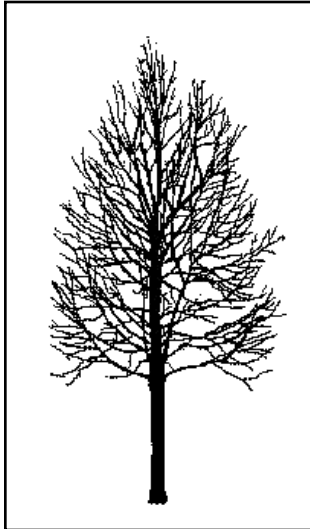


Some Wild Plants Used by New England Indians



Basswood



Cattail



Mountain Ash

<u>Name</u>	<u>Family</u>	<u>Uses</u>	<u>Plant Part & Preparation</u>
<u>arrowhead</u> <i>water plantain</i> (wapatoo, duck potatoes)		vegetable starch	tubers boiled, fried, or roasted flour from dried roots
<u>basswood</u> <i>linden</i> (bee tree)		cordage straps, bags basketry	inner bark stripped, soaked and stripped young shoots
<u>beach plum</u> <i>rose</i>		fruit preserves	raw, pitted berry (sour) crushed berries with sweetener
<u>black birch</u> <i>birch</i> (cherry, sweet)		tea sugar, syrup flavoring	crushed, steeped twigs or bark sap bark or twigs (wintergreen)
<u>blackberry</u> <i>rose</i>		fruit winter cakes	berries, raw or cooked dried into seed cakes
<u>blueberry</u> <i>heath</i> (huckleberry)		fruit deer food	ripe or dried berries cultivated plants to attract deer
<u>cattail</u> <i>cattail</i> (cossack asparagus)		greens vegetable starch, flour mats, lining	young shoots, raw or cooked cooked or raw as core or spike ground, roasted roots dried leaves, cattail heads
<u>dogwood, red osier</u> <i>dogwood</i> (red willow)		fruit tobacco mix arrow wood	ripe berries with syrup inner bark strips dried straight branches
<u>elderberry</u> <i>honeysuckle</i>		salad, vegetable tea, fruit medicine wooden tools	leaves, flower raw or cooked ripe berries cough syrup, sore ointment flute, pegs, skewers, spiles
<u>mountain ash</u> <i>rose</i>		fruit	berries, fresh or dried (high in carbohydrates)
<u>sweet flag</u> <i>arum</i> (muskrat root, flag root)		vegetable candy, syrup medicine insecticide	young spike, cooked root boiled with syrup root boiled, stomach, colds juice from root
<u>wild cranberry</u> <i>heath</i>		fruit preserves	berries, raw or dried berries cooked with sweetener
<u>wild garlic</u> <i>onion</i> (wild onion)		seasoning salad medicine insecticide	bulb, raw or cooked young greens, chopped bulb juices rubbed on body juices rubbed on body