



License

Vermont Fish and Wildlife Department

1 National Life Drive, Davis 2
Montpelier, VT 05620

1. **Licensee Name:** Chief Don Stevens
Organization: Nulhegan Band of the Coosuk - Abenaki Nation
Address: 156 Bacon Drive, Shelburne, VT 05482
Phone/email: chiefdonstevens@comcast.net; 802- 985-2465
2. **License Period:** January 1, 2026 – Dec 31, 2030
Effective Date: January 1, 2026
Expiration Date: December 31, 2030
Authorization #: 25552
3. **Principal Officer:** Chief Don Stevens
4. **Sub-Licensee(s):** Citizens of all 4 State Recognized Abenaki Tribes
5. **Fee:** \$50.00
6. **Authorized Activity:** To collect plants and plant parts from Department lands for use in traditional medicines, food, and crafts. This authorization does not allow collected materials to be used for commercial activities.
7. **Location Where Authorized Activity May Be Conducted:** Wildlife Management Areas and Riparian Lands statewide, **except on Eagle Point WMA**, where plant collections are limited to only wild edibles as allowed in 10 V.S.A. § App. 15 (Rule Governing Public Use Rules of Vermont Fish and Wildlife Department Lands).
8. **General Conditions:**
 - A. Licensee and its agents are permitted to collect any edible plants or plant parts pursuant to 10 V.S.A. § App. 15 (Rule Governing Public Use Rules of Vermont Fish and Wildlife Department Lands): Non-commercial picking of berries, nuts, fungi and other wild edibles **except** ginseng.
 - B. Collections for medicines or crafts shall be limited to Appendix 1 and Appendix 2. Any changes to this list shall be made only once each year and requests for additions to the Appendices shall be made on or as close as possible to January 1.
 - C. Licensee shall not collect any state or federally listed rare, threatened, or endangered species, ginseng, or any species of black, green, or white ash (*Fraxinus* spp.). It is the responsibility of the collector to properly identify plants and to avoid rare, threatened, and endangered species. See Appendix 3 for a list of prohibited plants. This list is not an exhaustive list of prohibited plants in Vermont. It is a list of plants commonly collected by the Abenaki tribe. Two suggested books to help with Vermont plant identification are listed below.
 - Gilman, A.V., 2015. *New flora of Vermont*. Bronx: New York Botanical Garden Press.
 - Haines, A., 2011. *Flora Novae Angliae*. New England Wildflower Society & Yale University Press, New Haven, CT.
 - D. Collectors must adhere to the following conditions:
 1. Any single collection shall not be more than one 5-gallon bucket, ½ bushel, or equivalent volume. During any single collection, no more than 10% of any given item (i.e. berries, branches, roots, seeds, etc.) shall be collected or harvested within the immediate area. Additionally, collections shall occur no more than once per 12-month period.
 2. Collection of bark, roots, or wood from trees, shrubs, or vines shall be limited to amounts specified above (D.1) and adhere to stipulations in Appendix 2.
 - E. To reduce conflicts with hunting, Licensee and its agents shall, at a minimum, wear a hunter orange vest and limit collection hours from 10am to 4pm, between September 1 to December 31. Additionally, collections and associated activities shall not occur on the opening day of any hunting season.
 1. Youth Turkey Season – Saturday prior to the opening of the spring turkey season;
 2. Spring Turkey Season – May 1;
 3. Black Bear & Gray Squirrel – September 1;
 4. Small Game (rabbits, hare, grouse) – Last Saturday in September;
 5. Waterfowl – Canada Goose (set annually, typically in early September); Ducks, Coots, & Mergansers (set annually, typically in early October);
 6. Youth Waterfowl – set annually, typically in late September;
 7. Deer Season – including archery, muzzleloader, and youth - October 1 through December 15. Rifle season runs from the second Sat in November and lasts for 2 weeks. The rifle season shall be avoided in its entirety;
 8. Moose – set annually, typically third Saturday in October;
 - F. Licensee and its agents shall park so as not to block roads or in front of gates, or interfere with the hunters, anglers, trappers, or other outdoor recreationalist, or vehicles used by persons engaged in said activities;

- 9. Maintenance:** The premises being used shall be maintained in a condition satisfactory to the Department, including, but not limited to, removal of any trash or rubbish which shall appear within the licensed area. Licensee shall remove any and all equipment and personal property, which may have been placed upon the premises promptly upon completion of any activities or/and termination of the license, and shall clean and restore the site to the satisfaction of the Department.
- 10. Non-Exclusivity:** This license shall not be exclusive. The Department reserves the right to use, or allow others to use, any part of the licensed area provided such use does not unreasonably interfere with the privileges hereby authorized to Licensee.
- 11. Liability:** The Department assumes no responsibility or liability for any injury or harm that may occur as a result of the improper collection or ingestion of poisonous or harmful berries, nuts, fungi, invasive or wild plants.
- 12. Assignment:** This license is issued to the Licensee herein named, and is not assignable without prior written permission of the Department.
- 13. Permits, Rules, and Regulations:** The Licensee shall obtain and maintain, at his own expense, all permits or licenses for the licensed activity and the Licensee shall not violate the terms or conditions of any of those permits or licenses. The Licensee shall obey all municipal, state, and federal laws while undertaking the licensed activity.
- 14. Suitability of Premises:** Acceptance of this license by Licensee shall be *prima facie* evidence that Licensee accepts the suitability of the premises for their purposes, and the use thereof by Licensee shall attest such suitability.
- 15. Buildings and Structures:** No buildings or structures shall be erected upon the licensed premises, other than those specifically authorized by written approval of the Department.
- 16. Herbicides:** Licensee shall not use herbicides, other pesticides, growth inhibitors, or other toxic chemicals on the licensed parcel.
- 17. Vegetation:** Outside of the above approval, no clearing of understory herbaceous vegetation or tree cutting is allowed. No live limbs, trees, or shrubs may be cut for any purpose except those permitted in this License.
- 18. Taxes:** Certification under 32 V.S.A. § 3113 - The Licensee hereby certifies, under the pains and penalties of perjury, that Licensee is in good standing with respect to, or in full compliance with a plan to pay, any and all taxes due the State of Vermont as of the date the Licensee signs this contract, and to affirm, in accordance with 15 V.S.A. § 795 (where applicable) that all obligations in regard to child support are in good standing or that there is compliance with a payment plan approved by the Vermont Office of Child Support Services.
- 19. Termination:** The Department reserves the right to cancel this license at any time if the Licensee does not carry out conditions above. In addition, the Department may without cause cancel this license, or alter the area on any June 1, upon sixty (60) days written notice to the Licensee. If the Department cancels this license it shall make a financial adjustment to the Licensee by mutual agreement, but in no event to exceed any payment due the Department in the particular license period that such cancellation may occur.
- 20. Previous Agreements:** This writing supersedes and takes precedence over all other agreements written or oral, regarding the subject matter of this license and it is intended by the parties hereto as the final, complete, and exclusive expression of their agreement.

The State of Vermont, Fish & Wildlife Department is prohibited by 10 V.S.A. § 4147 from granting leases without prior approval of the Governor of the State of Vermont. Such approval has not been granted as of the date hereof. It is understood, therefore, that notwithstanding the terms and conditions set forth herein relating to the term or period of time, that unless or until approval of the Governor is granted, this instrument shall be construed as a license only, removable at the pleasure of the State at any time. Licensee accepts this instrument subject to this provision, and all expenditures or other actions or steps taken by Licensee in reliance on or expectation of the continuity of occupancy shall be entirely at his own risk.

2/19/2026

Date

STATE OF VERMONT
FISH AND WILDLIFE DEPARTMENT

Signed by:

Batchelder, Jason

Jason Batchelder, Commissioner

2/18/2026

Date

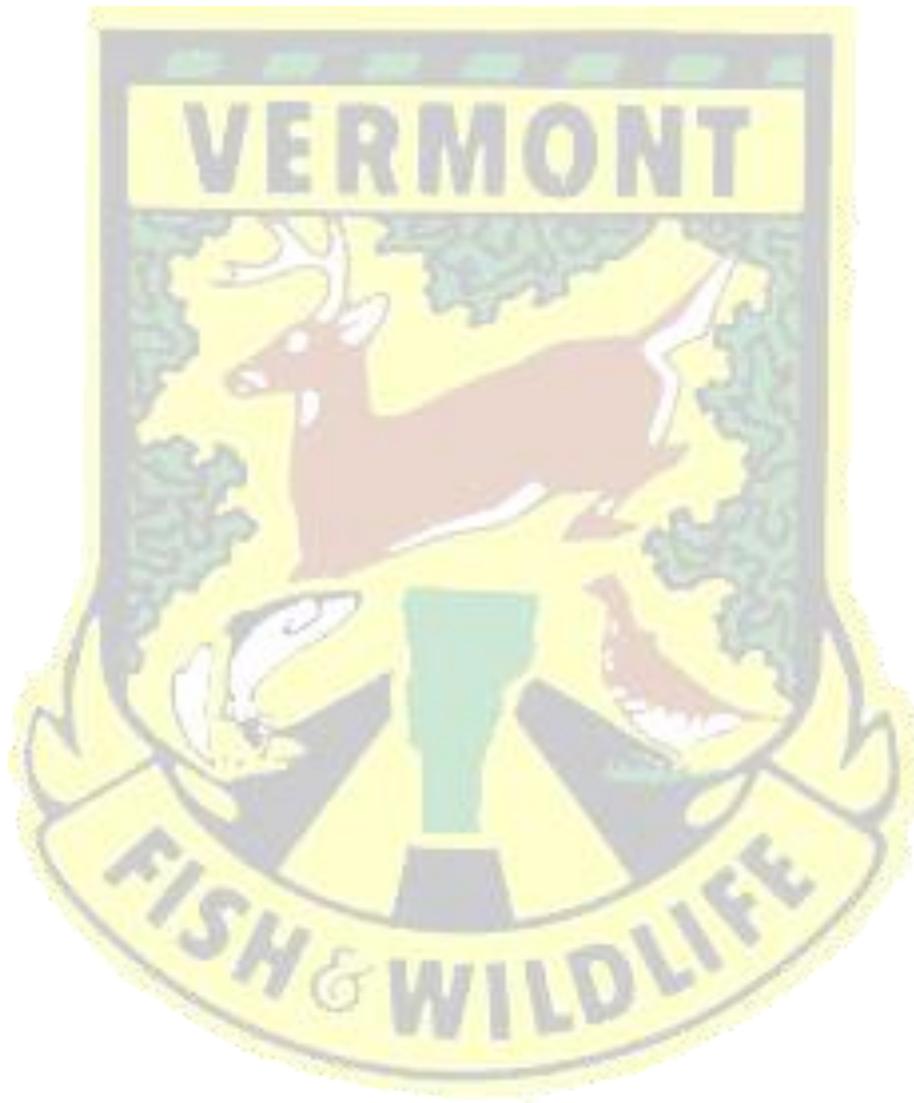
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Don Stevens

Chief Don Stevens

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APPENDIX 1

Wild items approved by VT Fish & Wildlife Department for collection for medicines and crafts on Department lands. For collection of wood, bark, or roots, see Appendix 2.

Alder (*Alnus incana* or *A. serrilata*) – *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. Twigs are steeped and the resulting liquid is used as a liniment for sprains and bruises, headaches and backaches. NO collection of *Alnus viridus*. See Appendix 2 for approvals of wood and bark collection.

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. **Beech** – Vitamin Drink

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 verticillata*) - 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.

Apple Buds (*Malus* spp.) – Eye wash

Arrow Head Rattlebox (*Crotalaria sagittalis*) – **Collection prohibited**. Very rare and legally protected as state threatened.

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.

Bear Berry (*Arctostaphylos uva-uris*)- Smudge. Limit amount of collection to no more than 10% of the plant or its parts in a given area.

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

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 Poplar (*Populus nigra*)– Vitamin D & C.

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 Root (*Veronicastrum virginicum*)– Erectile dysfunction - **Collection prohibited**. Very rare and legally protected as state endangered.

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. Can also be used as a dye.

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*) - *M88dagwinebzon*: 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*) – *Piikimezi*: 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.

Burdock (*Arctium minus*) – Leaf/ Root – Leaf for skin rashes and root for eating

Butternut (*Juglans cinerea*) – **Bark collection prohibited**. Collection of nuts is strongly discouraged because the species is uncommon and numbers are declining. If collected, do so sparingly.

Common Milkweed (*Asclepias syriaca*) - *Azibiz*: There are several other rare and uncommon milkweeds. The common milkweed (*Asclepias syriaca*) found in many old fields is abundant and would be ok to collect. **NO collection of butterfly milkweed (*Asclepias tuberosa*)**. 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.

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.

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.

Catnip (*Nepeta cataria*) – Reduces fever

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.

Cedar (*Thuja occidentalis*) – Smudge. Twigs or branches up to 2 inches diameter may be harvested from 1 tree per person per year. Bark as noted in Appendix 2.

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.

Colt's Foot (*Tussalago farfara*)- Coughing. Another plant sometimes called “colt's foot” is *Petasites frigidus*, which is rare and legally protected as state threatened. **Collection prohibited of *P. frigidus*.**

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 spp*) – The inner bark was boiled and the tea drunk to reduce fevers and to restore a lost voice. **Collection prohibited of flowering dogwood** (*Cornus florida*). It is very rare and legally protected as state threatened.

Dwarf Honeysuckle (*Diervilla lonicera*) – *Pigw8ganizal*: The leaves are diuretic. The root is a laxative. An infusion from the bark has been used to increase milk flow in nursing mothers.

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. **Elderberry** (*Sambucus* spp.) – Food.

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

Evening Primrose (*Oenothera biennis*) – Mind Tonic.

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* or *Vitis labrusca*) – *M8l8gwimen*: 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.

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.

Grey Moss (old man's beard lichen) (*Usnea* spp.) – Mental Clarity

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.

Hickory (*Carya ovata*) - Nuts can be eaten raw or cooked.

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*) – *Nibimenakwam*: Fruit can be eaten raw or cooked. A tea made from the berries is used for mumps.

Huckleberry (*Gaylussacia baccata*) - *Awasosewizata*: 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.

Ghost Pipe (*Monotropa uniflora*) – *Odam8ganiz*: 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*) – *Tkin8ganiz*: 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.

Jerusalem Artichokes (*Helianthus tuberosus*) – Root used for food. Note: harsh sunflower is a related species that can cause some confusion. It is a threatened species and collection is prohibited. However, this protected plant does not produce a tuber, which is the desired food for this plant.

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

Labrador Tea (*Rhododendron 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.

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

Lichen - Food

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*) – *Senomoz*: 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*) – **Collection from native populations prohibited.** Very rare.

Mint (*Mentha* spp.) – Medicine Flavoring. Note: use caution when collecting as there are a number of native mints that are rare. **Species in the genus Blephilia should not be collected.** **Wild Mint** (*Mentha canadensis*) – *Kchi Pseske*: A tea from the leaves is used for stomach issues.

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.

Mushrooms - food

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.

Pearly Everlasting (*Anaphalis margaritacea*) - Smudge

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 is made from the wood is used for boils and abscesses. See Appendix 2 for approvals of wood and bark collection.

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.

Pollen - Flavoring

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 and to reduce fevers.

Queen Anne's Lace (*Daucus carota*) – Smudge

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.

Raspberry Leaves (*Rubus* spp.)– Goodwill, mood lifter

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 indigestion.

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.

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.

Red Spruce Tips (*Picea rubens*) – Anti-fungal

Red Willow (*Salix* spp.) – Menstrual Cramps, can be smoked in place of tobacco, used to make pipe stems. **Collection prohibited on the Johnson Farm WMA** in Canaan and Lemington, along the Connecticut River because of a high density of rare willows at this site.

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

Rose Hips (*Rosa* spp.) – Food

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. The bark of this plant is combined with root of pokeweed and bark of grape to make a remedy for rheumatism and other auto-immune diseases.

Shelf Mushrooms - Smudge

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.

Soap Stone/Chert – Soap stone for making pipes and chert for flint knapping.

Spice Bush (*Lindera benzoin*) – 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.

Spikenard (*Aralia racemosa*) – *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.

Spruce Gum (*Picea* spp.) – Expectorant, used also for patching canoes

Spruce Roots (*Picea* spp.) – Used for rope lashings

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.

St. John's Wort (*Hypericum perforatum*) – Muscle relaxant Note: **Collection prohibited** of great St. John's wort (*Hypericum ascyron*) as it is legally protected as an endangered species.

Star-like False Solomon's Seal (*Maianthemum stellata*) – *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.

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.

Sumac Berries (*Rhus* spp.) – Vitamin C

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*) – Collect only where locally abundant. This species can be locally uncommon, so be conservative when collecting.

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*) – **Collection prohibited**. Too many species are legally protected and can be confused with common species.

Trailing Arbutus (*Epigaea repens*) – *Anak8gan Pizagaiwi Mskikoimena*: 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.

Valerian (*Valeriana officinalis*) – **Collection prohibited**. *Valeriana officinalis* is non-native and common, but closely resembles the native *V. uliginosa* which is very rare and legally protected as state-endangered.

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 macrophylla*) – *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 Birch (*Betula papyrifera*) – Antacid, bark used for birch baskets, canoes

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.

Wild Onions/Leeks (*Allium tricoccum*) – food. Wild leek (*Allium tricoccum*) is fine to collect in moderation (<10% of plants in any given area). **Allium canadense is sometimes called Wild Onion or Wild Garlic and is very rare and legally protected as state-threatened. It should not be collected. Chives (*Allium schoenoprasum*) is also very rare and should not be collected.**

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 (*Koai bagw*) 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 Rice (*Zizania aquatica*) - food

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*) – *Nahamaibizon* - 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 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.

NOTE: - If there are additional species that the Licensee or its agents wish to collect, the Department shall review an amended list at the end of each calendar year.



APPENDIX 2

Stipulations for Collection of Bark, Roots, or Wood from Trees, Shrubs, or Vines

- I. No Restriction
 Alder (speckled – *Alnus incana*)
 Box Elder
 Beech < 10” diameter at breast height
 Dogwood (any species except flowering dogwood, *Cornus florida*)
 Elder (*Sambucus canadensis*)
 Grape (fox Grape - *Vitis labrusca*, *Vitis vulpine*, or summer grape - *Vitis aestivalis*)
 Huckleberry
 Mountain ash
 Prickly Ash
 Quaking Aspen
 Red Currant
 Sarsaparilla
 Slippery elm
 Striped maple
 Tamarack
 White Pine
- II. Limited Collection: Bark or Roots from only 1 (one) tree/shrub per person per year
 Basswood
 Black Cherry
 Elm (American - *Ulmus Americana*)
 Gooseberry
 Hemlock (none south of VT Route 4 due to decline from woolly adelgid)
 Pin Cherry
 Red Oak
 Sycamore
 White Spruce; all other Spruce species roots only
 White Oak
- III. Additional Written Permission Required: An Individual Collector shall request and receive permission in writing to collect any of the species listed below. Collector shall contact Mike Wichrowski (mike.wichrowski@vermont.gov) at least 30 days in advance of planned collection, specify the property location, and number of trees to be collected or impacted from bark collection.
- All Birch species
 Black Ash
- IV. Prohibited: Bark Collection Not Allowed
 Ash (*Fraxinus* spp.) – green, or white
 Black walnut
 Butternut
 Cedar
 Honeysuckle
 Spice bush (*Lindera benzoin*)

APPENDIX 3

Items prohibited from collection. Note: this is not an exhaustive list. It is based on the most common plants that are traditionally collected by the Abenaki Nation.

Arrow Head Rattlebox (*Crotalaria sagittalis*) – **Collection prohibited.** Very rare and legally protected as state threatened.

Black Maple (*Acer nigrum*) – **Collection prohibited.** Uncommon species in VT.

Black Root (*Veronicastrum virginicum*)– Erectile dysfunction - **Collection prohibited.** Very rare and legally protected as state endangered.

Common Milkweed (*Asclepias syriaca*) - *Azibiz*: There are several other rare and uncommon milkweeds. The common milkweed (*Asclepias syriaca*) found in many old fields is abundant and would be ok to collect. **NO collection of butterfly milkweed (*Asclepias tuberosa*).** 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*) – **Bark collection prohibited.** Collection of nuts is strongly discouraged because the species is uncommon and numbers are declining. If collected, do so sparingly.

Climbing American Bittersweet (*Celastrus scandens*) – **Collection prohibited.** Uncommon species that can easily be confused with non-native species (*Celastrus orbiculatus*)

Dogwood (*Cornus* spp) – The inner bark was boiled and the tea drunk to reduce fevers and to restore a lost voice. **Collection prohibited of flowering dogwood** (*Cornus florida*). It is very rare and legally protected as state threatened.

Frost Weed (*Crocianthemum canadense*) – **Collection prohibited.** Rare.

Ginseng (*Panax quinquefolius*) – **Collection prohibited.** Very rare and legally protected by state and federal rules.

Goldenseal (*Hydrastis canadensis*) – **Collection prohibited.** Very rare and legally protected as state threatened.

Ground Cherry (*Physalis longifolia*) – **Collection prohibited.** Very rare and easily confused with other common species.

Honeysuckles (*Lonicera hirsute*, *L. oblongifolia*, *L. villosa*, *L. sempervirens* var. *sempervirens*) – **Collection prohibited.** Uncommon to very rare.

Horsemint (*Monarda punctata*) - **Collection prohibited.** Very rare and legally protected as state threatened.

May Apple (*Podophyllum peltatum*) – **Collection prohibited.** Very rare.

Northern Sweet-colt'sfoot (*Petasites frigidus*) - *Petasites frigidus*, sometimes called “arctic sweet colt’s foot” is rare and legally protected as state threatened. **Collection prohibited of *P. frigidus*.** Collection of common Colt’s foot (*Tussalago farfara*) is allowed.

Phragmite Reeds (*Phragmites australis*) – **Collection prohibited.** Movement should be prohibited and

regulated by noxious weeds quarantine.

Pin Oak (*Quercus palustris*) – **Collection prohibited**. Very rare and legally protected as state threatened.

Rattlesnake Fern (*Botrychium virginianum*) – *Masasizikwa Masozi*: **Collection prohibited**. Uncommon on our WMAs.

Red Willow (*Salix* spp.)– Menstrual Cramps, can be smoked in place of tobacco, used to make pipe stems. **Collection prohibited on the Johnson Farm WMA** in Canaan and Lemington, along the Connecticut River where most of the rare willow species are located.

Sage Willow (*Salix candida*) – **Collection prohibited**. Uncommon species in VT.

Sassafras (*Sassafras albidum*) – **Collection prohibited**. Uncommon species in VT.

Shin Leaf (*Pyrola elliptica*) – **Collection prohibited**. Species too similar to other, rare species in VT.

Showy Mountain Ash (*Sorbus decora*) – **Collection prohibited**. Uncommon species in VT.

Snake Root – (*Sanicula* spp) – **Collection prohibited**. Too many species are legally protected and can be confused with common species.

St. John's Wort (*Hypericum perforatum*) – Muscle relaxant Note: **Collection prohibited** of great St. John's wort (*Hypericum ascyron*) as it is legally protected as an endangered species.

Toothwort (*Dentaria diphylla*) – **Collection prohibited**. Too many species are legally protected and can be confused with common species.

Valerian (*Valeriana officinalis*) – **Collection prohibited**. *Valeriana officinalis* is non-native and common, but closely resembles the native *V. uliginosa* which is very rare and legally protected as state-endangered.

Wild Indigo (*Baptisia tinctoria*) - **Collection prohibited**. Very rare in VT.

Wild Plum (*Prunus Americana*) – **Collection prohibited**. Very rare in VT and legally protected as state threatened.

Yellow Lady Slipper (*Cypripedium parviflorum*) – **Collection prohibited**. Uncommon or rare in VT.

Yellow Oak (*Quercus muehlenbergii*) - **Collection prohibited**. Uncommon in VT.

NOTE: - If there are additional species that the Licensee or its agents wish to collect, the Department shall review an amended list at the end of each calendar year.