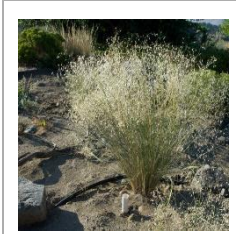


Canyonlands Field Institute

Ethnobotanical Information

Moab Bee Inspired Garden



Indian Ricegrass *Achnatherum hymenoides*

The seed of Indian Ricegrass has been a significant part of the diet of ancestral Puebloans, Hopis, Navajo, Southern Paiutes and Utes. It is the state grass of Utah and is a valuable forage for birds, livestock and big game.



Little Bluestem *Schizachyrium scoparium*

The stem ash was used by the Comanche as a medicine to treat venereal issues as well gathered in bunches and used as a ceremonial plant in sweat lodges.



Gaura *Gaura spp.*

Gaura has many medicinal applications including using a decoction of the roots to treat snakebites (Hopi), and as a burn dressing and to treat inflammation (Navajo).



Penstemon *eatonii*

Penstemon can be used to treat spider bites, reduce bleeding and healing burns as has been done by the Navajo of the Kayenta region.

Created by Claire Core

USU Extension Sustainability Permaculture Intern



Sundancer Daisy *Tetraneuris acaulis*

The Hopi people have used Sundancer Daisy to relieve joint pain for pregnant woman.



Sulfur Buckwheat *Eriogonum umbellatum*

An infusion of roots can be taken as a cold remedy. The Kayenta Navajo inhaled the plant fumes to aid indigestion.



Rabbitbrush *Chrysothamnus nauseosus*

Hopi people use rabbitbrush as a dye as well as a building material, making brooms, making arrows and belts. A decoction, or strong tea, of Rabbitbrush is said to be a panacea of health benefits. You can chew the sap-like gum.



Broom Snakeweed *Gutierrezia sarothrae*

The Navajo used the flowers as a dye. The Hopi people use Snakeweed during winter ceremonies.



Purple Threeawn *Aristida purpurea*

Used by the Hopi and Navajo people for its fiber to make hair brushes and brooms.



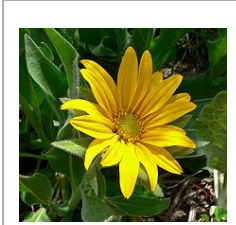
Globemallow *Sphaeralcea sp.*

A notable medicinal plant, Globemallow can be used as an infusion to stop bleeding. It can also be used as a glue-like substance to be used in craft, personal decoration or household use.



Winterfat *Krascheninnikovia lanata*

The Hopi people used Winterfat to treat burns by powdering the root. A decoction, or strong tea, of the leaves aids with a fever. The Navajo drank an infusion of Winterfat to antidote Datura poisoning and chewed the leaves were applied to a poison ivy outbreaks.



Rough Mules Ears *Wyethia scabra*

Do not consume this plant. It was used as a gastrointestinal aid but if not vomited, could be lethal. Enjoy this plant for its bright beauty and pollinator attractants. There is only one of these planted at CFI's field camp.

Resources

Incredible Native American Ethnobotany search engine

<http://herb.umd.umich.edu/>

Utah State University Extension, Range Plants of Utah

<http://extension.usu.edu/rangeplants/>

Natural Dyes

<http://www.fs.fed.us/wildflowers/ethnobotany/dyes.shtml>

San Juan County Natural History

<http://dine.sanjuan.k12.ut.us/heritage/land/plants/plants.htm>

Alberta's Ethnobotany of Native Prairie Plants

<http://www.galtmuseum.com/pdf/NativePrairiePlantsGarden-Ethnobotany.pdf>

New Mexico Ethnobotany information

<http://www.eldoradowindyfarm.com/SFBG-ethnobotanicals.html>

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Elmore, Francis H. 1944 Ethnobotany of the Navajo. Sante Fe, NM. School of American Research (p. 66)

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Murphey, Edith Van Allen 1990 Indian Uses of Native Plants. Glenwood, Ill. Meyerbooks. Originally published in 1959 (p. 37)

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Hocking, George M. 1956 Some Plant Materials Used Medicinally and Otherwise by the Navaho Indians in the Chaco Canyon, New Mexico. El Palacio 56:146-165 (p. 159)

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Moerman, Daniel E. *Native American Ethnobotany*. Portland/London: Timber Press, 2012.

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Vestal, Paul A. 1952 The Ethnobotany of the Ramah Navaho. Papers of the Peabody Museum of American Archaeology and Ethnology 40(4):1-94 (p. 15)

Winterfat Information

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Rough Mules Ears Information

Whiting, Alfred F. 1939 Ethnobotany of the Hopi. Museum of Northern Arizona Bulletin #15 (p. 99)

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