potawatomi and Winnebago (Hočąk) in the 1800's

Information presented in this Handout is for historical knowledge only and is not intended for modern day medical advice. Please consult your own provider for medical treatment.

Medical Terms used in Ethnobotany

Adjuvant- a pharmacological or immunological agent that modifies the effect of other agents.

Alterative- A treatment or medication that restores health.

Anthelmintic- Antiparasitic medicine that stuns or kills parasitic worms and other internal parasites.

Astringent: A substance that contracts living tissue.

Ague- a fever (such as malaria) marked by outbreaks of chills, fever, and sweating that recur at regular intervals.

Cathartic- A cathartic is an agent for purging the bowels.

Compress: A piece of linen or other cloth soaked in an herbal infusion or decoction and applied externally.

Cordial: A warm and reviving drink. The term is also applied to a medicine that stimulates the heart.

Decoction: Water in which a substance has been boiled and contains the constituents of the substance in it. A standard decoction is made with 1 ounce of herb to 2 1/2 cups of water.

Diuretic: Any substance which, when consumed, increases the volume of the flow of urine.

Emetic: A substance, that when consumed, causes vomiting. Used to get harmful substances out of the body.

Emollient: A softening substance.

Expectorant: A substance that encourages phlegm to be coughed out of the lungs.

Glycerin: A syrupy liquid obtained from oils and fats that is used as a solvent, preservative, and stabilizer in making tinctures.

Febrifuge- substances that reduce fever.

Hemostatic- substance that stops bleeding.

Infusion: A tea of water and a substance which has been prepared by pouring boiling water over the plant, and which has been allowed to sit a few minutes. For a standard infusion, use 1 ounce of herb to 2 1/2 cups of water. To make a mild infusion, half the quantity of the herb; for a strong infusion, double the quantity of the herb.

Physic- A medicine or drug, especially a cathartic. A cathartic is an agent for purging the bowels.

Poultice: A mass of cloth, bread, meal, herbs, etc., applied externally as a hot or warm application on a body part.

Purgative: A strong laxative taken to empty the bowels.

Rootstock: The crown and root system of herbaceous perennials and suckering shrubs.

Salve: A soothing ointment.

Stomachic- promotes appetite and assists digestion.

Tincture: A solution of extracts of medicinal plants obtained by steeping the plants in alcohol or glycerine.

Wash: A strong decoction or tea, usually cooled, which is applied to an injury, using a clean washcloth, which may be repeatedly wrung out and reapplied.

Acer rubrum L.
Red Maple

Drug, Eye Medicine
Decoction of inner bark used as an eyewash.

Acer rubrum L.
Red Maple

Other, Hunting & Fishing Item
Traps boiled in water with bark to deodorize the scent of the previous animal trapped.
Bulletin of the Public Museum of the City of Milwaukee 7:1-230, page 116

Acer saccharum Marsh.
Sugar Maple

Drug, Expectorant
Inner bark used as an expectorant.

Acer saccharum Marsh.
Sugar Maple

Food, Beverage
Maple sap, as it came from the tree, drunk by children.

Acer saccharum Marsh.
Sugar Maple

Food, Candy
Children made taffy by cooling the maple sap in the snow.

Acer saccharum Marsh.
Sugar Maple

Food
Maple sap not only furnished the sugar for seasoning material but also furnished the vinegar. Sap that was allowed to become sour made a vinegar to be used in cooking venison which was afterwards sweetened with maple sugar. This corresponds somewhat to the German 'sweet and sour' style of cooking.

Acer saccharum Marsh.
Sugar Maple

Food, Sweetener
Maple sugar used, instead of salt, to season all cooking. The sugar maple and the black sugar maple are found all over Illinois and were considered to be the most valuable trees in the forest because they furnished them their seasoning material.

Achillea millefolium L.
Common Yarrow

Drug, Stimulant
Flowers smudged on live coals to revive comatose patient.

Achillea millefolium L.
Common Yarrow

Drug, Witchcraft Medicine
Flowers smudged on live coals to repel evil spirits.

<p>Achillea millefolium L. Common Yarrow</p>	<p>Protection Seed heads placed on a pan of live coals to produce smoke to keep the witches away.</p>
<p>Achillea millefolium L. Common Yarrow</p>	<p>Drug An infusion of the leaves used as a wash for swelling. Wad of leaves or infusion put into ear for earache.</p>
<p>Acorus calamus L. Calamus</p>	<p>Drug, Antihemorrhagic Compound decoction of small amount of root taken for hemorrhage. Dangerous unless a correct dosage is used. (Introduced).</p>
<p>Acorus calamus L. Calamus</p>	<p>Other, repellent Spray a tea made with leaves and roots around a tent when camping to keep out spiders and snakes Dangerous. Do not ingest or breathe in spray. Wash hands after using. (Introduced).</p>
<p>Acorus calamus L. Calamus</p>	<p>Drug, Respiratory Aid Powdered root snuffed up nose for catarrh. Dangerous unless a correct dosage is used. (Introduced).</p>
<p>Actaea rubra (Ait.) Willd. Red Baneberry</p>	<p>Drug, Gynecological Aid Infusion of root given 'to purge the patient of afterbirth.'</p>
<p>Adiantum pedatum L. Northern Maidenhair Fern</p>	<p>Drug, Gynecological Aid Infusion of root taken by nursing mothers for caked breast.</p>
<p>Adiantum pedatum L. Northern Maidenhair Fern</p>	<p>Good Luck Charm Black stems used as hunting charms to bring good luck.</p>
<p>Ageratina altissima (L) King & H.E. Robins. White Snakeroot</p>	<p>Drug, Snakebite The root is macerated and used to poultice a rattlesnake bite and cure it. The bite won't swell.</p>
<p>Agrimonia gryposepala Wallr. Tall Hairy Agrimony</p>	<p>Drug, Hemostat Plant used as styptic and infusion snuffed for nosebleed.</p>
<p>Allium canadense L. Wild onion</p>	<p>Food Very strong flavor, a valuable wild food, used in soup. Hoçak used the fresh bulbs as a relish and also ate the bulbs fried.</p>

Allium tricoccum Ait.
Wild Leek

Food, Vegetable
Large, wild onion used for food.

Alnus incana (L.) Moench
Gray Alder

Drug, Antidiarrheal
Infusion of bark taken for diarrhea.

Alnus incana (L.) Moench
Gray Alder

Drug, Dermatological Aid
Juice of inner bark used as a wash itching.

Alnus incana (L.) Moench
Gray Alder

Drug, Gynecological Aid
Infusion of bark used for 'flushing the vagina.'

Alnus incana (L.) Moench
Gray Alder

Drug, Hemorrhoid Remedy
Infusion of bark injected rectally for piles.

Alnus incana (L.) Moench
Gray Alder

Drug, Veterinary Aid
Powdered bark used as an astringent for horse galls.

Alnus incana (L.) Moench
Gray Alder

Drug, Veterinary Aid
Powdered inner bark sprinkled on galled spots on ponies.

Alnus incana (L.) Moench
Gray Alder

Dye, Brown
Bark used to obtain a brown dye.

Alnus incana (L.) Moench
Gray Alder

Dye, Red
Bark used to obtain a red dye.

Ambrosia artemisiifolia, L. var
elatior
Common Ragweed

Drug
The tops are used to make a wash to cure headache.

Amelanchier stolonifera Wieg.
Running Serviceberry

Drug, Tonic
Root bark used to make a tonic.

Amelanchier stolonifera Wieg. Running Serviceberry	Food Berries dried for winter use.
Amelanchier stolonifera Wieg. Running Serviceberry	Food, Fruit Berries relished as a fresh food.
Amelanchier stolonifera Wieg. Running Serviceberry	Food, Winter Use Food Berries dried and canned for winter use.
Amorpha canescens Leadplant	Drug-Burns The leaves are used for scalds. It is powdered, then wet and put on.
Amorpha canescens Leadplant	Food The Hočąk eat the beans and tubers. They follow rat trails in the snow and find storage of half a bushel or more. When beans are grown full size and are harvested in October, they are highly relished by the Hočąk.
Anaphalis margaritacea (L.) Benth. Western Pearly everlasting	Drug, Witchcraft Medicine Flowers smoked in a pipe or smudged on coals to repel evil spirits.
Anaphalis margaritacea (L.) Benth. Western Pearly everlasting	Protection Dried tops placed on a pan of live coals to hurt the eyes of the evil spirits and keep them away.
Apios americana Medik. Groundnut	Food, Vegetable Tuber eaten like a potato
Apocynum androsaemifolium L. Spreading Dogbane	Drug, Colic The leaves are used as a medicine for babies when they have colic.
Apocynum androsaemifolium L. Spreading Dogbane	Drug, Heart Medicine Decoction of green berries used as a heart medicine.
Apocynum androsaemifolium L. Spreading Dogbane	Drug, Kidney Aid Decoction of green berries used as a kidney medicine.

Apocynum androsaemifolium L.
Spreading Dogbane

Drug, Urinary Aid
Root used as a diuretic and urinary medicine.

Apocynum androsaemifolium L.
Spreading Dogbane

Fiber, Sewing Material
Used as a thread for sewing on fine beadwork.

Aralia nudicaulis L.
Wild Sarsaparilla

Drug, Dermatological Aid
Poultice of pounded root applied to swellings and infections.

Aralia nudicaulis L.
Wild Sarsaparilla

Disinfectant
Poultice of root applied to cuts made with a sharp instrument.

Aralia racemosa L.
American Spikenard

Drug, Dermatological Aid
Hot poultice of pounded root applied to inflammations. The root is boiled for sores, boils and carbuncles.

Aralia racemosa L.
American Spikenard

Food, Soup
Young tips were relished in soups.

Arctium minus Bernh.
Lesser Burrdock

Drug, Blood Medicine
Infusion of root taken as a blood purifier and general tonic. (Introduced).

Arctium minus Bernh.
Lesser Burrdock

Drug, Tonic
Infusion of root taken as a general tonic and blood purifier. (Introduced).

Arctostaphylos uva-ursi (L.) Spreng.
Kinnikinnick, Bearberry

Smoke Plant
Leaves mixed with tobacco. Endangered species in Illinois

Arisaema triphyllum (L.) Schott
Jack in The Pulpit

Drug
Thinly sliced roots cooked in a pit oven for three days to eliminate the poison. The root is then made into a bitter compound much like a mustard plaster for neuralgia or rheumatism.

Asarum canadense L.
Canadian Wildginger

Drug, Antiemetic

Root used to help the appetite of persons who could not keep anything in their stomachs.
Used to make a tonic tea.

Asarum canadense L.
Canadian Wildginger

Food, Spice

Root flavored racoon meat or fish and rendered otherwise inedible food, tender and palatable.

Asclepias syriaca L.
Common Milkweed

Drug, Unspecified

Root used for unspecified ailments.

Asclepias syriaca L.
Common Milkweed

Fiber, Sewing Material

This and other species of the milkweed used for thread materials.

Asclepias syriaca L.
Common Milkweed

Food, Soup

Flowers and buds used to thicken meat soups and to impart a very pleasing flavor to the dish.

Asclepias tuberosa L.
Butterflyweed

Drug

A very great remedy for the Hoçak. The root is chewed and placed in a wound to heal.
In case of hemorrhage one should drink it (the root).

Baptisa alba
White wild indigo

Drug

The root is a single remedy to use for an injured womb alone. Cook the root and mash it to form a poultice to bind on. Change twice a day until healed.

Betula alleghaniensis var. alleghaniensis
Yellow Birch

Drug, Adjuvant

Infusion of twigs used as a seasoner for medicines.

Betula alleghaniensis var. alleghaniensis
Yellow Birch

Fiber, Building Material

Branches used as poles for the wigwam or medicine lodge.

Betula papyrifera Marsh.
Paper Birch

Fiber, Building Material
Bark furnished a waterproof cover for the top of the wigwam.

Betula papyrifera Marsh.
Paper Birch

Fiber, Canoe Material
Bark furnished the outside cover of the birch bark canoe.

Betula papyrifera Marsh.
Paper Birch

Cooking Tools
Bark used to make many of the household utensils, storage vessels and containers.

Botrychium virginianum (L.) Sw.
Rattlesnake Fern

Drug, Unspecified
Compound containing root used medicinally.

Carya ovata (P. Mill.) K. Koch
Shagbark Hickory

Food, Winter Use Food
Hickory nuts gathered for winter use.

Carya ovata (P. Mill.) K. Koch
Shagbark Hickory

Hunting & Fishing Item
Strong, elastic wood used to make bows and arrows.

Caulophyllum thalictroides (L.)
Michx.
Blue Cohosh

Gynecological Aid
Infusion of root taken to suppress profuse menstruation and aid in childbirth.

Celastrus scandens L.
American Bittersweet

Starvation Food
Inner bark cooked in times of food scarcity, not highly commended as a food but valued.

Chamaedaphne calyculata (L.)
Moench
Leatherleaf

Dermatological Aid
Poultice of leaves applied to inflammations.

Chamaedaphne calyculata (L.)
Moench
Leatherleaf

Drug, Febrifuge
Infusion of leaves used for fevers.

Chenopodium album L.
Lambsquarters

Drug, Misc. Disease Remedy

Plant considered a medicinal food used to prevent or cure scurvy.

Chenopodium album L.
Lambsquarters

Food, Vegetable

Leaves used as a relish food for salads and spring greens.

Cirsium vulgare (Savi) Ten.
Bull Thistle

Drug, Adjuvant

Fresh flower centers chewed to mask unpleasant flavors in medicines. (Introduced)

Comptonia peregrina (L.) Coult.
Sweet Fern

Drug, Dermatological Aid

Infusion of leaves used for itch.

Comptonia peregrina (L.) Coult.
Sweet Fern

Insecticide

Leaves thrown onto the fire to make a smudge and keep away mosquitoes.

Conyza canadensis var. canadensis
Canadian Horseweed

Drug, Veterinary Aid

Plant used as a medicine for horses.

Cornus alternifolia L. f.
Alternateleaf Dogwood

Drug, Eye Medicine

Infusion of bark used as a wash for granulation of the eyelids.

Cornus canadensis L.
Bunchberry Dogwood

Food, Fruit

Berries used for food.

Cornus rugosa L.
Roundleaf Dogwood

Drug and smoking plant

It is used in kinnikinnick and the bark is efficient in a combination for measles

Cornus sericea ssp. sericea
Redosier Dogwood

Drug, Antidiarrheal

Root bark used for diarrhea and flux, 'the most efficacious remedy.'

Cornus sericea ssp. sericea
Redosier Dogwood

Smoke Plant

Toasted, shredded bark used as kinnikinnick or smoking material.

Crataegus chrysoarpa Ashe
Fireberry Hawthorn

Drug, Gastrointestinal Aid

Fruit used for stomach complaints.

Crataegus chrysoarpa Ashe
Fireberry Hawthorn

Food, Fruit

Fruit eaten by deer, bears and sometimes the Indians.

Diervilla lonicera P. Mill.
Northern Bush Honeysuckle

Drug, Diuretic

Simple or compound infusion of root taken as a diuretic. It was used by both sexes to make urine flow.

Diervilla lonicera P. Mill.
Northern Bush Honeysuckle

Drug, Other

Compound infusion of twigs used for vertigo. The root was made into a tea to clean out the womb after childbirth.

Diervilla lonicera P. Mill.
Northern Bush Honeysuckle

Drug, Venereal Aid

Infusion of root taken for gonorrhea.

Dirca palustris L.
Eastern Leatherwood

Drug, Diuretic

Infusion of inner bark taken as a diuretic.

Dirca palustris L.
Eastern Leatherwood

Fiber, Cordage

Tough, stringy bark made a good substitute for twine.

Doellingeria umbellata var.
umbellata
Parasol Whitetop

Drug, Witchcraft Medicine

Flowers smudged to repel evil spirits from sickroom.

Epilobium ciliatum ssp. *ciliatum*
Fringed Willowherb

Drug, Antidiarrheal

Infusion of root used 'to check diarrhea.'

Equisetum arvense L.
Field Horsetail

Analgesic
Infusion of whole plant used for lumbago.

Equisetum arvense L.
Field Horsetail

Drug, Kidney Aid
Infusion of plant used for kidney trouble.

Equisetum arvense L.
Field Horsetail

Drug, Orthopedic Aid
Infusion of plant used for lumbago.

Equisetum arvense L.
Field Horsetail

Drug, Urinary Aid
Infusion of plant used for bladder trouble.

Eupatorium perfoliatum L.
Boneset

Drug
Tea is used to cause sweating and break up a fever. If one spits blood it will cure that too.

Eupatorium purpureum L.
Sweetscented Joepyeweed

Drug, Burn Dressing
Poultice of fresh leaves applied to burns.

Eupatorium purpureum L.
Sweetscented Joepyeweed

Drug, Gynecological Aid
Root used 'to clear up afterbirth.'

Eupatorium purpureum L.
Sweetscented Joepyeweed

Other, Good Luck Charm
Flowering tops used as a good luck talisman for gambling.

Euphorbia corollate L.
Flowering spurge

Drug, stomach aid
A piece of root 2 ½ inches long was used to clear out the stomach. The leaves are steeped to make a tea to cure a baby's colic.

Eurybia furcata (Burgess) Nesom
Forked Aster

Drug, Analgesic
Infusion of leaves rubbed on head for severe headache.

Euthamia graminifolia var.
graminifolia
Flattop Goldentop

Drug, Febrifuge
Infusion of blossoms used for some kinds of fevers.

Fragaria vesca L.
Woodland Strawberry

Drug, Gastrointestinal Aid
Root used for stomach complaints

Fragaria vesca L.
Woodland Strawberry

Food, Dried Food
Berries sometimes dried for winter use.

Fragaria vesca L.
Woodland Strawberry

Food, Winter Use Food
Berries sometimes dried and at other times preserved for winter use.

Fraxinus pennsylvanica Marsh.
Green Ash

Fiber, Basketry
Wood rings used for making woven wooden baskets.

Fraxinus pennsylvanica Marsh.
Green Ash

Cooking Tools
Wood used for making wooden spoons.

Galeopsis tetrahit L.
Brittlestem Hempnettle

Drug, Pulmonary Aid
Infusion of plant used for pulmonary troubles. (Introduced)

Gymnocladus dioicus
Kentucky coffee tree

Drug
Steep the bark or root bark to make a tea. For colds, take a hot bath and drink this tea as hot as you can stand it.
The gum from the pods was used to cure a person of severe mental illness. (Poisonous)
Infusion of root used as an enema and infallible remedy for constipation.

Helianthus tuberosus L.
Jerusalem Artichoke

Food, Unspecified
Roots gathered for foodstuffs.

Hepatica nobilis var. obtusa
(Pursh) Steyermark
Roundlobed Hepatica

Drug, Other
Infusion of root and leaves taken for vertigo.

Hepatica nobilis var. obtusa
(Pursh) Steyermark
Roundlobed Hepatica

Dye
Roots used to make a dye for mats and baskets.

Heracleum maximum W. Bartram
Common Cow Parsnip

Other, ceremony medicine
The roots are used for the Hočąk sweat bath. A kettle or flat pan of water is placed in the sweat lodge and hot rocks are placed in the pan on top of the roots.

Hordeum jubatum L.
Foxtail Barley

Drug, Unspecified
Root used for unspecified ailments.

Impatiens capensis Meerb.
Jewelweed

Drug, Analgesic
Infusion of whole plant taken for stomach cramps and used as a liniment for soreness.

Impatiens capensis Meerb.
Jewelweed
USDA IMCA

Drug, Dermatological Aid
Fresh juice of plant used as a wash on nettle stings or poison ivy rash.

Impatiens capensis Meerb.
Jewelweed

Drug, Dermatological Aid
Infusion of whole plant used as a liniment for sprains and bruises.

Impatiens capensis Meerb.
Jewelweed

Drug, Gastrointestinal Aid
Infusion of whole plant taken for stomach cramps.

Impatiens capensis Meerb.
Jewelweed

Drug, Orthopedic Aid
Decoction of plant used as a liniment for sprains, bruises and soreness.

Impatiens capensis Meerb.
Jewelweed

Drug, Pulmonary Aid
Infusion of whole plant taken for chest cold.

Impatiens capensis Meerb.
Jewelweed

Dye, Orange
Material placed in pot of boiling plant juice to dye it orange.

Impatiens capensis Meerb.
Jewelweed

Dye, Yellow
Material placed in pot of boiling plant juice to dye it yellow.

Iris versicolor L.
Harlequin Blueflag

Drug, Dermatological Aid
Poultice of root used to allay inflammation.

Iris versicolor L.
Harlequin Blueflag

Fiber, Basketry Leaves used to weave baskets.

Iris versicolor L.
Harlequin Blueflag

Fiber, Mats, Rugs & Bedding
Leaves used to weave mats.

Juglans cinerea L.
Butternut

Drug, Cathartic
Bark used as a physic and infusion of inner bark taken as a tonic.

Juglans cinerea L.
Butternut

Drug, Tonic
Infusion of inner bark taken as a tonic and bark used as a physic.

Juglans cinerea L.
Butternut

Food, Winter Use Food
Butternuts gathered for their edible quality and furnished a winter supply of food.

Jugulans nigra L.
Black walnut

Drug
The bark is boiled down with maple sugar until it is the consistency of black strap molasses.
It is used as a blood tonic. A teaspoon full every other day is the dose.

Jugulans nigra L.
Black walnut

Dye
Fruit is picked when green covering is still soft and covering the walnuts.

The covering is crushed and then the nuts and coverings are soaked in water for a week to remove all the dye.

Juniperus communis L.
Common Juniper

Drug, Urinary Aid
Compound containing berries used for urinary tract diseases.

Lactuca biennis (Moench) Fern.
Tall Blue Lettuce

Drug, Unspecified
Plant used as a medicine for unspecified illnesses.

Lobelia inflata L.
Indian Tobacco

Ceremonial
Used for smoking in ceremonies, it was mixed with other plants, otherwise it was too toxic.

Maianthemum canadense Desf.
Canada Mayflower

Drug, Throat Aid
Root used for sore throat.

Maianthemum canadense Desf.
Canada Mayflower

Food, Fruit
Berries eaten

Maianthemum canadense Desf.
Canada Mayflower

Good Luck Charm Root used as a good luck charm to win a game.

Maianthemum racemosum ssp.
racemosum
Feather False Lily of the Valley

Drug, Stimulant
Root smudged on coals and used to revive comatose patient.

Mentha arvensis L.
Wild Mint

Drug, Febrifuge
Leaves or plant top used for fevers.

Mentha arvensis L.
Wild Mint

Drug, Pulmonary Aid
Decoction of leaves used for pleurisy.

Monarda fistulosa
Wild bergamot

Drug
Used in a sweat bath, the fumes are inhaled to cure a cold.
Decoction of leaves is used for pimples.

Monotropa uniflora L.
Indianpipe

Drug, Gynecological Aid
Infusion of root taken for female troubles.

Nuphar lutea ssp. advena (Ait.)
Kartesz & Gandhi
Yellow Pondlily

Drug, Dermatological Aid
Poultice of pounded root applied for 'many inflammatory diseases.'

Nymphaea odorata Ait.
American White Waterlily

Drug, Unspecified
Poultice of pounded root used for unspecified ailments.

Oenothera biennis L.
Common Eveningprimrose

Drug, Unspecified
Tiny seeds used as a valuable medicine for unspecified ailment.

Osmorhiza longistylis (Torr.) DC.
Longstyle Sweetroot

Drug, Eye Medicine
Root used to make an eye lotion.

Osmorhiza longistylis (Torr.) DC.
Longstyle Sweetroot

Drug, Gastrointestinal Aid
Infusion of root used as a stomachic.

Osmorhiza longistylis (Torr.) DC.
Longstyle Sweetroot

Food, Fodder
Chopped roots added to oats or other seeds to fatten the ponies.

Ostrya virginiana (P. Mill.) K. Koch
Eastern Hophornbeam

Drug, Antidiarrheal
Infusion of bark used for diarrhea

Ostrya virginiana (P. Mill.) K. Koch
Eastern Hophornbeam

Drug, Antihemorrhagic
Compound decoction of heart wood chips taken for hemorrhages.

Panax quinquefolius L.
American Ginseng

Drug, Adjuvant
Root used as a seasoner in many powdered medicines.

Panax quinquefolius L.
American Ginseng

Drug, Ear Medicine
Poultice of pounded root applied to earache.

Panax quinquefolius L.
American Ginseng

Drug, Eye Medicine
Infusion of pounded root used as wash for sore eyes.

Pastinaca sativa L.
Wild Parsnip

Drug, Dermatological Aid
Poultice of root applied to inflammation and sores.

Pastinaca sativa L.
Wild Parsnip

Drug, Poison
Root considered poisonous when taken internally.

Pedicularis canadensis L.
Canadian Lousewort

Drug, Cathartic
Root used as a physic.

Pedicularis canadensis L.
Canadian Lousewort

Drug, Internal Medicine
Root used by Prairie Potawatomi for both internal and external swellings.

Pedicularis canadensis L.
Canadian Lousewort

Food, Fodder
Roots mixed with oats to fatten the ponies.

Photinia melanocarpa (Michx.)
Robertson & Phipps
Black Chokeberry

Drug, Cold Remedy
Infusion of berry used for colds.

Photinia melanocarpa (Michx.)
Robertson & Phipps
Black Chokeberry

Food, Fruit
Berries used for food.

Pinus resinosa Soland.
Red Pine

Drug, Stimulant
Leaves used as a fumigant to revive a comatose patient.

Pinus strobus L.
Eastern White Pine

Drug, Dermatological Aid
Pitch or resin of wood and bark used as the base for a salve.

Pinus strobus L.
Eastern White Pine

Fiber, Caulking Material
Pitch rendered from the bark or cone and used to caulk boats and canoes.

Plantago major L.
Common Plantain

Drug, Dermatological Aid
Poultice of heated leaf bound on swellings and inflammations.

Plantago major L.
Common Plantain

Drug, Throat Aid
Decoction of root taken to lubricate throat for removal of lodged bone.

Polygonum lapathifolium L.
Curlytop Knotweed

Drug, Febrifuge
Infusion of whole plant used for fever.

Populus balsamifera L.
Balsam Poplar

Drug, Dermatological Aid
Buds melted with tallow and used as ointment for sores or eczema.

Populus tremuloides Michx.
Quaking Aspen

Drug, Veterinary Aid
Burned bark ashes mixed with lard and used as a salve for sores on horses.

Potentilla norvegica ssp.
monspeliensis (L.) Aschers. &
Graebn.
Norwegian Cinquefoil

Drug, Unspecified
Root used for unspecified malady.

Prunus pensylvanica L. f.
Pin Cherry

Drug, Analgesic
Infusion of inner bark taken for internal pain and cough.

Prunus pensylvanica L. f.
Pin Cherry

Drug, Cough Medicine
Infusion of inner bark taken internal pain and cough.

Prunus pensylvanica L. f.
Pin Cherry

Food, Fruit

Cherries eaten as the women worked making baskets.

Prunus pumila var. susquehanae
(hort. ex Willd.) Jaeger
Sesquehana Sandcherry

Food, Beverage

Cherries used to improve the flavor of whisky.

Prunus serotina Ehrh.
Black Cherry

Drug, Adjuvant

Inner bark used as a seasoner for medicine.

Prunus serotina Ehrh.
Black Cherry

Food, Beverage

Cherries mostly used in wine or whisky.

Prunus serotina Ehrh.
Black Cherry

Food, Fruit

Cherries used for food. This is called the drunk cherry because if you eat too many you get drunk.

Prunus virginiana L.
Common Chokecherry

Drug, Eye Medicine

Bark used in an eyewash and berries used to make tonic drink.

Prunus virginiana L.
Common Chokecherry

Drug, Tonic

Berries used to make tonic drink and bark used in an eyewash.

Prunus virginiana L.
Common Chokecherry

Food, Fruit

Cherry used for food and for seasoning or flavoring wine.

Quercus alba L.
White oak

Food

Soup is made from the acorns like hominy is made. (See Northern red oak).

Quercus rubra L.
Northern Red Oak

Drug, Antidiarrheal

Inner bark used for flux.

Quercus rubra L.
Northern Red Oak

Dye, Red-Brown

Rushes gathered for mat weaving and boiled with bark to impart a brownish red dye.

Quercus rubra L.
Northern Red Oak

Food, Porridge

Dried, ground acorns used as a flour to make gruel. Hardwood ashes and water furnished the lye for soaking the acorns to swell them and remove the tannic acid. A bark bag or reticule served to hold the acorns they were washed through a series of hot and cold water to remove the lye.

Then they were dried in the sun and became perfectly sweet and palatable.

They were ground on depressions of rocks which served as a mortar with a stone pestle, to a flour, which was cooked as a gruel, sometimes called samp.

Quercus rubra L.
Northern Red Oak

Other, Designs

Leaves used to furnish a design for beadwork.

Ranunculus pensylvanicus L. f.
Pennsylvania Buttercup

Drug, Dermatological Aid

Plant used as an astringent medicine for unspecified diseases.

Ranunculus pensylvanicus L. f.
Pennsylvania Buttercup

Dye, Yellow

Entire plant boiled with rushes or flags to dye them yellow; used to make mats or baskets.

Rhamnus alnifolia L'H,r.
Alderleaf Buckthorn

Drug, Cathartic

Inner bark used as a physic.

Rhus typhina L.
Staghorn Sumac

Drug, Anthelmintic

Compound containing berries used to expel worms.

Rhus typhina L.
Staghorn Sumac

Drug, Hemostat

Root bark used as a 'hemostatic.'

Rhus typhina L.
Staghorn Sumac

Drug, Misc. Disease Remedy

Green leaves at top are cooked to cure stomach ache, diarrhea and cramps.

Inner bark and root bark are used for poultices for sores.

Rhus typhina L.
Staghorn Sumac

Drug, Throat Aid

Infusion of leaves used as gargle for sore throat, tonsillitis and erysipelas (skin infection that follows strep throat).

Rhus typhina L.
Staghorn Sumac

Food, Sour

Berries eaten to satisfy a natural craving for something acid or tart.

Rhus typhina L.
Staghorn Sumac

Smoke Plant

Leaves mixed with tobacco to cause it to smoke pleasantly.

Ribes cynosbati L.
Eastern Prickly Gooseberry

Drug, Eye Medicine

Infusion of root used for sore eyes.

Ribes cynosbati L.
Eastern Prickly Gooseberry

Drug, Gynecological Aid

Root bark used by the Prairie Potawatomi as a uterine remedy.

Ribes cynosbati L.
Eastern Prickly Gooseberry

Food, Fruit

Berries used for food.

Ribes cynosbati L.
Eastern Prickly Gooseberry

Food, Preserves

Berries made into jams and jellies.

Rosa blanda Ait.
Smooth Rose

Drug, Analgesic

Infusion of root taken for headache or lumbago.

Rosa blanda Ait.
Smooth Rose

Drug, Orthopedic Aid

Infusion of root taken for lumbago.

Rosa blanda Ait.
Smooth Rose

Drug, Unspecified

Rose hip skin used as medicine by the Prairie Potawatomi.

Rosa Carolina
Pasture Rose

Drug

The root is cooked for a baby medicine when the mother is going to have another baby.

The first baby will get sick easily then and needs this remedy to keep it well. The skin of the rose hip is stomachic. The root is for diarrhea.

Rubus allegheniensis Porter
Allegheny Blackberry

Drug, Eye Medicine

Root bark used by the Prairie Potawatomi for sore eyes.

Rubus allegheniensis Porter
Allegheny Blackberry

Food, Fruit

Blackberries only used for food.

Rubus idaeus ssp. strigosus
(Michx.) Focke
Grayleaf Red Raspberry

Drug, Eye Medicine

Infusion of root used as an eyewash.

Rubus idaeus ssp. strigosus
(Michx.) Focke
Grayleaf Red Raspberry

Food, Fruit

Berries, a favorite article of food, eaten fresh.

Rubus idaeus ssp. strigosus
(Michx.) Focke
Grayleaf Red Raspberry

Food, Preserves

Berries, a favorite article of food, made into jams and jellies.

Rudbeckia hirta L.
Blackeyed Susan

Drug, Cold Remedy

Infusion of root taken for colds. Infusion used for doing sweat bath.

Rudbeckia hirta L.
Blackeyed Susan

Dye, Yellow

Disk florets boiled with rushes to dye them yellow. Rushes used to make woven mats.

Rumex orbiculatus Gray
Greater Water Dock

Drug, Blood Medicine

Root used as a blood purifier.

Sagittaria latifolia Willd.
Broadleaf Arrowhead

Drug, Dermatological Aid

Poultice of pounded corms applied to wounds and sores.

Sagittaria latifolia Willd.
Broadleaf Arrowhead

Food, tuber

Plant, growing along the streams and lakes, used as food by many tribes. Several days were required to cook the potatoes properly. The potatoes were cooked in a hole six feet deep. Thus, an article, unfit to eat raw, was made very nutritious and very palatable.

Sagittaria latifolia Willd.
Broadleaf Arrowhead

Food, Vegetable

Potatoes, deer meat and maple sugar made a very tasty dish.

Sagittaria latifolia Willd.
Broadleaf Arrowhead

Food, Winter Use Food

Boiled, sliced potatoes strung on a string and hung for storage and winter use.

Sagittaria latifolia Willd.
Broadleaf Arrowhead

Hunting & Fishing Item

Favorite food with ducks and geese and planted by hunting clubs to attract these birds.

Salix discolor Muhl.
Pussy Willow

Drug, Hemostat

Decoction of root bark used for hemorrhages.

Salix discolor Muhl.
Pussy Willow

Drug, Panacea

Bark used as a universal remedy.

Salix interior Rowlee
Sandbar Willow

Dye, Red

Willow and some other species of willow used for a scarlet dye.

Sambucus nigra L.
Elderberry

Drug

A teaspoon of the bark in hot water makes a quick physic.

Sanguinaria canadensis L.
Bloodroot

Drug, Misc. Disease Remedy

Infusion of root used for diphtheria, considered a throat disease.

Sanguinaria canadensis L.
Bloodroot

Drug, Throat Aid

Root juice squeezed on maple sugar as throat lozenge for mild sore throat.

Sanguinaria canadensis L.
Bloodroot

Dye, Unspecified
Root used as facial paint for clan identification marks.

Schoenoplectus tabernaemontani
(K.C. Gmel.) Palla
Softstem Bulrush

Drug, Love Medicine
Flowers used by women as a love medicine.

Schoenoplectus tabernaemontani
(K.C. Gmel.) Palla
Softstem Bulrush

Fiber, Basketry
Entire, dyed stem used to make baskets.

Schoenoplectus tabernaemontani
(K.C. Gmel.) Palla
Softstem Bulrush

Fiber, Mats, Rugs & Bedding
Entire, dyed stem used to make mats.

Scirpus cyperinus (L.) Kunth
Woolgrass

Fiber, Mats, Rugs & Bedding
Fruiting tops used as a resilient material for stuffing and making pillows.

Solidago canadensis L.
Canada Goldenrod

Drug, Febrifuge
Infusion of blossoms used for special kinds of fevers.

Solidago rigida L.
Stiff Goldenrod

Drug,
Infusion of blossoms used for a blood purifier and a great female remedy, taken three times a day.

Solidago speciosa Nutt.
Showy Goldenrod

Drug
Root used for incontinent urine. The best blood purifier of the Hočąk.

Sonchus arvensis L.
Field Sowthistle

Drug, Gynecological Aid
Infusion of leaves used for caked breast. (Introduced).

Sonchus arvensis L.
Field Sowthistle

Other, Hunting & Fishing Item
Hunters sucked the milk from branches to imitate the sound of a fawn nursing, to draw the doe near. (Introduced).

Sphagnum sp.
Sphagnum Moss

Fiber, Mats, Rugs & Bedding
Dried moss used for making pillows and mattresses.

Symphyotrichum novae-angliae
(L.) Nesom
New England Aster

Drug, Stimulant
Plant used as a fumigating reviver by the Prairie Potawatomi.

Taraxacum officinale G.H. Weber
ex Wiggers
Common Dandelion

Drug, Tonic
Root used as a bitter tonic.

Taraxacum officinale G.H. Weber
ex Wiggers
Common Dandelion

Food, Unspecified
Leaves cooked with maple sap vinegar and often combined with pork or deer meat.

Taxus canadensis Marsh.
Canada Yew

Drug, Diuretic
Infusion of leaves used as a diuretic.

Taxus canadensis Marsh.
Canada Yew

Drug, Venereal Aid
Compound containing leaves used for gonorrhea.

Thalictrum dasycarpum Fisch. &
Av,-Lall.
Purple Meadowrue

Drug, Dermatological Aid
Seeds peppered on surface of poultices to make them more effective.

Thalictrum dasycarpum Fisch. &
Av,-Lall.
Purple Meadowrue

Drug, Gastrointestinal Aid
Compound containing leaves and seeds used for cramps.

Thalictrum dasycarpum Fisch. &
Av,-Lall.
Purple Meadow-rue

Drug, Hunting Medicine
Dried seeds smoked while hunting to bring good luck.

Thalictrum dasycarpum Fisch. &
Av,-Lall.
Purple Meadow-rue

Drug, Love Medicine

Seeds mixed with tobacco and smoked when going to call upon a favorite lady friend

Thalictrum dasycarpum Fisch. &
Av,-Lall.
Purple Meadow-rue

Drug, Love Medicine

Seeds used as a love medicine by the Prairie Potawatomi.

Tilia americana L.
American Basswood

Fiber, Basketry

Bark string used for fashioning bags.

Tilia americana L.
American Basswood

Fiber, Cordage

Bark string used for making cordage.

Tilia americana L.
American Basswood

Fiber, Sewing Material

Bark string used for sewing the edges of mats.

Triosteum aurantiacum E.P.
Bicknell
Orangefruit Horse-gentian

Drug

Enema injections of the tea are given for stomach troubles and chronic constipation.
The tea was drunk for kidney troubles. Hočąk medicine.

Trillium grandiflorum (Michx.)
Salisb.
Snow Trillium

Drug, Gynecological Aid

Infusion of root taken for sore nipples and teats pierced with dog whisker.

Typha latifolia L.
Broadleaf Cattail

Drug, Dermatological Aid

Poultice of pounded root applied to inflammations.

Typha latifolia L.
Broadleaf Cattail

Fiber, Building Material

Leaves sewn together to make a wind-proof and waterproof side mat to be applied to the wigwam.

Typha latifolia L.
Broadleaf Cattail

Fiber, Mats, Rugs & Bedding

Catkins used to make an infant's quilt.

Typha latifolia L.
Broadleaf Cattail

Fiber, Mats, Rugs & Bedding

Fuzzy seeds used to make a soft comforter on which to place a newborn infant.

Typha latifolia L.
Broadleaf Cattail

Other, Waterproofing Agent

Leaves sewn together to make a wind-proof and waterproof side mat to be applied to the wigwam.

Ulmus americana L.
American Elm

Drug, Analgesic

Bark used for cramps.

Ulmus americana L.
American Elm

Drug, Antidiarrheal

Bark used for diarrhea.

Ulmus rubra Muhl.
Slippery Elm

Drug, Dermatological Aid

Inner bark used for boils.

Ulmus rubra Muhl.
Slippery Elm

Drug, Eye Medicine

Poultice of chewed inner bark applied to eye inflammations.

Ulmus rubra Muhl.
Slippery Elm

Drug, Throat Aid

Inner bark used to lubricate throat for removal of lodged bone.

Ulmus rubra Muhl.
Slippery Elm

Fiber, Basketry

Bark used to make baskets.

Ulmus rubra Muhl.
Slippery Elm

Fiber, Basketry

Bark used to make boxes and baskets.

Ulmus rubra Muhl.
Slippery Elm

Fiber, Building Material

Bark used to make wigwam sides.

Urtica dioica ssp. gracilis (Ait.)
Seland.
California Nettle

Drug, Febrifuge
Infusion of root used for intermittent fevers.

Urtica dioica ssp. gracilis (Ait.)
Seland.
California Nettle

Drug, Unspecified
Infusion of leaves used medicinally for unspecified purposes.

Urtica dioica ssp. gracilis (Ait.)
Seland.
California Nettle

Fiber, Cordage
Outer rind twisted into a two-strand cord and used for sewing cattail mats and baskets.

Uvularia grandiflora Sm.
Largeflower Bellwort

Drug, Analgesic
Infusion of root used for backache or with lard as a salve for sore muscles.

Uvularia grandiflora Sm.
Largeflower Bellwort

Drug, Orthopedic Aid
Infusion of root mixed with lard and used as salve to massage sore muscles and tendons.

Uvularia grandiflora Sm.
Largeflower Bellwort

Drug, Orthopedic Aid
Infusion of root used for backaches.

Verbascum thapsus L.
Common Mullein

Drug, Respiratory Aid
Dried leaves smoked in a pipe for asthma and smudged leaves inhaled for catarrh.

Verbascum thapsus L.
Common Mullein

Drug, Stimulant
Leaves smudged to revive unconscious person.

Verbena stricta
Hoary Vervain

Drug
When someone is bad sick, vomits and spits blood this root stops it.

Viola pubescens Ait.
Yellow Violet

Drug, Heart Medicine
Root used for various heart diseases.

Zanthoxylum americanum P. Mill.

Common Pricklyash

Drug, Venereal Aid

Root bark used for gonorrhea, an historic reference (1796).

Zea mays L.

Corn

Food, Winter Use Food

Dried and put in elm bark bag then buried in the ground in cache for winter storage.

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