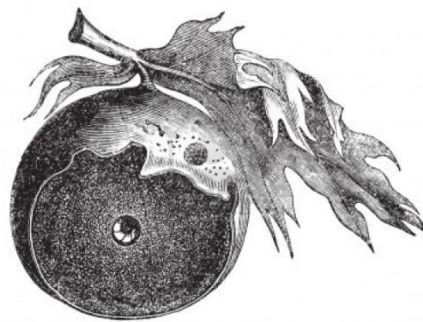


NATIVE PLANT USES



B. Bockhahn 2013

NATIVE PLANT USES

- FLOWERS
- SEEDS
- LEAVES
- RESIN/SAP
- CAMBIUM – INNER BARK
- BARK
- ROOTS
- ASHES
- INSECT GALL GROWTHS
- MUSHROOMS FUNGUS

SWEETGUM



SWEETGUM

- Native
- Can grow over 100' tall
- Alligator tree bark
- Adaptable regeneration specialist
- Seeds edible
- Leaves used as antiseptic, they were boiled in hot water and applied to wounds or insect bites
- Leaves were used to make teas for upset stomachs
- Produces sweet sticky resin called Storax that was used as chewing gum and perfume
- Combined the boiled roots with pennywort roots as a wash to injured areas

OAK



OAK

- Native
- Can live for over 100 years
- “TREE of LIFE”
- Utensils, tools, structures, weapons, baskets, firewood
- Acorns are a healthy, plentiful food source
- Added to flour and pounded into Acorn Mash
- Bland taste but accompanies venison, fish, etc
- Cambium used to cure indigestion, upset stomachs diarrhea
- Bark was used to treat infection and cover injuries
- Ashes made into antiseptic
- Galls (concentrated growth) boiled and used as eye wash

MAPLE



MAPLE

- Native
- Smooth gray bark
- Red Maple is most common tree in US
- Seeds boiled, wings removed and eaten hot
- Leaves eaten raw when young
- Sap is used to make syrup, though only half the sugar of sugar maple
- Cut slit in bark, used prop stick to collect, add heated stones until the sap boiled
- Inner Bark used for treatment of coughs and diarrhea
- Bark used as analgesic, eyewash and remedy for hives or muscle aches

PINES



PINES

- Native
- Fast growing and tall
- 2nd most common tree in the US
- Seeds are edible
- Pine gum used to caulk homes and boats
- Inner bark very nutritious eaten raw or boiled (Power bar) high calories
- Inner bark used to make Pine Bark Tea used to treat scurvy and internal disorders (Sacajawea-lewis/clark)
- Pine bark ground into flour and used in baking (Adirondack-bark eaters)
- Pine needles used for a tea

DANDELION



DANDELION

- Native
- Spring bloom, leaves year round
- Full of vitamins, minerals and proteins but a bitter taste
- Flowers used to make teas and wine
- Leaves eaten raw or boiled
- Roots boiled and used to treat stomach problems and make coffee
- Helps with skin problems, stomach and kidney diseases, sore throats and general tonics
- Some people are allergic to the pollen