

## Abenaki Tribal Plant Request- SUP 2021

### Food to be Harvested

Name	Amounts Per Person	Harvest Time
Burdock Root	2 gallons per person, per day	July and August
Cattail	One gallon per person, per day	Year round
Dandelion greens	One gallon per person, per day	May - September
Wild Onions	One gallon per person, per day	May-June
Fiddleheads	One half pound (8 ounces) per person, per day	June
Mushrooms	One half pound (8 ounces) per person, per day	May - September
Lichen	One gallon per person, per day	Year round
Blueberries, raspberries Blackberries, strawberries	One quart per person, per day	When seasonally available

### Medicine to be Harvested

Name	Use	Quantity Per year	Harvest Time
Yellow Lily Pad	Common Cold	Two pounds a year	August
Burdock Leaf	Skin Rashes, Food	Three plants	Summer
Spruce Gum	Expectorant	One pound per year	Year round
Labrador Tea	Relaxant	One pound per year	September
Yarrow Flowers	Smudge	Half pound per year	August - September
Pearly Everlasting	Smudge	Half a bushel a year	September
Yellow Birch	Muscle Relaxant	20 small branches	Year Round
Apple Buds	Eye Wash	Pint	Spring

Cedar	Smudge	Five pounds dried	Year Round
Red Spruce Tips	Anti-fungal	One pound	Spring
Balsam Fir Pitch	Antibiotic Ointment	Half a cup	Year Round
Evening Primrose	Mind Tonic	A cup of seeds	September
All Mint	Medicine Flavoring	Two pounds	Spring

Catnip	Reduces Fever	One pound	June - July
Sumac berries	Vitamin C	Two pounds	September
Indian Pipe	Eyewash	One pint	August - September
White Birch	Antacid	Five pounds	Year Round
Dandelion Root	Vitamin A, stimulant	Three pounds	Summer
Phragmite Reeds	Conflict resolution	One pint	September
Wild Ginger	Common Cold	Two pounds	July - August
Mullin	Coughing	Two pounds	Summer
Beech	Vitamin Drink	Two pounds of leaves	Year Round
Colt's Foot	Coughing	Two pounds of flowers	Early Spring
Raspberry Leaves	Goodwill	One pound	Fall
Shelf Mushrooms	Smudge	Five pounds	Year Round

Sweetgrass	Smudge	Two pounds	August - September
Boneset	Setting bones	One pound	August - September
St. John's Wort	Muscle Relaxant	One half pound of flowers	July - August