



Ethno-Botany of the Abenaki and other Northeast Tribes

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Introduction

* Disclaimer* The list of herbal remedies contained in this booklet need to be gathered and made in specific ways and taken in specific dosages which vary by individual. Do not attempt to take any herbal medicine without first consulting with your physician to be sure there will be no interaction with any other medication you may be taking. Additionally, an herbalist should be consulted regarding dosage.

No dosage or usage information is provided in this booklet as it is intended for educational purposes only. The following is a sample, not all inclusive, list of the plants, herbs and trees used by the Abenaki and other Northeast Tribes for medicinal benefits.

Traditionally, just like now, mothers had family remedies which they used for the everyday family/childhood illnesses and injuries. However, for larger more complex illnesses and injuries a healer – Gigawinno or medicine man/Shaman - Medawlinno, was called in to diagnose and treat the sick. Through trial and error, passed down from one generation to the next over thousands of years, healer's learned the techniques needed to properly harvest and transform the various plants into teas, infusions and poultices as well as dosages needed to treat a great many illnesses.

There are three typical ways in which herbal remedies are applied. The most common usage for plant medicine is teas. Some plants need to be used green or they lose their effectiveness, while others can be used if dried properly. Once collected the leaves, twigs or bark are thoroughly rinsed to remove any debris and then added to water and boiled or

steeped in hot water. The tea can then be drunk or the liquid applied directly to the affected area. Bark is customarily removed from smaller twigs and branches rather than from those of larger size.

The second is as a poultice, which is when the plant is mashed or shredded and mixed with a small amount of water and then is applied to the affected area.

The third usage is for the plant material to be chewed and the juices swallowed, the remaining plant material is then spit out. In some rare occasions the plant material is smoked and either the smoke breathed in or blown onto the affected area.

Medicinal Ethno-botany

Common Name (Scientific Name) – Abenaki Name: Use for plant

Alder (*Alnus viridis*) – *Wdopi*: Wood is used to smoke fish. A tea made from the bark is used for diphtheria. The bark can be burnt and inhaled for rheumatism.

American Beech Tree (*Fagus grandifolia*) – *Wajoimezi*: Nuts can be eaten raw or cooked. A tea made from the leaves is used as a wash and poultice to treat frostbite, burns and poison ivy rash. A tea made from the bark is used for lung ailments.

American Chestnut (*Castanea dentata*) – *W8bimezi*: Nuts can be eaten raw or cooked. The roasted nut can be used as a coffee substitute. A warm water infusion of the leaves is used to calm the respiratory nerves and promote expectoration.

American Holly (*Ilex opaca*) - ? : The berries are laxative, emetic and diuretic. They are used in the treatment of children's diarrhea, colic and indigestion. A tea made from the leaves has been used as a treatment for measles, colds.

American Sycamore (*Platanus occidentalis*) – *Pabalakw*: A tea is made from the inner bark for dysentery, coughs, colds and hemorrhages.

Arrow Head Rattlebox (*Crotalaria sagittalis*) – *Pakwaaloskw*: A medicine for venereal disease and for purifying the blood is made from the root. It is a very strong narcotic.

Balsam Fir (*Abies balsamea*) – *Kokokha8wk*: A tea made from the leaves is used for coughs, colds and fevers. The tea can also be used as a scalp wash for dandruff. The leaves are harvested in the spring and dried. The resin is an antiseptic and healing agent and is used for frostbite.

Basswood (*Tilia American*) – *Wigebimezi*: A tea made from the inner bark is used for burns. The inner bark is very fibrous and is used for weaving, making rope and for sutures for wounds.

Beaked Hazelnut (*Corylus cornuta*) – *Pakanalawimen*: The seed can be eaten raw or cooked. An infusion of the branches and leaves is used for heart complaints, rheumatism and intestinal disorders. A blue dye is obtained from the root and inner bark.

Blackberry (*Rubus nigrobaccus*) – *Pezagwdamenakwam*: The vine is combined with wild cherry bark to cure dysentery.

Black Ash (*Fraxinus nigra*) – *Mkazawi Maahlakws*: The wood is used in basket making. Leaves are given to women after childbirth to cleanse them. A tea from the inner bark is used for liver and stomach problems and to treat painful urination.

Black Birch (*Betula lenta*) – *Mkazamawozi*: The inner bark can be cooked or dried and ground into a powder which is used as a thickener in soups. A tea is made from the inner bark and used for fevers, stomach aches and lung ailments. A tea from the twigs is used for fevers.

Black Oak (*Quercus velutina*) – *Anaskemezi*: Acorns can be eaten cooked. Tea from the inner bark is used for colds, hoarseness, indigestion and asthma.

Black Raspberry (*Rubus occidentalis*) – *Mkaza Zegweskimen*: The fruit can be eaten. The root can be chewed for coughs and toothaches. A tea made from the leaves is used as a wash for sores, ulcers and boils.

Black Spruce (*Picea mariana*) – *Mskak*: A tea made from the bark is used for colds and coughs. A poultice from the inner bark is used to reduce inflammation.

Black Walnut (*Juglans nigra*) – *Pagimezi*: The nuts can be harvested and eaten for their distinctive flavor. Three slender branches are roasted in the open fire. The bark from each is then removed by peeling from the tip end and tied in separate bundles. A strong tea is made by boiling these three bundles of bark together, and large draughts are taken occasionally. To remove bile from the intestines, the treatment is continued for two days. The leaves are scattered about the house to dispel fleas while the sap is a good application for any inflammation. Juice from the green hull of the fruit is rubbed over the infected area to cure ringworm. A tea made from the leaves is an astringent. An infusion of the bark is used to treat diarrhea and also to stop the production of milk.

Blueberry (*Vaccinium angustifolium*) – *Zatamozi*: Fruit can be eaten. A tea made from the leaves is used as a blood purifier, for infant colic, rheumatism and to induce labor.

Blue Cohosh (*Caulophyllum thalictroides*) – *Wl8wi ?*: The roasted seed can be used as a coffee substitute. The root is used for kidney disorders, to facilitate child birth and to make a general tonic. The roots are harvested in autumn and dried.

Blue Flag (*Iris versicolor*) – *Kakskim8kiso*: A tea made from the dried root is used for rheumatism, scrofula, and disorders of the liver and kidneys and has a laxative effect. It is used externally on burns, wounds and swelling. The roots were boiled in water and then mashed to make a poultice which was used to relieve the pain and swelling associated with sores and bruises. The roots are harvested in late summer and early autumn.

Bloodroot (*Sanguinaria canadensis*) – *Pagakanih8k* - An infusion of the dried root is used for cough and to purify the blood. The sap of the root is mixed with animal fat used for red face paint. The root can be harvested in autumn and dried.

Boneset Thoroughwort (*Eupatorium perfoliatum*) - *M8l8dagwinebzon*: The root and the leaves are infused as a treatment to relieve cold symptoms for chills and fever, acute bronchitis as well as having a laxative effect.

Box Elder (*Acer negundo*) – *Pilkimezi*: A tea made from the inner bark is used as an emetic.

Bunchberry (*Cornus Canadensis*) – *Batkilawinbizon* - pain in the side medicine: Fruit can be eaten raw or cooked. A tea made from the leaves is used for aches and pains, kidney and lung ailments, coughs and fevers.

Butterfly Milkweed (*Asclepias tuberosa*) - *Azibiz*: The raw root can be eaten to treat bronchial and pulmonary conditions. The dried root is also used as a remedy for pleurisy and rheumatism. It is also administered to women following childbirth. The flower buds can be cooked and eaten and taste similar to peas. In hot weather the flowers produce so much nectar that it crystallises out into small lumps which can be eaten and is very sweet.

Butternut (*Juglans cinerea*) – *Pag8nozi*: Nuts(*Pagon*), which are oily and sweet tasting, can be eaten raw or ground into powder and used in food making. The inner bark is made into a tea and used as a laxative for chronic constipation. The oil from the nuts is used for tapeworms and fungal infections. The bark is best harvested in autumn.

***Calamus** (*Acorus calamus*) – Sweet Flag - ?: A decoction of the roots can be taken for stomach gas and flatulence. Roots are also nibbled for their pleasant flavor.

***Canadian Thistle** (*Cirsium arvense*) - ?: A decoction of the root can be used by children for worms.

Canadian Yew (*Taxus Canadensis*) – *Sagask8dakw*: Fruit can be eaten. A small amount of leaves can be used to make a tea for rheumatism, fevers, influenza and to bring out clots and alleviate afterbirth pain in women.

***Caraway** (*Carum carvi*) - ?: Used as an analgesic.

Cardinal Flower (*Lobelia Cardinalis*) – *Mkwatawa*: A poultice of the crushed leaves is used for headaches, an infusion of the leaves is used for colds and fever and a tea made from the root is used for typhoid.

Cattail (*Typha latifolia*) – *Pakwaaskw*: The leaves are diuretic, the pollen is astringent. The dried pollen can be used as an anticoagulant and if roasted with charcoal becomes a haemostatic. Medicine is made from the root to dissolve kidney stones, for painful menstruation and post-partum pains. The roots are pounded into a jelly-like consistency and applied as a poultice to wounds, cuts, boils, sores, carbuncles, inflammations, burns and scalds. The flowers are used for abdominal pain, amenorrhoea, cystitis, dysuria, metrorrhagia and vaginitis. The young flower heads are eaten as a treatment for diarrhea. The seed down has been used as a dressing on burns and scalds. The down can be used on infants to prevent chafing and as a pillow/mattress stuffing. The roots and young shoots can be eaten raw or cooked.

Chaga Mushroom (*Inonotus obliquus*) ?: traditionally grated into a fine powder and used to brew a beverage similar to tea or coffee, which is used to boost the immune system, fight inflammation and lower blood sugar.

Choke Cherry (*Prunus virginiana*) – *Abimenakwam*: A tea from the bark is used for diarrhea.

Climbing American Bittersweet (*Celastrus scandens*) – *L8dawaskiko*: A poultice or salve from the boiled root is used for skin sores and eruptions. Tea made from the root will clear up liver spots.

Common Plantain (*Plantago major*) - *8wdiibagw* – white man's foot: Young leaves can be eaten raw or cooked. A tea from the leaves is used for diarrhea, gastritis, peptic ulcers, irritable bowel syndrome, hemorrhoids, bronchitis, sinusitis, asthma and hay fever. The

heated leaves are used as a wet dressing for wound and swelling and is an effective treatment for bleeding.

Corn (*Zea mays*) – *Skamon*: Seed can be eaten raw or cooked. The dried cobs (*Midgwakwam*) are boiled and the liquid used as a rinse for poison ivy. The husks (*Kwalaskw*) and roots are used for strangury, dysuria and gravel. The silk (*Wgizsolkw8n*) is used for diabetes mellitus, cystitis, gonorrhoea and gout. The silks are harvested before pollination and used fresh.

Creeping Snowberry (*Gaultheria hispidula*) – *Kawasanipakw*: A tea made from the leaves is used for people who have over eaten.

Dandelion (*Taraxacum officinale*) - ?: The young leaves can be eaten raw or cooked. The root can be boiled and eaten or dried and ground to be used in a hot drink similar to coffee. A tea from the leaf or root is used for urinary disorders, gallstones, jaundice, cirrhosis, gout and eczema. The roots can be harvested in autumn and the leaves in the spring when the plant is in flower.

Dogwood (*Cornus florida*) - ? : The inner bark was boiled and the tea drunk to reduce fevers and to restore a lost voice.

Dwarf Sumac (*Rhus copallina*) – *Zal8nakwam*: Roots are pounded and applied as poultice for sores and skin eruptions. An infusion of the leaves is used to cleanse and purify skin eruptions. To treat venereal disease an infusion of the roots is taken. The berries are useful in making a mouth wash. A tea made from the bark has been drunk to stimulate milk flow in nursing mothers. A decoction of the bark has been used as a wash for blisters and sunburn blisters.

Eastern Cottonwood (*Populus deltoides*) – *Wawapbagw*: A tea from the inner bark is used for scurvy and to relieve the pain of menstrual cramps.

Eastern Hemlock (*Tsuga Canadensis*) – *Alnizedi*: The inner bark can be eaten raw or cooked and is harvested in the spring and dried then ground into a powder. A poultice of the bark is used to cleanse and tighten bleeding wounds. An infusion of the bark is used for thrush and as a mouthwash and gargle for gingivitis and sore throats. A tea made from the leafy twigs is used for dysentery, kidney ailments, colds and rheumatism.

Elder (*Sambucus Canadensis*) – *Saskib*: The leaves and stems act as a blood purifier and are also used in the treatment of jaundice. From the dried flower, a tea is made for colic in infants. The bark scrapings are used in making a poultice for sores, swellings, and wounds. A tea made from the root bark is used to promote labor in childbirth and in treating headaches, kidney problems and mucous congestion.

Elm (*Ulmus Americana*) – *Anibi*: A tea from the inner bark is used for colds, severe coughs, bleeding from the lungs, influenza and diarrhea. The red inner bark can also be used to make a coffee substitute.

False Pennyroyal (*Hedeoma pulegioides*) - ? : A tea is made from the leaves to relieve stomach pains, as a cold remedy, cough medicine, fever reducer, stimulant and toothache remedy. The plants are harvested when flowering and can be used fresh or dried.

Feathery Solomon's Seal (*Maianthemum racemosum*) – *Salem8n*: The fruit is edible. The root is used to stop bleeding.

Fiddle Head Ferns (*Matteuccia struthiopteris*) – *L8baktaiganimdup Masozi*: The young fronds can be collected in spring and eaten. A decoction of the leaf stalk base from sterile fronds has been taken in the treatment of back pain and also to help speed up the expulsion of the afterbirth.

Fireweed (*Epilobium angustifolium*) – *Pabazinebizon*: The leaves and young shoots can be eaten raw or cooked. A tea from the leaves is used for coughs, dysentery and abdominal cramps. A poultice from the peeled roots is used for burns, skin sores, boils and swelling.

Fox Grape (*Vitis vulpine*) – *M818gwimen*: An infusion made from the leaves is used in the treatment of diarrhea, hepatitis, stomach aches, fevers, headaches and thrush. Externally, the leaves are used as a poultice and applied to sore breasts, rheumatic joints and headaches. The wilted leaves have been applied as a poultice to the breasts to draw away soreness after the birth of a child. An infusion of the bark has been used to treat urinary complaints. The leaves are prepared by removing the mid-rib and rubbing them slightly between the hands.

Frost Weed (*Helianthemum canadense*) - ? : Root is used in making poultice for a sore throat. A tea from the leaves is also used for treating sore throat and kidney ailments.

Ginseng (*Panax quinquefolius*) – *Ah8wadig*: Often called “man and woman” or “Grandmother and Grandfather” as they are usually found growing in pairs. The root is regarded as being very potent and may be used in treating either sex. In treating males, the “male root” is used and vice versa. The plant root is diced in small particles, a table spoon of which is added to a cup of hot water to make tea. It is used in the treatment of chronic cough, low-grade fever, spontaneous or night sweating and fatigue due to chronic consumptive disease.

Goldenrod (*Solidago juncea*) - ? : The green leaves are chewed or infused to cure nausea and diarrhea. Also used to reduce fever.

Goldthread (*Coptis trifolia*) – *Lasawian* – Little Yellow Root: An infusion of leaves is used as mouth wash for infants with thrush. The stems are chewed for canker sores in the mouth. A yellow dye is obtained from the leaves and stems.

Gooseberry (*Ribes cynosbati*) – *K8kwakwimen*: The fruit can be eaten raw or cooked. The root bark has been used for the uterine problems caused by women having too many pregnancies.

Ground Cherry (*Physalis longifolia*) – *Kiidebimen*: The fruit can be eaten raw or cooked.

Ground Nut (*Apios Americana*) – *Apen*: The tuber can be eaten raw or cooked. The nuts are boiled and used as a plaster on the flesh around healing wounds.

Hardhack (*Spiraea tomentosa*) – *Tiibagol*: An infusion of the leaves is used for dysentery.

Heal-All (*Prunella Vulgaris*) - ? : The plant top is used to make a tea to reduce fever as well as a body wash used to reduce fever. It can be used fresh or dried, for drying it is best harvested in mid-summer.

Highbush Blueberry (*Vaccinium corymbosum*) – *Awasoswisata* - Bearberry: Fruit can be eaten fresh or dried. A tea is made from the leaves and dried fruit.

Highbush Cranberry (*Viburnum opulus trilobum*) – *Nibimenakwam*: Fruit can be eaten raw or cooked. A tea made from the berries is used for mumps.

Honeysuckle (*Lonicera*) – *Pigwaganizal*: The leaves are diuretic. The root is a laxative. An infusion from the bark has been used to increase milk flow in nursing mothers.

Horsemint (*Monarda punctata*) - ? : A tea is made of the plant for fever and to bathe face of patient. It was also used to treat nausea and vomiting. A poultice can be made from the leaves to lessen the pain and swelling of arthritic joints.

Huckleberry (*Gaylussacia baccata*) - *Awasoewizata*: Fruit can be eaten. An infusion of the leaves or bark are used for dysentery and Bright's disease.

Indian Cucumber Root (*Medeola virginiana*) – *Askitamegiz*: The root can be eaten raw or cooked. The root is a diuretic and is used for dropsy.

Indian Pipe (*Monotropa uniflora*) – *Odamaganiz*: The whole plant can be cooked and eaten, it has a taste similar to asparagus. The root is steeped in a small amount of water and is used as quinine for pain caused by colds. The crushed plant can be rubbed on bunions and warts.

Jack-in-the-Pulpit (*Arisaema triphyllum*) – *Tkinaganiz*: Also known as the Indian Turnip. The dried root is steeped and the liquid is used as a linament for pain. The root is harvested in early spring and dried.

Juniper (*Juniperus communis*) - ? : The fruit are used to make a tea that is used as a wash for the hair.

Labrador Tea (*Ledum groenlandicum*) – *Az8bakwiz*: A tea from the leaves is used for headaches, asthma, colds and stomach aches. The tea can be used as a wash for the scalp to get rid of dandruff.

***Lesser Burdock** (*Arctium minus Bernh*) - ? : A poultice of leaves can be applied to the head for headaches. A tea from the roots and young flower heads is used for rheumatism.

Lily of the Valley (*Maianthemum canadense*) – *8bijibad Peskwasaw8n*: A tea made from the plant is used for headaches. A decoction of the roots can be taken for rheumatism.

Lousewort (*Pedicularis Canadensis*) - ? : A tea made from the root is used for stomach aches, ulcers, diarrhea and anemia. An infusion of the leaves is used to produce an abortion.

Maple (*Acer saccharum*) – *Senomozi*: The sap is edible and used to make syrup and sugar. Inner bark from the south side of the tree is used to make a cough remedy. The inner bark is made into a tea that is used as a blood tonic, diuretic, expectorant used for diarrhea.

May Apple (*Podophyllum peltatum*) – *Aples*: The ripe fruit is edible. A tonic and a laxative are made from the root in early spring.

Mountain Ash (*Sorbus Americana*) – *Wajoimahalakws*: The fruit can be eaten raw or cooked. The bark is boiled and used as a drink to induce vomiting.

Mullein (*Verbascum Thapsus*) - *Madah8dowi odam8* - devil's tobacco: A tea from the dried leaves is used for chest complaints and diarrhea. Any preparation made from the leaves needs to be carefully strained in order to remove the small hairs which can be an irritant. The plant is harvested when in flower and dried.

Northern Oak Fern (*Gymnocarpium dryopteris*) – *Anaskemezii Masozi*: The leaves are crushed and rubbed on insect bites.

Northern White Cedar (*Thuja occidentalis*) – *M8l8dagw*: The pith of young shoots can be cooked and added to soups. A tea made from the leaves is used for bronchitis, colds, headaches. The leaves are used in steam baths for rheumatism and arthritis. A tincture of the leaves is used for warts, piles, bed sores and fungal infections.

Partridge Berry (*Mitchella repens*) – *Pakeswimen*: A tea is made from the fresh or dried leaves for suppressed menstruation, as well as insomnia, rheumatic pain and fluid retention. It was used in the weeks preceding childbirth in order to promote easy delivery.

Peach (*Prunus Persica*) – *Piches*: The leaves are infused to expel pin worms, to stop vomiting in children, gastritis, whooping cough, coughs and bronchitis. A small quantity is sweetened and is drunk occasionally until relief is felt. The leaves are harvested in June or July and then dried.

Pig Weed (*Amaranthus retroflexus*) - ? : The young leaves and seeds can be eaten raw or cooked. An infusion of the leaves is used to relieve hoarseness. A tea made from the leaves is used for profuse menstruation, intestinal bleeding and diarrhea.

Pin Cherry (*Prunus pennsylvanica*) – *Maskwazimen*: The fruit can be eaten raw or cooked. A poultice made from the wood is used for boils and abscesses.

Pin Oak (*Quercus palustris*) – *Anaskemezi*: Acorns can be eaten cooked. An infusion of inner bark is given for intestinal pains.

Pipsissewa (*Chimaphila umbellata*) - ? : Known to have antifungal and antioxidant properties. The plant is steeped and the liquid is applied to blisters. It purifies the blood and tends to aid in removing mucus from the lungs. An infusion is used in the treatment of various problems related to the urinary system. The plant is harvested when in flower, and the leaves on their own can be harvested during the growing season.

Pitcher Plant (*Sarracenia purpurea*) – *Pokwjinskwas*: An infusion of the leaves was used for smallpox. An infusion of the dried leaves is used for fevers and shakiness.

Pokeweed (*Phytolacca decandra*) - *Pelazimen*: The root of this plant is combined with the bark of sarsaparilla and grape to make a remedy for rheumatism and other auto-immune diseases. It acts as a stimulant and blood purifier. In preparing the medicine, the root of the poke is first thoroughly roasted and then crushed. To avoid nausea, a small dose is customary.

Prickley Ash (*Zanthoxylum americanum*) – *Kag8wakw*: Inner bark is steeped as medicine for heart trouble, arthritic and rheumatic conditions, digestive problems and leg ulcers. Liquid is taken in small doses administered in alternate three day periods.

Pumpkin/Squash (*Cucurbita pepo*) – *Wasawa*: The fruit and seed are edible raw or cooked. The leaves can be applied to burns.

Purplestem Angelica (*Angelica atropurpurea*) - ? : A tea made from the leave or root is used for stomach disorders, fevers, headaches and pneumonia. Seeds sometimes are mixed with smoking tobacco.

Quaking Aspen (*Populus tremuloides*) – *Wawabibagw*: Inner bark can be eaten raw or cooked. An infusion of the bark is used for rheumatism, arthritis, gout, lower back pains, urinary complaints, digestive disorders, anorexia, as a dewormer and to reduce fevers.

Ragweed (*Ambrosia artemisiifolia*) - ? : Plant used in making a poultice to apply as a preventative for blood poison. The root of the plant is used to make a tea that works as a laxative. The juice from crushed leaves can be applied to insect bites or poison ivy rashes to soothe irritation.

Rattlesnake Fern (*Botrychium virginianum*) – *Masasizikwa Masozi*: A poultice made from the roots is applied to snakebites, bruises, cuts and sores. A tea made from the roots induces sweating and is expectorant.

Red Currant (*Ribes triste*) – *Pessimen*: A tea from the stems, without the bark, has been used as a wash for sore eyes.

Red Oak (*Quercus rubra*) – *Anaskemezi*: Acorns can be eaten cooked. Bark is steeped to make a tea for sever cough, hoarsness and indegestion.

Red Osier Dogwood aka Red Willow (*Cornus sericea*) – *Makwakwsek*: The fruit can be eaten raw or cooked. The bark was used as a tonic for diarrhea, fevers and colds. A poultice can be made an applied to the eyes for soreness and swelling. The shredded bark is used for smoking.

Red Raspberry (*Rubus idaeus*) – *Zegweskimen*: Fruit can be eaten. A tea from the leaves is used for diarrhea, to relieve menstrual cramps and to strengthen the uterus of pregnant women. The tea can be used as a gargle and mouth wash for tonsillitis, mouth sores and conjunctivitis. The leaves are harvested in summer and dried.

Rock Fern (*Polypodium virginianum*) – *Senikokladabagol*: A tea from the leave is used for stomach pains, colds, coughs and sore throat.

Sage Willow (*Salix candida*) *Kanozas*: Tea is made from root for women suffering displacement of womb. Branch shoots are used for making baskets and whistles.

Sarsaparilla (*Aralia nudicaulis*) – *Sas8ksek*: A poultice made from the crushed root and/or fruit can be sued as a poultice for rheumatism, sores, burns and skin problem. The root was combined with other plants and roots to make a spring tonic. The root is collected in late summer and autumn and dried.

Sassafras (*Sassafras albidum*) – *Zaz8gebamakw*: Leaves can be eaten raw or cooked and can be used as a thickening agent for soups. Bark of the root is used as a blood purifier, to relieve colds, kidney ailments, and gastrointestinal complaints. In spring this is employed as a beverage. The young shoots are laced in water and allowed to remain in the sun until a mucilaginous substance formed which is used as a soothing wash for sore eyes.

Shin Leaf (*Pyrola elliptica*) - ? : The leaves are steeped to make a mouth wash for canker sores and sore throat. The leaves are made into a poultice and used on bruised shins and other sores and wounds.

Skull-Cap (*Scutellaria galericulata*) - ? : The plant top is a stomach stimulant and a laxative. An infusion is used for throat infections. The plant is harvested in summer as it comes into flow and is dried for later use.

Skunk Cabbage (*Symplocarpus foetidus*) – *Sieg8gwibagw* – Skunk Plant: Is used for its expectorant and antispasmodic properties. A tea made from the root is useful in treating whooping cough, bronchitis and asthmatic conditions. The leaves are crushed and used as a poultice to allay pain. People suffering from epilepsy can roll up a small portion of the leaf and chew it. The rootstock is harvested in late autumn or early spring and dried for later use.

Slippery Elm (*Ulmus rubra*) – *Anibi*: Leaves and inner bark can be eaten raw or cooked. Inner bark can be dried and ground into a powder then used as a thickener for soups. A mucilaginous substance produced by chewing the inner bark is good for sore throats, indigestion, digestive irritation and lung irritations. The inner bark is harvested in spring from the main trunk and larger branches, it is then dried and ground to powder for later use.

Speckled Alder (*Alnus Incana*) – *Wdopi*: Twigs are steeped and the resulting liquid is used as a liniment for sprains and bruises, headaches and backaches.

Spice Bush (*Lindera bensoin*) - ? : The young leave, twigs and fruit can be used to make a tea. The twigs are harvested when the plant is in flower. The dried fruit can be used as a substitute for allspice. An infusion of the leaves is used as a vermifuge. The fresh leaves can also be chewed as a vermifuge. The bark can be harvested anytime of the year and used fresh or dried.

Spikenard (*Aralia racemose*) – *Pakwalosi*: An infusion from the dried root is used for tuberculosis, coughs, colds and lung diseases. A poultice from the roots is used on burns, swelling, wounds, boils sprained muscles and broken bones. The root is harvested in late summer and autumn and dried.

Staghorn Sumac (*Rhus typhina*) – *Zal8nakwam*: An infusion is used in the treatment of diarrhoea, fevers, piles, general debility, uterine prolapse. Berries make a gargle for sore throat.

Star-like False Solomon's Seal (*Maianthemum stellate*) – *8pkweskak* – Joint Plant: A tea made from the root is used to treat stomach problems and to regulate menstrual disorders.

Stinging Nettle (*Urtica dioica*) - *Maz8nibagw*: The young leave can be cooked and eaten. A tea from the leaves is used as a cleansing tonic and blood purifier, for hay fever, arthritis and anemia. The fresh leaves are rubbed onto the skin for rheumatism. The dried leaves are used to stop nosebleeds.

Strawberry (*Fragaria virginiana*) – *Mskikoimins*: The fruit can be eaten. A tea made from the leaves is used as a nerve tonic. A tea made from the dried root is used for diarrhea, irregular menses, stomach and lung trouble.

Striped Maple (*Acer pensylvanicum*) - *Atkimosi*: A tea made from the inner bark is used for colds, coughs, bronchitis, kidney infections, gonorrhoea and the spitting of blood. A poultice steeped from the bark is used for swelling of the limbs.

Summer Grape (*Vitis aestivalis*) – *Mol8gwimen*: An infusion of the bark has been used to treat urinary complaints. A decoction of the leaves and stems is used for stomach aches, fevers and headaches. The wilted leaves have been applied as a poultice to the breasts to draw away soreness after the birth of a child.

Swamp Dewberry (*Rubus hispidus*) - ? : Juice from the berries is administered for dysentery.

Sweet Fern (*Comptonia peregrina*) - *Masozi*: Plant is steeped in liquid applied to blisters and poison ivy. The leaves are astringent, blood purifier, expectorant and tonic. A tea made from the leaves and flowering tops is used as a remedy for diarrhoea, headache, fevers, catarrh, vomiting of blood and rheumatism. The leaves have also been used as a poultice for toothaches and sprains. The leaves are harvested in early summer and dried for later use.

Sweet Flag/Muskrat Root (*Acorus americanus*) – *Moskwaswaskw* – Muskrat plant: The dried root used in making tea useful for coughs, colds, nausea, heartburn, anxiety and suppressed menses. Combined with sassafras root for intestinal pains. The root is harvested in late autumn or early spring and are dried for later use.

Sweet Grass (*Anthoxanthum odoratum*)- *Wali Mskiko*: A tea from the stems can be rubbed on for relief from rheumatic pain and used as a bath to calm pregnant women during childbirth. Additionally, the smoke can be used to ease nervous insomnia. The stem is also used in basketry.

Tamarack (*Larix laricina*) – *P8ben8dagwezo*: The young shoots can be eaten as emergency food. A tea made from the bark is used as a laxative, for jaundice, anemia, rheumatism and colds. A tea made from the leaves is used for piles and diarrhea. A tea made from the leaves and inner bark is used for coughs. The resin can be chewed for indigestion.

Toothwort (*Dentaria diphylla*) – *K8joizak* – *Small Veins*: An infusion from the root can be drunk as a stomach remedy. A poultice made from the root can be used to treat a toothache.

Trailing Arbutus (*Epigae repens*) – *Anak8gan Pizagaiwi Mskikoimenal*: A tea is made from the leaves for urinary tract and blood problems.

Turtle Head (*Chelone glabra*) – *Tolba wdep*: Is used as a form of birth control. A tea is used for consumption, debility, diseases of the liver, gallbladder problems, gallstones, to relieve nausea and vomiting, intestinal colic and to expel worms

Twisted Stalk (*Streptopus amplexifolius*) – *Waniskip*: The berries and young shoots are edible. A tea is made for kidney trouble.

Violet (*Viola labradorica*) – *Min8bowigek*: The leaves and flower buds are edible. A poultice from the leaves and roots are used on insect stings.

Virginia Snakeroot (*Aristolochia Serpentaria*) – *Skogimezi*: A tonic is used for treating skin, circulatory and kidney disorders. The root can be chewed in very small doses or used as a weak tea to promote sweating and stimulate the appetite. The chewed/pounded root or crushed leaves were used for snakebites. The root is harvested in autumn and dried.

Water Avens (*Geum rivale*) - *Ahadabaga*: A tea from the root is used for dysentery, coughs and colds. The dried root also repels moths.

White Oak (*Quercus alba*) – *Wachilmezi*: Acorns can be eaten raw or cooked. Bark is a valuable substance used in compounding many remedies. A tea made from the bark is used for a severe cough and for bleeding piles. For sore throat a stronger liquid is used as a gargle, douche and to cleanse bruises and ulcers. The bark can be chewed as a treatment for mouth sores. The bark is best harvested in the spring.

White Pine (*Pinus strobus*) – *Koa*: The seed can be eaten raw or cooked. The amber sap can be used as chewing gum. A tea from the needles (*Koaibagw*) is used for sore throats, pulmonary/respiratory issues and urinary trouble. An infusion of the dried inner bark is used as a cough remedy. The sap or gum is applied to boils and abscesses to relieve pain.

White Spruce (*Picea glauca*) – *Mesazesos*: The young male catkins can be eaten raw or cooked and used as a flavoring in soups. The immature female cones can be eaten cooked. An infusion of the cones is used for urinary tract infections. A poultice from the inner bark is used on sores and cuts.

Wild (Black) Cherry (*Prunus serotina*) - *Wekkwamin*: The medicinal properties of this plant are destroyed by boiling, so the plant should only be allowed to steep in warm water. Bark is used as a remedy for diarrhea and cough, it is also combined with other roots and bark as a tonic. The fruit is sometimes used to make cough syrup. A tea made from the root bark or inner bark is used to ease pain in the early stages of labor. The bark is harvested in autumn and dried.

Wild Ginger (*Asarum canadense*) – *Skogadebakw* – Snakehead Plant: The root can be dried and eaten, best harvested in autumn but can be harvested year round. The root is used for chronic chest complaints, asthma, coughs, colds, painful bowels and stomach and convulsions. The fresh leaves are used as a poultice for wounds and inflammations.

Wild Indigo (*Baptisia tinctoria*) - ? : Liquid infused from root can be used as an antiseptic in cleaning cuts and wounds and can be gargled to treat mouth ulcers and gum infections. It can also be used as a douche.

Wild Mint (*Mentha Canadensis*) – *Kchi Pseske*: A tea from the leaves is used for stomach issues and colds.

Wild Plum (*Prunus Americana*) – *Azawanimenakwam*: The fruit can be eaten. Twigs are steeped to make a remedy for asthma. A tea from the inner bark is used as a wash for skin problems and on cuts and wounds.

Wintergreen (*Gaultheria procumbens*) – *P8b8kowagizak*: A tea made from entire plant is taken for kidney disorders, as a cold remedy. The leaves and the oil are analgesic. It is also used simply as a tasty tea. An infusion of the leaves is used to relieve flatulence and colic. The plant, especially in the form of the essential oil, is most useful when applied externally in the treatment of acute cases of rheumatism, sciatica, myalgia, sprains,

neuralgia and catarrh. The leaves can be gathered at any time from spring to early autumn, they are dried for use in infusions or distilled to produce the oil.

Witch Hazel (*Hamamelis virginiana*) – *Madawinnoipekodaigan*: The twigs and leaves are steeped to make a lotion for cuts, bruises, insect bites, varicose veins and hemorrhoids. Branches and twigs are harvested for the bark in spring and the leaves are harvested in summer and dried.

Yarrow (*Achillea Millefolium*) – *Nahamainebizon* - Turkey Medicine: The plant is known to contain an alkaloid called achileine that enhances blood clotting. The leaves (*Nahamaibagw*) can be eaten raw or cooked and can be added to mixed salads, the leaves are best used when young. The fresh leaf can be applied direct to an aching tooth in order to relieve the pain. A tea is made from the dried leaves for disorders of the liver and kidneys. Combined with *Sambucus nigra* flowers (Elder) and *Mentha piperita vulgaris* (Peppermint) it is used treating colds and influenza. The herb is harvested in the summer when in flower and can be dried for later use.

Yellow Birch (*Betula alleghaniensis*) – *Wins*: A tea made from the bark is used for diarrhea, rheumatism and as a blood purifier.

Yellow Lady Slipper (*Cypripedium parviflorum*) – *Kaw8ganebizon*: A tea is made from the root and used for anxiety, insomnia, depression, tension headaches and is good for women in the throes of childbirth. The root is harvested in in autumn and dried.

Yellow Oak (*Quercus Muehlenbergii*) - ? : To stop vomiting, pour water over a piece of the bark, and when the water becomes a yellowish tinge drink a small quantity of it.

Yellow Pond Lilly (*Nuphar variegata*) *Wiz8watawa* – Yellow Flower: The root can be eaten raw or cooked. A tea made from the roots is used for dysentery and diarrhea. A poultice made from the roots is used for swelling, boils, tumors and inflamed skin.

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