

Chapter 4

Arapaho Ethnobotany

4.1 Introduction

The ethnological and ethnohistorical literature review documented approximately 175 plant resources acknowledged or used by the Arapaho. Twenty-nine plants were recorded as food resources. Fifty plants were listed as having medicinal value and 13 plants had explicit religious or spiritual value. Twenty-eight flora resources were used in the manufacture of material items. Of the complete plant inventory, the literature recorded 66 plants with no cultural use for the resource. Below are the plant resources listed by scientific name, although some plants could not be specifically or conclusively identified. These plants are listed as unidentified.¹

4.2 Ethnobotanical Resources

Abies lasiocarpa

Abies spp.

Subalpine Fir; Pinaceae

Tribal Nation: Arapaho

Indigenous Name: *Ni: 'ibo:ti*

Ni: 'ibo:t-i

Meaning: "Good Smell"

"It Smells Good"

Habitat/Ecological Zone: Mountain slopes, sub-alpine to alpine. Range extends from Yukon south to New Mexico

Plants Parts Harvested: Needles
Season Collected: Not given
Spiritual/Religious Use(s): The needles are used for ceremonial incense
Additional Commentary: Sub-alpine Fir is the prototypical species, although other *Abies spp.*, *Picea engelmannii*, and *Pseudotsuga menziesii* are referred by the same Arapaho terms.²
References: ³

Acer negundo
Box Elder; Aceraceae

Tribal Nation: Arapaho
Indigenous Name: *Hox(w)u:s*
Meaning: “Concave/Pitted-out Bush”
Habitat/Ecological Zone: Found in moist, sheltered locations, the foothills to montane regions. The tree is distributed from central British Columbia, Canada to New Mexico
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: Hayden identifies the plant a *Negundo aceroides* along with the name *Ha-hu-is*.⁴
References: ⁵

Achillea lanulosa
Achillea millefolium
Yarrow; Asteraceae

Tribal Nation: Arapaho
Indigenous Name: *No'outihi:*
Meaning: “Squirrel’s Tail”

Habitat/Ecological Zone: Prairies, meadows, open woods, especially areas of mild disturbance. The plant thrives in dry to moderately moist soil, from valley floors to above the timberline

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Poultices for sores are made from the crushed fresh plant

References: ⁶

Achillea lanulosa
Achillea millefolium
Yarrow; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *No 'outihi:*
Meaning: "Squirrel's Tail"

Habitat/Ecological Zone: Prairies, meadows, open woods, especially areas of mild disturbance. The plant thrives in dry to moderately moist soil, from valley floors to above the timberline

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Leaves make a green dye

References: ⁷

Achillea lanulosa
Achillea millefolium
Yarrow; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *No 'outihi:*
Meaning: "Squirrel's Tail"

Habitat/Ecological Zone: Prairies, meadows, open woods, especially areas of mild disturbance. The plant thrives in dry to moderately moist soil, from valley floors to above the timberline

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): A tea serves as mild laxative

References: ⁸

Acorus calamus

Sweetflag; Acoraceae

Tribal Nation: Arapaho

Indigenous Name: *Yeini:si:*
Meaning: "Rose-bush"

Habitat/Ecological Zone: Marshes, seepy areas, and wet zones. Found in North and South Dakota in areas below springs.

Plants Parts Harvested: Bark

Season Collected: Not given

Medicinal Use(s): Rose bush bark is used for stomach ailments

References: ⁹

Agastache spp.

Giant Hyssop; Lamiaceae

Elk Mint

Tribal Nation: Arapaho

Indigenous Name: *Woxu:wohoono*
Waxuwahan
Meaning: "Elk Mint"
"Elk Mint"

Habitat/Ecological Zone: Moist open sites, foothills to sub-alpine distributed from southern British Columbia, Montana to Colorado

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Used as part of the peyote ceremony. After bathing, men would rub their head and clothing with this scented plant after it is chewed

References: ¹⁰

Allium spp.

Wild Onion; Liliaceae

Tribal Nation: Arapaho

Indigenous Name: *Xoucen*

Meaning: ‘Skunk Turnip’

Habitat/Ecological Zone: Moist to dry, open sites; plains to montane ecozones. Found from British Columbia, Canada into Alberta, Canada, south to New Mexico

Plants Parts Harvested: Root bulb

Season Collected: Not given

References: ¹¹

Ambrosia spp.

Ragweed; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *Wo'te:no:kho:se*

Meaning: ‘Black Sagebrush’

Habitat/Ecological Zone: Pastures, stream banks, and disturbed areas such as roadsides

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh'owu* or "Sage Creek."¹²

References: ¹³

Amelanchier alnifolia
Serviceberry; Rosaceae
Sarvis berry;
Saskatoon;
June-berry;
Shadberry

Tribal Nation: Arapaho

Indigenous Name: *Heyowuwuno'*
Meaning: "Heavy Berries"

Habitat/Ecological Zone: Brushy hillsides, open woods, creek banks, usually in well drained soil. Occasionally found around bogs; Alaska to Colorado

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Ate the berries fresh and dried serviceberries also are added to elk, deer, or bison meat in the manufacture of pemmican.

References: ¹⁴

Amelanchier alnifolia
Serviceberry; Rosaceae
Sarvis berry;
Saskatoon;
June-berry;
Shadberry

Tribal Nation: Arapaho

Indigenous Name: *Heyowuwuno'*
Meaning: "Heavy Berries"

Habitat/Ecological Zone: Brushy hillsides, open woods, creek banks, usually in well drained soil. Occasionally found around bogs; Alaska to Colorado

Plants Parts Harvested: Bark

Season Collected: Not given

Food Use(s): A tea from the bark of the plant.

References: ¹⁵

Anaphalis margaritacea

Pearly Everlasting; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *Ceinouhu:tono*

Meaning: "Gums made for oneself"

Habitat/Ecological Zone: Open, moist to dry, often disturbed sites; foothills to sub-alpine; Alberta, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ¹⁶

Angelica ampla

Angelica; Apiaceae

Tribal Nation: Arapaho

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Giant Angelica can be found in Colorado, New Mexico, and Wyoming.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given
Medicinal Use(s): Plant was used medicinally in making decoctions
References: ¹⁷

Antennaria rosea
Antennaria parvifolia
Antennaria sordida
Nuttall's Pussytoes; Asteraceae
Indian Tobacco;
Cat-paws;
Everlasting

Tribal Nation: Arapaho

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Grows in moderately dry sites in foothills and montane zones from British Columbia, Canada east into Alberta, Canada to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Tiny leaves are stripped and then dried and mixed into kinnikinnik

References: ¹⁸

Arctostaphylos uva-ursi
Bear-berry; Ericaceae
Trailing Manzanita

Tribal Nation: Arapaho

Indigenous Name: *Noh'uwunbi:se'*
Meaning: "Smoke Plant Berries"

Habitat/Ecological Zone: Well-drained, open or wooded sites; foothills to alpine; Alaska to New Mexico. In the western United States typically associated with ponderosa

pine forests.

Plants Parts Harvested: Berries
Season Collected: Not given
Artifacts: The berries produce a gray-brown dye
References: ¹⁹

Arctostaphylos uva-ursi
Bear-berry; Ericaceae
Trailing Manzanita

Tribal Nation: Arapaho
Indigenous Name: *Noh'uwunbi:se'*
Meaning: "Smoke Plant Berries"
Habitat/Ecological Zone: Well-drained, open or wooded sites; foothills to alpine; Alaska to New Mexico. In the western United States typically associated with ponderosa pine forests.
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Artifacts: Use the leaves as an ingredient in their smoking tobacco mixture.
References: ²⁰

Artemisia spp.
Sagebrush; Asteraceae

Tribal Nation: Arapaho
Indigenous Name: *No:kho:se*
Meaning: "White shrub"
Habitat/Ecological Zone: Dry, open sites, plains to montane; British Columbia into Alberta, Canada to New Mexico.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh'owu* or "Sage Creek."²¹

References: ²²

Artemisia campestris

Northern Wormwood; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *Ciwoniino:kho:se*

Meaning: "Half Sage"

Habitat/Ecological Zone: Grows in dry, open sites in plains, foothills, and montane zones from Alaska to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Hayden identifies the plant as *Artemisia canadense*. Contemporary Arapaho do not recognize the plant.²³ Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh'owu* or "Sage Creek."²⁴

References: ²⁵

Artemisia ludovicana

Meadow Sage; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *Ni:kho:se*

Meaning: "White Sage"

Habitat/Ecological Zone: Dry, open sites, plains to montane; British Columbia into Alberta, Canada to New Mexico.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Spiritual/Religious Use(s): Used ceremonially

Additional Commentary: Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh'owu* or "Sage Creek."²⁶

References: ²⁷

Artemisia ludovicana var. *incompta*
Mountain Sweet Sage; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *Ni: 'ibo:ti*
Meaning: "Good Smelling Sage"

Habitat/Ecological Zone: Dry, open sites, plains to montane; British Columbia into Alberta, Canada to New Mexico.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Spiritual/Religious Use(s): Used ceremonially

Additional Commentary: Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh'owu* or "Sage Creek."²⁸

References: ²⁹

Artemisia frigida
Silver Sage; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *No:kho:se*
Na-ko-ha-sait
Meaning: "White Bush"

Not given

Habitat/Ecological Zone: Dry, open sites; plains to montane eco-zones; Alaska to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh'owu* or "Sage Creek."³⁰

References: ³¹

Artemisia frigida Willd.

Fringed Sagewort; Asteraceae

Sweet Sage;

Mt. Ball Sage

Tribal Nation: Arapaho

Indigenous Name: *Na-ko-ha-sait*

Meaning: Not given

Habitat/Ecological Zone: Dry, open sites, plains to sub-alpine; Alaska to New Mexico.

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Infusion of leaves taken as a cough medicine. The leaves are brewed in to tea for coughs.

Additional Commentary: The plant also is called mountain ball sage. Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh'owu* or "Sage Creek."³²

References: ³³

Artemisia frigida Willd.

Fringed Sagewort

Sweet Sage
Mt. Ball Sage; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *Na-ko-ha-sait*

Meaning: Not given

Habitat/Ecological Zone: Dry, open sites, plains to sub-alpine; Alaska to New Mexico.

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: A green dye is made from the leaves.

Additional Commentary: The plant also is called mountain ball sage. Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh'owu* or "Sage Creek."³⁴

References: ³⁵

Artemisia frigida Willd.

Fringed Sagewort; Asteraceae

Sweet Sage;

Mt. Ball Sage

Tribal Nation: Arapaho

Indigenous Name: *Na-ko-ha-sait*

Meaning: Not given

Habitat/Ecological Zone: Dry, open sites, plains to sub-alpine; Alaska to New Mexico.

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Leaves are used to stop hemorrhages

Additional Commentary: The plant also is called mountain ball sage. Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh'owu* or "Sage Creek."³⁶

References: ³⁷

Artemisia frigida Willd.
Fringed Sagewort; Asteraceae
Sweet Sage;
Mt. Ball Sage

Tribal Nation: Arapaho

Indigenous Name: *Na-ko-ha-sait*
Meaning: Not given

Habitat/Ecological Zone: Dry, open sites, plains to sub-alpine; Alaska to New Mexico.

Plants Parts Harvested: Whole plant

Season Collected: Not given

Spiritual/Religious Use(s): Whole plant used for "all" ceremonials

Additional Commentary: Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh'owu* or "Sage Creek."³⁸

References: ³⁹

Artemisia ludoviciana, Nutt.
White Sage; Asteraceae
Western Mugwort;
Prairie Sage

Tribal Nation: Arapaho

Indigenous Name: *Na-ko-ha-sait*
Meaning: Not given

Habitat/Ecological Zone: Dry, open sites; plains to montane; British Columbia and Alberta, Canada to New Mexico. Also found in semi-disturbed sites.

Plants Parts Harvested: Not given

Season Collected: Not given

Additional Commentary: Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh'owu* or "Sage Creek."⁴⁰

References: ⁴¹

Artiplex canescens

Artiplex spp.

Four-winged Saltbush; Chenopodiaceae

Tribal Nation: Arapaho

Indigenous Name: *Woxu:ho:x-bi:Øhi:t*

Meaning: "Horse food"

Habitat/Ecological Zone: Native to dry areas of the western United States. The plant needs full sun and is very drought tolerant.

Plants Parts Harvested: Plant

Season Collected: Not given

Food Use(s): Used as horse and livestock fodder

References: ⁴²

Asclepia speciosa

Showy Milkweed; Asclepiadaceae

Tribal Nation: Arapaho

Indigenous Name: *HeØebeihto:no*

Meaning: "Dog's Feet"

Habitat/Ecological Zone: Moderately dry, open or shaded sites; plains to sub-alpine; Montana to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ⁴³

Asteraceae spp.
Aster; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *Si:si:yeinoxu*
Meaning: "Snake Medicine"

Habitat/Ecological Zone: Dry to moist, open sites; foothills to alpine; extends from British Columbia, Canada to New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The root is mixed with snake scales and the berries of *Rhus tribolata* ("southern red berry) to cure rattlesnake bites

References: ⁴⁴

Betula occidentalis
River Birch; Betulaceae
Water Birch;
Mountain Birch

Tribal Nation: Arapaho

Indigenous Name: *Ni:yo: 'oeno*
Meaning: "Yellow Shrub Plant"

Habitat/Ecological Zone: Open to dense, dry to moist sites; foothills to sub-alpine; Alaska to Colorado

Plants Parts Harvested: Branches

Season Collected: Not given

Spiritual/Religious Use(s): Used as one of the ceremonial digging sticks in the Sun Dance

Additional Commentary: Earlier references referred to the plant as *Howo'u:bi:s* or "Praying Bush."⁴⁵

References: ⁴⁶

Betula occidentalis
River Birch; Betulaceae
Water Birch;
Mountain Birch

Tribal Nation: Arapaho

Indigenous Name: *Ni:yo:'oeno*
Meaning: "Yellow Shrub Plant"

Habitat/Ecological Zone: Open to dense, dry to moist sites; foothills to sub-alpine;
Alaska to Colorado

Plants Parts Harvested: Branches

Season Collected: Not given

Spiritual/Religious Use(s): Used to construct a sweatlodge to resist attack from buffalo. If buffalo would butt the lodge this wood would stick into the animal

Additional Commentary: Earlier references referred to the plant as *Howo'u:bi:s* or "Praying Bush."⁴⁷

References: ⁴⁸

Boletis edulis
King Bolete

Tribal Nation: Arapaho

Indigenous Name: *Boh'oo:nibee*
Meaning: "Thunder Excrement"

Habitat/Ecological Zone: Mycorrhizal with conifers, especially spruce, and (in some locations) with hardwoods; growing alone, scattered, or gregariously; summer and fall; widely distributed, but is more common from the Rocky Mountains westward.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Food Use(s): The species is eaten

References: ⁴⁹

Cactaceae spp.
Cacti; Cactaceae

Tribal Nation: Arapaho

Indigenous Name: *Ho 'yo:x*
Meaning: "Cactus"

Habitat/Ecological Zone: Widely distributed across the west, especially in dry soils

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ⁵⁰

Calochortus gunnisonii
Mariposa; Calochortaceae
Sego Lily

Tribal Nation: Arapaho

Indigenous Name: *Senei' oxu: Øe:'*
Meaning: "Nose/Facing" Plant

Habitat/Ecological Zone: Dry prairies and open sites, often rocky coniferous and deciduous forests. Found predominantly in the northwest prairie bio-region; Montana to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Currently the Arapaho word is not recognized.⁵¹

References:⁵²

Campanula rotundifolia

Campanula spp.

Common Harebell; Campanulaceae

Tribal Nation: Arapaho

Indigenous Name: *Ce: 'eino:ni'*

Meaning: "Round Bells"

Habitat/Ecological Zone: Moist to dry locations, open to partly shaded areas; plains to sub-alpine from the southern Yukon, Canada south to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References:⁵³

Castilleja, spp.

Red Paintbrush; Scrophulariaceae

Tribal Nation: Arapaho

Indigenous Name: *Kouhuyo:'*

Meaning: "Sticky"

Habitat/Ecological Zone: Well drained, open wooded sites; foothills to montane; distributed from British Columbia, Canada south to New Mexico

Plants Parts Harvested: Blossoms

Season Collected: Not given

Artifacts: Blossoms are used to make a red-tan dye

References: ⁵⁴

Ceanothus americanus L

Ceanothus velutinous

New Jersey Tea

Tribal Nation: Arapaho

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Rocky prairie hillsides, ravines, open woodlands. It also can be found along roadsides

Plants Parts Harvested: Plant

Season Collected: Not given

Artifacts: The Northern Arapaho made a beverage tea from the plant

References: ⁵⁵

Ceanothus americanus L

Ceanothus velutinous

New Jersey Tea; Rhamnaceae

Snowbrush

Tribal Nation: Arapaho

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Rocky prairie hillsides, ravines, open woodlands. It also can be found along roadsides

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): The tea was used for medical diagnosis as “certain results mean certain things. The patient breathes out a fresh odor”

References: ⁵⁶

Celtis occidentalis
Hackberry; Ulmaceae

Tribal Nation: Arapaho

Indigenous Name: *Notoyeici:bi:s*
Meaning: "Hide Bush"

Habitat/Ecological Zone: A widespread species found in Kansas and Oklahoma.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ⁵⁷

Chenopodiaceae spp.
Salt Brush; Chenopodiaceae

Tribal Nation: Arapaho

Indigenous Name: *Ni:co'-c-ute*
Meaning: "Salt Taste" Plant

Habitat/Ecological Zone: Disturbed, cultivated or waste ground; plains to montane;
British Columbia, Canada south to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Food Use(s): Possible used as a source of salt

Additional Commentary: The Cheyenne use *Chenopodium alum* for the same purpose.

References: ⁵⁸

Chrysothamnus spp.
Rabbitbush; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *No:kuhu:si*
Meaning: "Rabbit-bushes"

Habitat/Ecological Zone: Dry, open sites; plains to montane; southern British Columbia, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Artifacts: Used as kindling to start fires.

References: ⁵⁹

Cicuta maculata var. angustifolia
Poison Hemlock: Apiaceae
Water Hemlock

Tribal Nation: Arapaho

Indigenous Name: *Ceceecei*
Meaning: Not given

Habitat/Ecological Zone: Wet depressions, often in standing water, plains to sub-alpine; southern Yukon, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Used to make people very active

References: ⁶⁰

Cicuta maculata var. angustifolia
Poison Hemlock: Apiaceae

Water Hemlock

Tribal Nation: Arapaho

Indigenous Name: *Ceceecei*

Meaning: Not given

Habitat/Ecological Zone: Wet depressions, often in standing water, plains to sub-alpine; southern Yukon, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Spiritual/Religious Use(s): Gave power to paralyze animals and people

References: ⁶¹

Cirsium spp.

Thistle; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *To:xu'ou'u*

Meaning: "They are sharp"

Habitat/Ecological Zone: Disturbed areas and waste ground; introduced species from Europe; distributed from Alberta, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ⁶²

Comandra umbellata ssp. pallida (A. DC.) Piehl

Comandra pallida

Pale Bastard Toadflax; Santalaceae

Sandalwood

Tribal Nation: Arapaho

Indigenous Name: Not Given
Meaning: "Lost Blue"

Habitat/Ecological Zone: Dry to moist areas, but well-drained sties; plains to foothills; British Columbia, Canada to New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Artifacts: Area next to the root bark is used as a blue dye.

Additional Commentary: This is said to be the "lost blue dye." The plant was used as a source of blue dye. According to Murphey, "the Arapaho call it 'The Lost Blue' because all the Old People who know how to use it are gone."⁶³

References: ⁶⁴

Cornus stolonifera
Red-osier Dogwood;
Cornel;
Kinnikinnik

Tribal Nation: Arapaho

Indigenous Name: *Bo: 'o:ceibi:s*
Meaning: "Red Rope-like Bush"

Habitat/Ecological Zone: Moist, wooded to open sites; plains to montane; Northwest territory, Canada to New Mexico

Plants Parts Harvested: Bark

Season Collected: Not given

Artifacts: The red-brown winter bark is peeled to make tobacco or kinnikinnik.

References: ⁶⁵

Cornus stolonifera
Red-osier Dogwood

Cornel
Kinnikinnik

Tribal Nation: Arapaho

Indigenous Name: *Bo: 'o:ceibi:s*
Meaning: "Red Rope-like Bush"

Habitat/Ecological Zone: Moist, wooded to open sites; plains to montane; Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Bark

Season Collected: Not given

Artifacts: Possibly used to make arrow shafts

References: ⁶⁶

Cornus stolonifera
Red-osier Dogwood
Cornel
Kinnikinnik

Tribal Nation: Arapaho

Indigenous Name: *Bo: 'o:ceibi:s*
Øi:konibino
Meaning: "Red Rope-like Bush"
"Ghost Berries"

Habitat/Ecological Zone: Moist, wooded to open sites; plains to montane; Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Berries

Season Collected: Not given

References: ⁶⁷

Crataegus spp
Hawthorn

Tribal Nation: Arapaho

Indigenous Name: *Koh'uwuno'*
Boh'oo:nibino

Meaning: "Separated/split Berries"
"Thunder Berries"

Habitat/Ecological Zone: Well-drained sites, but often near water; foothills sub-alpine; British Columbia, Canada to Wyoming

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Food Use(s): The Arapaho used hawthorns for food

References: ⁶⁸

Cucurbita foetidissima
Gourd; Cucurbitaceae

Tribal Nation: Arapaho

Indigenous Name: *Siisi:y*

Meaning: "Gourd"

Habitat/Ecological Zone: Prairies, especially in dry soil

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ⁶⁹

Echinacea pallida
Coneflower; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *Heθowo:noxu'*

Meaning: Not given

Habitat/Ecological Zone: Dry, upland prairies

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Contemporary Arapaho report that they are given a yellowish root that is salty tasting for toothaches. It numbs the mouth and causes drooling.⁷⁰ The same treatment for toothaches is employed by the Cheyenne, who use *Echinacea pallida* var. *angustifolia*.⁷¹

References: ⁷²

Elaeagnus commutata Bernh. ex Rydb
Silverberry; Elaeagnaceae
Silver Bush;
Wolfwillow

Tribal Nation: Arapaho

Indigenous Name: *Na-koo-wina*
Meaning: Not given

Habitat/Ecological Zone: Well-drained, open sites; plains to montane; Alaska to Montana

Plants Parts Harvested: Berries

Season Collected: Not given

Artifacts: Berries used to make necklaces.

Additional Commentary: Seeds that have been boiled are strung on sinew to make another type of necklace.⁷³

References: ⁷⁴

Elaeagnus commutata Bernh. ex Rydb
Silverberry; Elaeagnaceae
Silver Bush;
Wolfwillow

Tribal Nation: Arapaho
Indigenous Name: *No:kuwuno*(')
Na-koo-wina
Meaning: "White Berries"
Habitat/Ecological Zone: Well-drained, open sites; plains to montane; Alaska to Montana
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
References: ⁷⁵

Eleocharis spp.

Spikerush; Cyperaceae

Tribal Nation: Arapaho
Indigenous Name: *Yeyeinoxu:s*
Meaning: "Otter Bush"
Habitat/Ecological Zone: Wet zones, often in standing water; plains to montane; Yukon, Canada to New Mexico
Plants Parts Harvested: Plant
Season Collected: Not given
Spiritual/Religious Use(s): Plant is used on the floor of the Sun Dance Lodge
Additional Commentary: Cattails also are used in the same manner
References: ⁷⁶

Elymus spp.

Wild Rye; Poaceae

Tribal Nation: Arapaho

Indigenous Name: *Woxho:x hitihi*
Meaning: "Horse Tail"

Habitat/Ecological Zone: Dry to moist, fairly open sites, often on rocky ground; foothills to sub-alpine; British Columbia, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ⁷⁷

Erigonum spp.

Wild Buckwheat; Polygonaceae

Tribal Nation: Arapaho

Indigenous Name: *Bi:schin*
Meaning: "Cow Smoke"

Habitat/Ecological Zone: Dry, open sites; plains to alpine; Alberta, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Artifacts: Plant used for smoking meat

References: ⁷⁸

Eriogonum umbellatum

Sulphur Flower Buckwheat; Polygonaceae

Tribal Nation: Arapaho

Indigenous Name: *Hono:koθo:kunu'*
Meaning: "White Eye"

Habitat/Ecological Zone: Foothills, montane, sub-alpine, and meadows. Flowers spring through summer.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Used for colic

References: ⁷⁹

Erythronium grandiflorum

Avalanche Lily; Liliaceae

Dogtooth Violet;

Yellow Glacier Lily;

Snow Lily

Tribal Nation: Arapaho

Indigenous Name: *Niho: no: ku: no*

Meaning: "Yellow Plumes"

Habitat/Ecological Zone: Moist, rich soils, shaded to open sites; montane to alpine;
British Columbia, Canada to Colorado

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ⁸⁰

Equisetum arvense

Horsetail; Equisetaceae

Tribal Nation: Arapaho

Indigenous Name: *CeniiO-is-e'*

Meaning: "It Goes Inside"

Habitat/Ecological Zone: Moist to dry, wooded to open sites, often on disturbed
ground; plains to alpine; Alaska to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: The name refers to the fact that one joint of the plant goes inside the next one. The Arapaho English term for the plant is “joint grass.”⁸¹

References: ⁸²

Fabaceae spp.

Tribal Nation: Arapaho

Indigenous Name: *Oi:konwoni:hi:ho'*
Meaning: “Ghost Pea”

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Cowell suggests the plant may be *Hedysarm spp.* or *Melilotus spp.*⁸³ *Fabaceae* is a catch-all record for unidentified or unnamed plants of that family.

References: ⁸⁴

Fabaceae spp.

Tribal Nation: Arapaho

Indigenous Name: *Woni:hi:ho'*
Meaning: “Pea-Bean”

Habitat/Ecological Zone: Various eco-zones depending on the species

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Cowell suggests the plant may be *Hedysarm spp.* or *Melilotus spp.*⁸⁵ *Fabaceae* is a catch-all record for unidentified or unnamed plants of that family.

References: ⁸⁶

Fragaria spp.

Strawberry; Rosaceae

Tribal Nation: Arapaho

Indigenous Name: *Hite:hibino*

Meaning: Heart-Shaped Berries”

Habitat/Ecological Zone: Found in open areas, especially along cut lines; meadows or alpine.

Plants Parts Harvested: Fruit

Season Collected: Not given

References: ⁸⁷

Frasera speciosa Dougl. ex Griseb.

Showy Frasera; Gentianaceae

Monument Plant

Tribal Nation: Arapaho

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Moderately dry, open or shaded sites; plains to sub-alpine; Montana to New Mexico

Plants Parts Harvested: Nectar

Season Collected: Not given

Food Use(s): Nectar used for honey or as a sweetener

Additional Commentary: The plant also is called “elk lily” by the Arapaho is valued for the plant’s nectar. It is found in the high mountains.⁸⁸

References: ⁸⁹

Frasera speciosa Dougl. ex Griseb.

Showy Frasera; Gentianaceae

Monument Plant

Tribal Nation:	Arapaho
Indigenous Name:	Not given
Meaning:	Not given
Habitat/Ecological Zone:	Moderately dry, open or shaded sites; plains to sub-alpine;
Montana to New Mexico	
Plants Parts Harvested:	Stem
Season Collected:	Not given
Artifacts:	An elk call is manufactured from the large stem
Additional Commentary:	The Arapaho calls the plant “elk lily”. It is found in the
high mountains. ⁹⁰	
References:	⁹¹

Frasera speciosa Dougl. ex Griseb.

Showy Frasera; Gentianaceae

Tribal Nation:	Arapaho
Indigenous Name:	Not given
Meaning:	Not given
Habitat/Ecological Zone:	Moderately dry, open or shaded sites; plains to sub-alpine;
Montana to New Mexico	
Plants Parts Harvested:	Root
Season Collected:	Not given
Medicinal Use(s):	Root is used to make a medicine.
Additional Commentary:	The Arapaho calls the plant “elk lily”. It is found in the
high mountains. ⁹²	

References: ⁹³

Fraxinus pennsylvanica

Pennsylvania Ash; Oleaceae

Tribal Nation: Arapaho

Indigenous Name: *Ho'esci:bi:s*

Meaning: Not given

Habitat/Ecological Zone: Widely distributed from Nova Scotia, Canada to southeastern Alberta, Canada and Montana, and southward to central Texas. Prefers bottomland sites, but grows well when planted on moist upland soils. Most commonly found on alluvial soils along rivers and streams and less frequently in swamps.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ⁹⁴

Fungae

Mushroom spp.; Fungae

Tribal Nation: Arapaho

Indigenous Name: *Boh'ono:ibee*

Meaning: "Thunder Excrement"

Habitat/Ecological Zone: Various habitats

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ⁹⁵

Galium boreale

Northern Bedstraw; Rubiaceae

Cleavers

Tribal Nation:	Arapaho
Indigenous Name:	Not given
Meaning:	Not given
Habitat/Ecological Zone:	Well-drained, open to wooded sites; foothills to sub-alpine areas; Alaska to New Mexico
Plants Parts Harvested:	Root
Season Collected:	Not given
Artifacts:	Roots are used to make a red dye. It is set with alum.
References:	⁹⁶

Gentiana lutea
Gentian; Gentianaceae

Tribal Nation:	Arapaho
Indigenous Name:	Not given
Meaning:	Not given
Habitat/Ecological Zone:	An introduced species from Europe
Plants Parts Harvested:	Not specified in the literature
Season Collected:	Not given
Medicinal Use(s):	Used medicinally, but not specified in the literature
References:	⁹⁷

Geranium spp.
Geranium caespitosum
Geranium richardsonii
Purple Wild Geranium; Geraniaceae

Tribal Nation:	Arapaho
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Indigenous Name: *Ceyotowohoono*
Meaning: "False Mint"

Habitat/Ecological Zone: Moist, partially shaded sites; foothills to montane;
Northwest territory, Canada to New Mexico.

Plants Parts Harvested: Root

Season Collected: Not given

Artifacts: Roots are used to make a red dye. It is set with alum.

Additional Commentary: A native species to Colorado.

References: ⁹⁸

Gilia congesta
Ipomopsis congesta
White Gilia; Polemoniaceae

Tribal Nation: Arapaho

Indigenous Name: *Nee-see-they-na-tha*
Meaning: Not given

Habitat/Ecological Zone: Grows in semi-desert locations in open areas.

Plants Parts Harvested: Flower blossoms

Season Collected: Not given

Medicinal Use(s): Dried blossoms are applied in powdered form to relieve
pain

References: ⁹⁹

Glycyrrhiza lepidata
Wild Licorice; Fabaceae
Licorice Root

Tribal Nation: Arapaho

Indigenous Name: *Woniseine:hi:s*
Meaning: "It Goes After Women Bush"

Habitat/Ecological Zone: Prairies, pastures, disturbed areas; rich, well-drained sites; plains to foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Root is chewed for a sore throat, but the root also can be boiled into a tonic for the symptom

References: ¹⁰⁰

Grindelia squarrosa
Grindelia spp.
Gumweed; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *Kouhuye'einou'u*
Meaning: "It has sticky heads"

Habitat/Ecological Zone: Pastures and disturbed areas; dry, open sites; plains to foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Murphey names the plant *Ithi wa hyine*, possibly meaning "Dog flower head."¹⁰¹

References: ¹⁰²

Helenium hoopesii
Dugaldia hoopesii
Sneezeweed; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *Ōiwohoeno*
Meaning: “Things that make you sneeze”
Habitat/Ecological Zone: Grows in montane, sub-alpine, and alpine eco-systems in meadows.
Plants Parts Harvested: Blossoms
Season Collected: Not given
Medicinal Use(s): Blossoms are crushed and inhaled as a hay fever remedy
Additional Commentary: They are also mixed with the leaves of the string plant (*Psoralea lanceolata*) to make an inhalant for headaches.
References: ¹⁰³

Heracleum sphondylium var. *lanatum*
Cow Parsnip; Apiaceae

Tribal Nation: Arapaho
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Widely distributed across the west from Alaska to New Mexico
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Medicinal Use(s): Used medicinally, but no details are available
References: ¹⁰⁴

Heuchera cylindrica var. *glabella* (Torr. & Gray)
Wheelock
Heuchera richardsonii
Beautiful Alumroot; Saxifragaceae

Tribal Nation: Arapaho
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Prairies, hillsides, rocky woods, and openings in woods
Plants Parts Harvested: Root
Season Collected: Not given
Medicinal Use(s): Roots used medicinally for unspecified purpose
References: ¹⁰⁵

Hierochloe hirta
Sweetgrass; Poaceae

Tribal Nation: Arapaho
Indigenous Name: *No 'oxu*
Meaning: "Good Grass"
Habitat/Ecological Zone: Widely distributed across the west from Alaska to New Mexico
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
References: ¹⁰⁶

Hydrastis canadensis
Goldenseal; Ranunculaceae

Tribal Nation: Arapaho
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Grows in shady locations, usually in forested locations.

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Medicinal Use(s): Used in making medicinal decoctions
References: ¹⁰⁷

Ipomoea leptophylla Torr.
Bush Morning Glory; Convolvulaceae

Tribal Nation: Arapaho
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Sandy prairie, waste ground, and banks
Plants Parts Harvested: Root
Season Collected: Not given
Food Use(s): Root roasted for food when pressed by hunger

Additional Commentary: Dr. Edward Palmer, an scientist and explorer on the western frontier wrote in 1871 that: "This showing plant of the dry deserts of the West is commonly called man root, or man of the earth, similar on size and shape to a man's body. The Cheyenne, Arapahoes, and Kiowas roast it for food when pressed by hunger, but it is by no means palatable or nutritious. Its enormous size and depth make its extraction by ordinary Indian implements a work of much difficulty."¹⁰⁸

References: ¹⁰⁹

Ipomopsis congesta
White Gilia; Polemoniaceae

Tribal Nation: Arapaho
Indigenous Name: *Neni:siΘe'eino*
Meaning: "Two Heads"
Habitat/Ecological Zone: Grows in semi-desert locations in open areas.

Plants Parts Harvested: Root
Season Collected: Not given
Medicinal Use(s): Used for medicinal purposes
Additional Commentary: Also identified as *Gilia congesta*
References: ¹¹⁰

Ivesia gordonii
Ivesia; Rosaceae
Golden Ivesia

Tribal Nation: Arapaho
Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: It is found in rocky alpine and sub-alpine ridges, and in talus slopes. It is also found along flood plains and riverbanks at lower elevations; found from Washington into Oregon, Montana, Wyoming, Utah, and into northeast Colorado.

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Food Use(s): Used to make tea
References: ¹¹¹

Ivesia gordonii (Hook.) Torr. & Gray
Horkelia gordonii
Gordon's Ivesia; Rosaceae

Tribal Nation: Arapaho
Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Found in rocky alpine and sub-alpine ridges, and in talus slopes. It is also found along flood plains and riverbanks at lower elevations; found from Washington into Oregon, Montana, Wyoming, Utah, and into northeast Colorado.

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Infusion of resinous roots used as a general tonic

Additional Commentary: The root is dug just before maturity. It has a pink colored sap. It is also called pink root. Patients are expected to improve in a week or possibly two weeks.¹¹²

References:¹¹³

Juncus balticus

Baltic Rush; Juncaceae

Tribal Nation: Arapaho

Indigenous Name: *Hotohine*
Hatahina

Meaning: Not given
Not given

Habitat/Ecological Zone: Found from sub-alpine into valley grassland areas, between zero to 11,000 feet in elevation. Usually occurs in wetlands, but occasionally found in non-wetland areas.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Artifacts: Black fibers used to embroider robes and clothing

References:¹¹⁴

Juniperus communis var. montana Ait.

Juniperus siberica

Common Juniper; Cupressaceae

Ground Juniper;

Prickly Juniper

Tribal Nation: Arapaho

Indigenous Name: *Bat-they-naw*

Ce:h'e'

Be'se:O

Meaning: "I am cedaring"
"Needles/Leaves"
"Red Pine"

Habitat/Ecological Zone: Prairie hillsides, fields, and occasionally woodland areas;
dry open sites or open forest; plains to alpine; Alaska to New Mexico

Plants Parts Harvested: Needles

Season Collected: Not given

Spiritual/Religious Use(s): The name, *Ce:h'e'*, specifically is used for the needles that
are used ceremonially, separate from the plant for cedaring or smudging

Additional Commentary: The phrase, "I am cedaring," is a rough translation
provided by Dr. Stephen Greymorning.¹¹⁵ The term for the plant is *Be'Oeino'o* or "Red-
Inside." The term also applies to *Sabina scopulorum*.¹¹⁶

References:¹¹⁷

Juniperus communis var. montana Ait.

Juniperus siberica

Common Juniper; Cupressaceae

Ground Juniper;

Prickly Juniper

Tribal Nation: Arapaho

Indigenous Name: *Bat-they-naw*

Ce:h'e'

Be'se:O

Meaning: "I am cedaring"
"Needles/Leaves"
"Red Pine"

Habitat/Ecological Zone: Prairie hillsides, fields, and occasionally woodland areas;
dry open sites or open forest; plains to alpine; Alaska to New Mexico

Plants Parts Harvested: Needles
Season Collected: Not given
Medicinal Use(s): Ground needles are burned as a disinfectant

Additional Commentary: The phrase, “I am cedaring,” is a rough translation provided by Dr. Stephen Greymorning. The term for the plant is *Be’Oeino’o* or “Red-Inside.” The term also applies to *Sabina scopulorum*.¹¹⁸

References: ¹¹⁹

Juniperus communis var. montana Ait.
Juniperus siberica
Common Juniper; Cupressaceae
Ground Juniper;
Prickly Juniper

Tribal Nation: Arapaho

Indigenous Name: *Bat-they-naw*
Ce:h’e’
Be’se:O

Meaning: “I am cedaring”
“Needles/Leaves”
“Red Pine”

Habitat/Ecological Zone: Prairie hillsides, fields, and occasionally woodland areas; dry open sites or open forest; plains to alpine; Alaska to New Mexico

Plants Parts Harvested: Needles

Season Collected: Not given

Medicinal Use(s): Infusion of needles as a tea taken for bowel troubles

Additional Commentary: The phrase, “I am cedaring,” is a rough translation provided by Dr. Stephen Greymorning.¹²⁰ The term for the plant is *Be’Oeino’o* or “Red-Inside.” The term also applies to *Sabina scopulorum*.¹²¹

References: ¹²²

Juniperus communis var. montana Ait.

Juniperus siberica

Common Juniper; Cupressaceae

Ground Juniper;

Prickly Juniper

Tribal Nation: Arapaho

Indigenous Name: *Bat-they-naw*

Ce:h'e'

Be'se:O

Meaning: "I am cedaring"
"Needles/Leaves"
"Red Pine"

Habitat/Ecological Zone: Prairie hillsides, fields, and occasionally woodland areas;
dry open sites or open forest; plains to alpine; Alaska to New Mexico

Plants Parts Harvested: Needles

Season Collected: Not given

Medicinal Use(s): Ground needles scent used to drive smallpox away

Additional Commentary: The ground needles are sprinkled over a fire or hot stove.
The phrase, "I am cedaring," is a translation provided by Dr. Stephen Greymorning.¹²³
The term for the plant is *Be'Oeino'o* or "Red-Inside." The term also applies to *Sabina scopulorum*.¹²⁴

References: ¹²⁵

Juniperus communis var. montana Ait.

Juniperus siberica

Common Juniper; Cupressaceae

Ground Juniper;

Prickly Juniper

Tribal Nation: Arapaho

Indigenous Name: *Bat-they-naw*

Ce:h'e'

Be'se:O

Meaning: "I am cedaring"

“Needles/Leaves”
“Red Pine”

Habitat/Ecological Zone: Prairie hillsides, fields, and occasionally woodland areas; dry open sites or open forest; plains to alpine; Alaska to New Mexico

Plants Parts Harvested: Needles

Season Collected: Not given

Artifacts: Needles ground and used for their scent in a variety of contexts

Additional Commentary: The term for the plant is *Be'Oeino'o* or “Red-Inside.” The term also applies to *Sabina scopulorum*.¹²⁶

References: ¹²⁷

Juniperus communis var. montana Ait.

Juniperus siberica

Common Juniper; Cupressaceae

Ground Juniper;

Prickly Juniper

Tribal Nation: Arapaho

Indigenous Name: *See Oibino*

Meaning: “Pine Berries”

Habitat/Ecological Zone: Prairie hillsides, fields, and occasionally woodland areas; dry open sites or open forest; plains to alpine; Alaska to New Mexico

Plants Parts Harvested: Berries

Season Collected: Not given

Additional Commentary: Hayden identifies *Sath-i-win* as “little pine berries with a species of trailing juniper, possibly *Juniperus horizontalis* that occurs in northern Wyoming. The term for the plant is *Be'Oeino'o* or “Red-Inside.” The term also applies to *Sabina scopulorum*.¹²⁸

References: ¹²⁹

Juniperus monosperma
One Seed Juniper; Cupressaceae

Tribal Nation: Arapaho

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Found desert grassland and pinon-juniper ranges throughout New Mexico, portions of Arizona, southern Colorado, western Texas and western Oklahoma

Plants Parts Harvested: Plant

Season Collected: Not given

Artifacts: All of the plant is used to make yellow dye. Ashes of all plant parts function as a mordant when added to various dye baths.¹³⁰

References: ¹³¹

Leptotaenia multifida
Lomatium dissectum (Nutt.) Mathias & Constance
Indian Balsam; Apiaceae
Carrot Leaf;
Wild Parsnip

Tribal Nation: Arapaho

Indigenous Name: *Nee-a-tat*

Meaning: Not given

Habitat/Ecological Zone: Western North America; Open, often rocky slopes and dry meadows, often on talus

Plants Parts Harvested: Shoots

Season Collected: Spring

Food Use(s): Long, young shoots are cooked for greens.

References: ¹³²

Leptotaenia multifida
Indian Balsam; Apiaceae
Carrot Leaf;
Wild Parsnip

Tribal Nation: Arapaho

Indigenous Name: *Nee-a-tat*
Meaning: Not given

Habitat/Ecological Zone: Western North America; Open, often rocky slopes and dry meadows, often on talus

Plants Parts Harvested: Root

Season Collected: Not given

Food Use(s): Root is boiled into a tea.

References: ¹³³

Leptotaenia multifida
Indian Balsam; Apiaceae
Carrot Leaf;
Wild Parsnip

Tribal Nation: Arapaho

Indigenous Name: *Nee-a-tat*
Meaning: Not given

Habitat/Ecological Zone: Western North America; Open, often rocky slopes and dry meadows, often on talus

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): At Wind River, the plant was used to make a “scent” for a sick person, a tea from the root for colds and flu, or the steam from the boiled root would be inhaled by the patient. Water from the boiled root would also be sponged on a sick

person or the dry root is pounded and grease is added to massage the affected parts of a person's body.

References: ¹³⁴

Leptotaenia multifida

Lomatium dissectum (Nutt.) Mathias & Constance

Indian Balsam; Apiaceae

Carrot Leaf;

Wild Parsnip

Tribal Nation: Arapaho

Indigenous Name: *Nee-a-tat*

Meaning: Not given

Habitat/Ecological Zone: Found from Washington south to New Mexico

Plants Parts Harvested: Roots

Season Collected: Not given

Artifacts: Dried root chips diluted with Bull Durham were also used during the 1930-1945 era at Wind River for a "friendly" smoke.

Additional Commentary: *Leptotaenia multifida* is not a currently accepted synonym. Today the plant is classified under *Lomatium dissectum* var. *multifidum* (Nutt.) Mathias & Constance.

References: ¹³⁵

Lewisia rediviva

Bitterroot; Portulacaceae

Tribal Nation: Arapaho

Indigenous Name: *Wo:xco*

Meaning: "Bad Taste"

Habitat/Ecological Zone: Dry, open sites; foothills to sub-alpine; southern British Columbia, Canada to Montana, south to New Mexico

Plants Parts Harvested: Root
Season Collected: Not given
Food Use(s): Eaten as a food
References: ¹³⁶

Lewisia rediviva
Bitterroot; Portulacaceae

Tribal Nation: Arapaho
Indigenous Name: *Wo:xco*
Neni:cisoxu'o
Meaning: "Bad Taste"
"Hollow Root"
Habitat/Ecological Zone: Dry, open sites; foothills to sub-alpine; southern British Columbia, Canada to Montana, south to New Mexico
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Medicinal Use(s): Eaten to cure fits and a general cure-all
References: ¹³⁷

Lichen spp.
Lichens

Tribal Nation: Arapaho
Indigenous Name: *Bi:teibeyon:ku*
Meaning: "Ghost-Glide Eye"
"Ghost Tears"
Habitat/Ecological Zone: Various eco-zones and eco-niches
Plants Parts Harvested: Plant

Season Collected: Fall

Medicinal Use(s): A foliose species of lichen that grows on the ground among sage brush is used as an eye medicine

Additional Commentary: Several different species of lichen and possibly all lichen species are called by the above term. Rock lichens are called by the same name.¹³⁸

References: ¹³⁹

Lithospermum angustifolium

Lithospermum incisum Lehm.

Indian Turnip;

Gromwell;

Puccoon;

Lemonweed;

Indian Paint

Tribal Nation: Arapaho

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Warm, dry, open sites, often on rocky ground; plains to montane; southern British Columbia, Canada to Colorado

Plants Parts Harvested: Root

Season Collected: Not given

Artifacts: The root is used medicinally by all Plains Indians

References: ¹⁴⁰

Lomatium spp.

Biscuitroot; Apiaceae

Tribal Nation: Arapaho

Indigenous Name: *Ce: etei'i*

Meaning: "Spherical edible"

"They are edible round things"

Habitat/Ecological Zone: Dry, open sites from rich to rocky soil; foothill to montane; Alberta, Canada to Colorado

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ¹⁴¹

Lomatium dissectum var. *multifidum*

White Turnip; Apiaceae

Tribal Nation: Arapaho

Indigenous Name: *Ni: 'e:te:'*

Meaning: "Good edible"

Habitat/Ecological Zone: Dry, open sites from rich to rocky soil; foothill to montane; Alberta, Canada to Colorado

Plants Parts Harvested: Root

Season Collected: Not given

Additional Commentary: Harm's Peak, Colorado is named *Nii'eetei, tiikou'uni'i* or "Where white turnips are gathered." White turnips also are a traditional medicinal plant.¹⁴²

References: ¹⁴³

Lophophora williamsii

Peyote; Cactaceae

Tribal Nation: Arapaho

Indigenous Name: *Ho'yo:x*

Meaning: "Peyote"

Habitat/Ecological Zone: Found in dry sandy soils along the Rio Grande watershed in Texas and Mexico and in scattered locations as far south as Hidalgo, Mexico

Plants Parts Harvested: Button
Season Collected: Not given
Spiritual/Religious Use(s): Used for peyote ceremonies as a sacrament
References: ¹⁴⁴

Lycoperdon spp.
Puffball

Tribal Nation: Arapaho
Indigenous Name: *Boh'oo:nibee*
Meaning: "Thunder Excrement"
Habitat/Ecological Zone: Wooded areas
Plants Parts Harvested: Mushroom
Season Collected: Not given
Medicinal Use(s): The puffball is used medicinally
References: ¹⁴⁵

Lygodesmia juncea
Skeletonweed; Asteraceae

Tribal Nation: Arapaho
Indigenous Name: *Beθenecoo-oo:no*
Meaning: "Breast Milk Making Things"
Habitat/Ecological Zone: High plains and prairies, often in alkaline soils; dry, open sites; plains to foothills; Alberta, Canada to New Mexico
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given

Medicinal Use(s): Used in an herbal decoction and given to women whose children were sick with diarrhea. The illness, it was believed was caused by bad breast milk

References: ¹⁴⁶

Lygodesmia juncea
Skeletonweed; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *Beʔenecoo-oo:no*
Meaning: “Breast Milk Making Things”

Habitat/Ecological Zone: High plains and prairies, often in alkaline soils; dry, open sites; plains to foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Used in an herbal decoction or broth to stimulate breast milk flow.

Additional Commentary: The Cheyenne used the plant in the same manner. It is called “breast Milk plant.”¹⁴⁷

References: ¹⁴⁸

Mahonia repens
Oregon Grape; Berberidaceae

Tribal Nation: Arapaho

Indigenous Name: *Ceci:n-bi:ci:x-o*
Meaning: “Winter Leaf Plant”

Habitat/Ecological Zone: Forested slopes; foothills to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ¹⁴⁹

Mentha arvensis var. canadensis

Mentha penardi (Briq.)

Mentha arvensis, L

Peppermint; Lamiaceae

Tribal Nation: Arapaho

Indigenous Name: *Paquannah*

Woho:no'

Meaning: "Peppermint"

"Peppermint"

Habitat/Ecological Zone: Moist or wet soil of stream banks, lake margins, prairie ravines, and low woods in the northern areas

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Whole plant is steeped in hot water and the liquid is consumed for indigestion

Additional Commentary: One Arapaho contemporary woman identified two types of mint, one with round and the other with oval leaves. The round-leaf variety is considered better and is named *nii'ou-woho:no*.¹⁵⁰

References: ¹⁵¹

Mentha arvensis var. canadensis

Mentha penardi (Briq.)

Mentha arvensis, L

Peppermint; Lamiaceae

Tribal Nation: Arapaho

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Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Whole plant is steeped in hot water and the liquid is consumed for indigestion.

Additional Commentary: One Arapaho contemporary woman identified two types of mint, one with round and the other with oval leaves. The round-leaf variety is considered better and is named *nii'ou-woho:no*.¹⁵²

References: ¹⁵³

Mertensia ciliata

Mertensia spp.

Chiming Bells; Boraginaceae

Bluebells;

Lungwort

Tribal Nation: Arapaho

Indigenous Name: *Ce:ne:te:ne:'einou'u*

Meaning: “It has blue heads”

Habitat/Ecological Zone: Moist to wet sites; foothills to montane from Idaho, Montana to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ¹⁵⁴

Nicotiana spp.

Tobacco; Solanaceae

Tribal Nation: Arapaho

Indigenous Name: *Si:so:wo*
Meaning: "Tobacco"
Habitat/Ecological Zone: Cultivar
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
References: ¹⁵⁵

Opuntia spp.
Prickly Pear Cactus; Cactaceae

Tribal Nation: Arapaho
Indigenous Name: *Ho 'yo:x*
Meaning: "Cactus"
Habitat/Ecological Zone: Arid regions
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
References: ¹⁵⁶

Orthocarpus luteus, Nutt.
Yellow Paintbrush; Scrophulariaceae
Owl's Clover

Tribal Nation: Arapaho
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Found from Washington south to New Mexico
Plants Parts Harvested: Plant
Season Collected: Not given

Artifacts: Whole plant used to make a yellow dye. It is rolled up with material which is to be dyed—skins, quills, horse hair—when the plant is in bloom and available.

References: ¹⁵⁷

Osmorhiza spp.

Osmorhiza occidentalis

Sweet Cicely; Apiaceae

Western Sweet-Cicely

Tribal Nation: Arapaho

Indigenous Name: *Wo:xubou'o*
Meaning: "It smells bad"

Habitat/Ecological Zone: Moist to wet, shady locations; sub-montane to montane; southern British Columbia to Colorado

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Used for stomach aches and pains

References: ¹⁵⁸

Oxytropis spp.

Locoweed; Fabaceae

Tribal Nation: Arapaho

Indigenous Name: *Si:si:yeibi:Øhi:t*
Meaning: "Snake Food"

Habitat/Ecological Zone: The several varieties of locoweed are found on well-drained, open sites; foothills to sub-alpine; Alaska to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Artifacts: Used to poison arrows

References: ¹⁵⁹

Oxytropis spp.

Locoweed; Fabaceae

Tribal Nation: Arapaho

Indigenous Name: *Si:si:yeibi:Øhi:t*

Meaning: "Snake Food"

Habitat/Ecological Zone: The several varieties of locoweed are found on well-drained, open sites; foothills to sub-alpine; Alaska to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Spiritual/Religious Use(s): People avoided the plant's purple flowers as it was believed to belong to snakes

References: ¹⁶⁰

Padus virginiana

Prunus virginiana

Chokecherry;

Pin Cherry

Tribal Nation: Arapaho

Indigenous Name: *Biino*

Meaning: Not given

Habitat/Ecological Zone: Dry to moist; open sites; plains to montane; southern Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Berries were eaten fresh or dried

Additional Commentary: The berries are used to make a sauce to pour over other food items. Chokecherries also were ground and mixed with lard and ground meat to make pemmican for winter use.

References: ¹⁶¹

Panax quiquefolium

Ginseng; Araliaceae

Tribal Nation: Arapaho

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Usually grows beneath mixed hardwoods in moist, lush soils along slopes. Found east of the Rocky Mountains except the extreme south.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Used medicinally in decoctions

References: ¹⁶²

Pediocactus simpsonii

Mountain Ball Cactus; Cactaceae

Tribal Nation: Arapaho

Indigenous Name: *Ce:yo:ku*

Meaning: "Round Standing" Plant

Habitat/Ecological Zone: Found across the west growing in grassland, sagebrush, pinon-juniper woodland, and montane forest habitats, often under larger vegetation. Prefers well-drained, porous soil.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ¹⁶³

Penstemon spp.

Penstemon; Scrophulariaceae

Beardtongue

Tribal Nation: Arapaho

Indigenous Name: *Wo:ku:no'*

Meaning: "Plumes"

Habitat/Ecological Zone: Found from the mountains to plains in well-drained soils.
Prefers full sun.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant.

References: ¹⁶⁴

Perideridia gairdneri

Yampa; Apiaceae

Tribal Nation: Arapaho

Indigenous Name: *Yeneinit*

Meaning: "It is four"

Habitat/Ecological Zone: Dry to moist, open or wooded areas; plains to montane;
Alberta, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Food Use(s): Used as food

References: ¹⁶⁵

Phlox spp.

Phlox; Polemoniaceae

Tribal Nation: Arapaho

Indigenous Name: *To: xu' o*

Meaning: "Sharp Leaves"

Habitat/Ecological Zone: Dry, open slopes; plains to montane; British Columbia, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ¹⁶⁶

Picea engelmannii

Englemann Spruce; Pinaceae

Tribal Nation: Arapaho

Indigenous Name: *Ni: 'ibo: ti*

Ni: 'ibo: t-i

Meaning: "Good Smell"

"It Smells Good"

Habitat/Ecological Zone:

Plants Parts Harvested: Needles

Season Collected: Not given

Spiritual/Religious Use(s): The needles are used for ceremonial incense

Additional Commentary: Subalpine Fir is the prototypical species, although other *Abies spp.* and *Pseudotsuga menziesii* are referred by the same Arapaho terms.¹⁶⁷

References: ¹⁶⁸

Picea pungens
Colorado Blue Spruce

Tribal Nation: Arapaho

Indigenous Name: *Ni'ibootou*
Meaning: "Good Smelling Thing"

Habitat/Ecological Zone:

Plants Parts Harvested: Needles

Season Collected: Not given

Spiritual/Religious Use(s): The needles are used for ceremonial incense

References: ¹⁶⁹

Pinus spp.
Pine Trees; Pinaceae

Tribal Nation: Arapaho

Indigenous Name: *Se:O*
Hise:O
Se:to?
Se:Ocei
SeeOibino
Se:O-ib-ino

Meaning: "Pine Tree"
"Pine Tree" (Older form)
"Pine Tree" (Older form)
"Pine gum/resin/sap"
"Pine Cone"
"Pine Berries"

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Hayden applies the term specifically to *Pinus ponderosa*, but the word is applied to any *Pinus spp.*¹⁷⁰

References: ¹⁷¹

Pinus contorta var. *latifolia*

Lodgepole Pine; Pinaceae

Tribal Nation: Arapaho

Indigenous Name: *No:kuse:O*

Meaning: "Pale or Grey Pine"

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ¹⁷²

Pinus flexilis

Limber Pine; Pinaceae

Tribal Nation: Arapaho

Indigenous Name: *(Hi)se:O*

Meaning: "Pine"

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ¹⁷³

Poaceae spp.

Grass; Poaceae

Tribal Nation: Arapaho

Indigenous Name: *Woxu*
Meaning: "Grass"
Habitat/Ecological Zone: Widely distributed in various eco-zones
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
References: ¹⁷⁴

Populus angustifolia
Narrowleaf Cottonwood; Salicaceae

Tribal Nation: Arapaho
Indigenous Name: *Hoho:tinbii:tino*
Meaning: "Cottonwood Aspens"
Habitat/Ecological Zone:
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
References: ¹⁷⁵

Populus deltoids
Plains Cottonwood; Salicaceae

Tribal Nation: Arapaho
Indigenous Name: *Hoho:t*
He:Øne:-bes
Meaning: "True Cottonwood"
"Sweet Cottonwood"
Habitat/Ecological Zone:
Plants Parts Harvested: Trunk
Season Collected: Not given

Spiritual/Religious Use(s): Trunk used as the center pole of the Sun Dance Lodge

Additional Commentary: No recorded use for the plant.

References: ¹⁷⁶

Populus tremuloides
Quaking Aspen; Salicaceae

Tribal Nation: Arapaho

Indigenous Name: *Bii:t*
Meaning: "Aspen"

Habitat/Ecological Zone: Dry to moist sites; foothills to sub-alpine; Alaska to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ¹⁷⁷

Prunus melanocarpa, (*A. Nels*)
Cerasus demissa melanocarpa
Black Chokecherry; Rosaceae
Western Chokecherry

Tribal Nation: Arapaho

Indigenous Name: *Bi:nono:'oe-'*
Meaning: "Chokecherry Bush"

Habitat/Ecological Zone: Rich soils, thickets, woodland borders, ravine banks. Often found in sandy soils on hillsides; plains to montane; southern Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Fruits

Season Collected: Not given

Food Use(s): Mash up the fruit and dry for winter use.

References: ¹⁷⁸

Prunus melanocarpa, (A, Nels)

Cerasus demissa melanocarpa

Black Chokecherry; Rosaceae

Western Chokecherry

Tribal Nation: Arapaho

Indigenous Name: *Bi:nono: 'oe-'*

Meaning: "Chokecherry Bush"

Habitat/Ecological Zone: Rich soils, thickets, woodland borders, ravine banks. Often found in sandy soils on hillsides; plains to montane; southern Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Bark

Season Collected: Not given

Artifacts: A red-brown dye is acquired from the inner bark. A red dye is made from the berries

References: ¹⁷⁹

Prunus pensylvanica

Pin Cherry; Rosaceae

Tribal Nation: Arapaho

Indigenous Name: *Bi:nehe'*

Meaning: "Little Berry"

Habitat/Ecological Zone: Dry to moist; open sites; plains to montane; southern Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): The fruit is collected and eaten

References: ¹⁸⁰

Prunus americanus
Wild Plum; Rosaceae

Tribal Nation: Arapaho

Indigenous Name: *Beesibino'*
Meaning: *'Bees-ib-ino*
"Big berry"

Habitat/Ecological Zone: Dry to moist; open sites; plains to montane; southern Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): The fruit is collected and eaten

References: ¹⁸¹

Pseudotsuga menziesii
Douglas Fir

Tribal Nation: Arapaho

Indigenous Name: *Ni: 'ibo:ti*
Ni: 'ibo:t-i
Meaning: "Good Smell"
"It Smells Good"

Habitat/Ecological Zone: Moist to dry sites,; foothills to sub-alpine; central British Columbia, Canada to New Mexico

Plants Parts Harvested: Needles

Season Collected: Not given

Spiritual/Religious Use(s): The needles are used for ceremonial incense

Additional Commentary: Sub-alpine Fir is the prototypical species, although other *Abies spp.* and *Picea engelmannii* are referred by the same Arapaho terms.¹⁸²

References: ¹⁸³

Psoralea esculenta
Indian Potato; Fabaceae

Tribal Nation: Arapaho

Indigenous Name: *Ce: 'ei 'i*
Meaning: "They are round"

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Food Use(s): Eaten, similar to a potato

References: ¹⁸⁴

Psoralea esculenta
Indian Potato; Fabaceae

Tribal Nation: Arapaho

Indigenous Name: *Ce: 'ei 'i*
Meaning: "They are round"

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ¹⁸⁵

Psoralea tenuiflora

Psoralidium lanceolatum (Pursh) Rydb.

Psoralea lanceolata

Wild Alfalfa; Fabaceae

Lemon Scurfpea;

String Plant;

Pomme de Prairie;

Pomme Blanche;

Breadroot;

Indian Turnip

Tribal Nation: Arapaho

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Prairies, pastures, and open woods.

Plants Parts Harvested: Leaves

Season Collected: Best time to gather the plant is April and May.

Medicinal Use(s): Leaves are mixed with the blossoms of sneezeweed (*Helenium hoopesii*) and used as an inhalant for headaches.

References: ¹⁸⁶

Psoralea tenuiflora

Psoralidium lanceolatum (Pursh) Rydb.

Psoralea lanceolata

Wild Alfalfa; Fabaceae

Lemon Scurfpea;

String Plant;

Pomme de Prairie;

Pomme Blanche;

Breadroot;

Indian Turnip

Tribal Nation: Arapaho

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Prairies, pastures, and open woods

Plants Parts Harvested: Leaves
Season Collected: Best time to gather the plant is April and May
Medicinal Use(s): Infusion of leaves used on the head for headaches.
References: ¹⁸⁷

Psoralea tenuiflora
Psoralidium lanceolatum (Pursh) Rydb.
Psoralea lanceolata
Wild Alfalfa; Fabaceae
Lemon Scurfpea;
String Plant;
Pomme de Prairie;
Pomme Blanche;
Breadroot;
Indian Turnip

Tribal Nation: Arapaho
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Prairies, pastures, and open woods
Plants Parts Harvested: Leaves
Season Collected: Best time to gather the plant is April and May
Medicinal Use(s): Oily leaves rubbed on the skin for dryness
References: ¹⁸⁸

Psoralea tenuiflora
Psoralidium lanceolatum (Pursh) Rydb.
Psoralea lanceolata
Wild Alfalfa; Fabaceae
Lemon Scurfpea;
String Plant;
Pomme de Prairie;
Pomme Blanche;

Breadroot;
Indian Turnip

Tribal Nation: Arapaho

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Prairies, pastures, and open woods

Plants Parts Harvested: Leaves

Season Collected: Best time to gather the plant is April and May

Medicinal Use(s): Fresh leaves chewed for sore throat and voice

Additional Commentary: It is also called the string plant.¹⁸⁹

References: ¹⁹⁰

Psoralea tenuiflora
Psoralidium lanceolatum (Pursh) Rydb.
Psoralea lanceolata
Wild Alfalfa; Fabaceae
Lemon Scurfpea;
String Plant;
Pomme de Prairie;
Pomme Blanche;
Breadroot;
Indian Turnip

Tribal Nation: Arapaho

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Prairies, pastures, and open woods.

Plants Parts Harvested: Root

Season Collected: Best time to harvest is April and May

Medicinal Use(s): Root chewed for hoarseness

References: ¹⁹¹

Quercus spp.
Oak; Fagaceae

Tribal Nation: Arapaho

Indigenous Name: *Hoho:co*
No'ou-bi:Ohi:t

Meaning: "Oak"
"Squirrel's Food" or Acorns

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ¹⁹²

Ranunculus glaberrimus
Buttercup; Ranunculaceae

Tribal Nation: Arapaho

Indigenous Name: *Ni:ho:ne'eino:'*
Meaning: "Yellow Head"

Habitat/Ecological Zone: Shallow, calm water or on muddy or moss covered ground
in plains to sub-alpine from Alaska south to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant

References: ¹⁹³

Ranunculus spp.

Buttercup; Ranunculaceae

Tribal Nation: Arapaho

Indigenous Name: *Heneixo'*

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant

References: ¹⁹⁴

Ranunculus spp.

Buttercup; Ranunculaceae

Tribal Nation: Arapaho

Indigenous Name: *Yeneinkooti'i*

Meaning: "It has four leaves"

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant

References: ¹⁹⁵

Ribes aureum

Golden Currant; Gossulariaceae

Tribal Nation: Arapaho

Indigenous Name: *Ne'ibino*

Ne'ibi:s

Meaning: "Goose" or "Good Berries"
"Currant Bush"

Habitat/Ecological Zone: Well-drained, often along streams; plains to foothills;
Alberta, Canada to New Mexico

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Berries eaten fresh or stored for winter use

References: ¹⁹⁶

Ribes cereum
Wax Currant; Gossulariaceae

Tribal Nation: Arapaho

Indigenous Name: *Beni:so:no*
Meaning: "Fuzzy/Hairy Berries"

Habitat/Ecological Zone:

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Berries eaten fresh or stored for winter use

References: ¹⁹⁷

Ribes inerme
Gooseberry; Gossulariaceae

Tribal Nation: Arapaho

Indigenous Name: *Toxu'u:wuno*
Meaning: "Sharp Berries"

Habitat/Ecological Zone:

Plants Parts Harvested: Fruit
Season Collected: Not given
Food Use(s): Berries eaten fresh or stored for winter use
References: ¹⁹⁸

Ribes lacustre
Prickly Black Currant; Grossulariaceae
Black Gooseberry

Tribal Nation: Arapaho
Indigenous Name: *Hiwoxu:yeino*
Hiwoxu:-yein-o'
Meaning: "Elk Berries"
"Elk Rose"
Habitat/Ecological Zone: Moist, wooded or open sites; foothills to alpine; Northwest territory, Canada to Colorado and Utah
Plants Parts Harvested: Fruit
Season Collected: Not given
Food Use(s): Berries eaten fresh or stored for winter
Additional Commentary: The Cheyenne also have a plant named "Elk Berry."¹⁹⁹
References: ²⁰⁰

Rosa woodsii Lindl
Rosa arkansana
Woods' Rose; Rosaceae

Tribal Nation: Arapaho
Indigenous Name: *Yeini:s'*
Ya-no
Meaning: "Rosehip Bush"

Habitat/Ecological Zone: Prairies, ravines and stream banks, bluffs, thickets. The plant also can be found along railroad tracks and roads

Plants Parts Harvested: Seeds

Season Collected: Not given

Medicinal Use(s): Seeds used to produce a drawing effect for muscular pains.

References: ²⁰¹

Rosa woodsii Lindl

Rosa arkansana

Woods' Rose; Rosaceae

Tribal Nation: Arapaho

Indigenous Name: *Ya-no*

Meaning: Not translation given

Habitat/Ecological Zone: Prairies, ravines and stream banks, bluffs, thickets. The plant also can be found along railroad tracks and roads.

Plants Parts Harvested: Bark

Season Collected: Not given

Food Use(s): Both barks are used to make tea.

References: ²⁰²

Rosa woodsii Lindl

Rosa arkansana

Woods' Rose; Rosaceae

Tribal Nation: Arapaho

Indigenous Name: *Ya-no*

Meaning: Not given

Habitat/Ecological Zone: Prairies, ravines and stream banks, bluffs, thickets. The plant also can be found along railroad tracks and roads.

Plants Parts Harvested: Root
Season Collected: Not given
Artifacts: Root used to make an orange dye
References: ²⁰³

Rosa arkansana
Rosa nutkana
Rosa spaldingii
Rose Species

Tribal Nation: Arapaho
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Prairies, ravines and stream banks, bluffs, thickets. The plant also can be found along railroad tracks and roads.
Plants Parts Harvested: Fruit
Season Collected: Not given
Food Use(s): Probably ate the fruit or made jelly.
References: ²⁰⁴

Rudbeckia spp.
Black-Eyed Susan; Asteraceae

Tribal Nation: Arapaho
Indigenous Name: *Ni:ho:ne'einou'u*
Meaning: "Yellow Heads"
Habitat/Ecological Zone:
Plants Parts Harvested: Not specified in the literature

Season Collected: Not given
Additional Commentary: Not recorded use for the plant.
References: ²⁰⁵

Rumex hymenosepalus Torr
Canaigre Dock; Polygonaceae

Tribal Nation: Arapaho
Indigenous Name: *Ha-ne-sae-huit*
Meaning: Not given
Habitat/Ecological Zone:
Plants Parts Harvested: Stems and leaves
Season Collected: Not given
Medicinal Use(s): Stems and leaves used in a wash for sores
Additional Commentary: The plant is also called “sand dock.”²⁰⁶
References: ²⁰⁷

Rumex venosus Pursh
Veiny Dock; Polygonaceae
Wild Begonia;
Sour Greens;
Wild Hydrangea

Tribal Nation: Arapaho
Indigenous Name: *Ha-ne-see-huit*
Honesi:hu:t
Meaning: Not given
Not given
Habitat/Ecological Zone: Grows on sandy dunes and along stream banks
Plants Parts Harvested: Stems and leaves

Season Collected: Not given
Medicinal Use(s): Stems and leaves used as a wash for sores
References: ²⁰⁸

Rumex venosus Pursh
Veiny Dock; Polygonaceae
Wild Begonia;
Sour Greens;
Wild Hydrangea

Tribal Nation: Arapaho
Indigenous Name: *Ha-ne-see-huit*
Honesi:hu:t
Meaning: Not given
Not given
Habitat/Ecological Zone: Grows on sandy dunes and along stream banks
Plants Parts Harvested: Root
Season Collected: Not given
Artifacts: The peeled root makes a burnt orange dye
Additional Commentary: The procedure was recorded among the children of the Wind River Community Day School:

“We break the roots into inch pieces. We then spread them out very thin on papers. We place them in the sun. We let it get very dry. After it is very dry we put it into water. We let it soak for a few days. We then boil it in the water it has soaked in. After it has boiled a long time we put some alum in it. This sets the color.”²⁰⁹

References: ²¹⁰

Sabina scopulorum
Sabina spp.
Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Arapaho

Indigenous Name: *Be'Oeino'o*
See Oibino
Ce:h'e'

Meaning: "Red-Inside" Tree
"Pine Berries"
"Needles"

Habitat/Ecological Zone:

Plants Parts Harvested: Needles

Season Collected: Not given

Spiritual/Religious Use(s): Needles used to cedar or smudge for spiritual preparation

Additional Commentary: The same terms and uses are applied to *Juniperus communis* and other *Sabino* species.²¹¹

References: ²¹²

Salix spp.

Willows; Salicaceae

Tribal Nation: Arapaho

Indigenous Name: *Yo:koxuu*

Meaning: "Willows"

Habitat/Ecological Zone:

Plants Parts Harvested: Not given

Season Collected: Not given

Additional Commentary: The White Elk Flat area in Colorado was called *Toh-co'-oo'-oe'* ("Where round shrub willows), which the Arapaho often used to make temporary shelters.²¹³

References: ²¹⁴

Salix amygdaloides
Peachleaf Willow; Salicaceae

Tribal Nation: Arapaho

Indigenous Name: *Bo: 'o:cei-yo:ku*
Meaning: "Red Willow Stand Upright"

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant.

References: ²¹⁵

Scirpus spp.
Bulrush; Cyperaceae

Tribal Nation: Arapaho

Indigenous Name: *Hono:wuuxo*
Meaning: "Bulrushes"

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant

References: ²¹⁶

Shepherdia argentea (Pursh) Nutt.
Elaeagnus argentea
Silver Buffalo Berry; Elaeagnaceae
Bull Berry

Tribal Nation: Arapaho

Indigenous Name: *Auch-ha—hay-be-na*
Meaning: Not given

Habitat/Ecological Zone: Stream banks, hillsides, and ravines in rocky, sandy, or clay

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Berries used to make jelly

Additional Commentary: According to Murphey, *Auch-ha—hay-be-na* refers to the Russet Buffalo berry, no thorns, with brown, ripe berries.²¹⁷ The Little Beaver River, located in the North Park area was referred to as *Honooxeoheb-isii'-iini* or “Buffalo Berry Bushes.”²¹⁸

References: ²¹⁹

Shepherdia argentea (Pursh) Nutt.
Elaeagnus argentea
Silver Buffalo Berry; Elaeagnaceae
Bull Berry

Tribal Nation: Arapaho

Indigenous Name: *Auch-ha—hay-be-na*
Meaning: Not given

Habitat/Ecological Zone: Stream banks, hillsides, and ravines in rocky, sandy, or clay

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Berries dried for winter use.

References: ²²⁰

Shepherdia argentea Nutt.
Lepargyaea argentea Nutt (Greene)
Silver Buffalo Berry; Bull Berry; Elaeagnaceae

Tribal Nation: Arapaho

Indigenous Name: *Auch-ha-haybena*
Meaning: Not given

Habitat/Ecological Zone: Stream banks, hillsides, and ravines in rocky, sandy, or clay

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): The berries, either red or yellow, are eaten immediately or collected and dried for winter use.

Additional Commentary: Among the Northern Arapaho the berries are used to make jelly and continue to be dried for winter use (recorded use circa 1930-1945).²²¹

References: ²²²

Sophora secundiflora
Mescal;

Tribal Nation: Arapaho

Indigenous Name: *Ho 'yo:x*
Meaning: "Mescal"

Habitat/Ecological Zone: Found in Mexico north into western Texas and southern New Mexico.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant

References: ²²³

Rhus aromatica
Rhus trilobata
Skunkbrush; Anacardiaceae

Tribal Nation: Arapaho

Indigenous Name: *Bee'ei'i*
No:wube'ei'i
Co:x-u:wuno'

Meaning: *bee'-ei-'I* = red-inanimate-plural; 'They are red'
 "They are southern red berries"
 "Enemy/Comanche Berries"

Habitat/Ecological Zone: Upland prairies, borders and openings in woods, country roads, and railroads

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): These berries were added to dishes for flavor or made into a sauce that was poured over other dishes

Additional Commentary: Kroeber refers to the reference to "Comanche berries" as the leaves were used in insect medicine. The uses of skunkbush are similar to those of the Cheyenne.²²⁴

References:²²⁵

Rhus aromatica
Rhus trilobata
 Skunkbrush; Anacardiaceae

Tribal Nation: Arapaho

Indigenous Name: *Bee'ei'i*
No:wube'ei'i
Co:x-u:wuno'

Meaning: *bee'-ei-'I* = red-inanimate-plural; 'They are red'
 "They are southern red berries"
 "Enemy/Comanche Berries"

Habitat/Ecological Zone: Upland prairies, borders and openings in woods, country roads, and railroads

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Used as insect medicine

Additional Commentary: Kroeber refers to them as “Comanche berries” as the leaves were used in insect medicine. The uses of skunkbush are similar to those of the Cheyenne.²²⁶

References: ²²⁷

Rosa woodsii Lindl

Woods' Rose; Rosaceae

Tribal Nation: Arapaho

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Prairies, ravines and stream banks, bluffs, thickets. The plant also can be found along railroad tracks and roads

Plants Parts Harvested: Bark

Season Collected: Not given

Food Use(s): Bark used to make tea.

References: ²²⁸

Rubus ideaus

Rubus spp.

Wild Raspberry; Rosaceae

Tribal Nation: Arapaho

Indigenous Name: *Hoonii'ono*

Meaning: “Raspberries”

Habitat/Ecological Zone:

Plants Parts Harvested: Berries

Season Collected: Not given
Food Use(s): These berries were eaten
References: ²²⁹

Sagittaria spp.
Arrowleaf; Alismataceae

Tribal Nation: Arapaho
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Dry, often stony, open or wooded sites; foothills to montane; Alberta, Canada to Colorado
Plants Parts Harvested: Leaves, roots, and stems
Season Collected: Not given

Additional Commentary: Elders report that women could only gather the plant from under the water of rivers or in the mud of stream bottoms. Arapaho used the plant in the same manner as the Cheyenne. The Cheyenne used the species for headaches, colds, toothaches, and as a gynecological aid during childbirth (refer to Chapter 6 this volume).²³⁰

References: ²³¹

Sambucus cerulea
Sambucus spp.
Blue Elderberry; Caprifoliaceae

Tribal Nation: Arapaho
Indigenous Name: *Kokuy-ono*
Meaning: “Gun/Whistle(s)”
Habitat/Ecological Zone:
Plants Parts Harvested: Stems

Season Collected: Not given

Artifacts: Stems are used to make flutes that a played by children

Additional Commentary: The Cheyenne call the plant “flute plant.”²³²

References: ²³³

Sarcobatus vermiculatus
Greasewood; Chenopodiaceae

Tribal Nation: Arapaho

Indigenous Name: *Si:si:yeibi:s*
Meaning: “Snake-bush”

Habitat/Ecological Zone: Found in saline or saline alkaline plains, especially common on flood plains and dry gullies

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ²³⁴

Sedum lanceolatum
Yellow Stonecrop; Crassulaceae
Lance-Leaved Stonecrop

Tribal Nation: Arapaho

Indigenous Name: *Hoteibi:Øhi:t*
Meaning: “Sheep Food”
“Big Horn Sheep Food”

Habitat/Ecological Zone: Dry, stony, open sites, including ridges, slopes, and rock outcrops. Plains to alpine zones, southern Yukon to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant.

References: ²³⁵

Shepherdia argentea (Pursh) Nutt
Silver Buffaloberry; Elaeagnaceae

Tribal Nation: Arapaho

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Berries.

Season Collected: Not given

Food Use(s): Berries used to make jelly.

References: ²³⁶

Shepherdia argentea (Pursh) Nutt
Silver Buffaloberry; Elaeagnaceae

Tribal Nation: Arapaho

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Berries dried for winter use

References: ²³⁷

Shepherdia canadensis
Shepherdia spp.
Buffaloberry; Elaegnaceae

Tribal Nation: Arapaho

Indigenous Name: *Ho:xe:h-ibino*
Auch-ha-haybina

Meaning: "Bull Berries"
"Bull Berries"

Habitat/Ecological Zone: Open woods and along stream banks; foothills to sub-alpine; Alaska to New Mexico

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Berries dried for winter use

References: ²³⁸

Symphoricarpus, spp
Snowberry; Caprifoliaceae
Coral-berry;
Wolf berry;
Stag-berry;
Skeleton Berry;
Ghost Berry

Tribal Nation: Arapaho

Indigenous Name: *Øi:konibino'*
Meaning: "Skeleton or Ghost Berries"

Habitat/Ecological Zone:

Plants Parts Harvested: Stems

Season Collected: Not given

Artifacts: Light weight, stems are used to make bird arrow shafts.

References: ²³⁹

Thalictrum spp.

Meadowrue; Ranunculaceae

Tribal Nation: Arapaho

Indigenous Name: *Hiwoxu:ho:x hiwoxu'*

Meaning: "Horse Root"

Habitat/Ecological Zone:

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Administered to a sick horse

References: ²⁴⁰

Thalictrum spp.

Meadowrue; Ranunculaceae

Tribal Nation: Arapaho

Indigenous Name: *Hiwoxu:ho:x hiwoxu'*

Meaning: "Horse Root"

Habitat/Ecological Zone:

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Rubbed on a tired horse's nose to refresh it

References: ²⁴¹

Toxicodendron rydbergii

Poison Ivy; Apiaceae

Tribal Nation: Arapaho
Indigenous Name: *Nih'ouso:Oeih:ho*
Meaning: "Bitter-??? Plant"
Habitat/Ecological Zone:
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
References: ²⁴²

Typha spp.
Cattail; Typhaceae

Tribal Nation: Arapaho
Indigenous Name: *Hono:wuuxo*
Meaning: "Cattail"
Habitat/Ecological Zone:
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
References: ²⁴³

Urtica dioica
Nettle; Urticaceae

Tribal Nation: Arapaho
Indigenous Name: *Ni:ho:yo*
Meaning: "It is yellow"
Habitat/Ecological Zone: Found in disturbed areas and slightly boggy areas
Plants Parts Harvested: Root
Season Collected: Not given

Medicinal Use(s): Used medicinally

References: ²⁴⁴

Viburnum alnifolium

Viburnum spp.

Hobblebush; Caprifoliaceae

Tribal Nation: Arapaho

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Crushed into a powder and mixed with tarantulas or centipedes to treat their bites

Additional Commentary: Kroeber writes that the plant is known as “shoestring” among local Anglo Oklahomans.²⁴⁵

References: ²⁴⁶

Vitis spp

Wild Grape; Vitaceae

Tribal Nation: Arapaho

Indigenous Name: *Beeneibi'i*

Meaning: 'They are attached in a cluster'

Habitat/Ecological Zone: Found in gulches and canyon areas, especially in Colorado

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): The grapes are harvested

References: ²⁴⁷

Wyethia spp.

Mule's Ears; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Pulverized leaves were mixed with tallow and smeared on a nursing mother's nipples to aid in the weaning of infants

References: ²⁴⁸

Yucca glauca

Yucca spp.

Yucca; Agavaceae

Tribal Nation: Arapaho

Indigenous Name: *Si:cene:woxu*

Meaning: "Stretched Medicine Grass"

Habitat/Ecological Zone: Dry, open sites; plains to foothills; southern Alberta, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant.

References: ²⁴⁹

Zea mays
Corn; Poaceae

Tribal Nation: Arapaho

Indigenous Name: *Besko:te*
Ho: 'oeti'

Meaning: "Corn"
"Corn"

Habitat/Ecological Zone:

Plants Parts Harvested: Corn ears

Season Collected: Not given

References: ²⁵⁰

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- ¹. The indigenous names are spelt phonetically as they appear in the source. It is recommended that the original texts be referenced for spelling accuracy and the taxonomic system that was applied to the plants.
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- ³. Cowell, "Arapaho Plant Names," 145.
- ⁴ Ferinand V. Hayden, "On the Ethnography and Philology of the Indian Tribes of the Missouri Valley," Transactions of the American Philosophical Society, n.s. 12. (Philadelphia: American Philosophical Society, 1863), 327.
- ⁵. Cowell, "Arapaho Plant Names," 146; Linda Kershaw, Andy MacKinnon, and Jim Pojar, Plants of the Rocky Mountains. (Edmonton: Lone Pine Publishing, 1998), 59.
- ⁶. Cowell, "Arapaho Plant Names," 148; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 234; Gifford Nickerson, "Some Data on Plains and Great Basin Uses of Certain Native Plants," Tebiwa. 9(1966):50.
- ⁷. Cowell, "Arapaho Plant Names," 148; Nickerson, "Some Data on Plains and Great Basin Uses of Certain Native Plants," 50.
- ⁸. Cowell, "Arapaho Plant Names," 148; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 234; Nickerson, "Some Data on Plains and Great Basin Uses of Certain Native Plants," 50.
- ⁹. Cowell, "Arapaho Plant Names," 146.
- ¹⁰. Cowell, "Arapaho Plant Names," 157; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 191; Alfred Louis Kroeber, The Arapaho. (Lincoln: University of Nebraska Press, 1983), 399.
- ¹¹. Cowell, "Arapaho Plant Names," 157; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 91.
- ¹². Andrew Cowell and Alonzo Moss Sr. "Arapaho Place Names in Colorado: Form and Function, Language and Culture," Anthropological Linguistics. 45(2003)4:358.
- ¹³. Cowell, "Arapaho Plant Names," 148-149.
- ¹⁴. Ralph L. Beals, Ethnology of Rocky Mountain Park: The Ute and Arapaho. (Berkeley: National Park Service, Field Division of Education, 1936); Cowell, "Arapaho Plant Names," 159; <http://www.colorado.edu/csilw/arapahoproject/ethnobotany/ethnobotany.htm>; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 66; Nickerson, "Some Data on Plains and Great Basin Uses of Certain Native Plants," 48.
- ¹⁵. Cowell, "Arapaho Plant Names," 159; <http://www.colorado.edu/csilw/arapahoproject/ethnobotany/ethnobotany.htm>; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 66; Nickerson, "Some Data on Plains and Great Basin Uses of Certain Native Plants," 48.
- ¹⁶. Cowell, "Arapaho Plant Names," 149; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 234.
- ¹⁷. Cowell, "Arapaho Plant Names," 147; Sister M. Inez Hilger, Arapaho Child Life and its Cultural Background. Bureau of American Ethnology, Bulletin 148. (Washington D.C.: Smithsonian Institution, 1952), 55.

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- ¹⁸. Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 230; Nickerson, "Some Data on Plains and Great Basin Uses of Certain Native Plants," 50.
- ¹⁹. Cowell, "Arapaho Plant Names," 154; Hayden, "On the Ethnography and Philology of the Indian Tribes of the Missouri Valley," 327; Nickerson, "Some Data on Plains and Great Basin Uses of Certain Native Plants," 49.
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- ²¹. Cowell and Moss Sr. "Arapaho Place Names in Colorado: Form and Function, Language and Culture," 358.
- ²². Cowell, "Arapaho Plant Names," 149; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 232.
- ²³. Hayden, "On the Ethnography and Philology of the Indian Tribes of the Missouri Valley," 327.
- ²⁴. Cowell and Moss Sr. "Arapaho Place Names in Colorado: Form and Function, Language and Culture," 358.
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- ³⁰. Cowell and Moss Sr. "Arapaho Place Names in Colorado: Form and Function, Language and Culture," 358.
- ³¹. Cowell, "Arapaho Plant Names," 149; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 233; See also, Edith Van Allen Murphey, Indian Uses of Native Plants. (Fort Bragg: Mendocino County Historical Society, 1959).
- ³². Cowell and Moss Sr. "Arapaho Place Names in Colorado: Form and Function, Language and Culture," 358.
- ³³. Edith Van Allen Murphey, Indian Uses of Native Plants. (Glenwood: Meyerbooks, 1990), 38.
- ³⁴. Cowell and Moss Sr. "Arapaho Place Names in Colorado: Form and Function, Language and Culture," 358.
- ³⁵. Murphey, Indian Uses of Native Plants, 38.
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- ⁴¹. Kelly Kindscher, Medicinal Wild Plants of the Prairie: An Ethnobotanical Guide. (Lawrence: University Press of Kansas, 1992), 47-52; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 232; Murphey, Indian Uses of Native Plants, 12.
- ⁴². Cowell, "Arapaho Plant Names," 152; Hayden, "On the Ethnography and Philology of the Indian Tribes of the Missouri Valley," 327.
- ⁴³. Cowell, "Arapaho Plant Names," 148.
- ⁴⁴. Cowell, "Arapaho Plant Names," 148; Kroeber, The Arapaho, 424.
- ⁴⁵. George A. Dorsey and Alfred Louis Kroeber, Traditions of the Arapaho. (Lincoln: University of Nebraska Press, 1998), 87, 295.
- ⁴⁶. Cowell, "Arapaho Plant Names," 150; Dorsey and Kroeber, Traditions of the Arapaho, 87, 295.
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- ⁴⁸. Cowell, "Arapaho Plant Names," 150; Dorsey and Kroeber, Traditions of the Arapaho, 87, 295.
- ⁴⁹. Cowell, "Arapaho Plant Names," 144.
- ⁵⁰. Cowell, "Arapaho Plant Names," 151.
- ⁵¹. Cowell, "Arapaho Plant Names," 152.
- ⁵². Cowell, "Arapaho Plant Names," 152.
- ⁵³. Cowell, "Arapaho Plant Names," 152.
- ⁵⁴. Cowell, "Arapaho Plant Names," 161; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 198; Nickerson, "Some Data on Plains and Great Basin Uses of Certain Native Plants," 50.
- ⁵⁵. Kindscher, Medicinal Wild Plants of the Prairie: An Ethnobotanical Guide, 231-232; Nickerson, "Some Data on Plains and Great Basin Uses of Certain Native Plants," 49.
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- ⁵⁷. Cowell, "Arapaho Plant Names," 161.
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- ⁵⁹. Cowell, "Arapaho Plant Names," 149; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 75.
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- ⁶¹. Cowell, "Arapaho Plant Names," 147; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 111; Kroeber, The Arapaho, 190.
- ⁶². Cowell, "Arapaho Plant Names," 149.
- ⁶³. Murphey, Indian Uses of Native Plants, 59.

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- ⁶⁷. Cowell, "Arapaho Plant Names," 153; Nickerson, "Some Data on Plains and Great Basin Uses of Certain Native Plants," 49.
- ⁶⁸. Cowell, "Arapaho Plant Names," 159; <http://www.colorado.edu/csilw/arapahoproject/ethnobotany/ethnobotany.htm>; Mooney 1896:247
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- ⁷⁰. Cowell, "Arapaho Plant Names," 149.
- ⁷¹. Tallbull, Plant Lore of the Northern Cheyenne, 16.
- ⁷². Cowell, "Arapaho Plant Names," 149; Tallbull, Plant Lore of the Northern Cheyenne, 16.
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- ⁷⁴. Nickerson, "Some Data on Plains and Great Basin Uses of Certain Native Plants," 49.
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- ⁷⁹. Cowell, "Arapaho Plant Names," 158.
- ⁸⁰. Cowell, "Arapaho Plant Names," 157; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 98.
- ⁸¹. Cowell, "Arapaho Plant Names," 144.
- ⁸². Cowell, "Arapaho Plant Names," 144.
- ⁸³. Cowell, "Arapaho Plant Names," 155.
- ⁸⁴. Cowell, "Arapaho Plant Names," 155.
- ⁸⁵. Cowell, "Arapaho Plant Names," 155.
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- ⁸⁹. Cowell, "Arapaho Plant Names," 156; Murphey, Indian Uses of Native Plants, 17.
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- ⁹¹. Cowell, "Arapaho Plant Names," 156; Murphey, Indian Uses of Native Plants, 17; Nickerson, "Some Data on Plains and Great Basin Uses of Certain Native Plants," 49.

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- ⁹⁷. Cowell, "Arapaho Plant Names," 156; Hilger, Arapaho Child Life and its Cultural Background, 55.
- ⁹⁸. Cowell, "Arapaho Plant Names," 156.
- ⁹⁹. Nickerson, "Some Data on Plains and Great Basin Uses of Certain Native Plants," 49.
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- ¹⁰³. Cowell, "Arapaho Plant Names," 150; Murphey, Indian Uses of Native Plants; Nickerson, "Some Data on Plains and Great Basin Uses of Certain Native Plants," 50.
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