

Flowers late June - Oct.

Acacia *angustissima* (Mill.) Ktze var *hirta* (Nutt.) Robinson

Prairie Acacia

A. senegal - Gum Arabic

Part Used - Dried gummy exudation from cracks or incisions, bark

¹ seeds have high protein content good wildlife food foliage good for livestock
bark fermented in Mexico for alcoholic drinks ¹.

Acalypha

gracilis Gray
ostroyfolia Ridd
rhomboides Raf.
virginica L.

May-October

Three-seeded
Mercury

^{Chinese}
A. australis L. Lowers fever & detoxifies, stops bleeding for Bacterial dysentery, enteritis & diarrhea
Bleeding wounds. Whole plant 15-30g decoction, or crush fresh for poultice

Acer

a saccharum Marsh d saccharinum L. a Sugar Maple d silver Maple
b nigrum Michx. e negundo L. b Black Maple e Box Elder
c rubrum L. Fl. March-April c Red Maple

Maple

Parts Used: Sap, wood, leaves, inner bark

1^a Maple Sugar Maple Beer on 4 gallons of boiling water, pour 1 qt. maple molasses add leaven or yeast + spoonful essence of spruce. ^c bark used by Indians for sore eyes Tannin extract from bark + iron sulphate makes ink

9 Red Maple bark decoction for eye ailments, for worms, as tonic and in poultices for skin abrasions
8 A. negundo Fox & Ojibwa used ^{inner} root bark decoction as emetic A. rubrum Cherokee made syrup for sore eyes from inner bark & used tea for cramps, dysentery, hives, hysteria & measles A. saccharinum Chippewa & Ojibway used bark for coughs & eye wash
A. saccharum Iroquois infused sap with Hepatica for shortness of breath Mohecan used inner bark for cough Ojibwa used for diarrhea & diuretic Potawatomi as expectorant

Cherokee red maple boil inner bark to syrup into pills dissolve in water for eye wash for sore eyes tea for dysentery drink tea for hives steep bark with those of white oak black oak and chestnut for ♀ trouble bark tea for cramps hot bark tea for measles

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
Achillea millefolium L. May - Nov.

Yarrow

9 Indians used a tea for weak, disordered stomachs. Colonists used to sweat out fever and for tuberculosis & headaches tonic, stimulant, increases urine flow poultice for skin rash 9¹⁰ diaphoretic emenagogue, vulnerary¹⁰

8 Infusion for chills (Abenaki) blisters, burns, colds & headaches (Algonquin) Blackfoot tea Cherokee used to stop bleeding & tea for fever & insomnia, smoked dry leaves for catarrh Cheyenne tea for colds cough & nausea, Chickasaw used for neck cramps Chippewa inhaled steam from leaf decoction for headache, root decoction for eruptions leaf decoction for horse stimulant chewed ^{root} poultice on limbs, Creek for toothache, Delaware for kidneys, Fox for aches, aloe & fevers Miami used on cuts, Iroquois for diarrhea, Malachite for bruises, swellings & colds, Menominee for fever & poultice for eczema, rash, sores, & swellings Micmacs colds & coughs, Mohawks for cramps, diarrhea, nausea & stomach Moheicans used leaves for kidney, liver, appetite & stomach, Ojibwa inhaled flower smoke for fever Potate tea for dyspepsia, Thompson skin ointments, Utes poulticed on bruises, Winnebago used infusion for caraches & swellings Zuni ground & mixed with cold water for burns

Aconitum napellus

 Monkshood Wolfbane

⚠️ *A. chinense* Pext. acid, greatly toxic, relieves flatus, alleviates pain, promotes diuresis & diuresis for
1) Wind-chill numbness, spasms of hands & feet paraplegia, 2) hernia pain abdominal pain 3) uterine
ulcer, arthritis, sciatica Roots soak a week in clear water mix 4% fresh ginger & 2% licorice
crush & soaked-bleached 1-2 % days (cover with water) then steam slice & dry 1-1.5 chien decoction ⚠️
5 Chinese for smallpox diarrhea, fever, colds & coughs; root mixed with egg white for poulticing
swellings & bruises 5

Acorus calamus May-July

Sweet Flag
Calamus

Part Used: Rootstalk rhizome early spring or early fall

¹² use unpeeled rootstalk collect in early spring or late fall remove rootlets
aromatic stimulant tonic for feeble digestion chew dry roots for dyspepsia¹²

⁹ In Appalachia root is chewed to clear throat of phlegm & to ease stomach gas Yugoslavian peasants use to induce abortion (also used in New Guinea) Indians made root infusion in boiling water for stomach pain & gas to treat coughs flatulence & indigestion tonic & stimulant^{9 10} flavoring agent, insecticide, Tonic; in sachets¹⁰

¹⁰ Neutral, biting Expels gas, constipation, phlegm, kills worms detoxifies for (Epilepsy & strokes) Rheumatoid arthritis
³ stomach aches, edema, toxic dysentery roots & stems 1-2 chien decoction or crush fresh & poultice ⁵ stimulates appetite

for inflammation of gastric membrane, for colic in Arabia & Iran to intensify sexual potency⁵
& Abenaki used root infusion for flatulence, Algonquin traded Sioux for it, root tea for colds, coughs & heart disease.

^{Mohecan} Micmac etc. used as panacea, Cherokee used roots for bowels, colds, colic, dropsy, gravel, headache, sore throat spasms, swellings, & yellow urine Chippewa snuffed root for head cold, tea for common cold Chippewa scaled root for constipation (root length of patients' index finger) 1/2 cup & gargled root decoction for sore throat Cree for colic, cough, dyspepsia, tonic Lumbee ulcers Missouri & Mohawk for flu Omaha fever, toothache Pemboscot root for cholera Potawatomi for catarrh & hemorrhages Winnebago for cough, cold, fever & toothache

stimulant, flatulant colic, white swelling worms yellow urine diuretic diaphoretic dropsy gravel spasms
chewed for colds headache sore throat hot root tea for colds chew root for bowels

Actaea pachypoda Ell. May-June

Doll's Eyes
White Baneberry

Part Used: Rhizomes

- 1 strong emetic & purgative properties fruit poisonous (?) negative effect on heart¹
pH 5-7 shade Propagate by root division in very early spring or fall or by seed
Winters cover oak or beech left in place. Opt. pH probably 5-6¹⁴
- 9 *Actaea arguta* Nutt. roots laxative, cause vomiting grind mix with tobacco or grease rub on for rheumatism pinch of ground seeds in food for diarrhea
- 8 Algonquians used for dysmenorrhea Cherokee used root tea as gargle & for itch Fox root decoction for birthing, urogenital and to revive comas (also Cherokees) Iroquois for snakebite & used to charm snake kill teeth of young people if not careful
- Cherokee tea to rally person at point of death will kill teeth of young people if not careful with it

Adiantum Capillus-veneris L. Venus-hair fern
pedatum L.

Maidenhair Fern

9 Venus-hair tea for coughs, respiratory ailments & menstrual discomfort 9 Maidenhair leaf tea to treat coughs, colds, hoarseness Indians used roots as bitters & for respiratory diseases rhizome stimulant, to soothe mucus membranes of throat & to loosen phlegm 9

8 Venus-hair astringent expectorant & tonic Maidenhair - Cherokee smoked powdered leaves for heart trouble or asthma, snuffed for asthma drank tea for ague, chills, fever, paralysis, pneumonia & rheumatism Fox for children turning black Mesquit used ashes in water for shortness of breath Menominee used for diarrhea & pills Dribwa for nursing mothers Potawatomi drank root infusion for caked breasts, refrigerant expectorant tonic tea for coughs nasal congestion, catarrh, hoarseness

Ch tea strong emetic in case of ague & fever poultice for rheumatism and chills tea for rheumatism chills & fever smoke powdered leaves for heart trouble steep entire plant & blow over head & chest when hot for sudden paralytic attacks powder & snuff or smoke for asthma

Aesculus a glabra Willd. Ohio March-May
b paria L. Red

Buckeye

Parts Used: seeds, root, leaves for rheumatism - Grandpa Brendel

1 seeds poisonous leaves in spring poisonous seeds edible after boiling or roasting wood is softest in N America
powdered seeds & crushed branches poison fish roots contain ~~poison~~ ^{saponin}

9 carry in pocket to prevent rheumatism tincture of seeds to treat hemorrhoids infusion of bark on fruit to cure skin sores & ulcers flowers treat rheumatism; bark & fruit tonic for fever.

& glabra Delaware ground nuts with oil for earache poultice tonic febrifuge Paria Cherokee poulticed ground ^{pounded} nuts
on infections, sprains, swellings and tumors used bark for parturition & puerperium Creek used roots for ^{pulmonary} consumption

Ch red pounded nut poultice for white swelling, sprains tumors & infections ingredient in drink for dyspepsia from overeating drink steeped nut meat to prevent fainting bark tea to help delivery cold bark infusion with chestnut to stop bleeding after delivery small pieces nut chewed & swallowed for colic salve for sores nut in pocket for piles rheumatism & good luck

Agastache sp. rugosa O. Kuntze July-Sept
foeniculum (Pursh) Kuntze

Hyssop

♣ A. rugosa warming pleasant acid taste Clears fevers, resolves moisture strengthens stomach stops vomiting for (1) Wounds (2) vomiting & diarrhes (3) angina pains Stems & leaves
2-3 ch'ien steep or decoct

8 Chippewas used roots for coughs, respiratory Cree used in medicine bundles Plains Indian tea

Agrimonia

parviflora Ait. Aug-Sept
rostellata Waltr. July-Sept.
pubescens Waltr. July-Sept
striata

Agrimony

14

- damp, open woods pH 5-6 easy to grow Propagates by seed or division of perennial rootstalk
- Ⓐ *A. pilosa* Ledeb. slightly warm, bitter, & biting hemostatic, antipyretic & heat reducing eliminates dampness (moisture) for (1) all bleeding ailments (2) abdominal pain, sore throat headache (3) bloody & mucoid dysentery, bloody & white discharge (4) heatstroke whole plant (3) chien-liang decoction
- Ⓑ *A. gyroseola* Walls Tall Hairy Agrimony Fox & Potawatomis used root powder to stop nosebleed Jiboway for urinary ailments diarrhea, fever, nephritis, renal, sore throat
- Ⓐ *A. parviflora* Ait. Cherokee used burr tea for loose bowels discharges, root tea to fortify blood powdered root for pox
- Ⓒ Is bur tea for discharge, bowels, fever, root tea for blood, powdered root tea for pox, childrens hunger

Late May - Sept
Agropyron repens (L.) Beauv.

Witch Grass Couch Grass
Dog Grass Quack Grass

Part Used: Rootstalk

¹² collect in spring, clean, remove rootlets cut rootstalk into short pieces $\frac{3}{5}$ " long
dry fluid extract used in affections of kidney & bladder diuretic esp. useful in cystitis¹²
³ catarrhal conditions of genito-urinary tract, diuretic, kidney diseases, gout, cystitis, rheumatism
fevers infusions or decoctions infusion 1oz. dried roots to 1 pint boiling water wineglassful 3 or more times
daily as needed³

⁸ Cherokee tea for enuresis, gravel, incontinence, swellings, Traquair's rhizomes with alder twigs for thick urine

Ailanthus altissima (Mill.) Swingle

Tree of Heavens

? Powdered bark for intestinal tapeworms, dysentery, stomach troubles chewed bark causes cold sweats & dizziness root bark for heart trouble, asthma, & epilepsy thought to absorb malarial poisons 9 [°] cold, bitter & biting taste clears fevers cleanses & stabilizes peristaltic action for 1) Chronic dysentery gassy & bloody stools 2) Metrorrhagia & leucorrhoea, "wet dreams" & seminal emissions Roots & bark 2-3 chien decoction

Ajuga reptans L.

Also
Lycopus →

Bugleweed


⚡ *A. decumbens* Thunb. Cooling pleasant taste Clears fever detoxifies promotes tissue regeneration & stops bleeding for (1) Boils & abscesses, burns, snakebites, (2) Traumatic bleeding, epistaxis whole plant 5 ch'ien - 1 liang decoction or poultice ⚡

Aletris farinosa L.

White-tube Stargrass
Deer's Bit
Unicorn Root

Part Used: Rootstalk

² Collect in fall for digestive troubles

⁹ Appalachia, a mixture of roots & whiskey or brandy as treatment for rheumatism leaf poultice for sore breasts, powdered leaves for sore backs roots boiled for stomach pains, tonic sedative & to increase urine flow? ^{liquid drunk} A. spicata (Thunb) Franch. Neutral, pleasant taste moistens lungs, stops coughing kills intestinal worms for 1) coughing & wheezing or spitting up of blood & pus associated with pulmonary diseases 2) ascariasis, marasmus in children Roots 5-chien-1-liang decoction 

³ & tonic, debility, uterine sedative for chronic miscarriage, flatulence, colic, rheumatism, hysteria ³

⁸ narcotic, repressive, stomachic, tonic Catawba put leaves in water for colic, dysentery stomach disorders

Cherokee used root for colic, constipation, ~~ough~~ fever, jaundice lung ailments, rheumatism, strangury, root strengthens womb prevents abortion Canadian maritime ^{Indians} used as emmenagogue, stomachic tonic Pappahannock's & ailments sedative, for colic rheumatism

Alisma ^{sp.} *triviale*, *plantago-aquatica* L.

Late May - Sept.

Water Plantain

Mad-dog Weed

3 Russian robes cure astringent diuretic urinary diseases infusion 1 oz to pint boiling water
cupful 3-4 times daily 3

8A. *Subcordatum* Raf. Cherokee put roots to bruises, inflammation, swellings, ulcers, sores, & wounds took plant
for bowel complaints

Allium

a vineale L.
b canadense L.
c mutabile Michx

d cernuum Roth
e stellatum Fraser
f tricoccum

a Field Garlic e wild Onion
b Wild Garlic
d Nodding Wild Onion

Leeks Onion
Chives Garlic

pH 6.5-7¹⁴ f pH 6-7¹⁴ 9 A cernuum bulbs for stimulant to increase perspiration & urine flow to expel intestinal worms & as cough remedy 9 sativum L. garlic worms, mash for poultice for snakebite & stings (change 3 times daily) bulb browned in honey & water & eaten for kidney & bladder problems press bulb against gum for toothache fresh bulbs eaten for colds, coughs, hoarseness & asthma 3 A. sativum World War I British used juice diluted on swabs of Sphagnum moss for antiseptic; for asthma, bronchitis, rheumatism coughs colds hoarseness as vermifuge for poison ivy 3

tea Fry & poultice 1 after horsemint tea

cernuum Cherokee for colds, colic, croup, dropsy fever gravel hives liver, nerves, phthisis sore throat

tricoccum Chippewa used root decoction as emetic Cherokee ste for colds, croup, cracker, and as spring tonic

vineale Cherokee used as preventive for colic & worms medicine for asthma, croup, deafness, dropsy, & scurvy carminative cathartic, diuretic, expectorant, stimulant Chippewa sweetened root decoction for colds Rappahannock for ^{hypertension} 5

F Garlic & Whiskey is good for asthma 1 tbs dose Witter poultice a piece of raw onion on burns Flippen

Alnus serrulata (Ait.) Willd

Tag Alder
Smooth Alder

Parts Used - bark, cones, leaves bark in early spring or late fall

9 dried powdered bark steeped in water for eye infections Appalachia chewed bark poultice for wounds & skin ulcers Bark tea for diarrhea & as blood purifier bark decoction used in 1800s for syphilis & malaria decoction of catkins for bloody urine Indians used inner bark infusion on poisoning

3 ^{A rugosa} Nicholas Culpeper 1653 leaves put under bare feet galled with traveling; leaves gathered with morning dew on them attract fleas for getting rid of: 3 astringent, bark decoction gargle for sore throats, inflammations Twigs bark & catkins for black dye alone dyes wool reddish, with copperas mordant black 3

8 rugosa (Du Roi) K. Spreng Algonquins used inner bark tea for emetic laxative, hepatitis, roots for toothache Cherokee for labor pains, sprains, swellings, skin, dysmenorrhea, bark infusion for drooping eyes, bark tea for cold, cough, hives, hypertension, piles, reinitis, stomatitis, thrush & toothache Chippewa used inner bark as emetic, root decoction for childbirth, or collyrium Cree poulticed inner bark onto wounds to stop bleeding Fox drank root decoction for hematochezia in children Lumbee used for blood clots, boils, fever blisters, gingivitis, itch poisoning pyrexia, sunburn thrombi & yellow jaundice Malachite bark for oral ulcers, Menominee poultice for swellings

Mohegan used twig decoction for bruises headaches Pemboscot boiled bark for cramps, bark infusion for droopy eyes

CK birth pains, swellings, sprains, skin eruptions tea for milky urine, menstruation, emetic, purgative bark tea for pains blood tonic with cherry rattlesnake plantain, ginger & yellowroot cold bark tea to lower blood pressure

F boil bark for teas for blood purifier for boils (Harrison) Simmer green limbs 2-3 hours strain & drink for chills (Fayette)

Yellow Mordant 1 cup Alum, $\frac{1}{4}$ cup cream of Tartar 2 gallons water; boil; add wet wool boil gently 1 hour dry Dye: 2 gallons
Alder leaves — chop leaves, cover

Green Mordant $\frac{1}{2}$ cup Alum $\frac{1}{4}$ cup cream of Tartar 2 gallons water as above Dye bath $1\frac{3}{4}$ gallons leaves, chop,
boil 45 to 60 min. strain add to make 2 gallons boil gently 35 minutes

Brown Mordant Alum $\frac{1}{2}$ cup, Cream of Tartar $\frac{1}{4}$ cup, 2 gallons water boil gently 30 minutes (if roots used; Alum to cup)
Dye bath bark (or roots) 1 gallon chopped; cover with water soak overnight; next day boil $1\frac{1}{2}$ hours strain
Add to make 2 gallons boil gently 1 hour rinse & dry

Brown No mordant Dye bath 1 gallon Alder bark, chop, cover with water soak overnight Next day boil 1 hour
strain add to make 2 gallons boil gently 2 hours let cool in dye bath, rinse & dry

Black Mordant 1 cup Alum, $\frac{1}{4}$ cup Cream of Tartar, 2 gallons water, Boil gently 1 hour, let wool cool in water
overnite next day dry; Dye bath $1\frac{1}{2}$ quarts bark, $\frac{1}{4}$ cup Copperas chop bark, boil, Add copperas
Stir well & add wool boil gently for 1 hour OR No mordant 2 gts alder bark chop, cover with water
soak overnight Next day boil 2 hours strain add to make 2 gallons boil add 2 t $\frac{1}{2}$ sp Copper sulphate
stir add wool boil gently $1\frac{1}{2}$ hours

Alopecurus sp.

pratensis May-Aug
aequalis May-Sept
carolinensis April-Aug

Foxtail

A. aequalis Sobol. Neutral light pleasant taste Promotes diuresis reduces swelling detoxifies for
1) Chickenpox, edema 2) Snakebites Whole plants 3-5 ch'ien decoction

Amaranthus

tamariscinus Nutt. 21605 (tumbleweed) July-Oct
spinosus L. June-Oct
hybridus L. (Green Amaranth) Aug-Oct.
retroflexus July-Oct.

Careless Weed

Water Hemp
Pigweed Wild Beet
Princes' Feather

Parts Used: flower, leaves, roots

¹ in tropical America young leaves & shoots are cooked as vegetable (spinousus), seeds make bread excellent vegetable (hybridus, retroflexus)

Cultivated by Bluff dwellers ⁹ Hybridus leaves reduce tissue swelling & cleanse treat dysentery, diarrhea

excessive menstrual flow, ulcers & intestinal hemorrhaging ⁹ Retroflexus leaves wash clothes to stop internal

hemorrhaging, diarrhea & excessive menstrual flow ⁹ A. bidentata Bl. liver & kidneys menstrual regularity drains pus for bruises
for (1) diphtheria preventative (2) beriberi, rheumatism pains (3) impotency, enuresis, (4) hematuria (5) amenorrhea 5 chien Roots decocted ⁹

⁹ A. spinosus L. slightly chilling light pleasant taste Clears fevers neutralizes excess moisture astringent
stops diarrhea for (1) dysentery, enteritis 2) snakebites whole plant 1-2 ⁹ hang decoction ⁹ 3 mild astringent
diarrhea, mouth & throat irritations 1 cupful infusion of tsp dried leaves to cup boiling water 3

⁸ hybridus astringent used for dysentery, ulcers, bowel hemorrhage

retroflexus redroot Cherokee used as astringent for metrorrhagia Mohecan used leaf infusion for hoarseness

Ck leaves for metrorrhagia astringent, in green corn medicine

F good for cuts (Mt. View) *Poultice by beating leaves up add water & flour to make at least 1 pint boil (1901)
Cove Creek (West Fork)

Ambrosia sp.

bidentata July-Oct. artemisiifolia July-Nov.
trifida July-Sept

Horseweed

Ragweed

Part Used: Entire plant flowering

? Poultice of crushed plant for poison sumac, gonorrhoea, diarrhoea, intestinal disturbances in Mexico
treats intestinal worms & reduce fever⁹

8 artemisiifolia Cherokee squeezed juice from wilted leaves onto infected toes, rubbed leaves into fires & insecting
tea used for pneumonia Delaware poulticed to wounds to prevent blood poisoning trauma root decoction for
dysmenorrhoea Lumbee decocted fall tops for diabetes mellitus Omaha put bruised leaves on scarified abdomen
for nausea as did Oto

trifida Cherokee used as preventive for colic & worms Fox chewed root as sedative to dispel fear at night
Cherokee in green corn medicine crush leaves & rub on sting tea for pneumonia leaf tea for fever
rub on bites

Amelanchier arborea (Michx.f.) Fernald

Serviceberry

3 Cherokee compounded with other herbs for diarrhea spring tonic & worms

Canadensis (L.) Medic. Chippewa used inner bark or root for ♀ weakness, dysentery, dysmenorrhoea metrorrhagia in pregnancy
disinfectant & antidiarrheal Iroquois used fruit for pains & hemorrhages of childbirth

Cherokee *arborea* in worm tea, tea for spring tonic, in diarrhea tea

Amianthium muscaetoxicum May-July

Crow Poison
Poison Lily

Fly Poison

Cultivation easy pH 4-5 Propagation by division or seed (more difficult) Crush bulbs for poison 14
8 Cherokee used for itch & to poison crows