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, Ojibwa, Shoshone: vermifuge, head lice, Omaha: males rubbed seeds on hand and tried to shake hands w/ his intended, 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: Pinxter 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: ebolitic, 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, Mohogan: 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


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,


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
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, puerperium, 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,
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

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


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, eye washes, 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

   *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

   *Asclepias spp.*, Milkweed: leaves as an edible potherb

Diseases of concern

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<th>Indigenous</th>
<th>Western</th>
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<td>Inflammation</td>
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<tr>
<td>Cancer</td>
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Top 50%

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

Diseases of concern

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