

## Abenaki Tribal Plant (Pizwikwkil) Request

### Food to be Harvested

Common Name	Abenaki Name	Latin Name	Amounts Per Person	Harvest Time Restrictions
Blueberries, Raspberries, Strawberries, Blackberries	Satal Segweskiminak Mskikoiminak Psagwdamenak	Vaccinium spp. Rubus strigosus Fragaria virginiana Rubus allegheniensis	One quart per person	When seasonally available
Burdock Root	Sagadabo	Arctium sp.	2 gallons per person	July and August
Cattail	Pakwaaskw	Typha latifolia	One gallon per person	Year round
Cherry, Black	Kchi Adbimenal	Prunus serotina	One quart per person	When seasonally available
Cherries, Choke	Adbimenakwamek	Prunus virginiana	One quart per person	When seasonally available
Dandelion Greens	Wskibakol	Taraxacum	One gallon per person	April - September
Fiddleheads	Masozial	Matteuccia struthiopteris	One half pound (8 ounces) per person	May - June
Lichen	Agwôdawas	Basidiomycetes	One gallon per person	Year round
Mushrooms, edible	Agwôdawas	Basidiomycetes	One half pound (8 ounces) per person	April - October
Onions, Wild	Alnôbaiwinosak	Allium canadense	One gallon per person	May - June

## Medicine to be Harvested

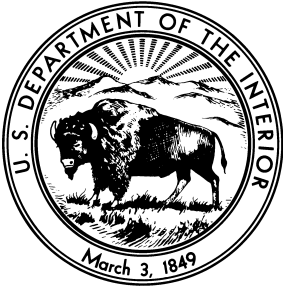
Name	Abenaki	Latin	Use	Quantity/ person-Year	Harvest Time
Balsam Fir Pitch	Kokokhôakw Pego	<i>Abies balsamea</i>	Antibiotic Ointment	Half cup per person	Year round
Beech Leaves	Wajoimizi Wanibagol	<i>Fagus grandifolia</i>	Vitamin Drink	Two pounds leaves per person	Year round
Boneset	Môlôdag- winebizon	<i>Eupatorium perfoliatum</i>	Setting Bones	One pound per person	August-Sept.
Burdock Leaf	Madahôdow- ibakol	<i>Arctium</i> sp.	Skin Rashes, Food	Three plants per person	Summer
Catnip	Kchi Pseske	<i>Nepeta cataria</i>	Reduces Fever	One pound per person	Summer
Cedar Boughs	Kôksk Sedi- ak	<i>Thuja occidentalis</i>	Smudge	five pounds per person	Year round
Chokeberries	Psolimenak	<i>Aronia melanocarpa</i>	Anti Oxidant	One pound per person	August-Sept.
Coltsfoot	Wizôwadawa	<i>Tussilago farfara</i>	Coughing	Two pounds flowers per person	Early Spring
Dandelion Root	Wskibakol	<i>Taraxacum</i>	Vitamine A, stimulant	Three pounds per person	Summer
Elderberries, Common	Saskibimenal	<i>Sambucus canadensis</i>	Flu Relief	One pound per person	When seasonally available
Evening Prim- rose	Wizôwadawa	<i>Oenothera</i> ; L.	Mind Tonic	1 cup of seeds per person	September
Goldthread roots	Wizôwajap- kasisal	<i>Coptis groenlandica</i>	Common Cold	One pint per person	September
Indian Pipe	Odamôganis	<i>Monotropa uniflora</i>	Eyewash	One pint per person	July-Sept.

Labrador Tea	Asôbakw	Ledum groenlandia	Relaxant	One pound per person	September
Mint, all	Kôgôgow-ibakw	Mentha arvensis	Medicine, Flavoring	Two pounds per person	Spring
Mullein	Wtamôwak	Verbascum	Coughing	Two pounds per person	Summer
Pearly Everlasting	Wanibag-wisal	A. margaritacea	Smudge	Half bushel per person	September
Pine, White, needles	Kwenibakok	Pinus strobus	Vitamin C	One pound needles per person	Year round
Plantain, Common	Ôwdiibakw	Plantago major	Drawing Aid	One pound per person	Summer
Raspberry Leaves	Segweski-menimoziak	Rubus strigosus	Goodwill	One pound per person	Fall
Shelf Mushrooms	Agwôdawas	Fomitopsis betulina	Smudge	Five pounds per person	Year round
Spruce Gum	Mskaskibego	Picea glauca	Expectorant	One pound per person	Year round
<b>Spruce Tips*</b>	Mskaskak	Picea rubens	Anti-fungal	One pound per person	Spring
St. John's Wort	Wizôwadawa	Hypericum spp.	Muscle Relaxant	Half pound flowers	July - August
Sumac Berries	Salônakwam	Rhus esp. typhina	Vitamin C	Two pounds per person	Late summer
Sweetgrass	Mskikoal	Hierochle odorata	Smudge	Two pounds per person	June-Sept.
White Birch	Maskwamozi	Betula papyrifera	Antacid	Five pounds per person	Year round
Wintergreen	Sagakhime-nal	Gaultheria procumbent	Common Cold	Half pound per person	Year round
Witch Hazel	Madawin-noipekodaigan	Hamamelis virginiana	Cuts, bites, hemorrhoids	Half pound twigs per person	Spring
Yarrow Flowers	Nahamai bi-zonal	Achillea millefolium	Smudge	Half pound per person	August-Sept.
Yellow Birch	Wins	Betula alleghaniensis	Muscle Relaxant	20 small branches per person	Year round

## Cultural Use

Name	Abenaki	Scientific	Use	Quantity per year	Harvest time
Nettles	Mazônal	Apocyanum cannabinum	Fiber	One pound per person	July-Sept.
<b>Spruce Root*</b>	Mesazeso	Picea glauca	Baskets, Canoes	600 feet per person	April - Nov.
Sweetgrass	Mskikoal	Hierochle odorata	Baskets	Two pounds per person	June-Sept.
<b>White Birch (Bark)*</b>	Maskwamozi	Betula papyrifera	Baskets, Canoes	One tree per person	Nov. - April

Species identified with an **asterisk\*** require additional consultation and approval, as the refuge is actively engaged in climate change silviculture research and harvesting certain species could negatively impact the scientific research.



United States Department of the Interior  
**FISH AND WILDLIFE SERVICE**  
NULHEGAN BASIN DIVISION  
Silvio O. Conte National Fish and Wildlife Refuge  
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Brunswick, VT 05905  
Phone: 802-962-5240  
Fax: 802-962-5006



**This Special Use Permit is subject to the following requirements, regulations, and stipulations:**

1. In consideration of being permitted to engage in the activity authorized under this Permit at the Nulhegan Basin Division of the Silvio O. Conte National Fish and Wildlife Refuge, Permittee, and all accompanying persons, hereinafter referred to collectively as "Permittee," being of lawful age, for himself and his personal representatives, heirs, and next of kin, hereby releases, waives, and forever discharges the United States of America, its agents and employees, all for the purposes herein referred to as, Releasees, from any and every claim, demand, action or right of action, of whatsoever kind or nature, either in law or in equity, arising from or by reason of any bodily injury or personal injuries known or unknown, death and/or property damage resulting or to result from any injury, which may occur while engaged in the permitted activity, and covenants not to sue the Releasees, for any loss or damages, and any claim or damage therefore, on account of injury to the person or property or resulting in death of the Permittee, whether caused by the negligence of Releasees or otherwise. Permittee agrees to indemnify, defend, save and hold harmless the Releasees and each of them from any loss, liability, damage or cost Releasees may incur due to the presence of Permittee in or upon the said property of the United States. Releasor agrees that this release and waiver are intended to be as broad and inclusive as permitted by the laws of the State of Vermont and that if any portion thereof is held invalid, it is agreed that the balance shall notwithstanding, continue in full legal force and effect. The said obligation to indemnify shall survive the termination or expiration of this Permit.
2. Permittee shall further indemnify the Service against all actions, suits, damages, and claims by whomever brought or made by reason of the nonobservance or nonperformance of:
  - a. any obligation under this Permit; or
  - b. any federal, state, local law or regulation.
3. Permittee is required to provide a report to the Refuge Manager at the end of the calendar year with the following information: species and total amount harvested, date of harvest, and location of harvest areas highlighted on a map.
4. Permittee will not conduct activities in connection with this permit in any such manner that would cause damage to refuge roads, lands, habitats, and waters, or present hazards or annoyances to other refuge visitors, or hinder vehicular traffic.
5. Vehicular travel is restricted to gravel roads only. Permittee will repair any property damage caused by the Permittee, its employees, its designees, or associates in connection with the activities described by this permit, and will report any damages to the Refuge Manager as soon as possible.
6. Permittee will not litter, camp, park overnight, start or use open fires on refuge lands while engaged in the activities connected with this permit.
7. Permittee will obey the laws of the United States and Vermont while engaged in activities connected with this permit.
8. Permittee will have in possession this Special Use Permit and List of Special Conditions while engaged in the activities described therein and will present it to Refuge officials, or law enforcement agents of United States or Vermont upon their request.