

APPENDIX N - PLANT SPECIES IN THE PLANNING AREA USED BY NATIVE AMERICANS

TABLE 1. PLANT SPECIES IN THE PLANNING AREA USED BY NATIVE AMERICANS	
Plant Family / Species / Common Name	Uses (Parts)
Aceraceae – Maple Family	
<i>Acer glabrum</i> Torr. Rocky Mountain maple	Medicine (seed, bark), food (young shoot, cambium)
<i>Acer negundo</i> L. Box elder	Food (sap), medicine (smoke), fuel (wood)
Alismataceae – Water Plantain Family	
<i>Alisma gramineum</i> Gmel. Water plantain	Food (root)
Amaranthaceae – Amaranth Family	
<i>Amaranthus</i> spp. Redroot, Amaranths, Pigweeds	Food (leaf, seed)
Anacardiaceae – Sumac Family	
<i>Rhus trilobata</i> Nutt. Squawbush, Skunkbush	Food (berry), medicine (leaf, root?, flower, bark), manufacture (bark)
Apiaceae – Parsley Family	
<i>Cymopterus</i> spp. Biscuit-root, Cymopterus	Food (root, stem, leaf)
<i>Lomatium</i> spp. Desert-parsley, Lomatium	Medicine (root, leaf?), food (root)
<i>Osmorhiza</i> spp. Sweet-cicely	Food (seed, root), medicine (root, leaf, seed)
Apocynaceae – Dogbane Family	
<i>Apocynum cannabinum</i> L., Indian hemp, Dogbane	Cordage (stem), medicine (root, milky juice, leaf for smoking)
Asclepiadaceae – Milkweed Family	
<i>Asclepias speciosa</i> Torr. Showy milkweed	Food (young seed pod), manufacture (outer stem)
Asteraceae – Sunflower Family	
<i>Achillea millefolium</i> L. Common yarrow	Medicine (leaf, flower)
<i>Agoseris glauca</i> (Pursh) Raf. False dandelion	Food (leaf), medicine (milky juice)
<i>Ambrosia acanthicarpa</i> Hook. Ragweed	Medicine (leaf)
<i>Antennaria</i> spp. Pussytoes	Medicine (stem, leaf)
¹ <i>Arctium minus</i> (Hill) Bernh. Common burdock	Medicine (leaf, flower), food (young leaf, stem, root)
<i>Arnica cordifolia</i> Hook. Heart-leaved arnica	Medicine (leaf, root, flower)
<i>Artemisia</i> spp. Sagebrush, Sage	Medicine (leaf), cordage (bark), clothing (bark, leaf), shelter (plant), fuel (trunk), dye (leaf), food (seed)
<i>Aster</i> spp. Aster	Medicine (root), food? (seed)
<i>Balsamorhiza</i> spp. Balsamroot	Food (seed, stem, root), medicine (leaf, root)
<i>Bidens cernua</i> L. Nodding beggar-ticks	Medicine (leaf, flower)
<i>Chaenactis douglasii</i> (Hook.) H & A Hoary false-yarrow	Medicine (leaf, root)
<i>Chrysothamnus</i> spp. Rabbitbrush	Medicine (plant, root), gum (bark of lower stem, root)
<i>Cirsium</i> spp. Thistle	Food (stem, root)
<i>Crepis</i> spp. Hawksbeard	Food (leaf)
<i>Erigeron</i> spp. Fleabane, Daisy	Medicine (root, leaf, flower), arrow tip poison (root)
¹ <i>Grindelia squarrosa</i> (Pursh) Dunal Gumweed	Medicine (flower, leaf)

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<i>Gutierrezia sarothrae</i> (Pursh) Britt. and Rusby Matchbrush	Medicine (flowering stem)
<i>Haplopappus</i> spp. Goldenweed, Strawflower	Food (seed)
<i>Helenium autumnale</i> L. Sneezeweed	Medicine (flower)
¹ <i>Helianthus</i> spp. Sunflower	Medicine (root), food (seed)
<i>Iva</i> spp. Povertyweed, Tall marsh elder	Food (seed)
^{1+N} <i>Lactuca</i> spp. Prickly lettuce, Blue lettuce	Food (leaf), medicine (root, juice, leaf)
<i>Lygodesmia</i> spp. Skeleton weed	Food (leaf, seed), gum (milky juice)
<i>Microseris</i> spp. False agoseris	Food (seed)
<i>Senecio</i> spp. Groundsel, Butterweed	Medicine (root), gum (root)
<i>Solidago missouriensis</i> Nutt. Goldenrod	Medicine (root, plant flower)
<i>Sonchus asper</i> (L.) Hill Sow thistle	Food (leaf, shoot)
¹ <i>Tanacetum vulgare</i> L. Common tansy	Medicine (flower)
¹ <i>Taraxacum</i> spp. Dandelion	Food (flower, leaf, stem, root), medicine (root)
¹ <i>Tragopogon dubius</i> Scop. Yellow salsify	Medicine (root), food (leaf, root), gum (milky juice)
<i>Xanthium strumarium</i> L. Common cocklebur	Food (seed), medicine (entire plant in flower)
Betulaceae – Birch Family	
<i>Betula occidentalis</i> Hook. Western water birch	Medicine (leaf, bark), food (sap), whips
Boraginaceae – Borage Family	
<i>Amsinckia</i> spp. Fiddleneck	Food (leaf)
<i>Lappula</i> spp. Beggar's ticks, Stickseed	Food (seed, root)
<i>Lithospermum ruderale</i> Dougl. Gromwell	Food (seed), medicine (root)
Brassicaceae – Mustard Family	
<i>Arabis</i> spp. Rockcress	Food (seed)
<i>Brassica</i> spp. Mustard	Food (leaf, seed, seed pod), medicine (leaf, seed)
<i>Capsella bursa-pastoris</i> (L.) Medic Shepherd's purse	Medicine (whole herb)
<i>Descurainia</i> spp. Tansymustard	Food (seed), medicine (seed)
<i>Draba oligosperma</i> Hook. Whitlow grass	Food (seed)
<i>Lepidium</i> spp. Peppergrass	Food (seed, green pods), medicine (herb)
<i>Rorippa</i> spp. Yellow cress	Food (seed, leaf)
<i>Sisymbrium</i> spp. Tumblemustard	Food (seed, leaf)
<i>Stanleya viridiflora</i> Nutt. Prince's plume	Food (seed, leaf, stem)
<i>Thlaspi arvense</i> L. Fanweed	Food (young shoot, leaf, seed?)
Cactaceae – Cactus Family	
<i>Opuntia polyacantha</i> Haw. Prickly pear	Food (stem, fruit)
Capparidaceae – Caper Family	
<i>Cleome lutea</i> Hook. Yellow bee plant	Food (seed, leaf, stem)
Caprifoliaceae – Honeysuckle Family	
<i>Sambucus cerulea</i> Raf. Elderberry	Food (fruit), manufacture (stem, twig)
<i>Symphoricarpos oreophilus</i> Gray. Snowberry	Medicine (fruit, plant), manufacture (bark)

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Chenopodiaceae – Goosefoot Family	
<i>Atriplex</i> spp. Saltbush, Shadscale, Spiny hopsage, Red orache	Food (seed)
¹ <i>Chenopodium</i> spp. Goosefoot, Lamb's quarter	Food (seed, young plant)
<i>Monolepis</i> spp. Povertyweed	Food (seed, root, stem, leaf)
¹ <i>Salsola kali</i> L. Russian thistle	Food (young plant)
<i>Sarcobatus vermiculatus</i> (Hook)Torr. Black greasewood	Food (seed)
Convolvulaceae – Morning Glory Family	
¹ <i>Convolvulus arvensis</i> L. Field morning glory	Medicine (root), starvation food (root)
Cornaceae – Dogwood Family	
<i>Cornus stolonifera</i> Michx. Red-osier dogwood	Food (fruit), medicine (bark, leaf, root, stem), smoking (leaves, cambium), manufacture (twigs)
Cupressaceae – Cypress Family	
<i>Juniperus</i> spp. Juniper	Medicine (needles), food (cones), manufacture (branches)
Cuscutaceae – Dodder Family	
<i>Cuscuta</i> spp. Dodder	Medicine (plant)
Cyperaceae – Sedge Family	
<i>Carex</i> spp. Sedge	Food (shoot, bulb, seed), manufacture (leaf, plant)
<i>Eleocharis</i> spp. Spikerush	Food (seed, bulb)
<i>Scirpus</i> spp. Bulrush	Food (seed, pollen, root, stem), manufacture (stem)
Fabaceae – Pea Family	
<i>Dalea</i> spp. Dalea	Food (seed)
<i>Glycyrrhiza lepidota</i> Pursh. Licorice-root	Medicine (root), flavoring (root)
<i>Hedysarum boreale</i> Nutt. Northern sweetvetch	Flavoring (root)
¹ <i>Medicago</i> spp. Black medic, Alfalfa	Medicine (flower)
¹ <i>Melilotus</i> spp. Sweet clovers	Medicine/tonic (flower, leaf)
<i>Thermopsis rhombifolia</i> (Nutt.) Richardson False-lupine	Medicine (flower)
¹ <i>Trifolium</i> spp. Red clover, Dutch clover	Food (seed, leaf, whole plant)
<i>Vicia americana</i> Muhl. American vetch	Food (seed, young stem)
Fumariaceae – Fumitory Family	
<i>Corydalis aurea</i> Wild. Ground smoke	Medicine (entire plant)
Grossulariaceae – Currant/Gooseberry Family	
<i>Ribes</i> spp. Currant, Gooseberry	Food (fruit), medicine? (leaf)
Hydrophyllaceae – Waterleaf Family	
<i>Phacelia</i> spp. Phacelia	Food (leaf)
Juncaceae – Rush Family	
<i>Juncus</i> spp. Rush	Food (seed), manufacture (stalks)
Lamiaceae – Mint Family	

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<i>Agastache</i> spp. Horsemint, Giant hyssop	Food (seed)
<i>Mentha arvensis</i> L. Wild mint	Medicine (leaf), flavoring (leaf)
Liliaceae – Lily Family	
<i>Allium</i> spp. Wild onion	Food (leaf, bulb), medicine (leaf), flavoring (boiled juice of bulb), dye (bulb skin)
<i>Calochortus</i> spp.	Food (bulb, seed, plant)
<i>Fritillaria</i> spp. Leopard lily, Yellow fritillary	Food (corm)
<i>Smilacina stellata</i> (L.) Desf. False Solomon's seal	Food (young leaf and stem), medicine (root)
Loasaceae – Blazing Star Family	
<i>Mentzelia</i> spp. Blazing star	Food (seed)
Malvaceae – Mallow Family	
<i>Sphaeralcea munroana</i> (Dougl.) Spach. White-stemmed globe-mallow	Food (seed, fruit, shoot), medicine (leaf), manufacture (plant)
Nyctaginaceae – Four-o'clock Family	
<i>Abronia mellifera</i> Dougl. Sand verbena	Medicine (root?)
Onagraceae – Evening-primrose Family	
<i>Epilobium</i> spp. Fireweed, Willow-herb	Food (leaf, young shoot)
<i>Oenothera</i> spp. Evening-primrose	Food (seed, leaf, young shoot, root), medicine (leaf, root)
Orchidaceae – Orchid Family	
<i>Corallorhiza maculate</i> Raf. Spotted coral-root	Medicine (root)
Orobanchaceae – Broomrape Family	
<i>Orobanche</i> spp.	Medicine (plant), food (plant)
Pinaceae – Pine Family	
<i>Pinus</i> spp. Lodgepole pine, Limber pine	Food (seed, sap), manufacture (lodgepoles), medicine (needles)
<i>Pseudotsuga menziesii</i> (Mirbel.) Franco Douglas fir	Medicine (needles)
Plantaginaceae – Plantain Family	
<i>Plantago</i> spp. Plantain, Indian wheat	Medicine (plant), food (leaf, seed)
Poaceae – Grass Family	
<i>Agrostis stolonifera</i> L. Bentgrass	Food (seed)
<i>Alopecurus aequalis</i> Sobol. Shortawn foxtail	Food (seed)
<i>Bromus</i> spp. Bromegrass	Food (seed)
¹ <i>Echinochloa crusgalli</i> (L.) Beauv. Barnyard grass	Food (seed)
<i>Elymus</i> spp. Wildrye grass	Food (seed), medicine (root)
<i>Glyceria grandis</i> Wats. American mannagrass	Food (seed)
<i>Hordeum jubatum</i> L. Foxtail barley	Food (seed)
<i>Leymus</i> spp. Wildrye	Food (seed), manufacture (plant)
<i>Melica bulbosa</i> Geyer Oniongrass	Food (seed)
<i>Oryzopsis hymenoides</i> (R. & S.) Ricker Indian ricegrass	Food (seed)

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<i>Panicum capillare</i> L. Panicgrass	Food (seed)
<i>Poa</i> spp. Bluegrass	Food (seed), medicine (spikelet)
<i>Sitanion hystrix</i> (Nutt.) J.G. Smith Squirreltail	Food (seed)
<i>Sporobolus cryptandrus</i> (Torr.) Gray Dropseed	Food (seed)
<i>Stipa</i> spp. Needle-and-thread grass	Food (seed)
¹ <i>Triticum aestivum</i> L. Wheat	Food (seed)
Polemoniaceae – Phlox Family	
<i>Gilia leptomeria</i> Gray Great Basin gilia	Food (seed), medicine (flower, plant)
Polygonaceae – Buckwheat Family	
<i>Eriogonum</i> spp. Buckwheat	Medicine (flower)
<i>Polygonum</i> spp. Knotweed, Doorweed	Food (seed, leaf, stem, root), medicine (root)
<i>Rumex</i> spp. Dock	Food (seed, stem, leaf), medicine (leaf, root)
Ranunculaceae – Buttercup Family	
<i>Aquilegia formosa</i> Fisch. Red columbine	Food (young plants)
<i>Clematis ligusticifolia</i> Nutt. Virgin's bower	Medicine (leaf), clothing (seed tails)
<i>Delphinium</i> spp. Larkspur	Medicine (seed, flower), dye (flower)
<i>Ranunculus</i> spp. Buttercup	Medicine (plant, root), food (herb)
Rhamnaceae – Buckthorn Family	
<i>Ceanothus velutinus</i> L. Snowbrush	Smoking (leaf), soap (flower), medicine (root)
Rosaceae – Rose Family	
<i>Amelanchier</i> spp. Serviceberry	Food (fruit), manufacture (stem), medicine (stem)
<i>Cercocarpus ledifolius</i> Nutt. Mountain mahogany	Manufacture (wood)
<i>Geum macrophyllum</i> Wild. Large-leaved avens	Medicine (root)
<i>Holodiscus dumosus</i> (Hook.) Heller Ocean spray	Food (root for tea)
<i>Potentilla</i> spp. Common silverweed, Cinquefoil	Food (root), medicine (leaf)
<i>Prunus virginiana</i> L. Common chokecherry	Food (fruit, leaf, bark), medicine (bark, seed, cambium, twig), manufacture (twig, branch), dye base (sap), fuel (wood)
<i>Rosa woodsii</i> Lindl. Wood's rose	Food (fruit, root, flower, bud, seed), smoking (cambium), medicine (fruit, stem, root bark)
<i>Rubus ideaus</i> L. Red raspberry	Food (fruit, young shoot, leaf, twig), medicine (fruits, leaf, root, root bark), flavoring (fruit)
Rubiaceae – Madder Family	
<i>Galium</i> spp. Bedstraw	Medicine (plant), dye (root)
Salicaceae – Willow Family	
<i>Populus angustifolia</i> James Narrow-leaved cottonwood	Food (cambium), fuel (upper limbs), manufacture (trunk), dyes (bud, fruits), medicine (bark)
<i>Populus tremuloides</i> Michx. Quaking aspen	Medicine (cambium, leaf, bud), manufacture (branch)
<i>Salix</i> spp. Willow	Medicine (bark, leaf, bud tips)

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Saxifragaceae – Saxifrage Family	
<i>Heuchera parvifolia</i> Nutt. Common alumroot	Medicine (root)
Scrophulariaceae – Figwort Family	
<i>Castilleja</i> spp. Paintbrush	Medicine (plant), dye (flower)
¹ <i>Linaria</i> spp. Toadflax, Butter-and-eggs	Medicine (plant)
<i>Mimulus</i> spp. Monkey flower	Food (leaf, stalk)
<i>Penstemon</i> spp. Penstemon	Medicine (leaf)
¹ <i>Verbascum thapsus</i> L. Hairy mullein	Medicine (flower, leaf, root), smoking (dried leaf)
<i>Veronica</i> spp. Speedwell	Food (herb)
Solanaceae – Nightshade Family	
¹ <i>Hysoscyamus niger</i> L. Black henbane	Medicine (herb)
<i>Nicotiana attenuata</i> Torr. Coyote tobacco	Smoking (leaf), medicine (topical tea)
<i>Solanum</i> spp. Bittersweet	Medicine (leaf)
Typhaceae – Cattail Family	
<i>Typha latifolia</i> L. Common cattail	Food (seed, root, young stem), manufacture (leaf), medicine (seed down)
Verbenaceae – Verbena Family	
<i>Verbena bracteata</i> Lag. and Rodr. Bracted verbena	Food (seeds), medicine (entire plant)
Violaceae – Violet Family	
<i>Viola</i> spp. Violet	Food (whole herb, flower), tonic (plant)
¹ Denotes introduced species ^{1+N} Denotes both native and introduced species Information in table taken from: Anderson, J.E., K.T. Ruppel, J.M. Glennon, K.E. Holte, and R.C. Rope. 1996. Plant Communities, Ethnoecology, and Flora of the Idaho National Engineering Laboratory. ESRF Report Series, No. 005. Environmental Science and Research Foundation. Idaho Falls, ID. 111 pp.	