

Yarrow
Achillea lanulosa
Prairie Dog Tail

Chihpachiisk-
isshe

Used as a poultice for
wounds and leaves used to
cure bug bites and stings.



Mint
Mentha arvensis
unknown

Shusshua

Brewed as a tea for sore
throats, colds, and general
wellness, used in the Sun-
dance for dancers to breathe
in the aroma to soothe indi-
vidual.



Chokecherry
Prunus virginiana

Real berry/chokecherry
tree

Baachuutaale:
balapua

Fruit used in berry pud-
dings and pemican. Under
bark used in a tea or
chewed as an emetic, to
help with constipation.



Sweet Grass
Hierochloe odorata

Like sinew

Bachuate

Used as incense for purification¹.



Biscuit Root
Lomatium macrocarpum
Big Root/ Bear Root

Iisee

Used ceremonially
and brewed as a tea
for colds and conges-
tion.



Bitterroot
Lewisia redivia
One with branched
body

Baaisaaxaawe

Root used as a food.
This is Montana's State
flower.



Pineapple weed
Matricia matricariodes
Fragrant yellow flower

Baauch-
pashiliksshe

Used in pillows as a
fragrance to cure head-
aches, and in cradle-
boards.



Red Dogwood
Cornus stolonifera

Red willow inner bark

Biliichhisshe

Used for tepee stakes and tepee pins.

