

8 V dentatum bark decoction for cancer (Shakers)

V. prunifolium root tea tonic Oklahoma Delaware's compounded root bark as ♀ tonic

Vinca sp.

Periwinkle

Viola sp.

Pansy

Violet

See reverse for growing conditions & Arp Species 9 *V. canadensis* Tops & roots to induce vomiting, laxative poultice for skin abrasions? pedata plant & roots mild laxative & to induce vomiting decoction of above-ground plant for pulmonary problems; loosens phlegm in chest? *V. diffusa* Bing cooling bitter acid taste, detoxifies nourishes blood, aids tissue regeneration for 1) Aplastic anemia, leukomia 2) Mastitis, mumps, quinseng poisoning [Pinellia ternata], snakebites, traumatic injuries, boils abscesses Whole plant 1-2 liang decoction *V. japonica* Langsd. cold slightly bitter taste Reduces inflammation detoxifies cools blood & alleviates pain for 1) Boils, ulcers, abscesses 2 acute conjunctivitis, laryngitis, acute jaundice, hepatitis 3 Poisoning "t'ou-ch'ing ts'ao" whole plant 5 ch'ien - 1 liang decoction 3 cancer cure poultice for headaches, hangover (Pliny) stomach ailments (Dioscorides) emetic, laxative for skin diseases children's laxative roots emetic laxative *V. pedata* nutrient expectorant demulcent *V. blanda*, *canadensis*, *obliqua* alteratives juices for boils, impetigo, ulcers, vulnerary in psoriasis cutaneous eruptions & skin troubles 1 lb flowers into 2 1/2 pints boiling water infuse 24 hours pour liquid off & strain thru muslin double weight sugar to make syrup children's laxative leaves, flowers *V. papilionacea* as alterative & expectorant 1 tsp dried leaves infused in 1 cup boiling water tsp dose 3 times daily Cherokee root poultice for boils tea for cough spray in nostrils for catarrh hound leaves for headache tea for dysentery depurative & tonic soaked seed corn in tea to ward off insects cancers felons & whitlows

OVER 2

		woods	shade	pH	Bloom
<i>Viola canadensis</i>	Canada violet	open moist rich woods	medium	4-7	May-July
<i>V. lanceolata</i>	Lance-leaved violet	? dry rich open	light	6-7	April-June
<i>V. palmata</i>	Missouri Violet	? dry, open			
<i>V. pedata</i>	Birdsfoot violet	? dry, open			
<i>V. pedatifida</i>	Prairie violet	?			
<i>V. primulifolia</i>	Primrose violet	moist open rich	light	5-6	
<i>V. pubescens</i> var. <i>eriocarpa</i>	Smooth yellow violet	open moist rich	light	5-6	
<i>V. pubescens</i> var. <i>pubescens</i>	Downy yellow violet	dry rich	medium	5-7	
<i>V. rafinesquii</i>	Johnny Jump-up				
<i>V. sagittata</i>	Arrow-leaved Violet				
<i>V. striata</i>	Pale Violet				
<i>V. villosa</i>					

- 8 *V. canadensis* Ojibwa decocted for backache bladder
V. conspersa Ojibwa decocted for heart
V. pedata cough consumption VD kidney lung urinary
V. pubescens Ojibwa root decoction for sore throat
 Potawatomi for heart

Vitis sp.

Wild Grapes

Antiscorbutic, refrigerant & nutritive leaves astringent juices work on kidneys & bowels sap of vine application to weep eyes & for specks in cornea juice of unripe fruit (verjuice) applied to bruises & sprains

& *V. aestivalis* Creeks boiled tips for snakebite with ginseng for tonsillitis

V. labrusca Cherokee wilted leaves to sore breasts after delivery leaf tea for depurative, diarrhea dysuria, hepatitis, stomach, thrush, tonic Mohegan bound leaves to painful rheumatic spots

V. rupestris with bloodroot, pearly everlasting, starroot, false spikenard pepperment & sarsaparilla Delaware tonic for frail women

V. vulpina Chippewa root infusion for diabetes & rheumatism Delaware sap for leucorrhoea spring for hair Fox with ~~with~~ Arisaema poisoning & insanity Iroquois infused vines with bitter-sweet for anemia Menominee squeezed ripe grape juice into eye as collyrium Crows sap bowel & stomach twig decoction to speed afterbirth

Ch wilted leaves draw soreness from breasts after childbirth, leaf tea for liver, diarrhea ingredient for irregular urination bark tea with wahoo, sweetgum, sycamore, beech, sawbrier & blackgum for bad disease drink for fall tonic leaf tea for blood tea for stomach, decoction with wood geranium to wash children's mouth in thrush, food

Antacid (Anticolic 3&4)

- 1 Mix = pts Mint, Pennyroyal, Raspberry, Marjoram, & Catnip
Steep tsp in a cup of hot water Drink warm 3-4 times daily or as needed
- 2 Mix = pts Anise, Catnip, Chamomile, fennel, Mint, & Linden prepare as above
- 3 Mix = pts Anise, Fennel (&/or Carraway & Dill) Catnip & Mint
Steep tsp in hot water 10 minutes cupful sipped slow every
hour or as needed
- 4 Mix = pts Mint, Valerian, Catnip & Chamomile Steep
tsp in hot water 10-15 minutes; every 2-3 hours

Antiseptics

Buttercup roots crushed & soaked in warm water

Sweet gum bark

Wild Indigo root

White Oak bark

Plantain leaves poultice

Jimsonweed leaves

Devils' snuffbox mushrooms

Puffball

Moldy orange peel

Pine resin

Aphrodisiacs

Joe-Pye Weed herb

lobelia roots powdered

ginseng + columbine + cardinal flower + carrot leaved parsley

day flower

columbine seeds

Asafetida (assafiddity)

F Strong odor; worn on string around neck for colds, cure all
Hilltop, Hot Springs, Morgan County, Mo., Little Rock, Fayetteville, Charleston

Asthma

1 Mix = pts Lobelia, Coltsfoot, Rosemary, Mullein, & Thyme

2 Mix = pts Lobelia, Boneset, Valerian, Mallow, Thyme, & Wild Cherry
(see Cough # 3)

Herb Tea Steep tsp in cup hot water add 1 or 2 drops spirits of peppermint per cup drink tepid 3-4 times a day

Syrup Simmer tsp. in qt. hot water down to about half cool, strain, add 2 lbs sugar or honey to pint & simmer again 15-20 minutes When cold, add $\frac{2}{3}$ tsp spirits of peppermint Shake well before using Sip 1 or 2 teaspoonfulls slowly often as needed

Breadstuffs

Lichens, Pine bark, hemlock bark, Cat tail pollen or powdered roots, Rush roots, Arrow-grass seeds, Cane grains, Manna grains, Reed stems & grain, strand wheat, Drop-seed grass, Mt. Rice, Slough-grass, Crowfoot grass, Moose-grass, Canary-grass, Wild Rice, Crab-grass, Millet, Barnyard grass, foxtail, sandbar, Jobs-tears ← ALL GRAINS Chufa tubers, Nut grass tubers, Tule roots & seeds Jack-in-the-Pulpit dried roots, Green dragon " roots Arrow-Aum roots & seeds Calla root stalks Solomon's Seal root stalks, Cat-brier root stalks, Walnuts, Butternuts etc, Birch inner bark, Chestnuts, Beechnuts, Acorns, Knotgrass seeds Bindweed seeds, Pigweed seeds Amaranth seeds, Purslane seeds shepherdspurse seeds, Periwinkle berries, Strawberries, Cherry, red bud flowers, clover heads & seeds. Peanut seeds Kudzu roots Maple bark, Buckeye nuts, Vervain seeds, Persimmon fruits, elder flowers, cocklebur seeds Sunflower seeds

Breakfast Cereals

Arrow-grass, Cane, Reed, Wild Rice, Low Lily, Water-Chinkapin

CHEMICALS

Kerosene (see red cedar) "Standard disinfectant"

K.N. Mo.

- Turpentine Grandpa Brendel used rubbing alcohol, turpentine, & more alcohol on foot which was punctured by 2 pickfork tines
- F A drop of turpentine on the tongue daily prevents all diseases
- F Put pan of turpentine under bed of sick, when it evaporates person will be well Fayetteville
- F cures bruises Alma
- F on cuts stops bleeding, kills germs & heals N. Little Rock; Knob Noster, Mo. Mineral Springs

Chocolate

Chinguapin nuts

Purple Avens root

Linden flowers & young nuts

Coffee

Chufa (tubers) Asparagus (seeds) Beechnuts, Chestnuts, Kentucky Coffee
Tree, Senna Seeds, Broom seeds, Peanuts Persimmon seeds,
Cleavers, Sunflower Seeds, Chicory root, Dandelion root

Cold Drinks

Beers, Spruce, Hemlock, Birch, Persimmon, Hop-tree, Honey Locust
Chufa Tubers cat-brier shoots or roots, Mulberries Mt. Sorel, Sorel
May Apples, Raspberries, Blackberries, Dewberries, Cherries,
Honey Locust, Locust Sumac, Maple sap, grapes, prickly-pears,
Soapberries, Spikenard root, Wild Sarsaparilla root, Persimmons,
& Elderberries

Collecting Herbs

herb - overground portion of plant gathered when flowering
leaves - collect when in flower only on second consecutive rainless day - only those free from dew - dry the leaves by suspension, strip leaves from stem & store - keep only those which retain full green color
Chop stems for compost

flowers Collect just as they begin to open, when free from dew - spread to dry on a frame - Turn or shake occasionally or daily to insure complete drying thruout & preservation of natural color

seeds gather when nearly but not fully ripe & before pods or capsules open - treat as under flowers

bark & root generally in fall (or spring) scrape off rough outer bark remove inner bark Roots collected during growing season shrink excessively in drying Gather wild ginger, spunk cabbage, jack-in-pul in spring Wear gloves for nettles, smartweed, etc.
Gather after dew leaves & before it's hot

Contraceptives

Blue Cohosh decoction

infusion of pounded milkweed roots

tea of mistletoe leaves

Logbane roots boiled & drunk once a week

Boil root slowly a long time in little water

½ cup False Solomon's seal leaf tea daily for 1 week

Gromwell (Puccoon, stoneseed) } Permanent sterility

Water Hemlock

Jack-in-the-Pulpit Roots

C. S. Rafinesque 1829 Medical Flora

Barton 1804 Collection for essay Towards a Materia Medica of the US 1804

Decreasers

Bluestem

Cane

Wild-Rye

Junegrass

Gama~~a~~grass

Leadplant

Coneflower

Sunflower

Blazing Star

Beardtongue

Sensitive Briar

Compass Plant

Dyes General directions on another card

flip →

Yellow

- Bodark roots
- Chamomile flowers
- Goldenrod flowers
- Hackberry roots
- Sunflower rays
- Butternut root
- St. Johns wort tops

Yellowwood

Red

- Horseweed flowers
- Sumac berries?
- Bloodroot
- Dyers' bedstraw
- Madder roots
- Virginia Creeper

Blue

- Blue Ash (inner bark)
- Elicampagne roots
- Baptisia (Wild Indigo)
- Amorpha (Leadplant)
- Lichen (*Rocella tinctoria*) Exodus 25:4
Ezekiel 27:7
- Roman Pliny the Elder
- Greek Theophrastus

Smoke tree bark

Smartweed

- hickory (mockernut) bark
- Alder leaves
- Apple bark
- Aster flowers
- bedstraw roots
- birch leaves
- bt western
- catnip
- Carolina buckthorn
- leafy flower herb
- cocklebur
- Mullein
- Coneflower
- coreopsis
- dandelion roots
- godder
- elder leaves
- everlasting
- Buckeye

Orange

- Jewellweed
- Black Oak
- Bloodroot
- Sumac roots
- Ironwood
- Bodark roots

Purple

- Pope
- dandelion

Drugs

Hallucinogenic
Simpson weed

Uppers (Speed)
Evening Primrose

Downers
Pawpaw

Drying Herbs

Suspend stems up & tied with string near the ceiling of a warm & well air circulated room Do not crowd keep out of direct sunlight Use elevated screens to dry parts
Wash root well slice & spread in thin layers to dry
shake daily store in cool dry place

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General directions on another card

flip 

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- Poke
- dandelion

Dyes (general dye-rections)

Mordant (to set dye) Alum, Cream of Tartar, Potassium dichromate, Tannic Acid, etc. dissolve chemicals into 2 gallons water, stir, bring to boil, Add wet wool boil gently (1 hour) hang up to dry

Dye bath Chop material, cover with water & boil x minutes Strain & discard plant material add cold water to liquid to make 2 gallons bring to boil & add dampened, mordanted wool boil x minutes, rinse & dry

pulverized lichens soaked in urine boils as cudbear for Harris Tweed, etc.
add Acid for yellows indigo for permanent black alkalis blues
lead acetate = crimson calcium chloride = red lichen dyes repel moths