

Search for **milkweed** found 304 matches:

[Asclepias engelmanniana Woods.](#)

Eared **Milkweed**; Asclepiadaceae

Navajo, Kayenta Drug (Respiratory Aid)

Plant used for nasal congestion from a cold.

Wyman, Leland C. and Stuart K. Harris 1951 The Ethnobotany of the Kayenta Navaho. Albuquerque. The University of New Mexico Press (p. 36)

[Asclepias californica Greene](#)

California **Milkweed**; Asclepiadaceae

Kawaiisu Drug (Dermatological Aid)

Dried, powdered plant applied to spider bites.

Zigmond, Maurice L. 1981 Kawaiisu Ethnobotany. Salt Lake City. University of Utah Press (p. 13)

[Asclepias californica Greene](#)

California **Milkweed**; Asclepiadaceae

Kawaiisu Food (Candy)

Milky juice boiled until thick and chewed like chewing gum.

Zigmond, Maurice L. 1981 Kawaiisu Ethnobotany. Salt Lake City. University of Utah Press (p. 13)

[Asclepias californica Greene](#)

California **Milkweed**; Asclepiadaceae

Kawaiisu Food (Candy)

Leaves roasted under hot ashes and chewed.

Zigmond, Maurice L. 1981 Kawaiisu Ethnobotany. Salt Lake City. University of Utah Press (p. 13)

[Asclepias cordifolia \(Benth.\) Jepson](#)

Heartleaf **Milkweed**; Asclepiadaceae

Miwok Drug (Unspecified)

Root used as a medicine.

Barrett, S. A. and E. W. Gifford 1933 Miwok Material Culture. Bulletin of the Public Museum of the City of Milwaukee 2(4):11 (p. 167)

[Asclepias cordifolia \(Benth.\) Jepson](#)

Heartleaf **Milkweed**; Asclepiadaceae

Karok Food (Candy)

Latex boiled, condensed and chewed.

Baker, Marc A. 1981 The Ethnobotany of the Yurok, Tolowa and Karok Indians of Northwest California.

[**Asclepias cordifolia \(Benth.\) Jepson**](#)

Heartleaf **Milkweed**; Asclepiadaceae

Yurok Food (Candy)

Dried latex chewed by the older people at their leisure.

Baker, Marc A. 1981 The Ethnobotany of the Yurok, Tolowa and Karok Indians of Northwest California.

Humboldt State University, M.A. Thesis (p. 19)

[**Asclepias cryptoceras S. Wats.**](#)

Pallid **Milkweed**; Asclepiadaceae

Paiute Drug (Analgesic)

Decoction of root used as a wash for headaches.

Train, Percy, James R. Henrichs and W. Andrew Archer 1941 Medicinal Uses of Plants by Indian Tribes of Nevada.

Washington DC. U.S. Department of Agriculture (p. 47)

[**Asclepias cryptoceras S. Wats.**](#)

Pallid **Milkweed**; Asclepiadaceae

Paiute Drug (Dermatological Aid)

Latex used for ringworm.

Train, Percy, James R. Henrichs and W. Andrew Archer 1941 Medicinal Uses of Plants by Indian Tribes of Nevada.

Washington DC. U.S. Department of Agriculture (p. 47)

[**Asclepias cryptoceras S. Wats.**](#)

Pallid **Milkweed**; Asclepiadaceae

Paiute, Northern Drug (Dermatological Aid)

Poultice of dried, powdered roots applied to sores.

Fowler, Catherine S. 1989 Willards Z. Park's Ethnographic Notes on the Northern Paiute of Western Nevada

1933-1940. Salt Lake City. University of Utah Press (p. 125)

[**Asclepias cryptoceras S. Wats.**](#)

Pallid **Milkweed**; Asclepiadaceae

Shoshoni Drug (Veterinary Aid)

Juice of plant used for horse with sore back.

Murphey, Edith Van Allen 1990 Indian Uses of Native Plants. Glenwood, Ill. Meyerbooks. Originally

published in 1959 (p. 49)

[**Asclepias eriocarpa Benth.**](#)

Woollypod **Milkweed**; Asclepiadaceae

Costanoan Drug (Cold Remedy)

Decoction of plant and plant salve used for colds.

Bocek, Barbara R. 1984 Ethnobotany of Costanoan Indians, California, Based on Collections by John P. Harrington. *Economic Botany* 38(2):240-255 (p. 12)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Costanoan Drug (Dermatological Aid)

Milky juice used to reduce corns.

Bocek, Barbara R. 1984 Ethnobotany of Costanoan Indians, California, Based on Collections by John P. Harrington. *Economic Botany* 38(2):240-255 (p. 12)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Costanoan Drug (Other)

Powdered, dried roots inhaled to cause sneezing.

Bocek, Barbara R. 1984 Ethnobotany of Costanoan Indians, California, Based on Collections by John P. Harrington. *Economic Botany* 38(2):240-255 (p. 12)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Costanoan Drug (Respiratory Aid)

Burning dried plant smoke inhaled for asthma.

Bocek, Barbara R. 1984 Ethnobotany of Costanoan Indians, California, Based on Collections by John P. Harrington. *Economic Botany* 38(2):240-255 (p. 12)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Mendocino Indian Drug (Dermatological Aid)

Plant juice applied to cuts, sores and warts.

Chestnut, V. K. 1902 Plants Used by the Indians of Mendocino County, California. *Contributions from the U.S. National Herbarium* 7:295-408. (p. 379)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Karok Food (Candy)

Milk stirred, heated, mixed with salmon fat or deer grease and used for chewing gum.

Schenck, Sara M. and E. W. Gifford 1952 Karok Ethnobotany. *Anthropological Records* 13(6):377-392 (p. 388)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Luiseno Food (Candy)

Stem sap boiled in water until coagulation and used as chewing gum.

Sparkman, Philip S. 1908 The Culture of the Luiseno Indians. University of California Publications in American Archaeology and Ethnology 8(4):187-234 (p. 196)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Mendocino Indian Food (Forage)

Sweet-scented flowers used by bees as a source of nectar.

Chestnut, V. K. 1902 Plants Used by the Indians of Mendocino County, California. Contributions from the U.S. National Herbarium 7:295-408. (p. 379)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Concow Fiber (Cordage)

Used to make ropes and string.

Chestnut, V. K. 1902 Plants Used by the Indians of Mendocino County, California. Contributions from the U.S. National Herbarium 7:295-408. (p. 379)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Luiseno Fiber (Clothing)

Plant used to make aprons.

Sparkman, Philip S. 1908 The Culture of the Luiseno Indians. University of California Publications in American Archaeology and Ethnology 8(4):187-234 (p. 201)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Luiseno Fiber (Clothing)

Stem fiber made into twine and used to make front aprons worn by women.

Sparkman, Philip S. 1908 The Culture of the Luiseno Indians. University of California Publications in American Archaeology and Ethnology 8(4):187-234 (p. 202)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Luiseno Fiber (Cordage)

Stem fiber or decayed stem fiber used to make twine.

Sparkman, Philip S. 1908 The Culture of the Luiseno Indians. University of California Publications in American Archaeology and Ethnology 8(4):187-234 (p. 202)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Pomo, Kashaya Fiber (Clothing)

Stem fibers shredded to make a woman's skirt.

Goodrich, Jennie and Claudia Lawson 1980 Kashaya Pomo Plants. Los Angeles. American Indian Studies Center, University of California, Los Angeles (p. 70)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Pomo, Kashaya Fiber (Cordage)

Stem fibers used to make two ply string.

Goodrich, Jennie and Claudia Lawson 1980 Kashaya Pomo Plants. Los Angeles. American Indian Studies Center, University of California, Los Angeles (p. 70)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Luiseno Other (Containers)

Stem fiber made into twine and used to make large-meshed nets for carrying bulky or heavy articles.

Sparkman, Philip S. 1908 The Culture of the Luiseno Indians. University of California Publications in American Archaeology and Ethnology 8(4):187-234 (p. 202)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Luiseno Other (Containers)

Stem fiber made into twine and used to make network sacks for carrying acorns and other small seeds.

Sparkman, Philip S. 1908 The Culture of the Luiseno Indians. University of California Publications in American Archaeology and Ethnology 8(4):187-234 (p. 202)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Luiseno Other (Hunting & Fishing Item)

Stem fiber made into twine and sometimes used to make bowstrings.

Sparkman, Philip S. 1908 The Culture of the Luiseno Indians. University of California Publications in American Archaeology and Ethnology 8(4):187-234 (p. 202)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Luiseno Other (Hunting & Fishing Item)

Stem fiber made into twine, occasionally used to make long nets & draw nets for catching rabbits.

Sparkman, Philip S. 1908 The Culture of the Luiseno Indians. University of California Publications in American Archaeology and Ethnology 8(4):187-234 (p. 202)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Luiseno Other (Hunting & Fishing Item)

Stem fiber made into twine and used to make slings.

Sparkman, Philip S. 1908 The Culture of the Luiseno Indians. University of California Publications in American Archaeology and Ethnology 8(4):187-234 (p. 202)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Luiseno Other (Hunting & Fishing Item)

Stem fiber made into twine and used to make fishing nets.

Sparkman, Philip S. 1908 The Culture of the Luiseno Indians. University of California Publications in American Archaeology and Ethnology 8(4):187-234 (p. 202)

[Asclepias eriocarpa Benth.](#)

Woollypod **Milkweed**; Asclepiadaceae

Luiseno Other (Hunting & Fishing Item)

Plant fiber used to make bowstrings.

Sparkman, Philip S. 1908 The Culture of the Luiseno Indians. University of California Publications in American Archaeology and Ethnology 8(4):187-234 (p. 206)

[Asclepias erosa Torr.](#)

Desert **Milkweed**; Asclepiadaceae

Coahuilla Food (Candy)

Sap collected, set aside to solidify, heated over the fire and used as a chewing gum.

Barrows, David Prescott 1967 The Ethno-Botany of the Coahuilla Indians of Southern California. Banning CA. Malki Museum Press. Originally Published 1900 (p. 75)

[Asclepias erosa Torr.](#)

Desert **Milkweed**; Asclepiadaceae

Tubatulabal Food (Candy)

Juice roasted until congealed and used as chewing gum.

[Asclepias exaltata L.](#)

Poke **Milkweed**; Asclepiadaceae

Omaha Drug (Gastrointestinal Aid)

Raw root eaten for stomach trouble.

Gilmore, Melvin R. 1919 Uses of Plants by the Indians of the Missouri River Region. SI-BAE Annual Report #33 (p. 110)

[Asclepias exaltata L.](#)

Poke **Milkweed**; Asclepiadaceae

Ponca Drug (Gastrointestinal Aid)

Root eaten raw for stomach trouble.

Gilmore, Melvin R. 1919 Uses of Plants by the Indians of the Missouri River Region. SI-BAE Annual Report #33 (p. 110)

[Asclepias fascicularis Dcne.](#)

Mexican Whorled **Milkweed**; Asclepiadaceae

California Indian Drug (Snake Bite Remedy)

Poultice of fresh leaves used for snakebite.

Murphey, Edith Van Allen 1990 Indian Uses of Native Plants. Glenwood, Ill. Meyerbooks. Originally published in 1959 (p. 47)

[Asclepias fascicularis Dcne.](#)

Mexican Whorled **Milkweed**; Asclepiadaceae

Mendocino Indian Drug (Poison)

Flowers considered poisonous.

Chestnut, V. K. 1902 Plants Used by the Indians of Mendocino County, California. Contributions from the U.S. National Herbarium 7:295-408. (p. 380)

[Asclepias fascicularis Dcne.](#)

Mexican Whorled **Milkweed**; Asclepiadaceae

Miwok Food (Cooking Agent)

Boiled greens added to thicken manzanita cider.

Barrett, S. A. and E. W. Gifford 1933 Miwok Material Culture. Bulletin of the Public Museum of the City of Milwaukee 2(4):11 (p. 159)

[Asclepias fascicularis Dcne.](#)

Mexican Whorled **Milkweed**; Asclepiadaceae

Miwok Food (Vegetable)

Boiled greens used for food.

Barrett, S. A. and E. W. Gifford 1933 Miwok Material Culture. Bulletin of the Public Museum of the City of Milwaukee 2(4):11 (p. 159)

[Asclepias fascicularis Dcne.](#)

Mexican Whorled **Milkweed**; Asclepiadaceae

Paiute Food (Unspecified)

Species used for food.

Steward, Julian H. 1933 Ethnography of the Owens Valley Paiute. University of California Publications in American Archaeology and Ethnology 33(3):233-250 (p. 244)

[Asclepias fascicularis Dcne.](#)

Mexican Whorled **Milkweed**; Asclepiadaceae

Yokia Food (Unspecified)

Young blossoms occasionally eaten in small quantities.

Chestnut, V. K. 1902 Plants Used by the Indians of Mendocino County, California. Contributions from the U.S. National Herbarium 7:295-408. (p. 380)

[Asclepias fascicularis Dcne.](#)

Mexican Whorled **Milkweed**; Asclepiadaceae

Costanoan Fiber (Cordage)

Stem fiber used as cordage.

Bocek, Barbara R. 1984 Ethnobotany of Costanoan Indians, California, Based on Collections by John P. Harrington. Economic Botany 38(2):240-255 (p. 252)

[Asclepias fascicularis Dcne.](#)

Mexican Whorled **Milkweed**; Asclepiadaceae

Kawaiisu Fiber (Cordage)

Stems used as the principal source of cordage.

Zigmond, Maurice L. 1981 Kawaiisu Ethnobotany. Salt Lake City. University of Utah Press (p. 14)

[Asclepias hallii Gray](#)

Hall's **Milkweed**; Asclepiadaceae

Navajo Drug (Gynecological Aid)

Infusion of plant used as tonic after deliverance.

Elmore, Francis H. 1944 Ethnobotany of the Navajo. Sante Fe, NM. School of American Research (p. 69)

[Asclepias hallii Gray](#)

Hall's **Milkweed**; Asclepiadaceae

Navajo, Kayenta Drug (Veterinary Aid)

Plant poisonous to livestock.

Wyman, Leland C. and Stuart K. Harris 1951 The Ethnobotany of the Kayenta Navaho. Albuquerque. The University of New Mexico Press (p. 36)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Chippewa Drug (Pediatric Aid)

Infusion of root used as a strengthening bath for children.

Densmore, Frances 1928 Uses of Plants by the Chippewa Indians. SI-BAE Annual Report #44:273-379 (p. 364)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Chippewa Drug (Strengthenener)

Infusion of root used as a strengthening bath for children and adults.

Densmore, Frances 1928 Uses of Plants by the Chippewa Indians. SI-BAE Annual Report #44:273-379 (p. 364)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Iroquois Drug (Dermatological Aid)

Cold infusion of roots applied to heal babies navel.

Herrick, James William 1977 Iroquois Medical Botany. State University of New York, Albany, PhD Thesis (p. 418)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Iroquois Drug (Diuretic)

Decoction of plants taken for too little urine.

Herrick, James William 1977 Iroquois Medical Botany. State University of New York, Albany, PhD Thesis (p. 418)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Iroquois Drug (Kidney Aid)

Decoction of plants taken for the kidneys.

Herrick, James William 1977 Iroquois Medical Botany. State University of New York, Albany, PhD Thesis (p. 418)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Iroquois Drug (Orthopedic Aid)

Decoction of plants taken for lame backs.

Herrick, James William 1977 Iroquois Medical Botany. State University of New York, Albany, PhD Thesis (p. 418)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Iroquois Drug (Other)

Compound decoction of roots taken and used as wash for stricture.

Herrick, James William 1977 Iroquois Medical Botany. State University of New York, Albany, PhD Thesis (p. 417)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Iroquois Drug (Pediatric Aid)

Cold infusion of roots applied to heal babies navel.

Herrick, James William 1977 Iroquois Medical Botany. State University of New York, Albany, PhD Thesis (p. 418)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Iroquois Drug (Strengtheners)

Infusion of roots taken and used as wash to give strength.

Herrick, James William 1977 Iroquois Medical Botany. State University of New York, Albany, PhD Thesis (p. 418)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Iroquois Drug (Toothache Remedy)

Dried stems made into cord and used for tooth extraction.

Herrick, James William 1977 Iroquois Medical Botany. State University of New York, Albany, PhD Thesis (p. 418)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Iroquois Drug (Urinary Aid)

Decoction of plants taken for too much urine.

Herrick, James William 1977 Iroquois Medical Botany. State University of New York, Albany, PhD Thesis (p. 418)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Iroquois Drug (Witchcraft Medicine)

Decoction of plant used to increase one's strength to be able to physically punish a witch.

Herrick, James William 1977 Iroquois Medical Botany. State University of New York, Albany, PhD Thesis (p. 418)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Meskwaki Drug (Anthelmintic)

Infusion of root used to drive the tapeworms from a person in one hour.

Smith, Huron H. 1928 Ethnobotany of the Meskwaki Indians. Bulletin of the Public Museum of the City of Milwaukee 4:175-326 (p. 205)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Meskwaki Drug (Carminative)

Root used as a carminative.

Smith, Huron H. 1928 Ethnobotany of the Meskwaki Indians. Bulletin of the Public Museum of the City of Milwaukee 4:175-326 (p. 205)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Meskwaki Drug (Cathartic)

Root used as a cathartic.

Smith, Huron H. 1928 Ethnobotany of the Meskwaki Indians. Bulletin of the Public Museum of the City of Milwaukee 4:175-326 (p. 205)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Meskwaki Drug (Diuretic)

Root used as a diuretic.

Smith, Huron H. 1928 Ethnobotany of the Meskwaki Indians. Bulletin of the Public Museum of the City of

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Meskwaki Drug (Emetic)

Root used as an emetic.

Smith, Huron H. 1928 Ethnobotany of the Meskwaki Indians. Bulletin of the Public Museum of the City of Milwaukee 4:175-326 (p. 205)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Menominee Food (Soup)

Heads, deer broth or fat used to make soup.

Smith, Huron H. 1923 Ethnobotany of the Menomini Indians. Bulletin of the Public Museum of the City of Milwaukee 4:1-174 (p. 62)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Menominee Food (Unspecified)

Heads added to cornmeal mush.

Smith, Huron H. 1923 Ethnobotany of the Menomini Indians. Bulletin of the Public Museum of the City of Milwaukee 4:1-174 (p. 62)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Menominee Food (Winter Use Food)

Cut, dried heads stored for winter use.

Smith, Huron H. 1923 Ethnobotany of the Menomini Indians. Bulletin of the Public Museum of the City of Milwaukee 4:1-174 (p. 62)

[Asclepias incarnata L.](#)

Swamp **Milkweed**; Asclepiadaceae

Chippewa Fiber (Cordage)

Fiber used to make good twine.

Gilmore, Melvin R. 1933 Some Chippewa Uses of Plants. Ann Arbor. University of Michigan Press (p. 140)

[Asclepias involucrata Engelm. ex Torr.](#)

Dwarf **Milkweed**; Asclepiadaceae

Keres, Western Drug (Gastrointestinal Aid)

Infusion of plant used as a stomach medicine.

Swank, George R. 1932 The Ethnobotany of the Acoma and Laguna Indians. University of New Mexico, M.A. Thesis (p. 30)

[**Asclepias involucrata Engelm. ex Torr.**](#)

Dwarf **Milkweed**; Asclepiadaceae

Navajo, Kayenta Drug (Toothache Remedy)

Poultice of heated roots applied for toothaches.

Wyman, Leland C. and Stuart K. Harris 1951 The Ethnobotany of the Kayenta Navaho. Albuquerque. The University of New Mexico Press (p. 36)

[**Asclepias involucrata Engelm. ex Torr.**](#)

Dwarf **Milkweed**; Asclepiadaceae

Zuni Drug (Unspecified)

Dry powdered root and saliva used for unspecified illness.

Camazine, Scott and Robert A. Bye 1980 A Study Of The Medical Ethnobotany Of The Zuni Indians of New Mexico. Journal of Ethnopharmacology 2:365-388 (p. 373)

[**Asclepias involucrata Engelm. ex Torr.**](#)

Dwarf **Milkweed**; Asclepiadaceae

Zuni Food (Forage)

Plant favored by jackrabbits.

Stevenson, Matilda Coxe 1915 Ethnobotany of the Zuni Indians. SI-BAE Annual Report #30 (p. 65)

[**Asclepias latifolia \(Torr.\) Raf.**](#)

Broadleaf **Milkweed**; Asclepiadaceae

Isleta Drug (Respiratory Aid)

Ground leaf and stem powder inhaled for catarrh.

Jones, Volney H. 1931 The Ethnobotany of the Isleta Indians. University of New Mexico, M.A. Thesis (p. 23)

[**Asclepias nyctaginifolia Gray**](#)

Mojave **Milkweed**; Asclepiadaceae

Navajo, Kayenta Drug (Antidiarrheal)

Infusion of plant given to infants with diarrhea.

Wyman, Leland C. and Stuart K. Harris 1951 The Ethnobotany of the Kayenta Navaho. Albuquerque. The University of New Mexico Press (p. 37)

[Asclepias nyctaginifolia Gray](#)

Mojave **Milkweed**; Asclepiadaceae

Navajo, Kayenta Drug (Pediatric Aid)

Infusion of plant given to infants with diarrhea.

Wyman, Leland C. and Stuart K. Harris 1951 The Ethnobotany of the Kayenta Navaho. Albuquerque. The University of New Mexico Press (p. 37)

[Asclepias perennis Walt.](#)

Aquatic **Milkweed**; Asclepiadaceae

Cherokee Drug (Analgesic)

Infusion of root taken with root of "virgin's bower" for backache.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias perennis Walt.](#)

Aquatic **Milkweed**; Asclepiadaceae

Cherokee Drug (Dermatological Aid)

Rubbed on warts to remove them.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias perennis Walt.](#)

Aquatic **Milkweed**; Asclepiadaceae

Cherokee Drug (Kidney Aid)

Plant taken for "dropsy."

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias perennis Walt.](#)

Aquatic **Milkweed**; Asclepiadaceae

Cherokee Drug (Laxative)

Plant taken as a laxative.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias perennis Walt.](#)

Aquatic **Milkweed**; Asclepiadaceae

Cherokee Drug (Urinary Aid)

Plant taken for "gravel."

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias perennis Walt.](#)

Aquatic **Milkweed**; Asclepiadaceae

Cherokee Drug (Venereal Aid)

Infusion of root taken for venereal diseases.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias perennis Walt.](#)

Aquatic **Milkweed**; Asclepiadaceae

Cherokee Drug (Veterinary Aid)

Infusion given for "milksick (mastitis)."

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias perennis Walt.](#)

Aquatic **Milkweed**; Asclepiadaceae

Cherokee Other (Hunting & Fishing Item)

Plant fibers used to make bowstrings.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias pumila \(Gray\) Vail](#)

Plains **Milkweed**; Asclepiadaceae

Lakota Drug (Antidiarrheal)

Infusion of leaves taken for diarrhea.

Rogers, Dilwyn J 1980 Lakota Names and Traditional Uses of Native Plants by Sicangu (Brule) People in the Rosebud Area, South Dakota. St. Francis, SD. Rosebud Educational Society (p. 34)

[Asclepias pumila \(Gray\) Vail](#)

Plains **Milkweed**; Asclepiadaceae

Lakota Drug (Pediatric Aid)

Infusion of leaves taken by children with diarrhea.

Rogers, Dilwyn J 1980 Lakota Names and Traditional Uses of Native Plants by Sicangu (Brule) People in the Rosebud Area, South Dakota. St. Francis, SD. Rosebud Educational Society (p. 34)

[Asclepias quadrifolia Jacq.](#)

Fourleaf **Milkweed**; Asclepiadaceae

Cherokee Drug (Analgesic)

Infusion of root taken with root of "virgin's bower" for backache.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias quadrifolia Jacq.](#)

Fourleaf **Milkweed**; Asclepiadaceae

Cherokee Drug (Dermatological Aid)

Rubbed on warts to remove them.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias quadrifolia Jacq.](#)

Fourleaf **Milkweed**; Asclepiadaceae

Cherokee Drug (Kidney Aid)

Plant taken for "dropsy."

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias quadrifolia Jacq.](#)

Fourleaf **Milkweed**; Asclepiadaceae

Cherokee Drug (Laxative)

Plant taken for as a laxative.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias quadrifolia Jacq.](#)

Fourleaf **Milkweed**; Asclepiadaceae

Cherokee Drug (Urinary Aid)

Plant taken for "gravel."

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias quadrifolia Jacq.](#)

Fourleaf **Milkweed**; Asclepiadaceae

Cherokee Drug (Venereal Aid)

Infusion of root taken for venereal diseases.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva,

[Asclepias quadrifolia Jacq.](#)

Fourleaf **Milkweed**; Asclepiadaceae

Cherokee Drug (Veterinary Aid)

Infusion given for "milksick (mastitis)."

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias quadrifolia Jacq.](#)

Fourleaf **Milkweed**; Asclepiadaceae

Cherokee Other (Hunting & Fishing Item)

Plant fibers used to make bowstrings.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Cahuilla Drug (Analgesic)

Gum applied to insect sting pain.

Bean, Lowell John and Katherine Siva Saubel 1972 Temalpakh (From the Earth); Cahuilla Indian Knowledge and Usage of Plants. Banning, CA. Malki Museum Press (p. 43)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Delaware Drug (Misc. Disease Remedy)

Infusion of pounded roots used for epilepsy in those born during certain phases of the moon.

Tantaquidgeon, Gladys 1972 Folk Medicine of the Delaware and Related Algonkian Indians. Harrisburg. Pennsylvania Historical Commission Anthropological Papers #3 (p. 39)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Delaware, Oklahoma Drug (Anticonvulsive)

Infusion of pounded roots of five species taken for epileptic fits.

Tantaquidgeon, Gladys 1942 A Study of Delaware Indian Medicine Practice and Folk Beliefs. Harrisburg. Pennsylvania Historical Commission (p. 32, 74)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Natchez Drug (Kidney Aid)

Infusion of root taken for "kidney trouble and Bright's disease."

Swanton, John R 1928 Religious Beliefs and Medical Practices of the Creek Indians. SI-BAE Annual Report #42:473-672 (p. 667)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Natchez Drug (Kidney Aid)

Infusion of roots taken for kidney troubles and nephritis.

Taylor, Linda Averill 1940 Plants Used As Curatives by Certain Southeastern Tribes. Cambridge, MA. Botanical Museum of Harvard University (p. 52)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Natchez Drug (Venereal Aid)

Plant used for syphilis.

Swanton, John R 1928 Religious Beliefs and Medical Practices of the Creek Indians. SI-BAE Annual Report #42:473-672 (p. 668)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Natchez Drug (Venereal Aid)

Plant used for syphilis.

Taylor, Linda Averill 1940 Plants Used As Curatives by Certain Southeastern Tribes. Cambridge, MA. Botanical Museum of Harvard University (p. 52)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Navajo Drug (Gastrointestinal Aid)

Infusion of crushed, dried leaves taken for stomach troubles.

Elmore, Francis H. 1944 Ethnobotany of the Navajo. Sante Fe, NM. School of American Research (p. 69)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Cahuilla Food (Staple)

Seeds ground into flour.

Bean, Lowell John and Katherine Siva Saubel 1972 Temalpakh (From the Earth); Cahuilla Indian Knowledge and Usage of Plants. Banning, CA. Malki Museum Press (p. 43)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Cahuilla Food (Vegetable)

Parboiled leaves used as greens from May until June.

Bean, Lowell John and Katherine Siva Saubel 1972 Temalpakh (From the Earth); Cahuilla Indian Knowledge and Usage of Plants. Banning, CA. Malki Museum Press (p. 43)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Jemez Food (Unspecified)

Immature seeds used for food.

Cook, Sarah Louise 1930 The Ethnobotany of Jemez Indians.. University of New Mexico, M.A. Thesis (p. 20)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Karok Food (Candy)

Juice used for chewing gum.

Merriam, C. Hart 1966 Ethnographic Notes on California Indian Tribes. University of California Archaeological Research Facility, Berkeley (p. 212)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Kiowa Food (Fruit)

Young fruits, after first removing the outer "hairy" surface, cooked and eaten.

Vestal, Paul A. and Richard Evans Schultes 1939 The Economic Botany of the Kiowa Indians. Cambridge MA. Botanical Museum of Harvard University (p. 47)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Navajo Food (Unspecified)

Plant eaten raw or boiled.

Elmore, Francis H. 1944 Ethnobotany of the Navajo. Sante Fe, NM. School of American Research (p. 69)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Tewa Food (Unspecified)

Roots and immature pods eaten.

Robbins, W.W., J.P. Harrington and B. Freire-Marreco 1916 Ethnobotany of the Tewa Indians. SI-BAE

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Cahuilla Fiber (Cordage)

Stem cordage used to make nets, slings and snares to capture small game.

Bean, Lowell John and Katherine Siva Saubel 1972 Temalpakh (From the Earth); Cahuilla Indian Knowledge and Usage of Plants. Banning, CA. Malki Museum Press (p. 43)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Modesse Fiber (Cordage)

Stems used for making string and cord.

Merriam, C. Hart 1966 Ethnographic Notes on California Indian Tribes. University of California Archaeological Research Facility, Berkeley (p. 224)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Tewa Fiber (Cordage)

Mature plants used to make string and rope.

Robbins, W.W., J.P. Harrington and B. Freire-Marreco 1916 Ethnobotany of the Tewa Indians. SI-BAE Bulletin #55 (p. 54)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Winton Fiber (Cordage)

Used to make string and ropes.

Merriam, C. Hart 1966 Ethnographic Notes on California Indian Tribes. University of California Archaeological Research Facility, Berkeley (p. 264)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Cahuilla Other (Hunting & Fishing Item)

Stem cordage used to make nets, slings and snares to capture small game.

Bean, Lowell John and Katherine Siva Saubel 1972 Temalpakh (From the Earth); Cahuilla Indian Knowledge and Usage of Plants. Banning, CA. Malki Museum Press (p. 43)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Kiowa Other (Cooking Tools)

Dried pods used as spoons.

Vestal, Paul A. and Richard Evans Schultes 1939 The Economic Botany of the Kiowa Indians. Cambridge MA. Botanical Museum of Harvard University (p. 47)

[Asclepias sp.](#)

Milkweed; Asclepiadaceae

Kiowa Other (Decorations)

Dried pods gathered for decorative purposes.

Vestal, Paul A. and Richard Evans Schultes 1939 The Economic Botany of the Kiowa Indians. Cambridge MA. Botanical Museum of Harvard University (p. 47)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Cheyenne Drug (Eye Medicine)

Decoction of plant tops strained and used as an eye medicine.

Hart, Jeff 1992 Montana Native Plants and Early Peoples. Helena. Montana Historical Society Press (p. 66)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Cheyenne Drug (Eye Medicine)

Decoction of plant tops used as an eyewash for blindness or snowblindness.

Hart, Jeffrey A. 1981 The Ethnobotany of the Northern Cheyenne Indians of Montana. Journal of Ethnopharmacology 4:1-55 (p. 14)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Flathead Drug (Gastrointestinal Aid)

Fresh roots chewed or dried, pulverized and boiled and used for stomachache.

Hart, Jeff 1992 Montana Native Plants and Early Peoples. Helena. Montana Historical Society Press (p. 66)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Lakota Drug (Unspecified)

Used as a medicine.

Rogers, Dilwyn J 1980 Lakota Names and Traditional Uses of Native Plants by Sicangu (Brule) People in the Rosebud Area, South Dakota. St. Francis, SD. Rosebud Educational Society (p. 34)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Miwok Drug (Dermatological Aid)

Milk of plant applied to warts.

Barrett, S. A. and E. W. Gifford 1933 Miwok Material Culture. Bulletin of the Public Museum of the City of Milwaukee 2(4):11 (p. 167)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Miwok Drug (Venereal Aid)

Decoction of root taken in small doses for venereal diseases.

Barrett, S. A. and E. W. Gifford 1933 Miwok Material Culture. Bulletin of the Public Museum of the City of Milwaukee 2(4):11 (p. 167)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Navajo, Kayenta Drug (Ceremonial Medicine)

Plant used as a Eagleway, Female Shootingway, Beautyway and Beadway emetic.

Wyman, Leland C. and Stuart K. Harris 1951 The Ethnobotany of the Kayenta Navaho. Albuquerque. The University of New Mexico Press (p. 37)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Navajo, Kayenta Drug (Emetic)

Plant used as a Eagleway, Female Shootingway, Beautyway and Beadway emetic.

Wyman, Leland C. and Stuart K. Harris 1951 The Ethnobotany of the Kayenta Navaho. Albuquerque. The University of New Mexico Press (p. 37)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Okanagan-Colville Drug (Antirheumatic (External))

Poultice of mashed roots applied for rheumatism.

Turner, Nancy J., R. Bouchard and Dorothy I.D. Kennedy 1980 Ethnobotany of the Okanagan-Colville Indians of British Columbia and Washington. Victoria. British Columbia Provincial Museum (p. 74)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Okanagan-Colville Drug (Dermatological Aid)

Latex rubbed on skin sores.

Turner, Nancy J., R. Bouchard and Dorothy I.D. Kennedy 1980 Ethnobotany of the Okanagan-Colville Indians of British Columbia and Washington. Victoria. British Columbia Provincial Museum (p. 74)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Okanagon Drug (Analgesic)

Decoction of roots taken for headaches and general debility.

Perry, F. 1952 Ethno-Botany of the Indians in the Interior of British Columbia. Museum and Art Notes 2(2):36-43. (p. 42)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Paiute Drug (Antirheumatic (External))

Decoction of root used as a wash for rheumatism.

Train, Percy, James R. Henrichs and W. Andrew Archer 1941 Medicinal Uses of Plants by Indian Tribes of Nevada. Washington DC. U.S. Department of Agriculture (p. 48)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Paiute Drug (Cough Medicine)

Decoction of root taken for cough, especially from tuberculosis.

Train, Percy, James R. Henrichs and W. Andrew Archer 1941 Medicinal Uses of Plants by Indian Tribes of Nevada. Washington DC. U.S. Department of Agriculture (p. 48)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Paiute Drug (Dermatological Aid)

Latex or pulverized seeds used as an antiseptic and healing agent on sores.

Train, Percy, James R. Henrichs and W. Andrew Archer 1941 Medicinal Uses of Plants by Indian Tribes of Nevada. Washington DC. U.S. Department of Agriculture (p. 48)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Paiute Drug (Misc. Disease Remedy)

Hot decoction of root taken to "bring out the rash of measles."

Train, Percy, James R. Henrichs and W. Andrew Archer 1941 Medicinal Uses of Plants by Indian Tribes of Nevada. Washington DC. U.S. Department of Agriculture (p. 48)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Paiute Drug (Snake Bite Remedy)

Decoction of seeds used to draw poison from snakebites.

Train, Percy, James R. Henrichs and W. Andrew Archer 1941 Medicinal Uses of Plants by Indian Tribes of Nevada. Washington DC. U.S. Department of Agriculture (p. 48)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Paiute Drug (Tuberculosis Remedy)

Decoction of root taken for cough, especially from tuberculosis.

Train, Percy, James R. Henrichs and W. Andrew Archer 1941 Medicinal Uses of Plants by Indian Tribes of Nevada. Washington DC. U.S. Department of Agriculture (p. 48)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Shoshoni Drug (Antidiarrheal)

Decoction of root taken for "bloody diarrhea."

Train, Percy, James R. Henrichs and W. Andrew Archer 1941 Medicinal Uses of Plants by Indian Tribes of Nevada. Washington DC. U.S. Department of Agriculture (p. 48)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Shoshoni Drug (Dermatological Aid)

Latex applied to remove corns and calluses.

Train, Percy, James R. Henrichs and W. Andrew Archer 1941 Medicinal Uses of Plants by Indian Tribes of Nevada. Washington DC. U.S. Department of Agriculture (p. 48)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Shoshoni Drug (Dermatological Aid)

Latex used as an antiseptic and healing agent on sores, cuts and ringworm.

Train, Percy, James R. Henrichs and W. Andrew Archer 1941 Medicinal Uses of Plants by Indian Tribes of Nevada. Washington DC. U.S. Department of Agriculture (p. 48)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Shoshoni Drug (Dermatological Aid)

Poultice of mashed root applied to swellings.

Train, Percy, James R. Henrichs and W. Andrew Archer 1941 Medicinal Uses of Plants by Indian Tribes of Nevada. Washington DC. U.S. Department of Agriculture (p. 48)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Shoshoni Drug (Venereal Aid)

Latex used as an antiseptic and healing agent on syphilitic sores.

Train, Percy, James R. Henrichs and W. Andrew Archer 1941 Medicinal Uses of Plants by Indian Tribes of Nevada. Washington DC. U.S. Department of Agriculture (p. 48)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Thompson Drug (Analgesic)

Decoction of roots taken for headaches and general debility.

Perry, F. 1952 Ethno-Botany of the Indians in the Interior of British Columbia. Museum and Art Notes 2(2):36-43. (p. 42)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Thompson Drug (Dermatological Aid)

Milky juice from stem used as face cream.

Steedman, E.V. 1928 The Ethnobotany of the Thompson Indians of British Columbia. SI-BAE Annual Report #45:441-522 (p. 470)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Thompson Drug (Dietary Aid)

Decoction of root taken for "general out-of-sorts feeling and emaciation."

Steedman, E.V. 1928 The Ethnobotany of the Thompson Indians of British Columbia. SI-BAE Annual Report #45:441-522 (p. 470)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Thompson Drug (Poison)

Root poisonous in large amounts.

Steedman, E.V. 1928 The Ethnobotany of the Thompson Indians of British Columbia. SI-BAE Annual Report #45:441-522 (p. 513)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Thompson Drug (Tonic)

Decoction of root taken for "general out-of-sorts feeling and emaciation."

Steedman, E.V. 1928 The Ethnobotany of the Thompson Indians of British Columbia. SI-BAE Annual Report #45:441-522 (p. 470)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Acoma Food (Candy)

Milky latex allowed to harden and used as chewing gum.

Castetter, Edward F. 1935 Ethnobiological Studies in the American Southwest I. Uncultivated Native Plants Used as Sources of Food. University of New Mexico Bulletin 4(1):1-44 (p. 31)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Keres, Western Food (Candy)

Milky juice used as chewing gum.

Swank, George R. 1932 The Ethnobotany of the Acoma and Laguna Indians. University of New Mexico, M.A. Thesis (p. 30)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Apache, Chiricahua & Mescalero Food (Candy)

"Milk" squeezed from leaves and stems and chewed as gum.

Castetter, Edward F. and M. E. Opler 1936 Ethnobiological Studies in the American Southwest III. The Ethnobiology of the Chiricahua and Mescalero Apache. University of New Mexico Bulletin 4(5):1-63 (p. 45)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Cheyenne Food (Candy)

Dried, hardened milk used for chewing gum.

Grinnell, George Bird 1972 The Cheyenne Indians - Their History and Ways of Life Vol.2. Lincoln. University of Nebraska Press (p. 184)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Cheyenne Food (Candy)

Milky juice allowed to harden and used as chewing gum.

Hart, Jeff 1992 Montana Native Plants and Early Peoples. Helena. Montana Historical Society Press (p. 66)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Cheyenne Food (Candy)

Milky juice hardened and chewed as gum.

Hart, Jeffrey A. 1981 The Ethnobotany of the Northern Cheyenne Indians of Montana. Journal of Ethnopharmacology 4:1-55 (p. 14)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Cheyenne Food (Fruit)

Inner layer of fruit used for food.

Grinnell, George Bird 1972 The Cheyenne Indians - Their History and Ways of Life Vol.2. Lincoln. University of Nebraska Press (p. 184)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Cheyenne Food (Fruit)

Immature fruits peeled and inner layer eaten.

Hart, Jeff 1992 Montana Native Plants and Early Peoples. Helena. Montana Historical Society Press (p. 66)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Cheyenne Food (Fruit)

Green, immature fruits peeled and the inner layer eaten raw.

Hart, Jeffrey A. 1981 The Ethnobotany of the Northern Cheyenne Indians of Montana. Journal of Ethnopharmacology 4:1-55 (p. 14)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Cheyenne Food (Sauce & Relish)

Flowers boiled with soup or meat, flour added and eaten as a gravy.

Hart, Jeff 1992 Montana Native Plants and Early Peoples. Helena. Montana Historical Society Press (p. 66)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Cheyenne Food (Soup)

Whole buds boiled with meat or in water to make soup.

Grinnell, George Bird 1972 The Cheyenne Indians - Their History and Ways of Life Vol.2. Lincoln. University of Nebraska Press (p. 184)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Cheyenne Food (Unspecified)

Young, unopened buds boiled with meat, grease, gravy or soup and used for food.

Hart, Jeffrey A. 1981 The Ethnobotany of the Northern Cheyenne Indians of Montana. Journal of Ethnopharmacology 4:1-55 (p. 46)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Cheyenne Food (Unspecified)

Tender, spring shoots eaten raw.

Hart, Jeffrey A. 1981 The Ethnobotany of the Northern Cheyenne Indians of Montana. Journal of Ethnopharmacology 4:1-55 (p. 46)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Cheyenne Food (Unspecified)

Young, unopened buds boiled with meat, grease, gravy or soup and eaten.

Hart, Jeffrey A. 1981 The Ethnobotany of the Northern Cheyenne Indians of Montana. Journal of Ethnopharmacology 4:1-55 (p. 14)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Cheyenne Food (Unspecified)

Tender stalks cooked, sweetened and used for food.

Hart, Jeffrey A. 1981 The Ethnobotany of the Northern Cheyenne Indians of Montana. Journal of Ethnopharmacology 4:1-55 (p. 14)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Crow Food (Sauce & Relish)

Flowers boiled with soup or meat, flour added and eaten as a gravy.

Hart, Jeff 1992 Montana Native Plants and Early Peoples. Helena. Montana Historical Society Press (p. 66)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Crow Food (Unspecified)

Flowers boiled for food.

Blankinship, J. W. 1905 Native Economic Plants of Montana. Bozeman. Montana Agricultural College Experimental Station, Bulletin 56 (p. 7)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Crow Food (Unspecified)

Seeds eaten raw.

Blankinship, J. W. 1905 Native Economic Plants of Montana. Bozeman. Montana Agricultural College Experimental Station, Bulletin 56 (p. 7)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Hopi Food (Unspecified)

Boiled with meat.

Vestal, Paul A 1940 Notes on a Collection of Plants from the Hopi Indian Region of Arizona Made by J. G. Owens in 1891. Botanical Museum Leaflets (Harvard University) 8(8):153-168 (p. 164)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Laguna Food (Candy)

Milky latex allowed to harden and used as chewing gum.

Castetter, Edward F. 1935 Ethnobiological Studies in the American Southwest I. Uncultivated Native Plants Used as Sources of Food. University of New Mexico Bulletin 4(1):1-44 (p. 31)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Lakota Food (Cooking Agent)

Floral bud clusters used to thicken soup.

Rogers, Dilwyn J 1980 Lakota Names and Traditional Uses of Native Plants by Sicangu (Brule) People in the Rosebud Area, South Dakota. St. Francis, SD. Rosebud Educational Society (p. 34)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Lakota Food (Preserves)

Open flowers cut up for a sort of preserve.

Rogers, Dilwyn J 1980 Lakota Names and Traditional Uses of Native Plants by Sicangu (Brule) People in the Rosebud Area, South Dakota. St. Francis, SD. Rosebud Educational Society (p. 34)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Lakota Food (Unspecified)

Blossoms boiled, mixed with flour and eaten.

Rogers, Dilwyn J 1980 Lakota Names and Traditional Uses of Native Plants by Sicangu (Brule) People in the Rosebud Area, South Dakota. St. Francis, SD. Rosebud Educational Society (p. 34)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Paiute Food (Candy)

Dried sap chewed as gum.

Mahar, James Michael. 1953 Ethnobotany of the Oregon Paiutes of the Warm Springs Indian Reservation. Reed College, B.A. Thesis (p. 105)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Paiute Food (Unspecified)

Species used for food.

Steward, Julian H. 1933 Ethnography of the Owens Valley Paiute. University of California Publications in American Archaeology and Ethnology 33(3):233-250 (p. 242)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Shoshoni Food (Candy)

Milk rolled in hand and used for gum.

Murphey, Edith Van Allen 1990 Indian Uses of Native Plants. Glenwood, Ill. Meyerbooks. Originally published in 1959 (p. 56)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Okanagan-Colville Fiber (Cordage)

Stems used as a poor substitute for Indian hemp.

Turner, Nancy J., R. Bouchard and Dorothy I.D. Kennedy 1980 Ethnobotany of the Okanagan-Colville Indians of British Columbia and Washington. Victoria. British Columbia Provincial Museum (p. 74)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Pomo, Kashaya Fiber (Clothing)

Stem fibers shredded to make a woman's skirt.

Goodrich, Jennie and Claudia Lawson 1980 Kashaya Pomo Plants. Los Angeles. American Indian Studies Center, University of California, Los Angeles (p. 70)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Pomo, Kashaya Fiber (Cordage)

Stem fibers used to make two ply string.

Goodrich, Jennie and Claudia Lawson 1980 Kashaya Pomo Plants. Los Angeles. American Indian Studies Center, University of California, Los Angeles (p. 70)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Thompson Fiber (Clothing)

Cottony seed pappus formerly used for infant diapers.

Turner, Nancy J., Laurence C. Thompson and M. Terry Thompson et al. 1990 Thompson Ethnobotany: Knowledge and Usage of Plants by the Thompson Indians of British Columbia. Victoria. Royal British Columbia Museum (p. 165)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Thompson Fiber (Cordage)

Inner bark used as a substitute for Indian hemp in making thread used for tying and binding.

Turner, Nancy J., Laurence C. Thompson and M. Terry Thompson et al. 1990 Thompson Ethnobotany: Knowledge and Usage of Plants by the Thompson Indians of British Columbia. Victoria. Royal British Columbia Museum (p. 165)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Crow Other (Paint)

Milky juice used for temporary branding of livestock.

Hart, Jeff 1992 Montana Native Plants and Early Peoples. Helena. Montana Historical Society Press (p. 66)

[Asclepias speciosa Torr.](#)

Showy **Milkweed**; Asclepiadaceae

Montana Indian Other (Tools)

"Milk" from the broken stems used in cases of emergency for branding stock temporarily.

Blankinship, J. W. 1905 Native Economic Plants of Montana. Bozeman. Montana Agricultural College Experimental Station, Bulletin 56 (p. 7)

[**Asclepias speciosa Torr.**](#)

Showy **Milkweed**; Asclepiadaceae

Thompson Other (Fasteners)

Inner bark used for binding or tying.

Steedman, E.V. 1928 The Ethnobotany of the Thompson Indians of British Columbia. SI-BAE Annual Report #45:441-522 (p. 498)

[**Asclepias stenophylla Gray**](#)

Slimleaf **Milkweed**; Asclepiadaceae

Lakota Drug (Dietary Aid)

Root given to children to increase the appetite.

Rogers, Dilwyn J 1980 Lakota Names and Traditional Uses of Native Plants by Sicangu (Brule) People in the Rosebud Area, South Dakota. St. Francis, SD. Rosebud Educational Society (p. 34)

[**Asclepias subulata Dcne.**](#)

Rush **Milkweed**; Asclepiadaceae

Pima Drug (Cathartic)

Plant used as a physic.

Curtin, L. S. M. 1949 By the Prophet of the Earth. Sante Fe. San Vicente Foundation (p. 81)

[**Asclepias subulata Dcne.**](#)

Rush **Milkweed**; Asclepiadaceae

Pima Drug (Emetic)

Plant used as an emetic.

Curtin, L. S. M. 1949 By the Prophet of the Earth. Sante Fe. San Vicente Foundation (p. 81)

[**Asclepias subulata Dcne.**](#)

Rush **Milkweed**; Asclepiadaceae

Pima Drug (Eye Medicine)

Plant used for sore eyes.

Curtin, L. S. M. 1949 By the Prophet of the Earth. Sante Fe. San Vicente Foundation (p. 81)

[**Asclepias subulata Dcne.**](#)

Rush **Milkweed**; Asclepiadaceae

Pima Drug (Gastrointestinal Aid)

Plant used for stomach disorders.

Curtin, L. S. M. 1949 By the Prophet of the Earth. Sante Fe. San Vicente Foundation (p. 81)

[**Asclepias subulata Dcne.**](#)

Rush **Milkweed**; Asclepiadaceae

Pima Drug (Panacea)

Plant used for many ailments.

Curtin, L. S. M. 1949 By the Prophet of the Earth. Sante Fe. San Vicente Foundation (p. 81)

[**Asclepias subulata Dcne.**](#)

Rush **Milkweed**; Asclepiadaceae

Pima Drug (Poison)

Plant considered poisonous.

Curtin, L. S. M. 1949 By the Prophet of the Earth. Sante Fe. San Vicente Foundation (p. 81)

[**Asclepias subverticillata \(Gray\) Vail**](#)

Whorled **Milkweed**; Asclepiadaceae

Keres, Western Drug (Gynecological Aid)

Crushed leaves rubbed on mothers' breasts to produce more and richer milk.

Swank, George R. 1932 The Ethnobotany of the Acoma and Laguna Indians. University of New Mexico, M.A. Thesis (p. 30)

[**Asclepias subverticillata \(Gray\) Vail**](#)

Whorled **Milkweed**; Asclepiadaceae

Keres, Western Drug (Gynecological Aid)

Infusion of plant used by mothers for more and richer milk.

Swank, George R. 1932 The Ethnobotany of the Acoma and Laguna Indians. University of New Mexico, M.A. Thesis (p. 30)

[**Asclepias subverticillata \(Gray\) Vail**](#)

Whorled **Milkweed**; Asclepiadaceae

Hopi Drug (Gynecological Aid)

Plant used to increase mother's milk flow.

Whiting, Alfred F. 1939 Ethnobotany of the Hopi. Museum of Northern Arizona Bulletin #15 (p. 36, 87)

[**Asclepias subverticillata \(Gray\) Vail**](#)

Whorled **Milkweed**; Asclepiadaceae

Hopi Drug (Gynecological Aid)

Used by the mother to produce a flow of milk.

Vestal, Paul A 1940 Notes on a Collection of Plants from the Hopi Indian Region of Arizona Made by J. G. Owens in 1891. Botanical Museum Leaflets (Harvard University) 8(8):153-168 (p. 164)

[**Asclepias subverticillata \(Gray\) Vail**](#)

Whorled **Milkweed**; Asclepiadaceae

Keres, Western Food (Candy)

Ripe seed silk mixed with grease and used as chewing gum.

Swank, George R. 1932 The Ethnobotany of the Acoma and Laguna Indians. University of New Mexico, M.A. Thesis (p. 30)

[**Asclepias subverticillata \(Gray\) Vail**](#)

Whorled **Milkweed**; Asclepiadaceae

Apache, White Mountain Food (Unspecified)

First buds eaten by children.

Reagan, Albert B. 1929 Plants Used by the White Mountain Apache Indians of Arizona. Wisconsin Archeologist 8:143-61. (p. 155)

[**Asclepias subverticillata \(Gray\) Vail**](#)

Whorled **Milkweed**; Asclepiadaceae

Jemez Food (Unspecified)

Roots and unripe pods eaten raw.

Castetter, Edward F. 1935 Ethnobiological Studies in the American Southwest I. Uncultivated Native Plants Used as Sources of Food. University of New Mexico Bulletin 4(1):1-44 (p. 17)

[**Asclepias subverticillata \(Gray\) Vail**](#)

Whorled **Milkweed**; Asclepiadaceae

Zuni Food (Unspecified)

Buds eaten by little boys.

Stevenson, Matilda Coxe 1915 Ethnobotany of the Zuni Indians. SI-BAE Annual Report #30 (p. 65)

[**Asclepias subverticillata \(Gray\) Vail**](#)

Whorled **Milkweed**; Asclepiadaceae

Navajo, Ramah Fiber (Cordage)

Spun seed hair made into string used in prayer sticks.

Vestal, Paul A. 1952 The Ethnobotany of the Ramah Navaho. Papers of the Peabody Museum of American Archaeology and Ethnology 40(4):1-94 (p. 39)

[**Asclepias subverticillata \(Gray\) Vail**](#)

Whorled **Milkweed**; Asclepiadaceae

Zuni Fiber (Clothing)

Pods gathered when two thirds ripe and the cotton used for weaving clothing.

Stevenson, Matilda Coxe 1915 Ethnobotany of the Zuni Indians. SI-BAE Annual Report #30 (p. 77)

[Asclepias subverticillata \(Gray\) Vail](#)

Whorled **Milkweed**; Asclepiadaceae

Zuni Fiber (Cordage)

Coma made into cords and used for fastening plumes to the prayer sticks.

Stevenson, Matilda Coxe 1915 Ethnobotany of the Zuni Indians. SI-BAE Annual Report #30 (p. 88)

[Asclepias subverticillata \(Gray\) Vail](#)

Whorled **Milkweed**; Asclepiadaceae

Zuni Other (Ceremonial Items)

Coma made into cords and used for fastening plumes to the prayer sticks.

Stevenson, Matilda Coxe 1915 Ethnobotany of the Zuni Indians. SI-BAE Annual Report #30 (p. 88)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Cherokee Drug (Analgesic)

Infusion of root taken with root of "virgin's bower" for backache.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Cherokee Drug (Dermatological Aid)

Rubbed on warts to remove them.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Cherokee Drug (Kidney Aid)

Plant taken for "dropsy."

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Cherokee Drug (Laxative)

Plant taken as a laxative.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Cherokee Drug (Urinary Aid)

Plant taken for "gravel."

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Cherokee Drug (Venereal Aid)

Infusion of root taken for venereal diseases.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Cherokee Drug (Veterinary Aid)

Infusion given for "milksick (mastitis)."

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Chippewa Drug (Gynecological Aid)

Cold decoction of root added to food to produce postpartum milk flow.

Densmore, Frances 1928 Uses of Plants by the Chippewa Indians. SI-BAE Annual Report #44:273-379 (p. 360)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Iroquois Drug (Antirheumatic (External))

Stalks cooked as greens and used for rheumatism.

Parker, Arthur Caswell 1910 Iroquois Uses of Maize and Other Food Plants. Albany, NY. University of the State of New York (p. 93)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Iroquois Drug (Contraceptive)

Infusion of dried, pulverized roots and rhizomes taken by women for temporary sterility.

Rousseau, Jacques 1945 Le Folklore Botanique De Caughnawaga. Contributions de l'Institut botanique l'Universite de Montreal 55:7-72 (p. 59)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Iroquois Drug (Dermatological Aid)

Milk used for warts, bee stings and cuts.

Herrick, James William 1977 Iroquois Medical Botany. State University of New York, Albany, PhD Thesis (p. 417)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Iroquois Drug (Gastrointestinal Aid)

Infusion of leaves taken as a stomach medicine.

Herrick, James William 1977 Iroquois Medical Botany. State University of New York, Albany, PhD Thesis (p. 417)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Iroquois Drug (Gynecological Aid)

Compound decoction of plants taken to prevent hemorrhage after childbirth.

Herrick, James William 1977 Iroquois Medical Botany. State University of New York, Albany, PhD Thesis (p. 417)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Iroquois Drug (Other)

Compound decoction of roots taken for stricture.

Herrick, James William 1977 Iroquois Medical Botany. State University of New York, Albany, PhD Thesis (p. 416)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Iroquois Drug (Kidney Aid)

Compound used for dropsy.

Herrick, James William 1977 Iroquois Medical Botany. State University of New York, Albany, PhD Thesis

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Iroquois Drug (Unspecified)

Poultice of cotton applied to sick parts.

Rousseau, Jacques 1945 Le Folklore Botanique De Caughnawaga. Contributions de l'Institut botanique l'Universite de Montreal 55:7-72 (p. 59)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Menominee Drug (Pulmonary Aid)

Buds eaten or decoction of root used for chest discomfort.

Densmore, Francis 1932 Menominee Music. SI-BAE Bulletin #102 (p. 130)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Ojibwa Drug (Gynecological Aid)

Root used as a female remedy for unspecified ailment.

Smith, Huron H. 1932 Ethnobotany of the Ojibwe Indians. Bulletin of the Public Museum of Milwaukee 4:327-525 (p. 357)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Potawatomi Drug (Unspecified)

Root used for unspecified ailments.

Smith, Huron H. 1933 Ethnobotany of the Forest Potawatomi Indians. Bulletin of the Public Museum of the City of Milwaukee 7:1-230 (p. 42)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Rappahannock Drug (Dermatological Aid)

Milk of fresh plant applied to warts and ringworm.

Speck, Frank G., R.B. Hassrick and E.S. Carpenter 1942 Rappahannock Herbals, Folk-Lore and Science of Cures. Proceedings of the Delaware County Institute of Science 10:7-55. (p. 32)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Chippewa Food (Appetizer)

Plant eaten before a feast to increase the appetite.

Densmore, Frances 1928 Uses of Plants by the Chippewa Indians. SI-BAE Annual Report #44:273-379 (p. 320)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Chippewa Food (Preserves)

Flowers cut up, stewed and eaten like preserves.

Densmore, Frances 1928 Uses of Plants by the Chippewa Indians. SI-BAE Annual Report #44:273-379 (p. 320)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Chippewa Food (Vegetable)

Tender leaves, young green seed pods, sprouts and tops cooked as greens.

Gilmore, Melvin R. 1933 Some Chippewa Uses of Plants. Ann Arbor. University of Michigan Press (p. 140)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Dakota Food (Unspecified)

Sprouts used in early spring for food.

Gilmore, Melvin R. 1913 Some Native Nebraska Plants With Their Uses by the Dakota. Collections of the Nebraska State Historical Society 17:358-70 (p. 363)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Iroquois Food (Vegetable)

Tender stems, leaves and immature flower clusters cooked and seasoned with salt, pepper or butter.

Wagh, F. W. 1916 Iroquis Foods and Food Preparation. Ottawa. Canada Department of Mines (p. 117)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Iroquois Food (Vegetable)

Stalks eaten as greens in spring.

Parker, Arthur Caswell 1910 Iroquois Uses of Maize and Other Food Plants. Albany, NY. University of the State of New York (p. 93)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Meskwaki Food (Soup)

Buds used in soups.

Smith, Huron H. 1928 Ethnobotany of the Meskwaki Indians. Bulletin of the Public Museum of the City of Milwaukee 4:175-326 (p. 256)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Meskwaki Food (Vegetable)

Buds cooked with meat or added to cornmeal mush, tastes like okra.

Smith, Huron H. 1928 Ethnobotany of the Meskwaki Indians. Bulletin of the Public Museum of the City of Milwaukee 4:175-326 (p. 256)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Meskwaki Food (Winter Use Food)

Dried buds stored away in paper bags for winter use.

Smith, Huron H. 1928 Ethnobotany of the Meskwaki Indians. Bulletin of the Public Museum of the City of Milwaukee 4:175-326 (p. 256)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Mohegan Food (Unspecified)

Cooked and used for food.

Tantaquidgeon, Gladys 1972 Folk Medicine of the Delaware and Related Algonkian Indians. Harrisburg. Pennsylvania Historical Commission Anthropological Papers #3 (p. 83)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Ojibwa Food (Unspecified)

Young pods cooked with salt and vinegar.

Arnason, Thor, Richard J. Hebda and Timothy Johns 1981 Use of Plants for Food and Medicine by Native Peoples of Eastern Canada. Canadian Journal of Botany 59(11):2189-2325 (p. 2205)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Ojibwa Food (Vegetable)

Young shoots and flower buds cooked like spinach.

Arnason, Thor, Richard J. Hebda and Timothy Johns 1981 Use of Plants for Food and Medicine by Native

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Ojibwa Food (Vegetable)

Fresh flowers and shoot tips, mucilaginous like okra when cooked, used in meat soups.

Smith, Huron H. 1932 Ethnobotany of the Ojibwe Indians. Bulletin of the Public Museum of Milwaukee 4:327-525 (p. 397)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Ojibwa Food (Winter Use Food)

Dried flowers, freshened in the winter time, made into soup.

Smith, Huron H. 1932 Ethnobotany of the Ojibwe Indians. Bulletin of the Public Museum of Milwaukee 4:327-525 (p. 397)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Omaha Food (Vegetable)

Tender shoots boiled and eaten as a vegetable.

Fletcher, Alice C. and Francis La Flesche 1911 The Omaha Tribe. SI-BAE Annual Report #27 (p. 341)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Omaha Food (Vegetable)

Young shoots used for food like asparagus.

Gilmore, Melvin R. 1913 A Study in the Ethnobotany of the Omaha Indians. Nebraska State Historical Society Collections 17:314-57. (p. 325)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Omaha Food (Vegetable)

Inflorescence, before the flower buds opened, and young fruits used as greens.

Gilmore, Melvin R. 1913 A Study in the Ethnobotany of the Omaha Indians. Nebraska State Historical Society Collections 17:314-57. (p. 325)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Omaha Food (Vegetable)

Boiled young sprouts, floral bud clusters and young, firm green fruits used for food.

Gilmore, Melvin R. 1919 Uses of Plants by the Indians of the Missouri River Region. SI-BAE Annual Report #33 (p. 109)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Pawnee Food (Vegetable)

Boiled young sprouts, floral bud clusters and young, firm green fruits used for food.

Gilmore, Melvin R. 1919 Uses of Plants by the Indians of the Missouri River Region. SI-BAE Annual Report #33 (p. 109)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Ponca Food (Vegetable)

Boiled young sprouts, floral bud clusters and young, firm green fruits used for food.

Gilmore, Melvin R. 1919 Uses of Plants by the Indians of the Missouri River Region. SI-BAE Annual Report #33 (p. 109)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Potawatomi Food (Soup)

Flowers and buds used to thicken meat soups and to impart a very pleasing flavor to the dish.

Smith, Huron H. 1933 Ethnobotany of the Forest Potawatomi Indians. Bulletin of the Public Museum of the City of Milwaukee 7:1-230 (p. 96)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Winnebago Food (Vegetable)

Boiled young sprouts, floral bud clusters and young, firm green fruits used for food.

Gilmore, Melvin R. 1919 Uses of Plants by the Indians of the Missouri River Region. SI-BAE Annual Report #33 (p. 109)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Menominee Fiber (Cordage)

Outer bark used for making cords.

Smith, Huron H. 1923 Ethnobotany of the Menominee Indians. Bulletin of the Public Museum of the City of Milwaukee 4:1-174 (p. 74)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Menominee Fiber (Sewing Material)

Outer bark used for sewing thread.

Smith, Huron H. 1923 Ethnobotany of the Menomini Indians. Bulletin of the Public Museum of the City of Milwaukee 4:1-174 (p. 74)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Meskwaki Fiber (Cordage)

Outer rind or bark used for thread.

Smith, Huron H. 1928 Ethnobotany of the Meskwaki Indians. Bulletin of the Public Museum of the City of Milwaukee 4:175-326 (p. 267)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Potawatomi Fiber (Sewing Material)

This and other species of the **milkweed** used for thread materials.

Smith, Huron H. 1933 Ethnobotany of the Forest Potawatomi Indians. Bulletin of the Public Museum of the City of Milwaukee 7:1-230 (p. 111)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Cherokee Other (Hunting & Fishing Item)

Plant fibers used to make bowstrings.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 44)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Chippewa Other (Hunting & Fishing Item)

Roots applied to whistles used for calling deer.

Densmore, Frances 1928 Uses of Plants by the Chippewa Indians. SI-BAE Annual Report #44:273-379 (p. 376)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Mahuna Other (Fasteners)

Milky juice used to mount precious stones into necklaces, earrings, collars, and bracelets.

Romero, John Bruno 1954 The Botanical Lore of the California Indians. New York. Vantage Press, Inc. (p. 51)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Menominee Other (Hunting & Fishing Item)

Outer bark used for making cords for fishlines.

Smith, Huron H. 1923 Ethnobotany of the Menomini Indians. Bulletin of the Public Museum of the City of Milwaukee 4:1-174 (p. 74)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Ojibwa Other (Hunting & Fishing Item)

Milk and Canada hawkweed milk used to put on a deer call to imitate the call of a hungry fawn.

Smith, Huron H. 1932 Ethnobotany of the Ojibwe Indians. Bulletin of the Public Museum of Milwaukee 4:327-525 (p. 428)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Omaha Other (Toys & Games)

Mature stalk fiber chewed and used for popgun wadding by little boys.

Gilmore, Melvin R. 1919 Uses of Plants by the Indians of the Missouri River Region. SI-BAE Annual Report #33 (p. 109)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Pawnee Other (Toys & Games)

Mature stalk fiber chewed and used for popgun wadding by little boys.

Gilmore, Melvin R. 1919 Uses of Plants by the Indians of the Missouri River Region. SI-BAE Annual Report #33 (p. 109)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Ponca Other (Toys & Games)

Mature stalk fiber chewed and used for popgun wadding by little boys.

Gilmore, Melvin R. 1919 Uses of Plants by the Indians of the Missouri River Region. SI-BAE Annual Report #33 (p. 109)

[Asclepias syriaca L.](#)

Common **Milkweed**; Asclepiadaceae

Winnebago Other (Toys & Games)

Mature stalk fiber chewed and used for popgun wadding by little boys.

Gilmore, Melvin R. 1919 Uses of Plants by the Indians of the Missouri River Region. SI-BAE Annual Report #33 (p. 109)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Cherokee Drug (Analgesic)

Used for breast, stomach and intestinal pains.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 27)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Cherokee Drug (Antidiarrheal)

Seeds boiled in "new milk" and used for diarrhea.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 27)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Cherokee Drug (Expectorant)

Used as an expectorant and taken for pleurisy.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 27)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Cherokee Drug (Gynecological Aid)

Infusion used for "bloody flux."

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 27)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Cherokee Drug (Heart Medicine)

Infusion of root used for heart trouble.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva,

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Cherokee Drug (Laxative)

Seeds or root used as gentle laxative.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 27)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Cherokee Drug (Pulmonary Aid)

Used as an expectorant and taken for pleurisy and lung inflammations.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 27)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Delaware Drug (Antirheumatic (External))

Roots used for rheumatism.

Tantaquidgeon, Gladys 1972 Folk Medicine of the Delaware and Related Algonkian Indians. Harrisburg. Pennsylvania Historical Commission Anthropological Papers #3 (p. 37)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Delaware Drug (Gynecological Aid)

Roots administered to women following childbirth.

Tantaquidgeon, Gladys 1972 Folk Medicine of the Delaware and Related Algonkian Indians. Harrisburg. Pennsylvania Historical Commission Anthropological Papers #3 (p. 37)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Delaware Drug (Pulmonary Aid)

Roots used for pleurisy.

Tantaquidgeon, Gladys 1972 Folk Medicine of the Delaware and Related Algonkian Indians. Harrisburg. Pennsylvania Historical Commission Anthropological Papers #3 (p. 37)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae
Delaware, Oklahoma Drug (Antirheumatic (Internal))
Root used for rheumatism.

Tantaquidgeon, Gladys 1942 A Study of Delaware Indian Medicine Practice and Folk Beliefs. Harrisburg. Pennsylvania Historical Commission (p. 31, 74)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae
Delaware, Oklahoma Drug (Gynecological Aid)
Root used to make a drink taken by women after childbirth.

Tantaquidgeon, Gladys 1942 A Study of Delaware Indian Medicine Practice and Folk Beliefs. Harrisburg. Pennsylvania Historical Commission (p. 31, 74)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae
Delaware, Oklahoma Drug (Pulmonary Aid)
Root used for pleurisy.

Tantaquidgeon, Gladys 1942 A Study of Delaware Indian Medicine Practice and Folk Beliefs. Harrisburg. Pennsylvania Historical Commission (p. 31, 74)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae
Iroquois Drug (Other)
Infusion of roots used as a wash for arms, shoulders and body for lifting.

Herrick, James William 1977 Iroquois Medical Botany. State University of New York, Albany, PhD Thesis (p. 416)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae
Iroquois Drug (Sports Medicine)
Poultice of smashed roots applied to legs and running shoes dampened or washed for running strength.

Herrick, James William 1977 Iroquois Medical Botany. State University of New York, Albany, PhD Thesis (p. 416)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae
Menominee Drug (Dermatological Aid)
Poultice of root used or decoction taken for bruises and swellings.

Densmore, Francis 1932 Menominee Music. SI-BAE Bulletin #102 (p. 132)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Menominee Drug (Dermatological Aid)

Simple or compound poultice of pulverized root used on cuts, wounds and bruises.

Smith, Huron H. 1923 Ethnobotany of the Menomini Indians. Bulletin of the Public Museum of the City of Milwaukee 4:1-174 (p. 25)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Menominee Drug (Orthopedic Aid)

Poultice of root used or decoction taken for lameness.

Densmore, Francis 1932 Menominee Music. SI-BAE Bulletin #102 (p. 132)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Menominee Drug (Tonic)

Decoction of pounded root taken as a tonic.

Densmore, Francis 1932 Menominee Music. SI-BAE Bulletin #102 (p. 132)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Mohegan Drug (Pulmonary Aid)

Dried root used for pleurisy.

Tantaquidgeon, Gladys 1972 Folk Medicine of the Delaware and Related Algonkian Indians. Harrisburg. Pennsylvania Historical Commission Anthropological Papers #3 (p. 70, 128)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Navajo, Ramah Drug (Ceremonial Medicine)

Plant used in ceremonial chant lotion.

Vestal, Paul A. 1952 The Ethnobotany of the Ramah Navaho. Papers of the Peabody Museum of American Archaeology and Ethnology 40(4):1-94 (p. 39)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Navajo, Ramah Drug (Dermatological Aid)

Decoction or infusion of various plant parts used for dog or coyote bites.

Vestal, Paul A. 1952 The Ethnobotany of the Ramah Navaho. Papers of the Peabody Museum of American Archaeology and Ethnology 40(4):1-94 (p. 39)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae
Navajo, Ramah Drug (Misc. Disease Remedy)
Plant used for influenza.

Vestal, Paul A. 1952 The Ethnobotany of the Ramah Navaho. Papers of the Peabody Museum of American Archaeology and Ethnology 40(4):1-94 (p. 39)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae
Omaha Drug (Ceremonial Medicine)
Ceremony connected with the obtaining and distribution of this prized root.

Gilmore, Melvin R. 1919 Uses of Plants by the Indians of the Missouri River Region. SI-BAE Annual Report #33 (p. 109)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae
Omaha Drug (Dermatological Aid)
Fresh and dried root used in several ways on wounds and sores.

Gilmore, Melvin R. 1919 Uses of Plants by the Indians of the Missouri River Region. SI-BAE Annual Report #33 (p. 109)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae
Omaha Drug (Pulmonary Aid)
Raw root eaten for bronchial and pulmonary trouble.

Gilmore, Melvin R. 1919 Uses of Plants by the Indians of the Missouri River Region. SI-BAE Annual Report #33 (p. 109)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae
Omaha Drug (Respiratory Aid)
Root eaten raw for bronchial and pulmonary trouble.

Gilmore, Melvin R. 1919 Uses of Plants by the Indians of the Missouri River Region. SI-BAE Annual Report #33 (p. 109)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Ponca Drug (Pulmonary Aid)

Root eaten raw for pulmonary trouble.

Gilmore, Melvin R. 1919 Uses of Plants by the Indians of the Missouri River Region. SI-BAE Annual Report #33 (p. 109)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Ponca Drug (Respiratory Aid)

Root eaten raw for bronchial trouble.

Gilmore, Melvin R. 1919 Uses of Plants by the Indians of the Missouri River Region. SI-BAE Annual Report #33 (p. 109)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Rappahannock Drug (Snake Bite Remedy)

Poultice of bruised leaves bound to snakebites.

Speck, Frank G., R.B. Hassrick and E.S. Carpenter 1942 Rappahannock Herbals, Folk-Lore and Science of Cures. Proceedings of the Delaware County Institute of Science 10:7-55. (p. 30)

[Asclepias tuberosa L.](#)

Butterfly **Milkweed**; Asclepiadaceae

Cherokee Fiber (Clothing)

Stems used to make belts.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 27)

[Asclepias verticillata L.](#)

Whorled **Milkweed**; Asclepiadaceae

Choctaw Drug (Diaphoretic)

Root used as a sudorific.

Campbell, T.N. 1951 Medicinal Plants Used by Choctaw, Chickasaw, and Creek Indians in the Early Nineteenth Century. Journal of the Washington Academy of Sciences 41(9):285-290 (p. 287)

[Asclepias verticillata L.](#)

Whorled **Milkweed**; Asclepiadaceae

Choctaw Drug (Snake Bite Remedy)

Root chewed, saliva swallowed and strong decoction taken for snakebite.

Campbell, T.N. 1951 Medicinal Plants Used by Choctaw, Chickasaw, and Creek Indians in the Early Nineteenth Century. Journal of the Washington Academy of Sciences 41(9):285-290 (p. 287)

[Asclepias verticillata L.](#)

Whorled **Milkweed**; Asclepiadaceae

Choctaw Drug (Stimulant)

Root used as a stimulant.

Campbell, T.N. 1951 Medicinal Plants Used by Choctaw, Chickasaw, and Creek Indians in the Early Nineteenth Century. Journal of the Washington Academy of Sciences 41(9):285-290 (p. 287)

[Asclepias verticillata L.](#)

Whorled **Milkweed**; Asclepiadaceae

Hopi Drug (Gynecological Aid)

Infusion of entire plant taken by nursing mother with scanty flow of milk.

Fewkes, J. Walter 1896 A Contribution to Ethnobotany. American Anthropologist 9:14-21 (p. 18)

[Asclepias verticillata L.](#)

Whorled **Milkweed**; Asclepiadaceae

Lakota Drug (Gynecological Aid)

Used by mothers to increase their milk.

Rogers, Dilwyn J 1980 Lakota Names and Traditional Uses of Native Plants by Sicangu (Brule) People in the Rosebud Area, South Dakota. St. Francis, SD. Rosebud Educational Society (p. 34)

[Asclepias verticillata L.](#)

Whorled **Milkweed**; Asclepiadaceae

Navajo Drug (Nose Medicine)

Plant used for nose troubles.

Elmore, Francis H. 1944 Ethnobotany of the Navajo. Sante Fe, NM. School of American Research (p. 96)

[Asclepias verticillata L.](#)

Whorled **Milkweed**; Asclepiadaceae

Navajo Drug (Throat Aid)

Plant used for throat troubles.

Elmore, Francis H. 1944 Ethnobotany of the Navajo. Sante Fe, NM. School of American Research (p. 96)

[Asclepias verticillata L.](#)

Whorled **Milkweed**; Asclepiadaceae

Hopi Food (Unspecified)

Leaves and young shoots boiled with meat and eaten.

Fewkes, J. Walter 1896 A Contribution to Ethnobotany. American Anthropologist 9:14-21 (p. 18)

[**Asclepias verticillata L.**](#)

Whorled **Milkweed**; Asclepiadaceae

Hopi Other (Tools)

Used as a planting stick.

Fewkes, J. Walter 1896 A Contribution to Ethnobotany. American Anthropologist 9:14-21 (p. 18)

[**Asclepias viridiflora Raf.**](#)

Green **Milkweed**; Asclepiadaceae

Blackfoot Drug (Antirheumatic (External))

Poultice of chewed roots applied to swellings.

Hellson, John C. 1974 Ethnobotany of the Blackfoot Indians. Ottawa. National Museums of Canada. Mercury Series (p. 75)

[**Asclepias viridiflora Raf.**](#)

Green **Milkweed**; Asclepiadaceae

Blackfoot Drug (Dermatological Aid)

Poultice of chewed roots applied to rashes.

Hellson, John C. 1974 Ethnobotany of the Blackfoot Indians. Ottawa. National Museums of Canada. Mercury Series (p. 75)

[**Asclepias viridiflora Raf.**](#)

Green **Milkweed**; Asclepiadaceae

Blackfoot Drug (Dermatological Aid)

Poultice of chewed roots applied to diarrhea rash.

Hellson, John C. 1974 Ethnobotany of the Blackfoot Indians. Ottawa. National Museums of Canada. Mercury Series (p. 75)

[**Asclepias viridiflora Raf.**](#)

Green **Milkweed**; Asclepiadaceae

Blackfoot Drug (Eye Medicine)

Poultice of chewed roots applied to sore eyes.

Hellson, John C. 1974 Ethnobotany of the Blackfoot Indians. Ottawa. National Museums of Canada. Mercury Series (p. 80)

[**Asclepias viridiflora Raf.**](#)

Green **Milkweed**; Asclepiadaceae

Blackfoot Drug (Oral Aid)

Poultice of chewed roots applied to nursing baby's sore gums.

Hellson, John C. 1974 Ethnobotany of the Blackfoot Indians. Ottawa. National Museums of Canada. Mercury

[Asclepias viridiflora Raf.](#)

Green **Milkweed**; Asclepiadaceae

Blackfoot Drug (Pediatric Aid)

Poultice of chewed roots applied to diarrhea rash and nursing baby's sore gums.

Hellson, John C. 1974 Ethnobotany of the Blackfoot Indians. Ottawa. National Museums of Canada. Mercury Series (p. 75)

[Asclepias viridiflora Raf.](#)

Green **Milkweed**; Asclepiadaceae

Blackfoot Drug (Throat Aid)

Root chewed for sore throats.

Hellson, John C. 1974 Ethnobotany of the Blackfoot Indians. Ottawa. National Museums of Canada. Mercury Series (p. 71)

[Asclepias viridiflora Raf.](#)

Green **Milkweed**; Asclepiadaceae

Lakota Drug (Antidiarrheal)

Pulverized roots given to children with diarrhea.

Rogers, Dilwyn J 1980 Lakota Names and Traditional Uses of Native Plants by Sicangu (Brule) People in the Rosebud Area, South Dakota. St. Francis, SD. Rosebud Educational Society (p. 34)

[Asclepias viridiflora Raf.](#)

Green **Milkweed**; Asclepiadaceae

Lakota Drug (Gynecological Aid)

Infusion of whole plant taken by mothers to increase their milk.

Rogers, Dilwyn J 1980 Lakota Names and Traditional Uses of Native Plants by Sicangu (Brule) People in the Rosebud Area, South Dakota. St. Francis, SD. Rosebud Educational Society (p. 34)

[Asclepias viridiflora Raf.](#)

Green **Milkweed**; Asclepiadaceae

Lakota Drug (Pediatric Aid)

Pulverized roots given to children with diarrhea.

Rogers, Dilwyn J 1980 Lakota Names and Traditional Uses of Native Plants by Sicangu (Brule) People in the Rosebud Area, South Dakota. St. Francis, SD. Rosebud Educational Society (p. 34)

[Asclepias viridiflora Raf.](#)

Green **Milkweed**; Asclepiadaceae

Blackfoot Food (Soup)

Root pieces stored for winter soups.

Hellson, John C. 1974 Ethnobotany of the Blackfoot Indians. Ottawa. National Museums of Canada. Mercury Series (p. 101)

[Asclepias viridiflora Raf.](#)

Green **Milkweed**; Asclepiadaceae

Blackfoot Food (Spice)

Plant used to spice soups.

Hellson, John C. 1974 Ethnobotany of the Blackfoot Indians. Ottawa. National Museums of Canada. Mercury Series (p. 101)

[Asclepias viridiflora Raf.](#)

Green **Milkweed**; Asclepiadaceae

Blackfoot Food (Unspecified)

Fresh roots used for food.

Hellson, John C. 1974 Ethnobotany of the Blackfoot Indians. Ottawa. National Museums of Canada. Mercury Series (p. 101)

[Clematis virginiana L.](#)

Devil's Darning Needles; Ranunculaceae

Cherokee Drug (Analgesic)

Infusion with **milkweed** used for backache.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 60)

[Clematis virginiana L.](#)

Devil's Darning Needles; Ranunculaceae

Cherokee Drug (Orthopedic Aid)

Infusion with **milkweed** used for backache.

Hamel, Paul B. and Mary U. Chiltoskey 1975 Cherokee Plants and Their Uses -- A 400 Year History. Sylva, N.C. Herald Publishing Co. (p. 60)
