

## Language

1. **Aquilegia canadensis**, Columbine: columbine means dove, after the shape of the leaves; symbolic meaning: cuckoldry, deserted lover; anxiety; used as a perfume and love potion, Cherokee: heart trouble, menorrhagia, Fox: seeds in smoking tobacco, Fox, Ojibwa, Shoshone: vermifuge, head lice, Omaha: males rubbed seeds on hand and tried to shake hands w/ his intended, Omaha, Pawnee: crushed seeds for headache

### **Polygonatum biflorum** Solomon's seal

2. **Phlox sp. (P. subulata)** Phlox: proposal of love; sweet dreams
3. **Rhododendron nudiflorum**, Wild azalea: Pinxster is the holiday of Pentecost: the seventh Sunday after Easter which was celebrated by slaves. POISONOUS; Cherokee: Rheumatism (external)
4. **Iris sp.**, victory *Fleur-de-lis* on French coat of arms

## Doctrine of Signatures

5. **Arisaema triphyllum**, Jack-in-the-pulpit: *Doctrine of signatures*: the spadix symbolizes "the stirring up of the inclination to copulate;" ardor; zeal; Before use it must be thoroughly dried; Algonquian: mixed w/ wild cherry and snake root for cough and fever, Delaware: purgative for bowel complaints, Cherokee: raw roots for externally for headache, tuberculosis, ringworm, scrofula, Micmac: tuberculosis, Penobscot: liniment for sore joints, Osage, Shawnee: cough and malaria

**Sanguinaria canadensis**, Bloodroot, Puccoon: John Smith wrote: "at night where his lodging is appointed they set a woman fresh painted with puccoon and oil, to be his bedfellow" Delaware: enhance women's sexual vitality, POISONOUS, *Doctrine of Signatures* Its root has red sap and was thought to help cleanse the blood. sap used as a body paint; currently used to fight plaque; Abenaki: ecboic, Algonquin: heart ailments, Seneca: washed uterus after childbirth, Cherokee: catarrh, polyps, cough, croup, lung inflammation, Fox: burns, Potawatomi: diphtheria, sore throat,

**Urtica dioica** Stinging Nettle *Doctrine of Signatures* Its stems and leaves are covered with hair so it was used to treat baldness

**Hepatica americana** Hepatica *Doctrine of Signatures* Its leaf is shaped like a liver and was thought to cure liver problems

**Rumex spp.**, Dock: *Doctrine of Signatures*. It has yellow sap so was thought to cure jaundice. Leaves eaten as a greens; seeds as a coffee substitute; root powdered medicinally used for toothaches, Delaware, Mohegan: jaundice, Shoshone: liver complaints, venereal disease. Paiute: liver ailments, rheumatism, swellings, venereal disease, diarrhea, Cherokee: dysentery, ringworm, sore throat, Chippewa, Delaware, Ojibwa, Paiute, Shoshone: boils, bruises, cuts, swellings, sores, Malecite: purgative, cold of the bladder, Micmac: cold of the bladder, Mohawk: diarrhea, Navajo: emetic, sores, panacea,

**Dentaria lacinata**, Cut-leaf toothwort: *Doctrine of Signatures*--tooth-like projections on root; root eaten after fermented for 4 or 5 days, Malecite: sedative, hoarseness, Cherokee: colds, sore throat, Algonquian: heart ailments, children's fever, Delaware: scrofula, stomach and venereal ailments, Mohawk: tuberculosis:

## Culture

6. **Castanea pumila**, Chinquapin: edible fruit, related to the American Chestnut. Cherokee: fever, headaches, feverblisters
7. **Carya tomentosa**, Hickory: black dye, commercial hickory, edible nuts ax handles, wheel spokes for early cars, best firewood, ashes for soap making, broth thickener, "Powcohiccora" fermented drink Cherokee: sore mouth, colds, dysmenorrhea, poliomyelitis, Chippewa: inhaled fumes for convulsions, Delaware: debility, gynecological purposes.
8. **Fagus grandifolia**, Beech: firewood, oil from nuts: to adulterate olive oil, soaps, illumination, leaves for mattresses (springy, do not get musty quickly) wood ashes contain good amount of potash for soap making
9. **Liriodendron tulipifera**, Tulip Tree: most important commercial "hardwoods" veneer core, inner bark of the root produces hydrochlorate of tulipiferene, an alkaloid and heart stimulant, canoe tree,
10. **Pinus sp.**, Pines : soft, durable, easily worked wood: favorite for all types of Shortleaf construction: Pinus strobus, White pine: mast (boat) timber; inner bark: New Englanders made candy strips: Pinus echinata: commercial timber: Pinus resinosa, Red Pine: heartwood for ships' decks, trunks for masts: Pinus rigida, Pitch Pine: tar and turpentine, water wheels, makes a hot fire (yet sooty) so used in steam engines
11. **Liquidambar styraciflua**, Sweet gum: source of storax, a stimulating expectorant for scabies, balsamic resin for perfumes, twigs used as toothbrushes. Rappahannock: dysentery, Cherokee: dysentery, diarrhea, sores, ulcers, wounds, Carolina Indians: herpes, inflammations, Choctaw, Houma: wounds, Lumbee: loose teeth, diarrhea
12. **Kalmia latifolia**, Mountain laurel: wood used for spoons, trowels, and bowls; leaves POISONOUS were used in suicide; Cherokee: rubbed leaves to prevent cramps and rheumatism

Bracken fern mattress, furniture and package stuffings; dye

**Nyssa sylvatica**, Blackgum pipes for carrying salt water to the Syracuse salt works

**Myrica**: Twigs and leaves: pot pourri; candle wax, insect repellent

## Food

13. **Vaccinium oxycoccos**, Small cranberry: edible berries
14. **Vaccinium macrocarpon** (large cranberry), Montagni: pleurisy, Ojibwa: nausea, Other indians: dysentery, tumors, wounds; Chippewa inhaled fumes emanating from dried flowers placed over hot coals for madness  
*Vaccinium glauca*, Cherokee: hemorrhage, stomach ulcers, loose teeth, period, parturition, puerperum, prevent menstruation for two years (when given w/ *Helenium autumnale*)
15. **Zizania aquatica**, wild rice
16. **Betula lenta**, River birch, **BLACK BIRCH**: Cherokee chewed leaves or drank tea for dysentery; bark infusion for stomach; uses for syrup, sugar; inner bark dried and ground into flour; twigs for tea
17. **Hibiscus** sp. Marsh Mallow
18. **Opuntia humifusa**, Prickly Pear Cactus: edible fruit and pads
19. **Symplocarpus foetidus**, Skunk Cabbage: leaves smoked; roots ground into flour; medicinally used as a sedative. Must be thoroughly dried, Dakota, Winnebago: expectorant in consumption, Delaware: local anesthesia, anticonvulsive, pertussis, Fox: reduce swellings, toothache, Kwakiutls: sores, swellings, Menominee: stomach cramps, wounds, weak heart, hemostat, Mohegan: epilepsy, Nanticoke: colds, Ojibwa: cough, Amerindian: contraceptive, permanent sterility (two tropical relatives of skunk cabbage have same use)
20. **Peltandra virginica**, arrow arum: seeds ground into flour; must be thoroughly dried
21. **Peltandra virginica** leaves
22. **Nuphar advena**, Spatterdock: seeds roasted and eaten like popcorn, Maritime, Micmac, Ojibwa, Potawami, Rappahannock: inflammations
23. **Nuphar advena** roots boiled,
24. **Sagittaria latifolia**, Arrowhead, roots eaten like potatoes, Algonquin: tuberculosis, Cherokee: bathed infant for fever, Chippewa: dyspepsia, Mohawk: for children who cry in the night
25. **Lilium superbum**, Turk's cap lily: edible roots
26. **Anemonella thalictroides**, Rue-anemone: thought to possess healing powers so used as a symbol of disease, roots eaten like potatoes, Cherokee : diarrhea and vomiting  
**V. noveboracensis**, New York Ironweed: stimulate appetite

## Early American Gardens

27. **Daucus carota**, Queen Anne's Lace: Named for Saint Anne--Mary's mother--the patron saint of lacemakers; edible root  
*Cichorium intybus*, Chicory: roots as a coffee substitute; leaves eaten as greens;  
*Chrysanthemum leucanthemum*, Ox-eye daisy: diuretic; externally will promote blood flow to the skin, and possibly for warts

## Medicinal:

### Fine line between poison and medicine

28. **Cicuta maculata**, Water hemlock: used for executing criminals; POISONOUS, Cherokee: contraceptive: to become sterile forever, Iroquois: reducing sprains and inflammations
29. **Prunus serotina**, Wild black cherry: hard wood: furniture, extract from bark: sedative or tonic, leaves are POISONOUS, Mohegan Ojibwa, Cherokee, Chippewa, Delaware, Malecite, penobscot, Rappahanock: treat coughs and colds
30. **Ilex verticillata**, Winterberry holly: medicinally for dyspepsia, worms; externally for skin problems. berries are POISONOUS
31. **Lobelia cardinalis**, Cardinal flower: POISONOUS; Cherokee: worms, syphilis, fever, Delaware: typhoid, Fox, Pawnee: love potion

### Comparative Use

32. **Iris versicolor**, Blue flag: Symbolic Meaning: victory Fleur-de-lis on French coat of arms Longfellow wrote a poem about *flower-de-luce*; POISONOUS. Said to have been one of the most widely used of all Aboriginal medicines, Chippewa: scrofulous sores, Cree: cholagogue, purgative, Creek: cathartic, Delaware: gallstones, rheumatism, scrofula, Malecite: sore throat, Micmac: wounds, Missouri: bruises, earaches, eyewashes, sores, Meskwakis: burns, colds, lung ailments, sores, Mohawk: burns, Montagnai: alleviate pain, Ojibwa: cathartic, emetic, Potawatomi: inflammations, Penobscot, Rappahannock: panacea, Seneca: bruises, Tadoussacs: pains, Tete-de-Boule: burns, wounds
33. **Cornus florida**, Flowering dogwood: wood is hard and heavy, inner bark substitute for quinine, branchlet as a toothbrush, bark of roots: red dye, Alabama, Rappahannock: diarrhea, Catawba: labor, Cherokee: backache, chickenpox, colic, Chippewa: coughs, Houma: fever, malaria, Lumbee: laxative, fever, malaria  
**Adiantum pedatum**, Maidenhair fern, like the hair of Venus, used to commit suicide: Cherokee: heart trouble, asthma, fevers, rheumatism, Hesquiat: shortness of breath, Menominee: diarrhea, "female ills", Ojibwa: for nursing mothers, Potawatomi: caked breasts
34. **Asclepias tuberosa**, Butterflyweed: roots medicinally used for pleurisy, Catwba: dysentery, Cherokee, Delaware, Mohegan, Rappahannock: pleurisy, Delaware: parturition, Menominee, Omaha: bruises and wounds, California, Shoshone, Virginia Indians: warts. *Asclepias* spp., Milkweed: leaves as an edible potherb
35. **Pedicularis canadense**, Lousewort: medicinally to reduce fevers, Cherokee: cough, dyspepsia, stomachache, menorrhagia, Fox: Internal swelling, Mohegan: abortifacient, Ojibwa: peptic ulcers

## Diseases of concern

Disease	Indigenous	Western
<b>Dermatology</b>	<b>15</b>	<b>1</b>
<b>Inflammation</b>	<b>12</b>	<b>7</b>
<b>Nervous System</b>	<b>10</b>	<b>29</b>
<b>Renal/Blood/Immune</b>	<b>11</b>	<b>17</b>
<b>Anti-microbial</b>	<b>9</b>	<b>12</b>
<b>Ob/Gyn</b>	<b>7</b>	<b>14</b>
<b>Cardiovascular</b>	<b>2</b>	<b>10</b>
<b>Cancer</b>	<b>1</b>	<b>4</b>

### Top 50%

**Western: Nervous, Renal/Blood/Immune**

**Indigenous: Dermatology, Inflammation, Nervous System, Renal/Blood/Immune, Anti-microbial**

## Diseases of concern

36. **Cercis canadensis**, Redbud: flower buds and young pods edible., Alabama: inner bark and root for pulmonary congestion, Cherokee: whooping cough, Delaware: febrifuge

37. **Osmundia cinnamomea**, Cinnamon fern: Boiled in milk to produce mucilage for diarrhea, not as effective as *O. regalis*, Royal Fern

38. **Typha** spp., cattails: all parts are edible. Dakota, Omaha, Pawnee, Winnebago: scalds, burns, prevent chafing, Algonquin, infections, wounds, Chippewa: sores, Delaware: kidney stones, Fox: vulnerary, Houma: whooping cough, Ojibwa: boils, carbuncles, sores, Potawatomi: inflammation, Washoe: diarrhea

39. **Lindera benzoin**, Spicebush:, Cherokee: coughs, colds, measles, Creek: rheumatism, Ojibwa: anemia, Rappahannock: menstrual pain, delayed menses

40. **Alnus serrulata**, Alder relieve pains related to birth; for swellings, sprains, tea for menstrual period, for toothache hold tea of alder, walnut, persimmon and wild cherry in mouth.

41. **Eupatorium fistulosum**, Joe-Pye-Weed: medicinal for fever and urinary tract; aphrodisiac  
**Asarum canadense**, Wild ginger: medicinally as an antibiotic, Abenaki: infusion for colds, Cherokee: cough, colds, heart, Malecite: cramps, stomach ails, Ojibwa: stimulate appetite,

**Tiarella cordifolia**, Foamflower: leaves used medicinally on scalds and burns, Cherokee: correct coated tongue, Malecite: diarrhea

**Monarda** spp., Bee balm: *M. didyma* suppressed menstruation

**Mitchella repens**, Partidgeberry: , Cherokee, Delaware, Iroquois, Lumbee, Menomonee, Montagnai: gynecological uses, medicinally as a tea as a parturient (induce labor)

**Liatris spicata**, Blazing star: medicinally for gonorrhea

## What's in a Name?

- 42. **Impatiens** sp, jewelweed
- 43. **Amalanchier** sp. Shad bush
- 44. **Lycopodium**
- 45. British Soldiers
- 46. **Claytonia** Spring Beauties

## Reason for preserving biodiversity

- 47. **Spider Webs:** Connctions

**Podophyllum peltatum**, Mayapple: ripe fruit is edible; rest of the plant is POISONOUS; medicinally for warts and genital warts

- 48. **Trillium grandiflorum**, Large flowered trillium, *Language: Symbolic meaning:* Trillium modest beauty leaves as greens; Chippewa: sore ears, aching joints, Menominee: cramps, dysmenorrhea, swollen eyes, diuretic, cleanser for women after intercourse, Potawami: sore nipples
- 49. **Cypripedium calceolus**, Yellow lady's slipper: fresh plant can cause dermatitis, Appalachia: medicinally as a sedative, Cherokee: worms, Iroquois: inflammation, Mohawk: tuberculosis, kidney ailments, Ojibwa: female troubles
- 50. **Chelone obliqua**, Turtlehead: medicinally for digestive tract; externally for skin problems
- 51. **Gentiana crinata**, Fringed Gentian: raises white blood cell count, soothes backaches, improves appetite