

Chapter 6

Cheyenne Ethnobotany

6.1 Introduction

The ethnological and ethnohistorical literature review documented approximately 254 plant resources acknowledged or used by the Cheyenne. Ninety-eight plants were recorded as food resources. Two hundred and ninety-nine plants were listed as having medicinal value and 84 plants had explicit religious or spiritual value. Sixty-eight flora resources were used in the manufacture of material items. Of the complete plant inventory, the literature recorded 26 plants with no cultural use for the resource. Below are the plant resources listed by scientific name, although some plants could not be specifically conclusively identified. These plants are listed as unidentified.¹

6.2 Ethnobotanical Resources

Abies lasiocarpa (Hook.) Nutt

Abies bifolia

Subalpine Fir; Pinaceae

Sweet Pine

Tribal Nation: Cheyenne

Indigenous Name: *Me e mai tun*

Meaning: *Me e mi'* = smell or fragrance;
a tun = denotes incense or smoke

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): Needles burned as incense in ceremonies by persons afraid of thunder

Additional Commentary: *Abies lasiocarpa* and *Abies bifolia* were once considered the same species, but are now recognized as distinct. It is a strong possibility, given the two species geographical distribution, that the Cheyenne used *Abies bifolia*, but was identified by Grinnell as *Abies lasiocarpa*.

Similar to Juniper, the Cheyenne believe that lightning would never strike a fir tree (*Abies lasiocarpa*). Consequently, according to Cheyenne elders, its leaves were burned in much the same manner, both as a purifying agent and in alleviating the fear of thunder. Leaves would be burned while thunder was present in the sky, to protect an individual and give him or her confidence that s/he would not be struck by lightning, thunder's companion.

Healers also would burn the needles, using its smoke and aroma to frighten away bad spirits that are harming the patient. The smoke would make a doctor's medicine stronger and more pure, and make the patient more receptive.

Occasionally a fir tree will exhibit a twig or two whose needles are a yellowish color. The yellow coloring is caused by a fungus (*Melampsorella elatina*). Such branches are burned as a purifying agent in ceremonies, including the Sun Dance. Perhaps due to its rarity, yellowed fir needles were often mixed with other herbs when burned on a coal, particularly with sweet grass, *Hierochloe odorata*.² In addition to its uses as an adjuvant and as ceremonial medicine, Moerman acknowledges this species' use as a stimulant and in witchcraft.³

References: ⁴

Abies lasiocarpa (Hook.) Nutt.
Subalpine Fir; Pinaceae
Sweet Pine

Tribal Nation: Cheyenne

Indigenous Name: *Me e mai tun*

Meaning: *Me e mi'* = smell or fragrance;
a tun = denotes incense or smoke

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): Burning needle smoke and aroma used to chase away bad influences (illness) or ill-spirits.

References: ⁵

Abies lasiocarpa (Hook.) Nutt.

Subalpine Fir; Pinaceae

Sweet Pine

Tribal Nation: Cheyenne

Indigenous Name: *Me e mai tun*

Meaning: *Me e mi'* = smell or fragrance
a tun = denotes incense or smoke

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

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Used by Sun Dancers for confidence and protection from thunder and for purification.

References: ⁶

Abies lasiocarpa (Hook.) Nutt.

Subalpine Fir; Pinaceae

Sweet Pine

Tribal Nation: Cheyenne

Indigenous Name: *Me e mai tun*

Meaning: *Me e mi'* = smell or fragrance;
a tun = denotes incense or smoke

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

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plant used to revive a dying person's spirit.

Additional Commentary: Moerman acknowledges this species' use as a stimulant and in witchcraft.⁷

References: ⁸

Abies sp.

Common Fir; Pinaceae

Sweet Pine

Tribal Nation: Cheyenne

Indigenous Name: *Me e mi' a tun*

Meaning: *Me e mi'* = smell or fragrance;
a tun = denotes incense or smoke

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

Plants Parts Harvested: Leaves and fungus

Season Collected: Not given

Spiritual/Religious Use(s): Leaves and fungus burned on coals, with or without sweet grass, and used to strengthen medicines.

References: ⁹

Abies sp.

Common Fir; Pinaceae

Sweet Pine

Tribal Nation: Cheyenne

Indigenous Name: *Me e mi' a tun*
Meaning: *Me e mi'* = smell or fragrance;
a tun = denotes incense or smoke

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

Plants Parts Harvested: Leaves with fungus (*Malampsorella elatina*)

Season Collected: Not given

Spiritual/Religious Use(s): Leaves with fungus burned on coals with or without sweet grass used ceremonially in sickness to purify or make stronger the medicine used by the doctor, and to make the patient more receptive to treatment.

Additional Commentary: "This is believed to be the common fir of the region, but it is a diseased form. Only on an occasional tree is a twig or two of this yellow color found growing...Found infrequently, it is considered important and desirable to mix with other plants burned over a coal for purposes of purifying."¹⁰

References: ¹¹

Acer negundo L.
Boxelder; Aceraceae

Tribal Nation: Cheyenne

Indigenous Name: *Me?eshkemaha?*
Meaning: "Sap"

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: Wood

Season Collected: Not given

Spiritual/Religious Use(s): Wood burned as incense for making spiritual medicines.

Additional Commentary: Box-elder held a functional purpose in the realm of medicine. It has long been esteemed for the sweet smell and persistence of it burning coals. According to ethnographic information from Northern Cheyenne elders, box-elder

coals are preferred for burning incense in the making of medicine, and in the Sun Dance lodge to light the pipe. Furthermore, bowls made of box-elder have been used specifically for mixing medicine or as a sacred eating bowl since the time when metal, plastic and other mass-produced or commodity implements have become common.¹²

References: ¹³

Acer negundo L.

Boxelder; Aceraceae

Tribal Nation: Cheyenne

Indigenous Name: *Me?eshkemaha?*

Meaning: "Sap"

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: Sap

Season Collected: Not given

Food Use(s): Sap boiled, mixed with shavings from inner sides of animal hides and eaten as candy

References: ¹⁴

Acer negundo L.

Boxelder; Aceraceae

Tribal Nation: Cheyenne

Indigenous Name: *Me?eshkemaha?*

Meaning: "Sap"

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: Wood

Season Collected: Not given
Spiritual/Religious Use(s): Wood burned during Sundance ceremonies.
References: ¹⁵

Acer negundo L.
Boxelder; Aceraceae

Tribal Nation: Cheyenne
Indigenous Name: *Me?eshkemaha?*
Meaning: "Sap"
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: Wood
Season Collected: Not given
Artifacts: Wood is used in the manufacture of bowls
References: ¹⁶

Acer negundo L.
Boxelder; Aceraceae

Tribal Nation: Cheyenne
Indigenous Name: *Me?eshkemaha?*
Meaning: "Sap"
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: Wood
Season Collected: Not given

Artifacts: Wood is burned for heating fuel and used in cooking meat.

References: ¹⁷

Achillea millefolium L.

Common Yarrow; Asteraceae

Western Yarrow

Tribal Nation: Cheyenne

Indigenous Name: *Hehaa-heseeo?otse*

I ha i se e yo

Meaning: "cough medicine"

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 and flowers

Season Collected: Flowering season is May through September.

Medicinal Use(s): Infusion of leaves and flowers taken for chest pains.

Additional Commentary: As indicated by Northern Cheyenne elders, yarrow is enlisted to aid in coughs, colds, sore throats and even slight nausea. Similarly, it was used to deal with tuberculosis or other chronic respiratory illnesses. For these uses, the plant, fresh or dried, would be finely ground into a powder that was boiled to make a tea. The tea can also be drunk for heart and chest troubles. Yarrow, a diaphoretic, also induces sweating, and would be employed after a sweat bath. Yarrow would also be chewed and rubbed on the body to soothe it.

Crushed leaves can be used externally to stop bleeding, as well, and would be chewed and put in a person's nostrils to stop a nosebleed.¹⁸ Grinnell indicates yarrow's use as a cough medicine and throat aid under the name *A. lanulosa*.¹⁹ Moerman adds to this its use as a febrifuge and hemostat.²⁰

References: ²¹

Achillea millefolium L.

Common Yarrow; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hehaa-heseeo?otse*
I ha i se e yo

Meaning: “cough medicine”

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: Plant

Season Collected: Not given

Medicinal Use(s): Infusion of fresh or dried plant taken for nausea.

References: ²²

Achillea millefolium L.
Common Yarrow; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hehaa-heseeo?otse*
I ha i se e yo

Meaning: “cough medicine”

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): Infusion of fresh or dried leaves used for colds and coughs.

References: ²³

Achillea millefolium L.
Common Yarrow; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hehaa-heseeo?otse*
I ha i se e yo

Meaning: “cough medicine”

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: Plant

Season Collected: Not given

Medicinal Use(s): Infusion of fresh or dried plant taken to cause perspiring.

References: ²⁴

Achillea millefolium L.
Common Yarrow; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hehaa-heseeo?otse*
I ha i se e yo

Meaning: “cough medicine”

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): Infusion of leaves used for fevers.

References: ²⁵

Achillea millefolium L.
Common Yarrow; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hehaa-heseeo?otse*
I ha i se e yo

Meaning: “cough medicine”

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 and flowers

Season Collected: Not given

Medicinal Use(s): Infusion of leaves and flowers taken for heart troubles and chest pains.

References: ²⁶

Achillea millefolium L.
Common Yarrow; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hehaa-heseeo?otse*
I ha i se e yo

Meaning: “cough medicine”

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): Crushed leaves placed in the nose for nosebleeds

References: ²⁷

Achillea millefolium L.
Common Yarrow; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hehaa-heseeo?otse*
I ha i se e yo

Meaning: “cough medicine”

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: Plant or leaves

Season Collected: Not given

Medicinal Use(s): Infusion of plant taken or leaves rubbed on body for respiratory diseases.

References: ²⁸

Achillea millefolium L.
Common Yarrow; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hehaa-heseeo?otse*
I ha i se e yo

Meaning: “cough medicine”

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: Plant

Season Collected: Not given

Medicinal Use(s): Infusion of fresh or dried plant taken for tickling of the throat.

References: ²⁹

Achillea millefolium L.
Common Yarrow; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hehaa-heseeo?otse*

I ha i se e yo

Meaning: “cough medicine”

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: Plant and leaves

Season Collected: Not given

Medicinal Use(s): Infusion of plant taken or leaves rubbed on body for tuberculosis.

References: ³⁰

Achillea millefolium var. *occidentalis* DC.

Achillea lanulosa Nutt.

Western Yarrow; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hehaa-heseeo?otse*

I ha i se e yo

Meaning: “cough medicine”

i i yha, to cough; *is se e o*, root, remedy

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): Infusion of green or dried leaves taken for slight nausea. The same tea is useful in case of a cold.

Additional Commentary: The plant, either freshly collected or dried, is pounded fine, and put in hot water so that an infusion is made. It is then drunk little by little for the relief of the trouble. It may be used at any time of the year.

References: ³¹

Achillea millefolium var. *occidentalis* DC.

Western Yarrow; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hehaa-heseeo?otse*
I ha i se e yo

Meaning: “cough medicine”

Habitat/Ecological Zone: Prairies, meadows, open woods, especially areas of mild disturbance

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Infusion of dried, pounded plant taken for coughs.

References: ³²

Achillea millefolium var. *occidentalis* DC.

Western Yarrow; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hehaa-heseeo?otse*
I ha i se e yo

Meaning: “cough medicine”

Habitat/Ecological Zone: Prairies, meadows, open woods, especially areas of mild disturbance

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Infusion of dried, pounded plant taken for tickling in the throat

References: ³³

Acorus calamus L.
Calamus; Acoraceae
Sweet Flag

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-heseeo?otse*
Wi'uhkhisse'heyo
wi'uhk is e'eyo
wi'ukh is e'evo

Meaning: *wi'-uhk* = "bitter";
is e'yo = root or "bitter medicine"

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

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Decoction of root taken for bowel pain.

Additional Commentary: Bitter medicine can be used in a number of ways, but it seems its power is in the root. For any illness, the root is chewed and rubbed on the skin. A decoction of the root can be drunk for pain in the bowels. Northern Cheyenne consultants indicated that a tea is made of bitter medicine as a laxative and diuretic. Used in this way, the medical process also included a ceremony in a sweat lodge. The root is also pulverized and mixed with red willow bark, *Cornus stolonifera*, as a smoking blend. In this preparation, it is used to alleviate colds, headaches, and congestion. Sometimes referred to as "ghost medicine" it would be tied to a child's necklace or blanket to keep away ghosts and night spirits.

Interestingly, only certain Sun Dance priests could collect this plant, making offerings in the process. Also, it would have to be obtained outside of Cheyenne territory; it was known to grow in the water in "Sioux" territory.³⁴

This plant, according to William Tallbull, is lost to the Cheyenne. Giving and receiving protocol is used when the whole plant is gathered.³⁵

References: ³⁶

Acorus calamus L.
Calamus; Acoraceae
Sweet Flag

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-heseeo?otse*

wi' uhk is e' eyo

wi' ukh is e' evo

Meaning: *wi'-uhk* = "bitter";
is e' yo = root or "bitter medicine"

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

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Plant smoked for headaches.

References: ³⁷

Acorus calamus L.
Calamus; Acoraceae
Sweet Flag

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-heseeo?otse*

wi' uhk is e' eyo

wi' ukh is e' evo

Meaning: *wi'-uhk* = "bitter";
is e' yo = root or "bitter medicine"

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

Plants Parts Harvested: Plant

Season Collected: Not given
Spiritual/Religious Use(s): Plant used in a sweat lodge ceremony.
References: ³⁸

Acorus calamus L.
Calamus; Acoraceae
Sweet Flag

Tribal Nation: Cheyenne
Indigenous Name: *Ve?ohke-heseeo?otse*
wi' uhk is e' eyo
wi' ukh is e' evo
Meaning: *wi'-uhk* = "bitter";
is e' yo = root or "bitter medicine"
Habitat/Ecological Zone: Marshes, seepy areas, and wet zones. Found in North and South Dakota in areas below springs.
Plants Parts Harvested: Plant
Season Collected: Not given
Medicinal Use(s): Plant smoked or infusion of roots taken for colds.
References: ³⁹

Acorus calamus L.
Calamus; Acoraceae
Sweet Flag

Tribal Nation: Cheyenne
Indigenous Name: *Ve?ohke-heseeo?otse*
wi' uhk is e' eyo
wi' ukh is e' evo
Meaning: *wi'-uhk* = "bitter";
is e' yo = root or "bitter medicine"
Habitat/Ecological Zone: Marshes, seepy areas, and wet zones. Found in North and

South Dakota in areas below springs.

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Infusion of roots taken as a diuretic.

References: ⁴⁰

Acorus calamus L.
Calamus; Acoraceae
Sweet Flag

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-heseeo?otse*
wi' uhk is e' eyo
wi' ukh is e' evo

Meaning: *wi'-uhk* = "bitter";
is e' yo = root or "bitter medicine"

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

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Infusion of roots taken as a laxative.

References: ⁴¹

Acorus calamus L.
Calamus; Acoraceae
Sweet Flag

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-heseeo?otse*
wi' uhk is e' eyo
wi' ukh is e' evo

Meaning: *wi' -uhk* = "bitter";
is e' yo = root or "bitter medicine"

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

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Chewed root rubbed on skin for any illness

References: ⁴²

Acorus calamus L.
Calamus; Acoraceae
Sweet Flag

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-heseeo?otse*
wi' uhk is e' eyo
wi' ukh is e' evo

Meaning: *wi' -uhk* = "bitter";
is e' yo = root or "bitter medicine"

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

Plants Parts Harvested: Root

Season Collected: Not given

Spiritual/Religious Use(s): Bit of root tied to child's clothing to keep the night spirits away. Root tied to child's dress or blanket to keep away the night spirits.

References: ⁴³

Acorus calamus L.
Calamus; Acoraceae
Sweet Flag

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-heseeo?otse*
wi' uhk is e' eyo
wi' ukh is e' evo

Meaning: *wi'-uhk* = "bitter";
is e' yo = root or "bitter medicine"

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

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plant used to ward off ghosts.

References: ⁴⁴

Acorus calamus L.
Calamus; Acoraceae
Sweet Flag

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-heseeo?otse*
wi' uhk is e' eyo
wi' ukh is e' evo

Meaning: *wi'-uhk* = "bitter";
is e' yo = root or "bitter medicine"

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

Plants Parts Harvested: Root

Season Collected: Not given

Artifacts: Pulverized root and red willow bark used for smoking

References: ⁴⁵

Actaea rubra (Ait.) Willd.
Actaea arguta
Red Baneberry; Ranunculaceae

Tribal Nation: Cheyenne

Indigenous Name: *Motsi'hiyun*
Motse?eotse

Meaning: Not given
“About raising children”

Habitat/Ecological Zone: Moist, often shady sites; foothills to sub-alpine. Range from the Yukon and Northwest Territory south into New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Spiritual/Religious Use(s): Infusion of root pieces used by women after childbirth for increased milk flow

Additional Commentary: The Cheyenne considered baneberry sacred. The prophet, Sweet Medicine, transferred his powers to the plant before he died. This is Sweet Medicine, named after the Cheyenne prophet who lived among them for four hundred and forty-five years. When he died, he put his power into this plant, and told the Cheyenne that it would help them raise their children. Sweet Medicine is always kept with the Sacred Arrows and the Sacred Hat and in Sun Dance bundles to access his power.

Elders informed Hart that after childbirth, a mother would drink a tea made of sweet medicine, often mixed with *Mertensia ciliata* or bitter medicine (*Oxytropis*) to increase milk flow. Sweet medicine root is best harvested in late summer and would be scalded in water in which fat had been boiled thus coating the root in grease, to prevent it from losing its strength in drying. When used, the root was not powdered, but cut into small pieces and steeped in water. The tea is good for the blood and improves appetite.

Furthermore Cheyenne who took Sweet Medicine are thought to grow up to be virtuous—strong, patient, thoughtful, and now, children growing up on cow's milk are thought to be losing these qualities and be ever more like cows. Sweet Medicine can also be used for sores when mixed with the roots of *Psoralea esculenta*, *Psoralea agrophylla*, *Koeleria cristata* and yellow medicine. It was sometimes used in ceremonies to blind the enemy. Sweet medicine was chewed and blown in the four directions, and then toward the enemy.⁴⁶ George Bird Grinnell refers to Sweet Medicine as *A. arguta*.⁴⁷ *Actaea rubra* grows in moist wooded areas anywhere in the Rocky Mountains almost as high in elevation as the timberline. Also it grows in the plains of South Dakota and Alberta, and as far south and west as New Mexico and California.

References: ⁴⁸

Actaea rubra (Ait.) Willd.
Actaea arguta
Red Baneberry; Ranunculaceae

Tribal Nation: Cheyenne

Indigenous Name: *Motsi'hiyun*
Meaning: No translation given

Habitat/Ecological Zone: Moist, often shady sites; foothills to sub-alpine. Range from the Yukon and Northwest Territory south into New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Spiritual/Religious Use(s): Roots used in ceremonies.

References: ⁴⁹

Actaea rubra (Ait.) Willd.
Red Baneberry; Ranunculaceae

Tribal Nation: Cheyenne

Indigenous Name: *Motsi'hiyun*
Meaning: No translation given

Habitat/Ecological Zone: Moist, often shady sites; foothills to sub-alpine. Range from the Yukon and Northwest Territory south into New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Roots used for sores

References: ⁵⁰

Actaea rubra (Ait.) Willd.

Red Baneberry; Ranunculaceae

Tribal Nation: Cheyenne

Indigenous Name: *Motsi'hiyun*

Meaning: No translation given

Habitat/Ecological Zone: Moist, often shady sites; foothills to sub-alpine. Range from the Yukon and Northwest Territory south into New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Decoction of roots taken to improve the appetite

References: ⁵¹

Actaea rubra ssp. arguta (Nutt.) HultÈn

Red Baneberry; Ranunculaceae

Tribal Nation: Cheyenne

Indigenous Name: *Motsi'hiyun*

Meaning: No translation given

Habitat/Ecological Zone: Moist, often shady sites; foothills to sub-alpine. Range from the Yukon and Northwest Territory south into New Mexico

Plants Parts Harvested: Roots and stems

Season Collected: Not given

Medicinal Use(s): Infusion of dried, pounded roots and stems used as a blood medicine.

References: ⁵²

Actaea rubra ssp. arguta (Nutt.) Hult n
Red Baneberry; Ranunculaceae

Tribal Nation: Cheyenne

Indigenous Name: *Motsi'hiyun*
Meaning: No translation given

Habitat/Ecological Zone: Moist, often shady sites; foothills to sub-alpine. Range from the Yukon and Northwest Territory south into New Mexico

Plants Parts Harvested: Roots and Stems

Season Collected: Not given

Medicinal Use(s): Infusion of dried, pounded roots and stems, either as a simple or compound decoction, taken after childbirth to make first milk pass off quickly or increase milk flow. An infusion of stems can also be taken by pregnant mothers to increase milk flow.

References: ⁵³

Agastache foeniculum (Pursh) Kuntze
Agastache anethiodora
Blue Giant Hyssop; Lamiaceae
Lavender Hyssop;
Nettle-Leaved Giant Hyssop;
Horsemint;
Bear Mint;
Elk Mint

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ehe-moxeshene*
Mo e'-emohk' shin
Meaning: Elk mint or perfume

Habitat/Ecological Zone: Moist, open sites; prairies, foothills, upland woods to sub-alpine; southern British Columbia, Montana to Colorado

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Infusion of leaves used for chest pains from coughing.
Infusion of leaves also taken as a cold medicine

Additional Commentary: A tea made of the leaves was drunk for cardiac weakness and pains in the chest or lungs, say, from coughing, or for treating colds. This tea is also drunk for “dispirited heart.” When prepared differently it was used to break a fever. The powdered leaves were rubbed on the body to cool it, and a vapor bath of the leaves was used to induce sweating.⁵⁴ A special medicinal mixture consisting of this plant and nine others is also mentioned.⁵⁵ Grinnell mentions this use for *Agastache anethiodora*.⁵⁶

References: ⁵⁷

Agastache foeniculum (Pursh) Kuntze

Agastache anethiodora

Blue Giant Hyssop; Lamiaceae

Lavender Hyssop;

Nettle-Leaved Giant Hyssop;

Horsemint;

Bear Mint;

Elk Mint

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ehe-moxeshene*

Mo e'-emohk' shin

Meaning: Elk mint or perfume

Habitat/Ecological Zone: Moist, open sites; prairies, foothills, upland woods to sub-alpine; southern British Columbia, Montana to Colorado

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Leaves used in a sweat lodge and steam bath to induce sweating

References: ⁵⁸

Agastache foeniculum (Pursh) Kuntze

Blue Giant Hyssop; Lamiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ehe-moxeshene*
Mo e'-emohk' shin

Meaning: Elk mint or perfume

Habitat/Ecological Zone: Moist, open sites; prairies, foothills, upland woods;
southern British Columbia, Montana to Colorado

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Powdered leaves rubbed on the body for high fevers.

References: ⁵⁹

Agastache foeniculum (Pursh) Kuntze
Blue Giant Hyssop; Lamiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ehe-moxeshene*
Mo e'-emohk' shin

Meaning: Elk mint or perfume

Habitat/Ecological Zone: Moist, open sites; prairies, foothills, upland woods;
southern British Columbia, Montana to Colorado

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Infusion of leaves taken to correct dispirited heart.

References: ⁶⁰

Agastache foeniculum (Pursh) Kuntze
Blue Giant Hyssop; Lamiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ehe-moxeshene*
Mo e'-emohk' shin
Meaning: Elk mint or perfume
Habitat/Ecological Zone: Moist, open sites; prairies, foothills, upland woods;
southern British Columbia, Montana to Colorado
Plants Parts Harvested: Leaves
Season Collected: Not given
Medicinal Use(s): Cold infusion of leaves taken for chest pains caused by
coughing.
References: ⁶¹

Agastache foeniculum (Pursh) Kuntze
Blue Giant Hyssop; Lamiaceae

Tribal Nation: Cheyenne
Indigenous Name: *Mo?ehe-moxeshene*
Mo e'-emohk' shin
Meaning: Elk mint or perfume
Habitat/Ecological Zone: Moist, open sites; prairies, foothills, upland woods;
southern British Columbia, Montana to Colorado
Plants Parts Harvested: Leaves
Season Collected: Not given
Medicinal Use(s): Cold infusion of leaves taken for chest pain.
References: ⁶²

Agastache foeniculum (Pursh) Kuntze
Blue Giant Hyssop; Lamiaceae

Tribal Nation: Cheyenne
Indigenous Name: *Mo?ehe-moxeshene*

Meaning: *Mo e'-emohk' shin*
Elk mint or perfume

Habitat/Ecological Zone: Moist, open sites; prairies, foothills, upland woods;
southern British Columbia, Montana to Colorado

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Infusion of leaves taken for its medicinal qualities.

References: ⁶³

Agastache foeniculum (Pursh) Kuntze
Blue Giant Hyssop; Lamiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ehe-moxeshene*
Mo e'-emohk' shin

Meaning: Elk mint or perfume

Habitat/Ecological Zone: Moist, open sites; prairies, foothills, upland woods;
southern British Columbia, Montana to Colorado

Plants Parts Harvested: Leaves

Season Collected: Not given

Food Use(s): Leaves used to make tea

References: ⁶⁴

Agastache foeniculum (Pursh) Kuntze
Agastache anethiodora
Blue Giant Hyssop; Lamiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ehe-moxeshene*
Mo e'-emohk' shin

Meaning: Elk mint or perfume

Habitat/Ecological Zone: Moist, open sites; prairies, foothills, upland woods to sub-alpine; southern British Columbia, Montana to Colorado

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Cold infusion of leaves taken for weak heart.

References: ⁶⁵

Allium brevistylum S. Wats.
Allium canadense
Shortstyle Onion; Liliaceae
Wild Onion

Tribal Nation: Cheyenne

Indigenous Name: *Xaoe-hehestavo*
Tohtoo?e-xaoe-nestavo
Kha-a'-mot-ot-ke-'wat
Kha-ohktsi-me-is'-tse-hi

Meaning: Skunk nuts
Prairie skunk
Skunk testes
Skunk, it smells

Habitat/Ecological Zone: Moist sites; prairies, open woods, montane, and sub-alpine zones, sometimes roadsides; Idaho, Montana, into Colorado

Plants Parts Harvested: Roots and stems

Season Collected: Spring, summer, or fall

Medicinal Use(s): Poultice of ground roots and stems applied and infusion used as a wash for opened and unopened carbuncles.

Additional Commentary: The finely ground roots and stems of wild onions were applied as a poultice in the treatment of unopened carbuncles. If the carbuncle were opened, the powder would be boiled in an infusion to be poured over it to “clean out the pus clinging to the cavity.”⁶⁶

References: ⁶⁷

Allium drummondii Regel
Drummond's Onion; Liliacea

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Plains, hills, prairies, and open woods particularly in limestone soils; Distributed from Arkansas, Kansas, Nebraska, Oklahoma New Mexico, Texas and into Mexico

Plants Parts Harvested: Bulbs

Season Collected: Late fall

Food Use(s): Bulbs boiled with meat and used for food, especially when salt was available

Additional Commentary: Flowering March through June

References: ⁶⁸

Allium drummondii Regel
Drummond's Onion; Liliaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Plains, hills, prairies, and open woods particularly in limestone soils; Distributed from Arkansas, Kansas, Nebraska, Oklahoma New Mexico, Texas and into Mexico

Plants Parts Harvested: Plant

Season Collected: Spring, summer, or fall

Food Use(s): Species used for food.

References: ⁶⁹

Allium drummondii Regel
Drummond's Onion; Liliaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Plains, hills, prairies, and open woods particularly in limestone soils; Distributed from Arkansas, Kansas, Nebraska, Oklahoma New Mexico, Texas and into Mexico

Plants Parts Harvested: Root or bulbs

Season Collected: Spring, summer, or fall

Food Use(s): Boiled with meat, when salt is scarce, to flavor the food.
Bulbs formerly boiled with meat and used for food.

References: ⁷⁰

Allium schoenoprasum var. *sibiricum* (L.) Hartman
Wild Chives; Liliaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Moist to wet, open sites; plains to montane; Alaska to Colorado

Plants Parts Harvested: Plant

Season Collected: Not given

Food Use(s): Boiled with meat, when salt scarce, to flavor the food

References: ⁷¹

Allium schoenoprasum var. *sibiricum* (L.) Hartman
Wild Chives; Liliaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Moist to wet, open sites; plains to montane; Alaska to Colorado

Plants Parts Harvested: Plant

Season Collected: Not given

Food Use(s): Species used for food.

References: ⁷²

Allium schoenoprasum var. *sibiricum* (L.) Hartman
Wild Chives; Liliaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Moist to wet, open sites; plains to montane; Alaska to Colorado

Plants Parts Harvested: Bulbs

Season Collected: Not given

Food Use(s): Bulbs formerly boiled with meat and used for food

References: ⁷³

Allium sibiricum L.,
Allium nuttallii
Wild Onion

Tribal Nation: Cheyenne

Indigenous Name: *Kha a mot ot ke wat*
Kha ohk tsi me is tse hi

Meaning: “Skunk testes”
“Skunk it smells” (*kha*, urine, and is usual prefix for weasel, skunk, mink, and similar animals which have a strong odor; *ma tah ke wat, tests; e me e nots*, it smells).

Habitat/Ecological Zone: Damp meadows of stream bottoms

Plants Parts Harvested: Plant

Season Collected: Not given

Food Use(s): Seldom eaten at the present day.

Additional Commentary: Formerly they were boiled with meat, especially when the Cheyenne lacked salt and wished to flavor the food.

References: ⁷⁴

Alycine apion L.
Potato Bean

Tribal Nation: Cheyenne

Indigenous Name: *Ai is tom i mi sis tuk*

Meaning: *Ho wai is tom ik*, nothing as to taste; tasteless;
mis is, eating

Habitat/Ecological Zone: North Platte, Missouri, and Laramie rivers

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Red skinned tubers on the root of a climbing vine, which taste and look like a potato

Additional Commentary: The rounded leaf is shaped like a teaspoon and somewhat cupped. The largest tubers may be the size of a hen's egg. The plant with the same Cheyenne name found in the Big Horn Mountains has a root only as large as the end of the thumb, and produces one or two tubers. This is *Bistorta*. On the vine there may be half a dozen tubers on a single root.

References: ⁷⁵

Ambrosia psilostachya DC.
Ambrosia artemisiifolia
Cuman Ragweed; Asteraceae
Western Ragweed

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ohtaa-vano?estse*
Mohk tah'wanotst

Meaning: Black Sage
Black Medicine

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

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): Infusion of leaves and stems as a tea taken for bowel pains and bloody stools.

Additional Commentary: For bowel cramps, to stop bloody stools, or for constipation as Wesley White Man suggested, and even colds, the leaves were finely ground, and a pinch of the powder was used to make a tea.⁷⁶ In addition, Moerman (1998:645) includes this plant among analgesics.⁷⁷

References: ⁷⁸

Ambrosia psilostachya DC.
Ambrosia artemisiifolia
Cuman Ragweed; Asteraceae
Western Ragweed

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ohtaa-vano?estse*
Mohk tah 'wanotst

Meaning: Black Sage
Black Medicine

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

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): Infusion of ground leaves and stems made into a tea taken for colds

References: ⁷⁹

Ambrosia psilostachya DC.
Ambrosia artemisiifolia
Cuman Ragweed; Asteraceae
Western Ragweed

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ohtaa-vano?estse*
Mohk tah 'wanotst

Meaning: Black Sage
Black Medicine

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

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): Infusion of ground leaves and stems taken for constipation

References: ⁸⁰

Amelanchier alnifolia (Nutt.) Nutt. ex M. Roemer

Saskatoon Serviceberry; Rosaceae

Juneberry;

Sarvisberry

Tribal Nation: Cheyenne

Indigenous Name: *He tan i minus* (*he-tan* = male)

Meaning: "Male berry"

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

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): The leaves used to make tea. It is used in healing. The fluid is red in color and has a flat taste.

Additional Commentary: Some informants say it tastes similar to green tea. The reference to having the quality of maleness suggests a strong quality

References: ⁸¹

Amelanchier alnifolia (Nutt.) Nutt. ex M. Roemer

Saskatoon Serviceberry; Rosaceae

Juneberry;

Sarvisberry

Tribal Nation: Cheyenne

Indigenous Name: *He tan i minus* (*he-tan* = male)

Meaning: "Male berry"

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

Plants Parts Harvested: Fruits

Season Collected: Not given

Food Use(s): Fruits boiled, sugar and flour added and eaten as a pudding.

References: ⁸²

Amelanchier alnifolia (Nutt.) Nutt. ex M. Roemer

Saskatoon Serviceberry; Rosaceae

Juneberry;

Sarvisberry

Tribal Nation: Cheyenne

Indigenous Name: *He tan i minus* (*he-tan* = male)

Meaning: "Male berry"

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): Berries stewed for feasts

References: ⁸³

Amelanchier alnifolia (Nutt.) Nutt. ex M. Roemer

Saskatoon Serviceberry; Rosaceae

Juneberry;

Sarvisberry

Tribal Nation: Cheyenne

Indigenous Name: *He tan i minus* (*he-tan* = male)

Meaning: "Male berry"

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): Berries dried for winter use.

References: ⁸⁴

Amelanchier alnifolia (Nutt.) Nutt. ex M. Roemer

Saskatoon Serviceberry; Rosaceae

Juneberry;

Sarvisberry

Tribal Nation: Cheyenne

Indigenous Name: *Hetane-menotse*

Hetane-meno?e-she?e

Meaning: “Man berry”

“Man berry bush”

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

Plants Parts Harvested: Fruit

Season Collected: Not given

Medicinal Use(s): Smashed fruits used to improve loss of appetite in children

Additional Commentary: Northern Cheyenne elders informed Hart that the pulverized fruits were added to medicinal mixtures, especially in efforts to restore a child’s lost appetite, or to make a healing tea.⁸⁵

References: ⁸⁶

Amelanchier alnifolia (Nutt.) Nutt. ex M. Roemer

Saskatoon Serviceberry; Rosaceae

Juneberry;

Sarvisberry

Tribal Nation: Cheyenne

Indigenous Name: *Hetane-menotse*

Hetane-meno?e-she?e

Meaning: “Man berry”

“Man berry bush”

Habitat/Ecological Zone: Brushy hillsides, open woods, creek banks, usually in well

drained soil. Occasionally found around bogs

Plants Parts Harvested: Fruit

Season Collected: Not given

Medicinal Use(s): Smashed fruits used as an ingredient for medicinal mixtures

References: ⁸⁷

Anaphalis margaritacea (L.) Benth. *Var subalpina*
Western Pearly Everlasting; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Tsexé-haa-eno?e-heseeo? Otse*
Siya'inowehisse'heyo

Meaning: "Much taste medicine"

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

Plants Parts Harvested: Flowers

Season Collected: Late June until late August

Spiritual/Religious Use(s): Powdered flowers chewed and rubbed on body to protect and strengthen warrior. Dried flowers carried or chewed and rubbed on the body as protection from danger before battle.

Additional Commentary: Pearly Everlasting's leaves were used as purifying incense; gifts to spirits were first cleansed in this smoke. Often, men would carry the dried and powdered flowers in medicine bundles, as it would protect them, give them strength, and energy. For this reason, it was also chewed and rubbed on the body. It would be used on horses for the same reason, to give energy and strength, in this case being put on the bottom of each hoof, and blown between the horses' ears. No woman could touch this plant or it would nullify its energy, perhaps, because of this plant's spiritual endowment as opposed to its material power.⁸⁸

References: ⁸⁹

Anaphalis margaritacea (L.) Benth.

Western Pearly Everlasting; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Tsexehaa-eno?e-heseeo? Otse*
Siya'inowehisse'heyo

Meaning: "Much taste medicine"

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

Plants Parts Harvested: Plant

Season Collected: Late June until late August

Spiritual/Religious Use(s): Smoke used to purify gift made to the spirits.

References: ⁹⁰

Anaphalis margaritacea (L.) Benth.

Western Pearly Everlasting; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Tsexehaa-eno?e-heseeo? Otse*
Siya'inowehisse'heyo

Meaning: "Much taste medicine"

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

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plant used as a strong medicine.

References: ⁹¹

Anaphalis margaritacea (L.) Benth.

Western Pearly Everlasting; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Tsexehaa-eno?e-heseeo? Otse*
Siya'inowehisse'heyo

Meaning: "Much taste medicine"

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

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Smoke used in houses to protect them from witches

References: ⁹²

Anaphalis margaritacea (L.) Benth.
Western Pearly Everlasting; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Tsexehaa-eno?e-heseeo? Otse*
Siya'inowehisse'heyo

Meaning: "Much taste medicine"

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

Plants Parts Harvested: Plant

Season Collected: Not given

Artifacts: Plant is used in various ways to make horses long-winded. Powdered flowers are put on each hoof and blown between the ears for long windedness, spirit and endurance. Powdered flowers used on the sole of each horse hoof to make it enduring and untiring

References: ⁹³

Anaphalis margaritacea (L.) Benth.
Western Pearly Everlasting; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Tsexé-haa-eno?e-heseeo? Otse*
Siya 'inowehisse'heyo

Meaning: "Much taste medicine"

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

Plants Parts Harvested: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): Leaves burned as incense and used to purify gifts offered to the sun or the spirits.

References: ⁹⁴

Anemone nuttalliana DC
Pasqueflower; Ranunculaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Dry, open or wooded sites; foothills to sub-alpine; Alaska to New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Root cleaned and pulverized, and passed over the body of someone who was ill such that s/he was unconscious. The root is passed over the body in order to revive the person

References: ⁹⁵

Apios tuberosum
Ground Nut; Fabaceae

Potato Bean

Tribal Nation: Cheyenne

Indigenous Name: *Ai'-is-tom-i-mi-sis'-tuk*

Meaning: "Tasteless eating"

Habitat/Ecological Zone: Wet meadows, low thickets, stream banks, ponds and moist soils in wooded areas

Plants Parts Harvested: Species or Roots

Season Collected: All year, but best in late fall through early spring

Food Use(s): Food; Species used for food. Roots used for food

Additional Commentary: *Apios tuberosum*, as a food source, is found east of traditional Cheyenne lands. However the same name was given to *Polygonum bistortoides*, located in the Big Horn Mountains and surrounding region.⁹⁶ Grinnell wrote that; "Older people speak of red skinned tubers on the root of a climbing vine, which taste and look like a potato. The rounded leaf is shaped like a teaspoon and somewhat cupped. The plant grows on the North Platte, Missouri and Laramie rivers."⁹⁷

References: ⁹⁸

Arabis glabra (L.) Bernh.

Tower Rockcress; Brassicaceae

Tribal Nation: Cheyenne

Indigenous Name: *Heove-heseeo?otse*

Meaning: "Yellow medicine"

Habitat/Ecological Zone: Habitats include various kinds of prairies (sand, gravel, black soil, or clay), rocky open woodlands, barren savannas, limestone glades, rocky bluffs, and abandoned fields; full sun to light shade; Washington to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Food Use(s): Infusion of plant used as a beverage

References: ⁹⁹

Arabis glabra (L.) Bernh.

Tower Rockcress; Brassicaceae

Tribal Nation: Cheyenne

Indigenous Name: *Heove-heseeo?otse*

Meaning: "Yellow medicine"

Habitat/Ecological Zone: Habitats include various kinds of prairies (sand, gravel, black soil, or clay), rocky open woodlands, barren savannas, limestone glades, rocky bluffs, and abandoned fields; full sun to light shade; Washington to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Plant is used for colds. Infusion of plant taken to check a cold when it first appears

Additional Commentary: A tea made of this plant was used as a general preventative for colds, or to treat sick children.¹⁰⁰

References: ¹⁰¹

Arabis glabra (L.) Bernh.

Tower Rockcress; Brassicaceae

Tribal Nation: Cheyenne

Indigenous Name: *Heove-heseeo?otse*

Meaning: "Yellow medicine"

Habitat/Ecological Zone: Habitats include various kinds of prairies (sand, gravel, black soil, or clay), rocky open woodlands, barren savannas, limestone glades, rocky bluffs, and abandoned fields; full sun to light shade; Washington to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Infusion of plant taken as a general preventative for

sickness

References: ¹⁰²

Arabis glabra (L.) Bernh.

Tower Rockcress; Brassicaceae

Tribal Nation: Cheyenne

Indigenous Name: *Heove-heseeo?otse*

Meaning: "Yellow medicine"

Habitat/Ecological Zone: Habitats include various kinds of prairies (sand, gravel, black soil, or clay), rocky open woodlands, barren savannas, limestone glades, rocky bluffs, and abandoned fields; full sun to light shade; Washington to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Infusion of plant given to children as a general preventative for sickness, when sickness is about.

References: ¹⁰³

Arctium lappa tussilago

Great Burdock; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Heske ove meno estse*

Meaning: No translation given

Habitat/Ecological Zone: Moist soils to 6,500 feet elevation in disturbed soils, roadsides, and waste areas. It is an introduced plant from Europe distributed from British Columbia and Alberta, Canada to the northern United States

Plants Parts Harvested: Plant

Season Collected: Not given

Artifacts: Boiled to produce a yellow dye

References: ¹⁰⁴

Arctostaphylos uva-ursi (L.) Spreng.

Kinnikinnick; Ericaceae

Common Bearberry

Tribal Nation: Cheyenne

Indigenous Name: *No 'anuyun*

Meaning: "Smoke leaves"

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: Stems, leaves, and berries

Season Collected: Not given

Medicinal Use(s): Infusion of stems, leaves, and berries taken for back pain and sprained backs. Poultice of wetted leaves rubbed on the back for pain

Additional Commentary: These leaves, dried, are mixed with the inner bark of *Cornus stolonifera*, (red-osier dogwood, red willow) or tobacco as a smoking blend. The leaves were also involved in a mixture burnt to drive away the bad spirits that were making a person go mad. For persistent pain in the back, especially from a sprain, the leaves, stems and berries were boiled in a tea, and the leaves alone would be wetted and applied to the sore spot.¹⁰⁵ The berries would be mixed with those of *Amelanchier alnifolia* and *Prunus virginiana* among others as a medicine.¹⁰⁶ Grinnell mentions that kinnikinnick is used as a diuretic when one's kidneys are congested; this may be related to its use for back pain.¹⁰⁷

According to William Tallbull, the plant is often picked during the winter, usually under the snow. According to protocol, an offering is left nearby.¹⁰⁸

References: ¹⁰⁹

Arctostaphylos uva-ursi (L.) Spreng.

Kinnikinnick; Ericaceae

Common Bearberry

Tribal Nation: Cheyenne

Indigenous Name: *No?aneonotse*
ma?ke-menotse

Meaning: mixture, additive leaf
red berry

Habitat/Ecological Zone: Well-drained, open or wooded sites; foothills to alpine;
Alaska to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Leaves wetted and used for pain relief

References: ¹¹⁰

Arctostaphylos uva-ursi (L.) Spreng.
Kinnikinnick; Ericaceae
Common Bearberry

Tribal Nation: Cheyenne

Indigenous Name: *No?aneonotse*
Ma?ke-menotse

Meaning: mixture, additive leaf
red berry

Habitat/Ecological Zone: Well-drained, open or wooded sites; foothills to alpine;
Alaska to New Mexico

Plants Parts Harvested: Berries

Season Collected: Not given

Medicinal Use(s): Berries and other plants used for colds and coughs

References: ¹¹¹

Arctostaphylos uva-ursi (L.) Spreng.
Kinnikinnick; Ericaceae

Common Bearberry

Tribal Nation:	Cheyenne
Indigenous Name:	<i>No?aneonotse</i> <i>Ma?ke-menotse</i>
Meaning:	mixture, additive leaf red berry
Habitat/Ecological Zone:	Well-drained, open or wooded sites; foothills to alpine; Alaska to New Mexico
Plants Parts Harvested:	Berries
Season Collected:	Not given
Medicinal Use(s):	Berries used as an ingredient in medicinal mixtures.
References:	¹¹²

Arctostaphylos uva-ursi (L.) Spreng.

Kinnikinnick; Ericaceae
Common Bearberry

Tribal Nation:	Cheyenne
Indigenous Name:	<i>No?aneonotse</i> <i>Ma?ke-menotse</i>
Meaning:	mixture, additive leaf red berry
Habitat/Ecological Zone:	Well-drained, open or wooded sites; foothills to alpine; Alaska to New Mexico
Plants Parts Harvested:	Leaves
Season Collected:	Not given
Medicinal Use(s):	Leaves burned to drive away bad spirits for people going crazy.
References:	¹¹³

Arctostaphylos uva-ursi (L.) Spreng.

Kinnikinnick; Ericaceae

Common Bearberry

Tribal Nation: Cheyenne

Indigenous Name: *No?aneonotse*
Ma?ke-menotse

Meaning: mixture, additive leaf
red berry

Habitat/Ecological Zone: Well-drained, open or wooded sites; foothills to alpine;
Alaska to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Leaves mixed with skunkbush leaves in the absence of
tobacco and smoked.

References: ¹¹⁴

Arctostaphylos uva-ursi (L.) Spreng.

Kinnikinnick; Ericaceae

Common Bearberry

Tribal Nation: Cheyenne

Indigenous Name: *No?aneonotse*
Ma?ke-menotse

Meaning: mixture, additive leaf
red berry

Habitat/Ecological Zone: Well-drained, open or wooded sites; foothills to alpine;
Alaska to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Leaves mixed with tobacco or red willow and used to
smoke in a pipe.

References: ¹¹⁵

Artemisia frigida Willd.

Fringed Sagewort; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *He?e-vano?estse*

Meaning: "Woman Sage"

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

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plant used in the Sun Dance ceremony

Additional Commentary: This sage was used in connection with the sacred woman in the Sun Dance. It was also braided and worn as a headband to stop a nosebleed. Moerman also indicates this sage's use as a gynecological aid.¹¹⁶

References: ¹¹⁷

Artemisia frigida Willd.

Fringed Sagewort; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *He?e-vano?estse*

Meaning: "Woman Sage"

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

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Infusion of plant taken by women during menses.

References: ¹¹⁸

Artemisia frigida Willd.

Fringed Sagewort; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *He?e-vano?estse*

Meaning: "Woman Sage"

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

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Plant braid tied around the head for nosebleed.

References: ¹¹⁹

Artemisia ludoviciana Nutt.

White Sage; Asteraceae

Louisiana Sagewort;

Western Mugwort;

Prairie Sage;

Cudleaf Sagewort

Tribal Nation: Cheyenne

Indigenous Name: *Hetane-vano?estse*

Meaning: "Man Sage"

Habitat/Ecological Zone: Dry, open sites; plains, prairies to montane, and disturbed areas; Alberta to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Crushed leaves used as snuff for headaches.

Additional Commentary: The leaves of this sage were crushed and used as a snuff for sinus attacks, nosebleeds, and headaches.

More importantly, is this sage's role in ceremonies and as a general purifying plant. In almost every ceremonial lodge, it was spread along the floor and the leaves burned as incense. In this capacity it would drive away bad spirits, and dark dreams; it would sometimes be mixed with *Actaea rubra* to accomplish this task.

In purification, its smoke would be spread over people, utensils, or through a space. Contrary warriors relied on it to purify people or horses that had been accidentally touched by their special lances, or to cleanse the soil when they left a lodge. If a person had broken a taboo, s/he might be wiped clean of it with a bundle of this sage. Beds of sage were stood and rested upon in the Sun Dance, from which the dancers would draw power. It was used to prevent thirst in the Sun Dance by wrapping it around the eagle bone whistles, and offerings of food were made to the spirits in this ceremony from bits of sage that had been dipped in the food. It was used to paint the dancers and again to wipe the paint off. In battles, shields would be passed ritualistically through its smoke. In the aforementioned ceremony to allay the fear of thunder, a half circle of sage would be spread around the thunder-resistant juniper tree and upon which the person walked during the ceremony, drawing forth a sacred blessing. According to Northern Cheyenne elders, a person in a sweat lodge would dip a leafy stem in water, sprinkle some water on the hot rocks, and the branch would be whipped upon the participants' bodies.

In a peyote ceremony, petitioners rub sage on their bodies to keep them from getting sick. These days, according to Mary Fisher of the Northern Cheyenne, hunters wipe their rifles with sage for much the same reasons. Grinnell indicates its ceremonial use, referring to man sage as *A.gnaphalodes*, and Moerman additionally indicates its use as a respiratory aid.¹²⁰

References: ¹²¹

Artemisia ludoviciana Nutt.

White Sage; Asteraceae

Louisiana Sagewort;

Western Mugwort;

Prairie Sage;

Cudleaf Sagewort

Tribal Nation: Cheyenne

Indigenous Name: *Hetane-vano?estse*

Meaning: "Man Sage"

Habitat/Ecological Zone: Dry, open sites; plains, prairies to montane, and disturbed areas; Alberta to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plant used in various ceremonies

References: ¹²²

Artemisia ludoviciana Nutt.

White Sage; Asteraceae

Louisiana Sagewort;

Western Mugwort;

Prairie Sage;

Cudleaf Sagewort

Tribal Nation: Cheyenne

Indigenous Name: *Hetane-vano?estse*

Meaning: "Man Sage"

Habitat/Ecological Zone: Dry, open sites; plains, prairies to montane, and disturbed areas; Alberta to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Crushed leaves used as snuff for nosebleeds

References: ¹²³

Artemisia ludoviciana Nutt.

White Sage; Asteraceae

Louisiana Sagewort;

Western Mugwort;

Prairie Sage;

Cudleaf Sagewort

Tribal Nation: Cheyenne

Indigenous Name: *Hetane-vano?estse*
Meaning: "Man Sage"

Habitat/Ecological Zone: Dry, open sites; plains, prairies to montane, and disturbed areas; Alberta to New Mexico

Plants Parts Harvested: Crushed

Season Collected: Not given

Medicinal Use(s): Crushed leaves used as snuff for sinus attacks

References: ¹²⁴

Artemisia ludoviciana Nutt.
White Sage; Asteraceae
Louisiana Sagewort;
Western Mugwort;
Prairie Sage;
Cudleaf Sagewort

Tribal Nation: Cheyenne

Indigenous Name: *Hetane-vano?estse*
Meaning: "Man Sage"

Habitat/Ecological Zone: Dry, open sites; plains, prairies to montane, and disturbed areas; Alberta to New Mexico

Plants Parts Harvested: Plants

Season Collected: Not given

Medicinal Use(s): Plants rubbed on the body for immunity to sickness

References: ¹²⁵

Artemisia ludoviciana Nutt.
White Sage; Asteraceae
Louisiana Sagewort;
Western Mugwort;

Prairie Sage;
Cudleaf Sagewort

Tribal Nation: Cheyenne

Indigenous Name: *Hetane-vano?estse*

Meaning: "Man Sage"

Habitat/Ecological Zone: Dry, open sites; plains, prairies to montane, and disturbed areas; Alberta to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plant used extensively in ceremonies to drive away bad spirits, evil influences, and ominous dreams.

References: ¹²⁶

Artemisia ludoviciana Nutt.

White Sage; Asteraceae

Louisiana Sagewort;

Western Mugwort;

Prairie Sage;

Cudleaf Sagewort

Tribal Nation: Cheyenne

Indigenous Name: *Hetane-vano?estse*

Meaning: "Man Sage"

Habitat/Ecological Zone: Dry, open sites; plains, prairies to montane, and disturbed areas; Alberta to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): Leaves burned as incense in ceremonies to purify implements, utensils or persons.

References: ¹²⁷

Artemisia ludoviciana Nutt.

White Sage; Asteraceae

Louisiana Sagewort;

Western Mugwort;

Prairie Sage;

Cudleaf Sagewort

Tribal Nation: Cheyenne

Indigenous Name: *Hetane-vano?estse*

Meaning: "Man Sage"

Habitat/Ecological Zone: Dry, open sites; plains, prairies to montane, and disturbed areas; Alberta to New Mexico

Plants Parts Harvested: Plants

Season Collected: Not given

Spiritual/Religious Use(s): Plants wiped on persons who broke taboos for purification.

References: ¹²⁸

Artemisia ludoviciana Nutt.

White Sage; Asteraceae

Louisiana Sagewort;

Western Mugwort;

Prairie Sage;

Cudleaf Sagewort

Tribal Nation: Cheyenne

Indigenous Name: *Hetane-vano?estse*

Meaning: "Man Sage"

Habitat/Ecological Zone: Dry, open sites; plains, prairies to montane, and disturbed areas; Alberta to New Mexico

Plants Parts Harvested: Plants

Season Collected: Not given

Spiritual/Religious Use(s): Plants wrapped around Sun Dancers' eagle bone whistles for prevention of thirst.

References: ¹²⁹

Artemisia ludoviciana Nutt.

White Sage; Asteraceae

Louisiana Sagewort;

Western Mugwort;

Prairie Sage;

Cudleaf Sagewort

Tribal Nation: Cheyenne

Indigenous Name: *Hetane-vano?estse*

Meaning: "Man Sage"

Habitat/Ecological Zone: Dry, open sites; plains, prairies to montane, and disturbed areas; Alberta to New Mexico

Plants Parts Harvested: Sprigs

Season Collected: Not given

Spiritual/Religious Use(s): Sprigs used as ceremonial paint brushes during the Sun Dance ceremony

References: ¹³⁰

Artemisia ludoviciana Nutt.

White Sage; Asteraceae

Louisiana Sagewort;

Western Mugwort;

Prairie Sage;

Cudleaf Sagewort

Tribal Nation: Cheyenne

Indigenous Name: *Hetane-vano?estse*

Meaning: "Man Sage"

Habitat/Ecological Zone: Dry, open sites; plains, prairies to montane, and disturbed

areas; Alberta to New Mexico

Plants Parts Harvested: Sprigs

Season Collected: Not given

Spiritual/Religious Use(s): Sprigs used in sweat lodges to sprinkle water on the rocks

References: ¹³¹

Artemisia ludoviciana ssp. ludoviciana var gnaphalodes
Foothill Sagewort; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hetane-vano?estse*
Meaning: "Man Sage"

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: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plant used in ceremonies

References: ¹³²

Artemisia ludoviciana ssp. ludoviciana
Foothill Sagewort; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hetane-vano?estse*
Meaning: "Man Sage"

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: Plant

Season Collected: Not given
Medicinal Use(s): Plant used to drive away bad or ominous dreams.
References: ¹³³

Artemisia ludoviciana ssp. ludoviciana
Foothill Sagewort; Asteraceae

Tribal Nation: Cheyenne
Indigenous Name: *Hetane-vano?estse*
Meaning: "Man Sage"
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: Plant
Season Collected: Not given
Spiritual/Religious Use(s): Plant used for many ceremonial purposes
References: ¹³⁴

Artemisia sp.
Sagebrush; Asteraceae

Tribal Nation: Cheyenne
Indigenous Name: Not given
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: Branches
Season Collected: Not given
Artifacts: Branches used to remove the spines of prickly pear cacti fruits

References: ¹³⁵

Asclepias speciosa Torr.

Showy Milkweed; Asclepiadaceae

Tribal Nation: Cheyenne

Indigenous Name: *Matanaa-vo?estse*
Matanaa-maxestse

Meaning: Mile plant
Milk wood

Habitat/Ecological Zone: Open, often moist, loamy sites; plains to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Immature fruit

Season Collected: Late spring to summer

Food Use(s): Inner layer of fruit used for food. Green, immature fruits peeled and inner layer eaten.

References: ¹³⁶

Asclepias speciosa Torr.

Showy Milkweed; Asclepiadaceae

Tribal Nation: Cheyenne

Indigenous Name: *Matanaa-vo?estse*
Matanaa-maxestse

Meaning: Mile plant
Milk wood

Habitat/Ecological Zone: Open, often moist, loamy sites; plains to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Flowers

Season Collected: Summer

Food Use(s): Flowers boiled with soup or meat, flour added and eaten as
gravy.

References: ¹³⁷

Asclepias speciosa Torr.
Showy Milkweed; Asclepiadaceae

Tribal Nation: Cheyenne

Indigenous Name: *Matanaa-vo?estse*
Matanaa-maxestse

Meaning: Mile plant
Milk wood

Habitat/Ecological Zone: Open, often moist, loamy sites; plains to montane; Alberta,
Canada to New Mexico

Plants Parts Harvested: Whole buds

Season Collected: Late spring to summer

Food Use(s): Whole buds boiled with meat or in water, soup, grease, or
gravy and used for food

References: ¹³⁸

Asclepias speciosa Torr.
Showy Milkweed; Asclepiadaceae

Tribal Nation: Cheyenne

Indigenous Name: *Matanaa-vo?estse*
Matanaa-maxestse

Meaning: Mile plant
Milk wood

Habitat/Ecological Zone: Open, often moist, loamy sites; plains to montane; Alberta,
Canada to New Mexico

Plants Parts Harvested: Shoots

Season Collected: Spring

Food Use(s): Tender, spring shoots eaten raw. Before flowering the stalk are boiled and consumed. It is said the taste is similar to asparagus.

References: ¹³⁹

Asclepias speciosa Torr.
Showy Milkweed; Asclepiadaceae

Tribal Nation: Cheyenne

Indigenous Name: *Matanaa-vo?estse*
Matanaa-maxestse

Meaning: Mile plant
Milk wood

Habitat/Ecological Zone: Open, often moist, loamy sites; plains to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Stalks

Season Collected: Spring

Food Use(s): Tender stalks cooked, sweetened and used for food

References: ¹⁴⁰

Asclepias speciosa Torr.
Showy Milkweed; Asclepiadaceae

Tribal Nation: Cheyenne

Indigenous Name: *Matanaa-vo?estse*
Matanaa-maxestse

Meaning: Mile plant
Milk wood

Habitat/Ecological Zone: Open, often moist, loamy sites; plains to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Plant tops

Season Collected: Late spring to summer

Medicinal Use(s): Decoction of plant tops is strained and used as an eyewash for blindness or snow blindness

Additional Commentary: It is reported that by boiling and straining the top part of the plant, an eyewash is prepared. This is applied to the eyes with a clean cloth, perhaps, supposed Hart, for snow blindness or general blindness.¹⁴¹

References: ¹⁴²

Asclepias speciosa Torr.
Showy Milkweed; Asclepiadaceae

Tribal Nation: Cheyenne

Indigenous Name: *Matanaa-vo?estse*
Matanaa-maxestse

Meaning: Mile plant
Milk wood

Habitat/Ecological Zone: Open, often moist, loamy sites; plains to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Dried, hardened milk

Season Collected: Summer

Food Use(s): Dried, hardened milk used for chewing gum

References: ¹⁴³

Asclepias speciosa Torr.
Showy Milkweed; Asclepiadaceae

Tribal Nation: Cheyenne

Indigenous Name: *Matanaa-vo?estse*
Matanaa-maxestse

Meaning: Mile plant
Milk wood

Habitat/Ecological Zone: Open, often moist, loamy sites; plains to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Summer

Spiritual/Religious Use(s): The Sun dance ceremony begins only upon the plant's flowering. The plant is harvested, cooked, and used as a food offering in the Medicine Lodge.

References: ¹⁴⁴

Asclepias speciosa Torr.

Showy Milkweed; Asclepiadaceae

Tribal Nation: Cheyenne

Indigenous Name: *Matanaa-vo?estse*
Matanaa-maxestse

Meaning: *Mestaehameskon*
Mile plant
Milk wood
Pods

Habitat/Ecological Zone: Open, often moist, loamy sites; plains to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Pods

Season Collected: Summer

Food Use(s): Pods are eaten raw when they are first formed

Additional Commentary: The pods are referred to "owl spoons."

References: ¹⁴⁵

Asclepias speciosa Torr.

Showy Milkweed; Asclepiadaceae

Tribal Nation: Cheyenne

Indigenous Name: *Matanaa-vo?estse*
Matanaa-maxestse
Mestaehameskon

Meaning: Mile plant
Milk wood
Pods

Habitat/Ecological Zone: Open, often moist, loamy sites; plains to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Pods

Season Collected: Not given

Artifacts: The pods, once fully formed, are used as toys for boys

Additional Commentary: The pods are referred to “owl spoons.”

References: ¹⁴⁶

Aster cusickii
Aster novae-angliae
New England Aster

Tribal Nation: Cheyenne

Indigenous Name: *Sto wahts is se e yo*

Meaning: *His to wo ots*, one’s ears; + root
“Ear medicine”

Habitat/Ecological Zone: Prairies, thickets, stream banks, and roadsides. Often found in sandy soils.

Plants Parts Harvested: Stems

Season Collected: Not given

Medicinal Use(s): Relieve earache, an infusion is made of the dried stems of this plant and a little of it dropped in the ear.

References: ¹⁴⁷

Aster foliaceus Lindl.

Aster

Tribal Nation: Cheyenne

Indigenous Name: *Hestovootse-heseeo?otse*

Sto' wahts is se e yo

Meaning: "Ear medicine"

Habitat/Ecological Zone: Prairies, thickets, stream banks, and roadsides. Found in sandy soils; foothills to sub-alpine; Alberta, Canada to New Mexico

Plants Parts Harvested: Stems

Season Collected: Not given

Medicinal Use(s): An infusion of aster stems would be dropped into an aching ear

Additional Commentary: Grinnell and Moerman both use the name *A. cusickii* for this plant.¹⁴⁸

References:¹⁴⁹

Astragalus laxmannii var. *robustior* (Hook.) Barneby & Welsh

Astragalus canadensis

Astragalus nitidus

Prairie Milkvetch; Fabaceae

Canadian Milkvetch;

American Milkvetch

Tribal Nation: Cheyenne

Indigenous Name: *Mahkha' nowas*

Meaning: "Poison Weed Medicine"

Habitat/Ecological Zone: Moist prairies, stream banks, open wooded hillsides; foothills to montane. It is found frequently growing in sandy soil conditions. Found from the Yukon into Colorado

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): Ground leaf and stem sprinkled on skin in cases of poison ivy or watery poison ivy rash.

References: ¹⁵⁰

Astragalus sp.
Locoweed; Fabaceae

Tribal Nation: Cheyenne

Indigenous Name: *Mahkha' nowas*
Meaning: "Poison Weed Medicine"

Habitat/Ecological Zone: Moist prairies, stream banks, open wooded hillsides. It is found frequently growing in sandy soil conditions.

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Plant poisonous to horses

References: ¹⁵¹

Astragalus spp.
Locoweed

Tribal Nation: Cheyenne

Indigenous Name: *Mahkha' nowas*
Ma?xe-heoovo?estse
Meaning: "Poison Weed Medicine"
"Big, Scabby Weed, Plant"

Habitat/Ecological Zone: Moist prairies, stream banks, open wooded hillsides. It is found frequently growing in sandy soil conditions.

Plants Parts Harvested: Stems and Leaves

Season Collected: Not given

Additional Commentary: For poison ivy and other skin irritations caused by plants, the powdered stems and leaves of *A. nitidus* were sprinkled on the affected area.¹⁵² *A. crassicaarpus* has been used for animals having difficulty urinating. It is applied externally as an ointment.

Northern Cheyenne elders indicate that this species also has been used by Snake Dancers. *A. adsurgens* also specifically has dermatological benefits.¹⁵³

References: ¹⁵⁴

Astragalus sp.

Locoweed; Fabaceae

Tribal Nation: Cheyenne

Indigenous Name: *Mahkha' nowas*
Ma?xe-heoovo?estse
Mākhkhă' nōwās

Meaning: "Poison Weed Medicine"
"Big, Scabby Weed, Plant"

Habitat/Ecological Zone: Moist prairies, stream banks, open wooded hillsides. It is found frequently growing in sandy soil conditions.

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Plant applied as an ointment for animals with urination troubles.

References: ¹⁵⁵

Balsamorhiza incana Nutt.

Hoary Balsamroot; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hetone?e-heseeo?otse*

Meaning: Bark medicine

Habitat/Ecological Zone: Moist to moderately dry, open sites in the montane zone; Idaho to Wyoming and Montana

Plants Parts Harvested: Leaves, roots and stems

Season Collected: Not given

Medicinal Use(s): Decoction of leaves, roots, and stems taken for stomach pains.

Additional Commentary: For pains in the stomach and for colds, a tea was made of the leaves, roots, and stems. For headaches, a person would hold her head over the steam of this infusion.

In childbirth, a woman was given the root to facilitate the process.¹⁵⁶ Moerman states that *B. sagittata* is used as a gynecological aid, an oral aid, a panacea, a throat aid, and a toothache remedy, and that both species of *Balsamorhiza* are used as an analgesic, a cold remedy, and in gastrointestinal issues.¹⁵⁷

References: ¹⁵⁸

Balsamorhiza incana Nutt.
Hoary Balsamroot; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hetone?e-heseeo?otse*
Meaning: Bark medicine

Habitat/Ecological Zone: Moist to moderately dry, open sites in the montane zone; Idaho to Wyoming and Montana

Plants Parts Harvested: Leaves, roots and stems

Season Collected: Not given

Medicinal Use(s): Decoction of leaves, roots, and stems used as a steam bath for headaches

References: ¹⁵⁹

Balsamorhiza incana Nutt.

Hoary Balsamroot; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hetone?e-heseeo?otse*

Meaning: Bark medicine

Habitat/Ecological Zone: Moist to moderately dry, open sites in the montane zone; Idaho to Wyoming and Montana

Plants Parts Harvested: Leaves, stems and roots

Season Collected: Not given

Medicinal Use(s): Infusion of leaves, stems, and roots taken for colds.

References: ¹⁶⁰

Balsamorhiza sagittata (Pursh) Nutt.

Arrowleaf Balsamroot; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hetone?e-heseeo?otse*

Hitu' ne' hisse' eyo

Meaning: Bark medicine

Habitat/Ecological Zone: Dry, often stony, open or wooded sites; foothills to montane; Alberta, Canada to Colorado

Plants Parts Harvested: Leaves, roots, and stems

Medicinal Use(s): Infusion of leaves, roots, and stems taken for stomach pains and headaches

Additional Commentary: For pains in the stomach and for colds, a tea was made of the leaves, roots, and stems. For headaches, a person would hold her head over the steam of this infusion.

In childbirth, a woman was given the root to facilitate the process. Moerman states that *B. sagittata* is used as a gynecological aid, an oral aid, a panacea, a throat aid, and a toothache remedy, and that both species of *Balsamorhiza* are used as an analgesic, a cold remedy, and in gastrointestinal issues.¹⁶¹

References: ¹⁶²

Balsamorhiza sagittata (Pursh) Nutt.
Arrowleaf Balsamroot; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hetone?e-heseeo?otse*
Hitu' ne' hisse' eyo

Meaning: Bark medicine

Habitat/Ecological Zone: Dry, often stony, open or wooded sites; foothills to montane; Alberta, Canada to Colorado

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Steam of plant decoction inhaled for headache and used as wash on head.

References: ¹⁶³

Balsamorhiza sagittata (Pursh) Nutt.
Arrowleaf Balsamroot; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hetone?e-heseeo?otse*
Hitu' ne' hisse' eyo

Meaning: Bark medicine

Habitat/Ecological Zone: Dry, often stony, open or wooded sites; foothills to montane; Alberta, Canada to Colorado

Plants Parts Harvested: Leaves, stems and roots

Season Collected: Not given

Medicinal Use(s): Infusion of leaves, stems, and roots taken for colds.

References: ¹⁶⁴

Balsamorhiza sagittata (Pursh) Nutt.

Arrowleaf Balsamroot; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hetone?e-heseeo?otse*

Hitu' ne' hisse' eyo

Meaning: Bark medicine

Habitat/Ecological Zone: Dry, often stony, open or wooded sites; foothills to montane; Alberta, Canada to Colorado

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Infusion of root taken for fever

References: ¹⁶⁵

Balsamorhiza sagittata (Pursh) Nutt.

Arrowleaf Balsamroot; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hetone?e-heseeo?otse*

Hitu' ne' hisse' eyo

Meaning: Bark medicine

Habitat/Ecological Zone: Dry, often stony, open or wooded sites; foothills to montane; Alberta, Canada to Colorado

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Decoction of root taken when labor begins, to insure easy delivery

References: ¹⁶⁶

Balsamorhiza sagittata (Pursh) Nutt.
Arrowleaf Balsamroot; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hetone?e-heseeo?otse*
Hitu' ne' hisse' eyo

Meaning: Bark medicine

Habitat/Ecological Zone: Dry, often stony, open or wooded sites; foothills to montane; Alberta, Canada to Colorado

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Root chewed and saliva allowed to run down the throat for sore mouth and throat

References: ¹⁶⁷

Balsamorhiza sagittata (Pursh) Nutt.
Arrowleaf Balsamroot; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hetone?e-heseeo?otse*
Hitu' ne' hisse' eyo

Meaning: Bark medicine

Habitat/Ecological Zone: Dry, often stony, open or wooded sites; foothills to montane; Alberta, Canada to Colorado

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Root chewed and rubbed over the body for any sickness

References: ¹⁶⁸

Balsamorhiza sagittata (Pursh) Nutt.
Arrowleaf Balsamroot; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hetone?e-heseeo?otse*
Hitu' ne' hisse' eyo

Meaning: Bark medicine

Habitat/Ecological Zone: Dry, often stony, open or wooded sites; foothills to montane; Alberta, Canada to Colorado

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Root chewed for toothaches

References: ¹⁶⁹

Balsamorhiza sagittata (Pursh) Nutt.
Arrowleaf Balsamroot; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Hetone?e-heseeo?otse*
Hitu' ne' hisse' eyo

Meaning: Bark medicine

Habitat/Ecological Zone: Dry, often stony, open or wooded sites; foothills to montane; Alberta, Canada to Colorado

Plants Parts Harvested: Root

Season Collected: Not given

Food Use(s): Root is eaten raw or baked. The root is large and can make a substantial meal

References: ¹⁷⁰

Berbasicum thapsus

Mullein

Tribal Nation: Cheyenne

Indigenous Name: *Mahto*

Meaning: No translation given

Habitat/Ecological Zone: Found in dry, gravel laden soils or sandy soils, often in disturbed areas. It also occurs in open forests. This is an introduced species.

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Dried leaves were placed on hot coals and inhaled for lung congestion or asthma

References: ¹⁷¹

Berbasicum thapsus

Mullein

Tribal Nation: Cheyenne

Indigenous Name: *Mahto*

Meaning: No translation given

Habitat/Ecological Zone: Found in dry, gravel laden soils or sandy soils, often in disturbed areas. It also occurs in open forests. This is an introduced species.

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Leaves placed inside moccasins for warmth and protection of the feet

References: ¹⁷²

Berberis repens
Mullein

Tribal Nation: Cheyenne

Indigenous Name: *Mahto*
Meaning: No translation given

Habitat/Ecological Zone: Found in dry, gravel laden soils or sandy soils, often in disturbed areas. It also occurs in open forests. This is an introduced species.

Plants Parts Harvested: Flowers

Season Collected: Not given

Medicinal Use(s): Flowers and animal oil mixed together and set in the sun for several weeks. The oil is then drained off and used for earache medicine

References: ¹⁷³

Berberis repens Lindl.
Barberry;
Creeping Oregon Grape;
Creeping Mahonia

Tribal Nation: Cheyenne

Indigenous Name: *Mehme-menotse*
Meaning: "Spicy berries"

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

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Fruit is harvested and eaten immediately

Additional Commentary: According to Northern Cheyenne elders, the fruit was used in the preparation of various medicines, but no longer is used in this manner.¹⁷⁴ This plant is also referred to as *Mahonia repens*.¹⁷⁵

References: ¹⁷⁶

Berberis repens Lindl.

Barberry;
Creeping Oregon Grape;
Creeping Mahonia

Tribal Nation: Cheyenne

Indigenous Name: *Mehme-menotse*
Meaning: "Spicy berries"

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

Plants Parts Harvested: Stems

Season Collected: Not given

Artifacts: Stems are boiled and the yellow color used to dye quills

Additional Commentary: According to Northern Cheyenne elders, the fruit was used in the preparation of various medicines, but no longer is used in this manner.¹⁷⁷ This plant is also referred to as *Mahonia repens*.¹⁷⁸

References: ¹⁷⁹

Bursa bursa-pastoris L.

Britton

Tribal Nation: Cheyenne

Indigenous Name: *Ho tat wi se e yo*
Meaning: *Ota tav*, blue;
wi se e yo, medicine;
*mik on iv tse hist*s (*mi kon iva*, with, on, or for the head
(*me ko*); *tsi hist a*, having to do with).

Habitat/Ecological Zone: Introduced from Europe. Found across the United States; grows in waste ground, pastures, gardens, and other disturbed areas.

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): The powdered leaves and stems put in a little cold water are allowed to stand for a while and the infusion is then drunk. This speedily relieves a pain in the head. The powder may be taken in small quantities without the water; but used in this way, it burns the tongue

References: ¹⁸⁰

Calochortus gunnisonii S. Wats.
Gunnison's Mariposa Lily; Liliaceae

Tribal Nation: Cheyenne

Indigenous Name: *Exaa-no?kane*
Ehka I ni kan

Meaning: No translation given
No translation given

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

Plants Parts Harvested: Bulbs

Season Collected: Not given

Medicinal Use(s): Dried, chopped bulbs used as an ingredient for a medicinal mixture

Additional Commentary: The bulbs of this plant were cut up, dried, and used in a medicinal mixture. Sometimes, a piece of the root would be put in the mouth of a horse before running the animal in a race.¹⁸¹

References: ¹⁸²

Calochortus gunnisonii S. Wats.
Gunnison's Mariposa Lily; Liliaceae

Tribal Nation: Cheyenne

Indigenous Name: *Exaa-no?kane*
Ehka I ni kan
Meaning: No translation given
No translation given

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

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Root put into a horse's mouth before running the animal in a race

References: ¹⁸³

Calochortus gunnisonii S. Wats.
Gunnison's Mariposa Lily; Liliaceae

Tribal Nation: Cheyenne

Indigenous Name: *Exaa-no?kane*
Ehka I ni kan
Meaning: No translation given
No translation given

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

Plants Parts Harvested: Dried bulbs

Season Collected: Not given

Food Use(s): Dried bulbs pounded fine and meal boiled into a sweet porridge or mush or for unspecified food

References: ¹⁸⁴

Calochortus gunnisonii S. Wats.

Gunnison's Mariposa Lily; Liliaceae

Tribal Nation: Cheyenne
Indigenous Name: *Exaa-no?kane*
Ehka I ni kan
Meaning: No translation given
No translation given

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

Plants Parts Harvested: Young bulbs

Season Collected: Not given

Food Use(s): Young bulbs cooked fresh and used for food

References: ¹⁸⁵

Calochortus gunnisonii S. Wats.
Gunnison's Mariposa Lily; Liliaceae

Tribal Nation: Cheyenne
Indigenous Name: *Exaa-no?kane*
Meaning: No translation

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

Plants Parts Harvested: Dried bulbs

Season Collected: Not given

Food Use(s): Dried bulbs stored for winter use as food

References: ¹⁸⁶

Calochortus gunnisonii S. Wats.

Gunnison's Mariposa Lily; Liliaceae

Tribal Nation: Cheyenne

Indigenous Name: *Exaa-no?kane*
Meaning: No translation given

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

Plants Parts Harvested: Young buds

Season Collected: Not given

Food Use(s): Young buds used for food.

References: ¹⁸⁷

Calochortus gunnisonii S. Wats.
Gunnison's Mariposa Lily; Liliaceae

Tribal Nation: Cheyenne

Indigenous Name: *Exaa-no?kane*
Meaning: No translation given

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

Plants Parts Harvested: Plant

Season Collected: Not given

Food Use(s): Species used for food

References: ¹⁸⁸

Capsella bursa-pastoris (L.) Medik.
Shepherd's Purse; Brassicaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ota?tave-heseeo?otse*
He' ha' essotse

Meaning: "Blue medicine"
 Not given

Habitat/Ecological Zone: Introduced plant from Europe found in disturbed, waste or cultivated ground; plains to sub-alpine; Alaska to New Mexico

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): Infusion of powdered leaves and stems taken or small quantities of powder eaten for head pains

Additional Commentary: A cold water infusion of the stems and leaves was drunk for a headache. If taken without water, only a small amount is tolerable, as it burns the tongue.¹⁸⁹ Grinnell mentions this plant as well for the same maladies under the name *Bursa bursa-pastoris*.¹⁹⁰ The plant also was called the headache medicine.¹⁹¹

References: ¹⁹²

Carex nebrascensis Dewey
 Nebraska Sedge; Cyperaceae

Tribal Nation: Cheyenne

Indigenous Name: *Mehne-mehno?estse*

Meaning: "Serpent or Dragon plant"

Habitat/Ecological Zone: Found from Washington to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plant used in the Sun Dance and Massaum ceremonies.

Additional Commentary: This plant, found in watery habitats, where unknowable beasts were/are believed to live, is and was used in the Sun Dance and Massaum ceremonies. It is symbolic food, stuffed into the eyes, nose and mouth cavities in the buffalo skull; it is ceremonial food offered to *Esceheman*. Similarly it is placed in the

head cavity of the yellow-faced wolf. The sedge is tied with sinew in almost circular bundles and placed in the skull. Feeding *Esceheman* is part of a prayer that the vegetation continues to grow in plenty and be food for people and animals. In a situation where this sedge is not found, another grass that grows near water may be substituted.¹⁹³

References: ¹⁹⁴

Carom gairdneri (H. & A.) A. Gray

Tribal Nation: Cheyenne

Indigenous Name: *An o niv i i tis*

Meaning: “Soon there will be four” (roots);
having four (*niv*) connected elongated points

Habitat/Ecological Zone:

Plants Parts Harvested: Roots

Season Collected: Gathered in May or June, soon after the plant starts and a little later the roots cease to have a food value

Food Use(s): The roots are scraped fine and dried, or are dried without scraping, or are cooked, dried, and later pulverized, and used as a mush by pouring soup over them

Additional Commentary: The two to four roots are as thick as the little finger and may be eaten fresh. The Cheyenne name refers to the progressive increase in number of the branches of the root. At first there is but a single root, but somewhat later it has four branches.

References: ¹⁹⁵

Carom gairdneri (H. & A.) A. Gray

Tribal Nation: Cheyenne

Indigenous Name: *An o niv i i tis*

Meaning: “Soon there will be four” (roots);
having four (*niv*) connected elongated points

Habitat/Ecological Zone:

Plants Parts Harvested: Roots

Season Collected: Gathered in May or June, soon after the plant starts and a little later the roots cease to have a food value

Medicinal Use(s): Used as medicine also and is mixed with what is known as bark medicine (Balsamorhiza), the roots, stems, and leaves being boiled together.

Additional Commentary: The two to four roots are as thick as the little finger and may be eaten fresh. The Cheyenne name refers to the progressive increase in number of the branches of the root. At first there is but a single root, but somewhat later it has four branches.

References: ¹⁹⁶

Carom gairdneri (H. & A.) A. Gray

Tribal Nation: Cheyenne

Indigenous Name: *An o niv i i tis*

Meaning: "Soon there will be four" (roots);
having four (*niv*) connected elongated points

Habitat/Ecological Zone:

Plants Parts Harvested: Roots

Season Collected: Gathered in May or June, soon after the plant starts and a little later the roots cease to have a food value.

Food Use(s): Roots dried and saved for winter use

Additional Commentary: The two to four roots are as thick as the little finger and may be eaten fresh. The Cheyenne name refers to the progressive increase in number of the branches of the root. At first there is but a single root, but somewhat later it has four branches.

References: ¹⁹⁷

Castilleja sessiliflora Pursh

Downy Paintedcup; Scrophulariaceae

Tribal Nation: Cheyenne
Indigenous Name: Not given
Meaning: No translation given
Habitat/Ecological Zone: Found from Montana to Texas
Plants Parts Harvested: Flower nectar
Season Collected: Spring
Food Use(s): Flower nectar sucked in spring
References: ¹⁹⁸

Chamoenerion angustifolium Scop.
Willow Herb; Onagraceae

Tribal Nation: Cheyenne
Indigenous Name: *Ma hiss e e yo*
Meaning: *Mai*, red (blood);
+ root, medicine
“Red Root Medicine”
Habitat/Ecological Zone: Prefers light sandy, medium loamy and heavy clay soils and requires well-drained soil in light shade and shady edges in woodland and meadow areas.
Plants Parts Harvested: Leaves and roots
Season Collected: Not given
Medicinal Use(s): A remedy given when a person has hemorrhage of the bowels. The dried and pulverized leaves are separated from the roots, and an infusion of each may be drunk. That from the leaf is much milder than that from the roots
References: ¹⁹⁹

Chenopodium alum
Salt Sage

Tribal Nation: Cheyenne

Indigenous Name: *Who po motes vano este se*
Meaning: No translation given

Habitat/Ecological Zone: Found in semi-arid and arid regions

Plants Parts Harvested: Plant

Season Collected: Summer

Food Use(s): Gathered and consumed for salt during the summer

References: ²⁰⁰

Chrysopsis foliosa Nutt.
Chrysopsis villosa
Chicadee Plant; Asteracea
Golden Aster

Tribal Nation: Cheyenne

Indigenous Name: *Mis ka tsi*
Mis ka hets
Meaning: “Mesh, Hairy”

Habitat/Ecological Zone: Dry, open locations, often in sandy soil; plains to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Tops and stems

Season Collected: Not given

Medicinal Use(s): Given to those who are feeling generally poorly. The drink tends to put them to sleep. It appears to be soothing, quieting medicine.

Additional Commentary: The name is given it because the chickadee – titmouse – commonly eats the seeds of the plants. This species of plant has also been called *Heterotheca villosa*.

References: ²⁰¹

Chrysopsis foliosa Nutt.
Chrysopsis villosa
Chicadee Plant; Asteracea
Golden Aster

Tribal Nation: Cheyenne

Indigenous Name: *Mis ka tsi*
Mis ka hets

Meaning: "Mesh, Hairy"

Habitat/Ecological Zone: Dry, open locations, often in sandy soil; plains to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): If a person or house is plagued by evils spirits, the plant is burned as incense. This could be done by anyone without ceremony or medicine man.

Additional Commentary: The name is given it because the chickadee – titmouse – commonly eats the seeds of the plants. This species of plant has also been called *Heterotheca villosa*.

References: ²⁰²

Chrysothamnus nauseosus Pursh.
Common Rabbitbush

Tribal Nation: Cheyenne

Indigenous Name: *O iv is se e yo*
O' ivhisse'heyo

Meaning: *O iv*, skin scabby -- itch

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

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): This is used to heal eruptions or sores on the body. The

leaves and stems are boiled together, and the affected parts are washed with the infusion. If this does not soon affect a cure, the fluid must be rubbed on hard. In severe cases some of the tea must be drunk; it is used in this way to cure smallpox

Additional Commentary: The plant has no medicinal properties known to science.²⁰³

References: ²⁰⁴

Chrysothamnus nauseosus (Pall.) Britt.

Rabbit Brush

Tribal Nation: Cheyenne

Indigenous Name: *O'ivhisse'heyo*

Meaning: Scabby medicine

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

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): A tea was also made of the flowers, mixed with a common sage, and used for coughs, colds, and even tuberculosis. Also for colds, rabbit brush would be burnt on coals and inhaled from under a blanket

References: ²⁰⁵

Chrysothamnus nauseosus (Pall.) Britt.

Rabbit Brush

Tribal Nation: Cheyenne

Indigenous Name: *O'ivhisse'heyo*

Meaning: Scabby medicine

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

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): Rabbit Brush is used by burning it on box-elder coals. The smoke driving away the cause of bad nightmares

References: ²⁰⁶

Chrysothamnus nauseosus (Pall.) Britt.
Rabbit Brush

Tribal Nation: Cheyenne

Indigenous Name: *O'ivhisse'heyo*
Meaning: Scabby medicine

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

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Artifacts: Branches are bunched together and used as a broom to sweep out the tipi floor

References: ²⁰⁷

Cirsium edule Nutt.
Edible Thistle; Asteraceae
Elk Thistle

Tribal Nation: Cheyenne

Indigenous Name: *Heshko-vo?estse*
Meaning: "Thorny plant"

Habitat/Ecological Zone: Prairies

Plants Parts Harvested: Young stems

Season Collected: Not given

Food Use(s): Young, peeled stems eaten raw as a "luxury food"

Additional Commentary: The Cheyenne, according to Grinnell, would travel to the Big Horn Mountains to harvest the stems of the thistle (*C. edule*), which they considered a luxury food. The thistle was once used as food in a Sun Dance.²⁰⁸

References: ²⁰⁹

Citrullus lanatus var. lanatus

Citrullus vulgaris Schrad.

Watermelon; Cucurbitaceae

Tribal Nation: Cheyenne

Indigenous Name: *Nexo?e-mevehe*

Meaning: "Raw eating"

Habitat/Ecological Zone: Domestic cultivar

Plants Parts Harvested: Seeds

Season Collected: Not given

Medicinal Use(s): Decoction of seeds taken as a diuretic

Additional Commentary: Wesley White Man informed Hart that watermelons were introduced to the Cheyenne in the 1880's, at which point, the Cheyenne discovered that from the seeds a diuretic tea could be made.²¹⁰ Moerman refers to the watermelon as *C. lanatus*.²¹¹

References: ²¹²

Cogswellia orientalis C. & R. Jones

Lomatium orientale

Bears' Food; Apiaceae

White Flowered Parsley

Tribal Nation: Cheyenne

Indigenous Name: *Nahko hestam oka*

Meaning: *Nahko*, bear; *matam*, food

Habitat/Ecological Zone: Found from Washington to Texas

Plants Parts Harvested: Roots and leaves

Season Collected: Not given

Medicinal Use(s): Given as a tea – both roots and leaves pounded up and steeped – or eaten dry, to relieve pain in the bowels, or diarrhea. It is used chiefly for little children, but if made stronger may be given to older people

Additional Commentary: Bears are fond of the root of this plant, and dig and eat it; hence the name.

References: ²¹³

Cogswellia sp.

Tribal Nation: Cheyenne

Indigenous Name: *Mo tsins tahn*

Meaning: Uncertain; presumably related to *motse*, term for male, or breeder, among large animals.

Habitat/Ecological Zone: Widespread

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): A tea made from the dried pulverized root of this plant is applied to reduce a swelling. It is cooling to the skin.

Additional Commentary: When pounded fine and wet, the mixture has a greasy feeling.

References: ²¹⁴

Cornus sericea ssp. sericea
Cornus stolnifera
Redosier Dogwood; Cornaceae

Tribal Nation: Cheyenne

Indigenous Name: *A?oome-hesono*
Ma?koome-hesono
Meaning: "Red bark"
Habitat/Ecological Zone: Moist, wooded to open sites; plains to montane; Northwest territory, Canada to New Mexico
Plants Parts Harvested: Plant
Season Collected: Cut in late April or early May just as the sap starts to run
Spiritual/Religious Use(s): Plant smoked ceremonially.
Additional Commentary: Cheyenne elders explained that the inner white bark would be dried, pulverized and mixed with tobacco and other plants as well for smoking.²¹⁵ The altar in the Sun Dance is made from this dogwood. It is bent into the shape of the rainbows that catch the moisture that sustains life on the plains.²¹⁶
References: ²¹⁷

Cornus sericea ssp. sericea
Cornus stolnifera
Redosier Dogwood; Cornaceae

Tribal Nation: Cheyenne
Indigenous Name: *A?oome-hesono*
Ma?koome-hesono
Meaning: "Red bark"
Habitat/Ecological Zone: Moist, wooded to open sites; plains to montane; Northwest territory, Canada to New Mexico
Plants Parts Harvested: Branches
Season Collected: Not given
Artifacts: Branches used to make arrows
References: ²¹⁸

Cornus sericea ssp. sericea
Cornus stolnifera
Redosier Dogwood; Cornaceae

Tribal Nation: Cheyenne

Indigenous Name: *A?oome-hesono*
Ma?koome-hesono

Meaning: "Red bark"

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

Plants Parts Harvested: Inner bark

Season Collected: Not given

Spiritual/Religious Use(s): Inner bark mixed with skunkbush leaves in the absence of tobacco and smoked

References: ²¹⁹

Cornus sericea ssp. sericea
Cornus stolnifera
Redosier Dogwood; Cornaceae

Tribal Nation: Cheyenne

Indigenous Name: *A?oome-hesono*
Ma?koome-hesono

Meaning: "Red bark"

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: Dried, pulverized under bark mixed with tobacco or dried kinnikinnick leaves and used for pipe smoking

References: ²²⁰

Cornus sericea ssp. sericea
Cornus stolnifera
Redosier Dogwood; Cornaceae

Tribal Nation: Cheyenne

Indigenous Name: *A?oome-hesono*
Ma?koome-hesono

Meaning: "Red bark"

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

Plants Parts Harvested: Sticks

Season Collected: Not given

Artifacts: The Y-shaped crotches of sticks make excellent sling shots

References: ²²¹

Cornus sericea ssp. sericea
Cornus stolnifera
Redosier Dogwood; Cornaceae

Tribal Nation: Cheyenne

Indigenous Name: *A?oome-hesono*
Ma?koome-hesono

Meaning: "Red bark"

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

Plants Parts Harvested: Sticks

Season Collected: Not given

Artifacts: The Y-shaped crotches are used for cooking racks and kettle hangers

References: ²²²

Cornus sericea ssp. sericea
Cornus stolnifera
Redosier Dogwood; Cornaceae

Tribal Nation: Cheyenne

Indigenous Name: *A?oome-hesono*
Ma?koome-hesono

Meaning: "Red bark"

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

Plants Parts Harvested: Sticks

Season Collected: Not given

Artifacts: The bark is removed and the sticks used as tipi pins

References: ²²³

Crataegus douglasii Lindl.
Black Hawthorn; Rosaceae

Tribal Nation: Cheyenne

Indigenous Name: *Nāh' kō tāsī' mīns*
Meaning: Not given

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

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Fruits pulverized, dried berries saved for winter use

Additional Commentary: According to William Tallbull, the Cheyenne called the berry "bear berry." A bear gorged on this fruit until his stomach was so bloated it hurt. To alleviate the pain, the bear tore open his own stomach and died.²²⁴

References: ²²⁵

Crataegus douglasii Lindl.
Black Hawthorn; Rosaceae

Tribal Nation: Cheyenne

Indigenous Name: *Nāh' kō tāsī' mīns*

Meaning: Not given

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

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fresh fruits cooked and used for food

References: ²²⁶

Crataegus douglasii Lindl.
Black Hawthorn; Rosaceae

Tribal Nation: Cheyenne

Indigenous Name: *Nāh' kō tāsī' mīns*

Meaning: Not given

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

Plants Parts Harvested: Early flowers and leaves

Season Collected: Not given

Medicinal Use(s): The early flowers and leaves were made into a tea to strengthen a weak heart

References: ²²⁷

Crataegus oxyacantha
Hawthorn; Rosaceae

Tribal Nation: Cheyenne

Indigenous Name: *Nako meno tse*
Meaning: Translation not given

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

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Berries gathered fresh and eaten. The seeds were discarded

Additional Commentary: According to William Tallbull, the Cheyenne called the berry “bear berry.” A bear gorged on this fruit until his stomach was so bloated it hurt. To alleviate the pain, the bear tore open his own stomach and died.²²⁸

References: ²²⁹

Cucurbita sp.
Cucurbita foetidissima
Squash; Cucurbitaceae
Buffalo Gourd

Tribal Nation: Cheyenne

Indigenous Name: *Seotse-mahaono*
Seotse'-ma'haono
Meaning: “Ghost medicine”

Habitat/Ecological Zone: Prairies, especially in dry soil

Plants Parts Harvested: Rind

Season Collected: Not given

Medicinal Use(s): Infusion of rind taken for rheumatism and arthritis

Additional Commentary: Obtained from Oklahoma (not found in Montana), the rinds of ‘ghost melons’ served to make a tea drunk for a range of issues including kidney problems, venereal disease, tuberculosis, heart problems, earache, rheumatism, arthritis, and fever. This tea also works as a diuretic and laxative. Northern Cheyenne elders explain that it is only administered by qualified ceremonial people such as Sun Dance priests and is used in conjunction with song and the use of a rattle.²³⁰

References: ²³¹

Cucurbita sp.
Cucurbita foetidissima
Squash; Cucurbitaceae
Buffalo Gourd

Tribal Nation: Cheyenne

Indigenous Name: *Seotse-mahaono*
Seotse'-ma'haono

Meaning: “Ghost medicine”

Habitat/Ecological Zone: Prairies, especially in dry soil

Plants Parts Harvested: Rind

Season Collected: Not given

Medicinal Use(s): Infusion of rind taken as a diuretic

References: ²³²

Cucurbita sp.
Cucurbita foetidissima
Squash; Cucurbitaceae
Buffalo Gourd

Tribal Nation: Cheyenne

Indigenous Name: *Seotse-mahaono*
Seotse'-ma'haono

Meaning: “Ghost medicine”

Habitat/Ecological Zone: Prairies, especially in dry soil

Plants Parts Harvested: Rind
Season Collected: Not given
Medicinal Use(s): Infusion of rind taken for earaches
References: ²³³

Cucurbita sp.
Cucurbita foetidissima
Squash; Cucurbitaceae
Buffalo Gourd

Tribal Nation: Cheyenne
Indigenous Name: *Seotse-mahaono*
Seotse'-ma'haono
Meaning: "Ghost medicine"
Habitat/Ecological Zone: Prairies, especially in dry soil
Plants Parts Harvested: Rind
Season Collected: Not given
Medicinal Use(s): Infusion of rind taken for fevers
References: ²³⁴

Cucurbita sp.
Cucurbita foetidissima
Squash; Cucurbitaceae
Buffalo Gourd

Tribal Nation: Cheyenne
Indigenous Name: *Seotse-mahaono*
Seotse'-ma'haono
Meaning: "Ghost medicine"
Habitat/Ecological Zone: Prairies, especially in dry soil

Plants Parts Harvested: Rind
Season Collected: Not given
Medicinal Use(s): Infusion of rind taken for heart problems
References: ²³⁵

Cucurbita sp.
Cucurbita foetidissima
Squash; Cucurbitaceae
Buffalo Gourd

Tribal Nation: Cheyenne
Indigenous Name: *Seotse-mahaono*
Seotse'-ma'haono
Meaning: "Ghost medicine"
Habitat/Ecological Zone: Prairies, especially in dry soil
Plants Parts Harvested: Rind
Season Collected: Not given
Medicinal Use(s): Infusion of rind taken for kidney troubles
References: ²³⁶

Cucurbita sp.
Cucurbita foetidissima
Squash; Cucurbitaceae
Buffalo Gourd

Tribal Nation: Cheyenne
Indigenous Name: *Seotse-mahaono*
Seotse'-ma'haono
Meaning: "Ghost medicine"
Habitat/Ecological Zone: Prairies, especially in dry soil

Plants Parts Harvested: Rind
Season Collected: Not given
Medicinal Use(s): Infusion of rind taken as a laxative
References: ²³⁷

Cucurbita sp.
Cucurbita foetidissima
Squash; Cucurbitaceae
Buffalo Gourd

Tribal Nation: Cheyenne
Indigenous Name: *Seotse-mahaono*
Seotse'-ma'haono
Meaning: "Ghost medicine"
Habitat/Ecological Zone: Prairies, especially in dry soil
Plants Parts Harvested: Rind
Season Collected: Not given
Medicinal Use(s): Infusion of rind taken for tuberculosis
References: ²³⁸

Cucurbita sp.
Cucurbita foetidissima
Squash; Cucurbitaceae
Buffalo Gourd

Tribal Nation: Cheyenne
Indigenous Name: *Seotse-mahaono*
Seotse'-ma'haono
Meaning: "Ghost medicine"
Habitat/Ecological Zone: Prairies, especially in dry soil

Plants Parts Harvested: Rind
Season Collected: Not given
Medicinal Use(s): Infusion of rind taken for venereal disease
References: ²³⁹

Dasiphora floribunda (Pursh) Kartesz
Dasiphora fruticosa
Shrubby Cinquefoil; Rosaceae

Tribal Nation: Cheyenne
Indigenous Name: *O nuhkis e' e y*
Meaning: "Contrary medicine"
Habitat/Ecological Zone: Wet to dry, often rocky sites; plains to sub-alpine; Alaska to New Mexico
Plants Parts Harvested: Leaves
Season Collected: Not given
Spiritual/Religious Use(s): Dried, powdered leaves rubbed over hands, arms and body for Contrary dance.

Additional Commentary: Referred to as *Pentaphylloides floribunda* and *Potentilla fruticosa*. Grinnell describes the use of this plant as similar to other contrary medicine. The leaves are dried, after which time they are ground into a powder. The powder can be rubbed over the hands and body, or an infusion of the powder in cold water can be rubbed over the body—either method is used to protect the contrary society member from the scalding hot water into which he thrusts his hands to fetch boiling meat as part of the ceremony.²⁴⁰

References: ²⁴¹

Dasiphora floribunda (Pursh) Kartesz
Shrubby Cinquefoil; Rosaceae

Tribal Nation: Cheyenne

Indigenous Name: *O nuhkis e' e y*
Meaning: "Contrary medicine"
Habitat/Ecological Zone: Wet to dry, often rocky sites; plains to sub-alpine; Alaska to New Mexico
Plants Parts Harvested: Plant
Season Collected: Not given
Spiritual/Religious Use(s): Plant used as a medicine against an enemy.
References: ²⁴²

Dasiphora floribunda (Pursh) Kartesz
Shrubby Cinquefoil; Rosaceae

Tribal Nation: Cheyenne
Indigenous Name: *O nuhkis e' e y*
Meaning: "Contrary medicine"
Habitat/Ecological Zone: Wet to dry, often rocky sites; plains to sub-alpine; Alaska to New Mexico
Plants Parts Harvested: Plant
Season Collected: Not given
Artifacts: Plant considered poisonous
References: ²⁴³

Echinacea angustifolia DC.
Blacksamson Echinacea; Asteraceae
Purple Coneflower

Tribal Nation: Cheyenne
Indigenous Name: *Mo?ohta-heseo?otse*
Meaning: "Black medicine"

Habitat/Ecological Zone: Dry, upland prairies, valleys, and foothills.
Plants Parts Harvested: Leaves and roots
Season Collected: Not given
Medicinal Use(s): Infusion of powdered leaves and roots taken or root chewed
for sore mouth or gums
References: ²⁴⁴

Echinacea angustifolia DC.
Blacksamson Echinacea; Asteraceae
Purple Coneflower

Tribal Nation: Cheyenne
Indigenous Name: *Mo?ohta-heseeo?otse*
Meaning: "Black medicine"
Habitat/Ecological Zone: Dry, upland prairies
Plants Parts Harvested: Root
Season Collected: Not given
Medicinal Use(s): Root used to stimulate the flow of saliva
References: ²⁴⁵

Echinacea angustifolia DC.
Blacksamson Echinacea; Asteraceae
Purple Coneflower

Tribal Nation: Cheyenne
Indigenous Name: *Mo?ohta-heseeo?otse*
Meaning: "Black medicine"
Habitat/Ecological Zone: Dry, upland prairies

Plants Parts Harvested: Leaves and roots
Season Collected: Not given
Medicinal Use(s): Infusion of powdered leaves and roots used as a wash for sore and painful necks
References: ²⁴⁶

Echinacea angustifolia DC.
Blacksamson Echinacea; Asteraceae
Purple Coneflower

Tribal Nation: Cheyenne
Indigenous Name: *Mo?ohta-heseeo?otse*
Meaning: "Black medicine"
Habitat/Ecological Zone: Dry, upland prairies
Plants Parts Harvested: Leaves and roots
Season Collected: Not given
Medicinal Use(s): Root juice or infusion of powdered leaves and roots used for toothaches
References: ²⁴⁷

Echinacea angustifolia DC.
Blacksamson Echinacea; Asteraceae
Purple Coneflower

Tribal Nation: Cheyenne
Indigenous Name: *Mo?ohta-heseeo?otse*
Meaning: "Black medicine"
Habitat/Ecological Zone: Dry, upland prairies
Plants Parts Harvested: Flowers

Season Collected: Not given

Medicinal Use(s): A tea is drunk for rheumatism, arthritis, mumps, and measles

References: ²⁴⁸

Echinacea angustifolia DC.
Blacksamson Echinacea; Asteraceae
Purple Coneflower

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ohta-heseeo?otse*
Meaning: "Black medicine"

Habitat/Ecological Zone: Dry, upland prairies

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): A salve made for external treatment of all ailments

References: ²⁴⁹

Echinacea angustifolia DC.
Blacksamson Echinacea; Asteraceae
Purple Coneflower

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ohta-heseeo?otse*
Meaning: "Black medicine"

Habitat/Ecological Zone: Dry, upland prairies

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Roots are mixed with blazing star (*Mentzelia laevicaulis*)

and boiled. The tea is drank for smallpox

References: ²⁵⁰

Echinacea angustifolia DC.

Blacksamson Echinacea; Asteraceae

Purple Coneflower

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ohta-heseeo?otse*

Meaning: "Black medicine"

Habitat/Ecological Zone: Dry, upland prairies

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Roots are mixed with puffball spores (*Lycoperdon* species) and skunk oil was used in the treatment of boils

References: ²⁵¹

Echinacea pallida (Nutt.) Nutt.

Pale Purple Coneflower; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ohta-heseeo?otse*

Meaning: "Black medicine"

Habitat/Ecological Zone: Dry, upland prairies

Plants Parts Harvested: Roots and leaves

Season Collected: Not given

Medicinal Use(s): Decoction of roots and leaves taken for rheumatism and arthritis

Additional Commentary: Northern Cheyenne elders note that Echinacea root is

chewed for relief from toothache and cavities, and for colds. Chewing the root catalyzes saliva production and thus was used to hold off thirst; this is especially beneficial to Sun Dancers. A tea made from powdered roots and leaves was drunk for a sore throat, mouth or gums. For burns and fevers, a decoction of the boiled root applied externally gives a cooling effect. When boiled with the roots of *Mentzelia laevicaulis*, Echinacea root was drunk as a tea for smallpox, rheumatism, arthritis, mumps, and measles, and a salve was made for the affected parts. These roots would also be mixed with puffball spores (*Lycoperdon* spp.) and skunk oil in the treatment of boils.²⁵² Moerman also mentions its use as a dietary aid.²⁵³ Grinnell and Moerman also include *E. angustifolia* among Cheyenne medicinal plants. Grinnell mentions its use for toothaches and sore gums, while Moerman indicates that it is also used as an orthopedic aid, while both species of *Echinacea* are used for many of the same purposes.²⁵⁴

References: ²⁵⁵

Echinacea pallida (Nutt.) Nutt.
Pale Purple Coneflower; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ohta-heseeo?otse*
Meaning: "Black medicine"

Habitat/Ecological Zone: Dry, upland prairies

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Decoction of roots used as a wash for burns

References: ²⁵⁶

Echinacea pallida (Nutt.) Nutt.
Pale Purple Coneflower; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ohta-heseeo?otse*
Meaning: "Black medicine"

Habitat/Ecological Zone: Dry, upland prairies

Plants Parts Harvested: Root
Season Collected: Not given
Medicinal Use(s): Root chewed for colds
References: ²⁵⁷

Echinacea pallida (Nutt.) Nutt.
Pale Purple Coneflower; Asteraceae

Tribal Nation: Cheyenne
Indigenous Name: *Mo?ohta-heseeo?otse*
Meaning: "Black medicine"
Habitat/Ecological Zone: Dry, upland prairies
Plants Parts Harvested: Roots
Season Collected: Not given
Medicinal Use(s): Roots mixed with puffball mushroom spores and skunk oil
and used for boils
References: ²⁵⁸

Echinacea pallida (Nutt.) Nutt.
Pale Purple Coneflower; Asteraceae

Tribal Nation: Cheyenne
Indigenous Name: *Mo?ohta-heseeo?otse*
Meaning: "Black medicine"
Habitat/Ecological Zone: Dry, upland prairies
Plants Parts Harvested: Root
Season Collected: Not given

Medicinal Use(s): Root chewed to increase the flow of saliva and prevent thirst

References: ²⁵⁹

Echinacea pallida (Nutt.) Nutt.
Pale Purple Coneflower; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ohta-heseeo?otse*
Meaning: "Black medicine"

Habitat/Ecological Zone: Dry, upland prairies

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Decoction of roots used as a wash for fevers

References: ²⁶⁰

Echinacea pallida (Nutt.) Nutt.
Pale Purple Coneflower; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ohta-heseeo?otse*
Meaning: "Black medicine"

Habitat/Ecological Zone: Dry, upland prairies

Plants Parts Harvested: Roots and leaves

Season Collected: Not given

Medicinal Use(s): Decoction of roots and leaves taken for mumps, measles and smallpox

References: ²⁶¹

Echinacea pallida (Nutt.) Nutt.

Pale Purple Coneflower; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ohta-heseeo?otse*

Meaning: "Black medicine"

Habitat/Ecological Zone: Dry, upland prairies

Plants Parts Harvested: Roots and leaves

Season Collected: Not given

Medicinal Use(s): Infusion of powdered roots and leaves taken for sore mouth and gums.

References: ²⁶²

Echinacea pallida (Nutt.) Nutt.

Pale Purple Coneflower; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ohta-heseeo?otse*

Meaning: "Black medicine"

Habitat/Ecological Zone: Dry, upland prairies

Plants Parts Harvested: Roots and leaves

Season Collected: Not given

Medicinal Use(s): Infusion of powdered roots and leaves taken for sore throat

References: ²⁶³

Eleocharis sp.

Eleocharis palustris

Spike Rush; Cyperaceae

Tribal Nation: Cheyenne

Indigenous Name: *Hexovavo 'estse*
Meaning: Not given

Habitat/Ecological Zone: Wet sites, often in standing water; plains to montane;
Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Rushes

Season Collected: Not given

Artifacts: Rushes made into large baskets and used to hold small utensils or carry loads on the back. The rushes also were made into small baskets and used as dishes to serve food.

Additional Commentary: The rushes also were used in weaving other artifacts. According to Northern Cheyenne elders this is a grass that can be substituted for sedge in the fashion described in the page for *Carex nebrascensis*. It is symbolic food used to feed Esceheman in the Sun Dance and Massaum ceremonies.²⁶⁴ Grinnell makes no mention of this plant's ceremonial uses, only its mundane, functional uses.²⁶⁵

References:²⁶⁶

Eleocharis sp.

Eleocharis palustris

Spike Rush; Cyperaceae

Tribal Nation: Cheyenne

Indigenous Name: *Hexovavo 'estse*
Meaning: Not given

Habitat/Ecological Zone: Wet sites, often in standing water; plains to montane;
Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Rushes

Season Collected: Not given

Artifacts: Rushes fastened to the head of a baby's board to form a shade for the face.

Additional Commentary: There were six varieties found in Wyoming.

References: ²⁶⁷

Eleocharis sp.

Eleocharis palustris

Spike Rush; Cyperaceae

Tribal Nation: Cheyenne

Indigenous Name: *Hexovavo 'estse*

Meaning: Not given

Habitat/Ecological Zone: Wet sites, often in standing water; plains to montane;
Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Rushes

Season Collected: Not given

Artifacts: Rushes made into small baskets and used as children's
playthings

Additional Commentary: There were six varieties found in Wyoming.

References: ²⁶⁸

Epilobium angustifolius L.

Fireweed;

Willowweed

Tribal Nation: Cheyenne

Indigenous Name: *Ma?e-heseeo?otse*

Meaning: "Red medicine"
"Red root plant"

Habitat/Ecological Zone: Found in moist, rich soil in prairies, open woodlands, hill
regions, especially along streams or on burned timberland. Occurs from the lowest
valleys to as high as the trees will grow.

Plants Parts Harvested: Leaves
Season Collected: Not given
Medicinal Use(s): For rectal hemorrhage, a tea was made either from the dried and pulverized leaves (less potent) or roots (more potent)
Additional Commentary: This plant is also referred to as *Chamaenerion angustifolium*.²⁶⁹
References: ²⁷⁰

Equisetum arvense L.
Horsetail; Equisetaceae
Field Horsetail;
Common Horsetail

Tribal Nation: Cheyenne
Indigenous Name: *Heheva?xestse*
Mo in a am es se e ohk
Nestoe-hestoto tse
Mo' ehno' hamemoxesene
Meaning: "His tail weed"
"Elk, domesticated and medicine"

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

Plants Parts Harvested: Leaves and stems
Season Collected: Not given
Medicinal Use(s): Infusion of leaves and stems given to horses with a hard cough

Additional Commentary: Horse medicine is prepared as an infusion of the stems and leaves that is poured down the horse's throat when s/he has a hard cough.²⁷¹ This other species of horsetail (*Equisetum hyemale* L. or *Nestoe-hestoto tse*) was also employed as a horse medicine.²⁷²

References: ²⁷³

Equisetum arvense L.
Horsetail; Equisetaceae
Field Horsetail;
Common Horsetail

Tribal Nation: Cheyenne

Indigenous Name: *Heheva?xestse*
Mo in a am es se e ohk
Nestoe-hestoto tse
Mo' ehno' hamemoxesene

Meaning: "His tail weed"
"Elk, domesticated and medicine"

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

Plants Parts Harvested: Leaves and stems

Season Collected: Harvested in spring

Medicinal Use(s): An infusion is given to strengthen the kidneys

References: ²⁷⁴

Equisetum arvense L.
Horsetail; Equisetaceae
Field Horsetail;
Common Horsetail

Tribal Nation: Cheyenne

Indigenous Name: *Heheva?xestse*
Mo in a am es se e ohk
Nestoe-hestoto tse
Mo' ehno' hamemoxesene

Meaning: "His tail weed"
"Elk, domesticated and medicine"

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

Plants Parts Harvested: Leaves and stems

Season Collected: Harvested in the fall
Medicinal Use(s): An infusion used as a soothing diuretic
References: ²⁷⁵

Equisetum arvense L.
Horsetail; Equisetaceae
Field Horsetail;
Common Horsetail

Tribal Nation: Cheyenne
Indigenous Name: *Heheva?xestse*
Mo in a am es se e ohk
Nestoe-hestoto tse
Mo' ehno' hamemoxesene
Meaning: "His tail weed"
"Elk, domesticated and medicine"

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

Plants Parts Harvested: Leaves and stems

Season Collected: Fall

Medicinal Use(s): Was administered as a tea to assist in mending bones

References: ²⁷⁶

Equisetum arvense L.
Horsetail; Equisetaceae
Field Horsetail
Common Horsetail

Tribal Nation: Cheyenne
Indigenous Name: *Heheva?xestse*
Mo in a am es se e ohk
Nestoe-hestoto tse

Meaning: *Mo' ehno' hamemoxesene*
"His tail weed"
"Elk, domesticated and medicine"

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

Plants Parts Harvested: Plant

Season Collected: Fall

Medicinal Use(s): The plant is now mixed with lard or oil and placed in the sun for several weeks to make a rub for arthritis

References: ²⁷⁷

Equisetum arvense L.
Horsetail; Equisetaceae
Field Horsetail;
Common Horsetail

Tribal Nation: Cheyenne

Indigenous Name: *Heheva?xestse*
Mo in a am es se e ohk
Nestoe-hestoto tse
Mo' ehno' hamemoxesene

Meaning: "His tail weed"
"Elk, domesticated and medicine"

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

Plants Parts Harvested: Leaves and stems

Medicinal Use(s): A tea is made and given to stop bowel hemorrhage

References: ²⁷⁸

Equisetum hyemale L.
Common Scouring Rush; Equisetaceae

Tribal Nation: Cheyenne

Indigenous Name: *Nestoe-hestoto tse*
Meaning: “His tail weed”
“Elk, domesticated and medicine”

Habitat/Ecological Zone: Moist, usually sandy sites, often on disturbed ground; plains to montane; Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): Infusion of leaves and stems given to horses with a hard cough

Additional Commentary: Horse medicine is prepared as an infusion of the stems and leaves that is poured down the horse’s throat when s/he has a hard cough.²⁷⁹ This other species of horsetail (*Equisetum hyemale L.* or *Nestoe-hestoto tse*) was also employed as a horse medicine.²⁸⁰

References: ²⁸¹

Ericameria nauseosa ssp. nauseosa var. nauseosa
Rubber Rabbitbrush; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Found from Montana to Texas

Plants Parts Harvested: Flower parts

Season Collected: Not given

Medicinal Use(s): Infusion of flower parts taken or burning plant smoke inhaled for colds. Infusion of flower parts taken for coughs

References: ²⁸²

Ericameria nauseosa ssp. nauseosa var. nauseosa
Rubber Rabbitbrush; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Found from Montana to Texas

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): Decoction of leaves and stem used as wash and taken for sores, especially smallpox

References: ²⁸³

Ericameria nauseosa ssp. nauseosa var. nauseosa
Rubber Rabbitbrush; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Found from Montana to Texas

Plants Parts Harvested: Leaves and branches

Season Collected: Not given

Medicinal Use(s): Burning leaf and branch smoke used to drive away the cause of nightmares

References: ²⁸⁴

Ericameria nauseosa ssp. nauseosa var. nauseosa
Rubber Rabbitbrush; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: No translation given
Habitat/Ecological Zone: Found from Montana to Texas
Plants Parts Harvested: Flower parts
Season Collected: Not given
Medicinal Use(s): Infusion of flower parts taken for tuberculosis
References: ²⁸⁵

Erigeron salsuginosus (Richards) Gray
Fleabane

Tribal Nation: Cheyenne
Indigenous Name: *Ma?oma?ohtse-heseeo?otse*
Meaning: "Pink colored medicine"
Habitat/Ecological Zone: Moist to wet, open or wooded sites; sub-alpine to alpine; southern Yukon to New Mexico
Plants Parts Harvested: Roots, stems, and flowers
Season Collected: Not given
Medicinal Use(s): For dizziness, drowsiness, or backache, a hot infusion of the dried and pulverized roots, stems and flowers of this plant is prepared. The patient sits under a blanket over the steam from the infusion, and sweats
Additional Commentary: Fleabane is also used as a stimulant. This plant could be *E. Peregrinus* (Pursh) Greene.²⁸⁶
References: ²⁸⁷

Erigeron peregrinus ssp. callianthemus (Greene) Cronq.
Erigeron salsuginosus
Subalpine Fleabane; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Ma?oma?ohtse-heseeo?otse*
Meaning: "Pink colored medicine"

Habitat/Ecological Zone: Moist to wet, open or wooded sites; sub-alpine to alpine;
southern Yukon to New Mexico

Plants Parts Harvested: Roots, stems and flowers

Season Collected: Not given

Medicinal Use(s): Infusion of roots, stems and flowers used as a steam bath or
used as steam bath for backaches

References: ²⁸⁸

Erigeron peregrinus ssp. callianthemus (Greene) Cronq.
Subalpine Fleabane; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Ma?oma?ohtse-heseeo?otse*
Meaning: "Pink colored medicine"

Habitat/Ecological Zone: Moist to wet, open or wooded sites; sub-alpine to alpine;
southern Yukon to New Mexico

Plants Parts Harvested: Roots, stems and flowers

Season Collected: Not given

Medicinal Use(s): When the ache is between the shoulders, one can also wet
the sore part and drink some of the infusion

References: ²⁸⁹

Eriogonum umbellatum var. majus Hook.
Eriogonum subalpinum
Sulphurflower; Polygonaceae
Buckwheat;
Umbrella Plant

Tribal Nation: Cheyenne

Indigenous Name: *Heseeo?otse*
Meaning: "Woman's medicine"

Habitat/Ecological Zone: Dry, open sites; plains to alpine to about 9,000 feet elevation; Alberta, Canada to New Mexico. Found in dry soils and it is common among high sagebrush

Plants Parts Harvested: Stems and flowers

Season Collected: Not given

Medicinal Use(s): Infusion of powdered stems and flowers taken for lengthy menses. Stems and flowers powdered, made into a tea and used for menses that ran too long.

Additional Commentary: When a woman's menses ran too long, a strong tea made of the powdered stems and flowers was drunk to correct the situation. As little as one or two tablespoons is reported to act at once.²⁹⁰

References: ²⁹¹

Escobaria vivipara var. *vivipara*
Coryphantha vivipara
Spinystar; Cactaceae
Pincushion Cactus;
Ball Cactus

Tribal Nation: Cheyenne

Indigenous Name: *Mata-hesano*
Mataha
Meaning: No translation given

Habitat/Ecological Zone: Dry, rocky prairie hillsides and uplands. Often growing in limestone or sandy soils; plains to montane; Alberta to Colorado

Plants Parts Harvested: Fruits

Season Collected: Late summer

Food Use(s): They cook them by boiling. Fruits also are eaten fresh or

dried

References: ²⁹²

Eupatorium maculatum

Joe Pye Weed

Tribal Nation: Cheyenne

Indigenous Name: *Nesho'e 'seeotse*

Meaning: Not given

Habitat/Ecological Zone: It is found in rich lowlands, stream banks, moist woodlands, swampy areas, or marshes

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The dried root is used to make a tea to produce profuse sweating to assist in breaking a fever

Additional Commentary: The plant, according to William Tallbull, was used when the Cheyenne were still using Kansas as part of their territory.²⁹³

References: ²⁹⁴

Eupatorium maculatum

Joe Pye Weed

Tribal Nation: Cheyenne

Indigenous Name: *Nesho'e 'seeotse*

Meaning: Not given

Habitat/Ecological Zone: It is found in rich lowlands, stream banks, moist woodlands, swampy areas, or marshes

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): The plant is used to treat lower back pain

Additional Commentary: The plant, according to William Tallbull, was used when the Cheyenne were still using Kansas as part of their territory.²⁹⁵

References: ²⁹⁶

Evernia vulpine L.

Lichen

Tribal Nation: Cheyenne

Indigenous Name: *Hehyowo 'ists*

He 'yo 'votse

Meaning: "Yellow Heat"
"Not given"

Habitat/Ecological Zone:

Plants Parts Harvested: Plant

Season Collected: Not given

Artifacts: Boiled in water, makes a deep yellow dye used in coloring porcupine quills. The water must be cool before the quills are put in it, and then they should be left in the dye for at least a day

Additional Commentary: The plant is currently lost to the Cheyenne and not used anymore.

References: ²⁹⁷

Fragaria glauca S. Wats. Rydb.

Wild Strawberry

Tribal Nation: Cheyenne

Indigenous Name: *Wis ke e mins*

Veskee 'ehemeno 'ese'e

Meaning: *Wis ke*, small (when many are implied, i.e., the visible seeds in the fruit); *mins*, berry

Habitat/Ecological Zone: Well-drained, open sites; plains to sub-alpine; Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Fruit

Season Collected: Spring through summer

Food Use(s): Fruits formerly used for food. Harvested fresh and eaten

Additional Commentary: This species is also called *Fragaria virginiana*.

References: ²⁹⁸

Fragaria virginiana Duchesne
Virginia Strawberry; Rosaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve'shkee'?'ehe-menoste*
Meaning: "Sweet berries"

Habitat/Ecological Zone: Prairies, banks, and openings in woodlands. Well-drained, open sites; plains to sub-alpine; Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Fruit

Season Collected: Spring through summer

Food Use(s): Fruits formerly used for food

References: ²⁹⁹

Frasera speciosa Dougl. ex Griseb.
Showy Frasera; Gentianaceae
Giant Frasera;
Monument Plant;
Green Gentian

Tribal Nation: Cheyenne

Indigenous Name: *He?kone-mo?kohta?ene*
Meaning: "Strong turnip"

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

Plants Parts Harvested: Leaves or roots

Season Collected: Not given

Medicinal Use(s): Infusion of dried, pulverized leaves or roots taken for
diarrhea.

Additional Commentary: This plant was used to treat diarrhea. For a mild case, a tea
would be made from the dried and powdered leaves; one made from the dried, pulverized
roots was made for more severe cases.³⁰⁰

References: ³⁰¹

Fraxinus pennsylvanica Marsh.

Green Ash; Oleaceae

Tribal Nation: Cheyenne

Indigenous Name: *Moto'eo'o*

Meaning: Translation not given

Habitat/Ecological Zone: Found from Montana to New Mexico

Plants Parts Harvested: Wood

Season Collected: Not given

Spiritual/Religious Use(s): Trunks used to construct the medicine lodge for the Sun
Dance ceremony.

Additional Commentary: Ash served a functional purpose in the construction of
medicinal tools. Consultants suggested that it was used for the posts of Sun Dance lodges
and for pipestems, as well as for whistles worn by Contrary Society members.³⁰²

References: ³⁰³

Fraxinus pennsylvanica Marsh.

Green Ash; Oleaceae

Tribal Nation: Cheyenne
Indigenous Name: *Moto'eo'o*
Meaning: Translation not given
Habitat/Ecological Zone: Found from Montana to New Mexico
Plants Parts Harvested: Wood
Season Collected: Not given
Artifacts: Wood used to make tent poles, pegs, and tipi pins
References: ³⁰⁴

Fraxinus pennsylvanica Marsh.
Green Ash; Oleaceae

Tribal Nation: Cheyenne
Indigenous Name: *Moto'eo'o*
Meaning: Translation not given
Habitat/Ecological Zone: Found from Montana to New Mexico
Plants Parts Harvested: Wood
Season Collected: Not given
Artifacts: Wood used to make racks for drying meat
References: ³⁰⁵

Fraxinus pennsylvanica Marsh.
Green Ash; Oleaceae

Tribal Nation: Cheyenne
Indigenous Name: *Moto'eo'o*
Meaning: Not given

Habitat/Ecological Zone: Found from Montana to New Mexico
Plants Parts Harvested: Wood
Season Collected: Not given
Artifacts: Used to make bows and arrows
References: ³⁰⁶

Fraxinus pennsylvanica Marsh.
Green Ash; Oleaceae

Tribal Nation: Cheyenne
Indigenous Name: *Moto' eo' o*
Meaning: No translation given
Habitat/Ecological Zone: Found from Montana to New Mexico
Plants Parts Harvested: Wood
Season Collected: Not given
Artifacts: Wood used to make pipe stems.
Additional Commentary: The material is collected in February before the first crack of lightning. It is believed that it would keep the pipestem from cracking.³⁰⁷
References: ³⁰⁸

Gallardia aristata Pursh
Blanket Flower; Asteracea
Brown-Eyed Susan

Tribal Nation: Cheyenne
Indigenous Name: *Hooma hevo' estse*
Meaning: No translation given
Habitat/Ecological Zone: Open plains and prairies; dry sites in grasslands and coniferous forests, foothills to montane; Alberta, Canada to Colorado

Plants Parts Harvested: Flowers
Season Collected: Spring
Medicinal Use(s): A tonic tea made to cleanse the system
Additional Commentary:
References: ³⁰⁹

Gallardia aristata Pursh
Blanket Flower; Asteracea
Brown-Eyed Susan

Tribal Nation: Cheyenne
Indigenous Name: *Hooma hevo' estse*
Meaning: No translation given
Habitat/Ecological Zone: Open plains and prairies; dry sites in grasslands and coniferous forests, foothills to montane; Alberta, Canada to Colorado
Plants Parts Harvested: Flowers
Season Collected: Not given
Medicinal Use(s): Used the flowers for sunstroke medicine
References: ³¹⁰

Gallardia aristata Pursh
Blanket Flower; Asteracea
Brown-Eyed Susan

Tribal Nation: Cheyenne
Indigenous Name: *Hooma hevo' estse*
Meaning: No translation given
Habitat/Ecological Zone: Open plains and prairies; dry sites in grasslands and coniferous forests, foothills to montane; Alberta, Canada to Colorado

Plants Parts Harvested: Flowers
Season Collected: Not given
Medicinal Use(s): Mixed with nine other plants with the glands of a beaver to produce a medicine. Specific use is not recorded.
References: ³¹¹

Geranium richardsonii Fisch. & Trautv.
Richardson's Geranium; Geraniaceae
White Geranium

Tribal Nation: Cheyenne
Indigenous Name: *Matomene-vo?estse*
Matomene-heseeo?otse
Meaning: "Nosebleed plant"
"Nosebleed medicine"

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

Plants Parts Harvested: Roots or leaves
Season Collected: Not given
Medicinal Use(s): Infusion of dried roots taken or powdered leaves used as snuff for nosebleed

Additional Commentary: The pulverized leaf was rubbed on the nose and the powder snuffed into the nostrils to stop a nosebleed. The roots, dried and pulverized, also make a medicinal infusion drunk by the patient.³¹²

References: ³¹³

Glycyrrhiza lepidota Pursh
American Licorice; Fabaceae
Wild Licorice

Tribal Nation: Cheyenne

Indigenous Name: *Ma?kehaha-novaso*
Haht' noswas-spoph
Meaning: Not given
"Yellow-jacket stinger plant"

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

Plants Parts Harvested: Roots or leaves

Season Collected: Not given

Medicinal Use(s): Infusion of peeled roots or dried leaves made into a tea taken for diarrhea

Additional Commentary: According to Cheyenne elders the plant was used for diarrhea and an upset stomach, licorice tea is a remedy; it is made from the roots, peeled and dried, and from the leaves. This medicine is described as having a drying effect. Licorice also has a cooling effect, for which it is used in sweat lodges and Sun Dances.³¹⁴ The plant's name refers to its color and burrs, which stick like a wasp's sting.³¹⁵

References: ³¹⁶

Glycyrrhiza lepidota Pursh
American Licorice; Fabaceae
Wild Licorice

Tribal Nation: Cheyenne

Indigenous Name: *Ma?kehaha-novaso*
Haht' noswas-spoph
Meaning: Not given
"Yellow-jacket stinger plant"

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

Plants Parts Harvested: Roots

Season Collected: Not given

Spiritual/Religious Use(s): Roots chewed in the Sun Dance ceremony for the cooling effect.

Additional Commentary: Licorice also has a cooling effect, for which it is used in sweat lodges and Sun Dances.³¹⁷

References: ³¹⁸

Glycyrrhiza lepidota Pursh
American Licorice; Fabaceae
Wild Licorice

Tribal Nation: Cheyenne

Indigenous Name: *Ma?kehaha-novaso*
Haht' noswas-spoph

Meaning: Not given
"Yellow-jacket stinger plant"

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

Plants Parts Harvested: Roots or leaves

Season Collected: Not given

Medicinal Use(s): Infusion of roots or leaves taken for upset stomach.

References: ³¹⁹

Glycyrrhiza lepidota Pursh
American Licorice; Fabaceae
Wild Licorice

Tribal Nation: Cheyenne

Indigenous Name: *Ma?kehaha-novaso*
Haht' noswas-spoph

Meaning: Not given
"Yellow-jacket stinger plant"

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

Plants Parts Harvested: Spring shoots
Season Collected: Early spring until about 12" high
Food Use(s): Tender, spring shoots eaten raw
References: ³²⁰

Grindelia squarrosa (Pursh) Dunal
Curly-top; Asteraceae
Gumweed

Tribal Nation: Cheyenne
Indigenous Name: *Ho?eeto'hkonah*
Ahkevo 'heseo' tse
Meaning: No translation given
Habitat/Ecological Zone: Pastures and disturbed areas; dry, open sites; plains to foothills; Alberta, Canada to New Mexico
Plants Parts Harvested: Flowering tops
Season Collected: Not given
Medicinal Use(s): Decoction of flowering tops applied to skin diseases, scabs and sores
References: ³²¹

Grindelia squarrosa (Pursh) Dunal
Curlycup; Asteraceae
Gumweed

Tribal Nation: Cheyenne
Indigenous Name: *Ho?eeto'hkonah*
Ahkevo 'heseo' tse
Meaning: No translation given
Habitat/Ecological Zone: Pastures and disturbed areas; dry, open sites; plains to foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Gum

Season Collected: Not given

Medicinal Use(s): Gum rubbed on the outside of eyes for snow blindness.

Additional Commentary: Elders indicate that the flowering tops of gumweed were boiled and applied externally in cases of skin diseases, sores, or scabs. It could also be used as a remedy for snow blindness. In this case, the gummy residue would be rubbed on the eyelids.³²²

References: ³²³

Grindelia squarrosa (Pursh) Dunal
Curlycup; Asteraceae
Gumweed

Tribal Nation: Cheyenne

Indigenous Name: *Ho?eeto'hkonah*
Ahkevo 'heseo' tse

Meaning: No translation given

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

Plants Parts Harvested: Flowering tops

Season Collected: Not given

Medicinal Use(s): Decoction of flowering tops used to wash sores and other skin lesions.

References: ³²⁴

Grindelia squarrosa (Pursh) Dunal
Curlycup; Asteraceae
Gumweed

Tribal Nation: Cheyenne

Indigenous Name: *Ho?eeto'hkonah*
Ahkevo 'heseo' tse
Meaning: No translation given

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

Plants Parts Harvested: Flowering tops

Season Collected: Not given

Medicinal Use(s): It was used to treat kidney and bladder problems

References: ³²⁵

Grindelia squarrosa (Pursh) Dunal
Curlycup; Asteraceae
Gumweed

Tribal Nation: Cheyenne

Indigenous Name: *Ho?eeto'hkonah*
Ahkevo 'heseo' tse
Meaning: No translation given

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

Plants Parts Harvested: Flowering tops

Season Collected: Not given

Medicinal Use(s): A tea was used for expulsion or loosening of mucous for coughs, whooping cough, pneumonia, bronchitis, asthma, and colds.

References: ³²⁶

Grossularia setosa Lindl. Cov. & Britt.
Ribes setosum
Ribes oxyacanthoides
Gooseberry; Grossulariaceae

Tribal Nation: Cheyenne

Indigenous Name: *Eshko vi ta si-mins*
Meaning: *Esh kov*, thorny; *his ta a tsi*, heart-shaped; *mins*, berry

Habitat/Ecological Zone: Moist wooded areas; plains to montane; Yukon, Canada to Wyoming

Plants Parts Harvested: Berry

Season Collected: Not given

Food Use(s): This gooseberry is most commonly eaten, cooked or uncooked, just after gathering.

Additional Commentary: The gooseberry is the earliest fruit to ripen that the Cheyenne know. In old times it was used as winter food, dried, and formed in little cakes. Currants were once treated in this manner.

References: ³²⁷

Gutierrezia sarothrae
Golden Rod;
Boom Snakeweed

Tribal Nation: Cheyenne

Indigenous Name: *Me ski tse tse*
Meaning: No translation given

Habitat/Ecological Zone: Found on plains, semi-desert valleys, low foothills, and some mountain slope areas

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Leaves are burned to produce a smoke that is inhaled during the “cold season”

References: ³²⁸

Gutierrezia sarothrae
Golden Rod;
Boom Snakeweed

Tribal Nation: Cheyenne

Indigenous Name: *Me ski tse tse*
Meaning: No translation given

Habitat/Ecological Zone: Found on plains, semi-desert valleys, low foothills, and some mountain slope areas

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Burned in a house to purify it

References: ³²⁹

Hehpano Lycoperdon sp.
Puffball mushroom

Tribal Nation: Cheyenne

Indigenous Name: *Hoh poa*
Meaning: No translation given

Habitat/Ecological Zone: Found in moist locations

Plants Parts Harvested: Mushroom

Season Collected: Spring

Medicinal Use(s): Used as baby powder

References: ³³⁰

Hehpano Lycoperdon sp.
Puffball mushroom

Tribal Nation: Cheyenne

Indigenous Name: *Hoh poa*
Meaning: No translation given

Habitat/Ecological Zone: Found in moist locations

Plants Parts Harvested: Mushroom

Season Collected: Spring

Medicinal Use(s): Used to cure boils, rashes, and sores

Additional Commentary: According to Alex Black Horse, Wilson Brady, and Mary Fisher, the puffball was used for its spores. They were employed for skin problems such as boils, rashes and sores. If a sore were infected, the spores would be applied directly, and a hot stone was then applied, the heat drawing out the poison. The spores were used more or less as a baby powder for rashes. Regarding boils, the spores would be mixed with the pulverized root of *Echinacea pallida* and skunk oil and applied after the boil had been sucked on the outside until it had come to a head at which point it was lanced, and the pus squeezed out.

References: ³³¹

Helenium autumnale
Sneezeweed

Tribal Nation: Cheyenne

Indigenous Name: *He' dom' mostse*
Meaning: Translation not given

Habitat/Ecological Zone: It grows in swampy lands, wet meadows, and in moist thickets

Plants Parts Harvested: Flower heads and petals

Season Collected: Blooms in September and October

Medicinal Use(s): Dried petals and flower heads are crushed into powder. It is snorted up the nose to induce sneezing to rid a headache

References: ³³²

Helenium autumnale
Sneezeweed

Tribal Nation:	Cheyenne
Indigenous Name:	<i>He' dom' mostse</i>
Meaning:	Translation not given
Habitat/Ecological Zone:	It grows in swampy lands, wet meadows, and in moist thickets
Plants Parts Harvested:	Flower heads and petals
Season Collected:	Blooms in September and October
Artifacts:	The powdered flower heads and petals are placed is used to wake a lazy person in morning
References:	³³³

Helianthus sp.
Helianthus annuus
Sunflower; Asteraceae

Tribal Nation:	Cheyenne
Indigenous Name:	<i>Ho?e-noono</i>
Meaning:	Earth bulb, tuber
Habitat/Ecological Zone:	Dry to moist; open sites, often in disturbed ground; plains to foothills; Alberta, Canada to New Mexico
Plants Parts Harvested:	Flower heads
Season Collected:	Not given
Spiritual/Religious Use(s):	Flower heads used in the Massaum ceremony
Additional Commentary:	Sunflowers played a role in the Massaum ceremony. It was used primarily as decoration. ³³⁴
References:	³³⁵

Helianthus tuberosus L.

Jerusalem Artichoke; Asteraceae

Sweet Potato

Tribal Nation: Cheyenne

Indigenous Name: *Hoh i non*
Hoh i nohk kon

Meaning: "Brought back scouts"

Habitat/Ecological Zone: Grows in medium to damp soils in open areas, often in disturbed areas. The plant can be found as high as 7,000 feet into the mountains

Plants Parts Harvested: Tubers

Season Collected: Not given

Food Use(s): Tubers used for food by boiling. It is rather tasteless and is not an excellent food source

Additional Commentary: Tubers grow on the roots of the plant. The artichoke, which is a species of sunflower, is scarcely found in the North, (i.e., Montana), but is abundant to the south, especially southern Wyoming, Colorado, and Oklahoma. Both Cheyenne names are now applied to the sweet potato.

References: ³³⁶

Heracleum maximum Bartr.

Common Cow Parsnip; Apiaceae

Tribal Nation: Cheyenne

Indigenous Name: *He stape anoe ste*
Meaning: No translation given

Habitat/Ecological Zone: Moist, open or shaded sites; plains to sub-alpine; Alaska to New Mexico

Plants Parts Harvested: Stems

Season Collected: Not given

Artifacts: Hollow stems made into whistles and used for romantic purposes at night.

Additional Commentary: This species has also been called *Heracleum lanatum* and *Heracleum sphondylium*.

References: ³³⁷

Heterotheca villosa var. *villosa*
Hairy Golden Aster; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Found in Washington to Texas

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plant burned as incense to remove evil spirits from the house

References: ³³⁸

Heterotheca villosa var. *villosa*
Hairy Goldenaster; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Found in Washington to Texas

Plants Parts Harvested: Plant tops and stems

Season Collected: Not given

Medicinal Use(s): Infusion of tops and stems taken for feeling poorly and

made one sleepy.

References: ³³⁹

Heuchera cylindrica var. *alpina* Sw.

Heuchera richardsonii

Alpine Alumroot; Saxifragaceae

Round Leaved Alumroot

Tribal Nation: Cheyenne

Indigenous Name: *Heove-heseeo?otse*
E hyo' isse' e yo

Meaning: Not given
"Yellow Medicine"

Habitat/Ecological Zone: Prairies, hillsides, rocky woods, and openings in woods;
montane to alpine; Alberta, Canada to Wyoming

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Powdered roots rubbed on the skin for rheumatism or sore
muscles.

Additional Commentary: Northern Cheyenne elders observe that the root, dried and
powdered, was used medicinally. It was rubbed on the skin for rheumatism, and applied
externally also for poison ivy and other skin rashes. It apparently gives the skin a
"gummy feeling." The plant tops also were powdered and made into a medicinal tea, for
further assistance with the same conditions.³⁴⁰ Moerman refers to this plant as *H.*
cylindrical and indicates the same uses.³⁴¹

References: ³⁴²

Heuchera cylindrica var. *alpina* Sw.

Heuchera richardsonii

Alpine Alumroot; Saxifragaceae

Round Leaved Alumroot

Tribal Nation: Cheyenne

Indigenous Name: *Heove-heseeo?otse*
E hyo' isse' e yo
Meaning: Not given
"Yellow Medicine"

Habitat/Ecological Zone: Prairies, hillsides, rocky woods, and openings in woods;
montane to alpine; Alberta, Canada to Wyoming

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Poultice of powdered roots applied for poison ivy and other
skin rashes.

References: ³⁴³

Heuchera ovalifolia Nutt.
Alumroot;

Tribal Nation: Cheyenne

Indigenous Name: *E hyo is-se e yo*
Meaning: *E ov*, yellow; *is se e yo*, medicine

Habitat/Ecological Zone: Prairies, hillsides, rocky woods, and openings in woods;
montane to alpine; Alberta, Canada to Wyoming

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): A remedy for rheumatism, or generally for sore muscles

Additional Commentary: The roots are ground fine and the powder rubbed on the
skin. This powder of the pulverized root feels gummy, and tends to cling to the skin.
The top is powdered and made into a tea with hot water, to be drunk by the patient.

References: ³⁴⁴

Hierochloe odorata (L.) Beauv.
Torresia odorata L.

Sweetgrass; Poaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ho?otsetse*

Meaning: No translation given

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

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plant used as ceremonial incense for purification

Additional Commentary: Sweet grass is used as purifying ceremonial incense, most importantly in the Sacred Arrow ceremony. When Sweet Medicine brought the arrows out of the sacred mountain, he first purified the outside world with sweet grass to make it ready for the Arrows. For this reason sweet grass is burned in the Arrow renewal ceremony. It is also used in this ceremony as a brush to paint the straight pipe. Hart quotes Jim Spear, concerning sweet grass in the Cheyenne creation story:

The first things made were the stars, sun and moon. This creator, whom we call Maheo in our language, held out his left hand, and his power being such he got five strings of sinew. He laid them down. And next he put down sweet grass, this being laid down the same way he had sinew. Then he produced buffalo tallow. Then he produced red paint. He put that on there. Then he started to put these things together. He rolled that into a ball. The he blew on it four times. The fourth time he let it go. And it grew and grew. This is the earth. This is the first one. So we have this earth. There was water on it, grass, trees, and everything that grows. Maheo has the power to do that.³⁴⁵

In other ceremonies, sweet grass is used also for its purifying effect, and in painting. In the old days, in going to battle a warrior would bless or purify his shield in the smoke of sweet grass, or if he had been visited by a menstruating woman, would put himself through a purifying ceremony before battling. Contrary warriors would purify their lances likewise, and rattles used in healing ceremonies were frequently passed through its smoke as well. Sweet grass incense could also be used to prevent evil from entering one's home. Hart's consultant, Jim Spear, indicated that sweet grass probably occurred less frequently then, in the mid-1970's, than it had in previous times because the Cheyenne were losing their old ways.³⁴⁶ Grinnell identifies sweet grass as *Torresia odorata* L., and indicates essentially the same uses.³⁴⁷

References:³⁴⁸

Hierochloe odorata (L.) Beauv.

Torresia odorata L.

Sweetgrass; Poaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ho?otsetse*

Meaning: No given

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

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Plant burned in homes to prevent evil

References: ³⁴⁹

Hierochloe odorata (L.) Beauv.

Torresia odorata L.

Sweetgrass; Poaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ho?otsetse*

Meaning: No given

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

Plants Parts Harvested: Grass

Season Collected: Not given

Spiritual/Religious Use(s): Smoke from burning grass used for purification of rattles, sacred shields, and Sun Dance dancers.

References: ³⁵⁰

Hierochloe odorata (L.) Beauv.

Torresia odorata L.

Sweetgrass; Poaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ho?otsetse*

Meaning: No given

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

Plants Parts Harvested: Grass stems

Season Collected: Not given

Spiritual/Religious Use(s): Used to paint pipes in the Sun Dance and the Sacred Arrow ceremonies.

References: ³⁵¹

Hierochloe odorata (L.) Beauv.

Torresia odorata L.

Sweetgrass; Poaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ho?otsetse*

Meaning: No given

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

Plants Parts Harvested: Grass stems

Season Collected: Not given

Spiritual/Religious Use(s): Burned for protection from lightning and thunder

References: ³⁵²

Hierochloe odorata (L.) Beauv.

Torresia odorata L.

Vanillagrass; Poaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ho?otsetse*

Meaning: No given

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

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Dried plant burned in ceremonies

References: ³⁵³

Hierochloe odorata (L.) Beauv.

Torresia odorata L.

Vanillagrass; Poaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ho?otsetse*

Meaning: No translation given

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

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Dried leaves used as a perfume by wrapping the article in the leaves

References: ³⁵⁴

Ipomoea leptophylla Torr.

Bush Morning Glory; Convolvulaceae

Tribal Nation:	Cheyenne
Indigenous Name:	Not given
Meaning:	Not translation
Habitat/Ecological Zone:	Found from South Dakota to Montana, south to Texas and into New Mexico
Plants Parts Harvested:	Root
Season Collected:	Not given
Food Use(s):	Root roasted for food when pressed by hunger
Additional Commentary:	Dr. Edward Palmer, a 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.³⁵⁵

References: ³⁵⁶

Juncus balticus Willd.

Baltic Rush; Juncaceae

Wire Rush

Tribal Nation:	Cheyenne
Indigenous Name:	<i>Ho mo wishe mone oh to wits</i>
Meaning:	Translation not given
Habitat/Ecological Zone:	Wet sites, often in saline or alkaline areas; plains to sub-alpine; Alaska to New Mexico
Plants Parts Harvested:	Stems

Season Collected: Not given
Artifacts: Stems formerly used in basket weaving.
References: ³⁵⁷

Juncus balticus Willd.
Baltic Rush; Juncaceae
Wire Rush

Tribal Nation: Cheyenne
Indigenous Name: *Ho mo wishe mone oh to wits*
Meaning: Translation not given
Habitat/Ecological Zone: Wet sites, often in saline or alkaline areas; plains to sub-alpine; Alaska to New Mexico
Plants Parts Harvested: Rootlets
Season Collected: Not given
Artifacts: Rootlets used to sew patterns for ornamentations on robes or other leather
References: ³⁵⁸

Juniperus communis L.
Common Juniper; Cupressaceae

Tribal Nation: Cheyenne
Indigenous Name: *Heshkove-shestoto?e*
Meaning: "Thorny?"
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: Cones
Season Collected: Not given

Medicinal Use(s): Cones chewed, infusion of boughs or cones taken or used
as steam bath for colds

References: ³⁵⁹

Juniperus communis L.

Common Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Heshkove-shestoto?e*
Meaning: "Thorny?"

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: Boughs or fleshy cones

Season Collected: Not given

Medicinal Use(s): Infusion of boughs or fleshy cones taken for coughing

References: ³⁶⁰

Juniperus communis L.

Common Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Heshkove-shestoto?e*
Meaning: "Thorny?"

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: Boughs or fleshy cones

Season Collected: Not given

Medicinal Use(s): Infusion of boughs or fleshy cones taken for high fevers

References: ³⁶¹

Juniperus communis L.

Common Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Heshkove-shestoto?e*

Meaning: "Thorny?"

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: Leaves

Season Collected: Not given

Medicinal Use(s): Leaves burned at childbirth to promote delivery

References: ³⁶²

Juniperus communis L.

Common Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Heshkove-shestoto?e*

Meaning: "Thorny?"

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: Wood

Season Collected: Not given

Spiritual/Religious Use(s): Wood flutes used to "charm a girl whom a man loved to make her love him."

References: ³⁶³

Juniperus communis L.

Common Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Heshkove-shestoto?e*

Meaning: "Thorny?"

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: Boughs or fleshy cones

Season Collected: Not given

Medicinal Use(s): Boughs or fleshy cones taken as a sedative

References: ³⁶⁴

Juniperus communis L.

Common Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Heshkove-shestoto?e*

Meaning: "Thorny?"

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: Boughs or cones

Season Collected: Not given

Medicinal Use(s): Infusion of boughs or cones taken for tickles in the throat or tonsillitis

References: ³⁶⁵

Juniperus communis L.,
Juniperus siberica Burgsd.
Common Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Heshkove-shestoto?e*
Meaning: "Thorny?"

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: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): Leaves burned as incense in ceremonies, especially to
remove fear of thunder

Additional Commentary: *Juniperus communis* L. (common juniper) also *Juniperus*
siberica Burgsd. Are used in a similar manner.³⁶⁶

References: ³⁶⁷

Juniperus communis var. *montana* Ait.
Common Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Heshkove-shestoto?e*
Meaning: "Thorny?"

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: Leaves and cones

Season Collected: Not given

Medicinal Use(s): Used as cough medicine

References: ³⁶⁸

Juniperus communis var. montana Ait.

Common Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Heshkove-shestoto?e*

Meaning: "Thorny?"

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: Leaves

Season Collected: Not given

Medicinal Use(s): Infusion of leaves used for a tickling in the throat

Additional Commentary: If the cough was persistent the patient would chew on or two berries and swallow the juice

References: ³⁶⁹

Juniperus communis var. montana Ait.

Common Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Heshkove-shestoto?e*

Meaning: "Thorny?"

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: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): Use as a smudge to purify the home during a person's illness

References: ³⁷⁰

Juniperus horizontalis Moench
Creeping Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Evoneeshenose-shestoto?e*
Meaning: Not given

Habitat/Ecological Zone: Dry, open, rocky sites from the plains to the sub-alpine.
Found from the Northwest Territory, Canada south into Wyoming

Plants Parts Harvested: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): Leaves burned as incense in ceremonies, especially to
remove fear of thunder.

Additional Commentary: Creeping Juniper was also specifically used as medicinal
tea in the same manner that the Rocky Mountain Juniper was used. Hart believes that the
three species of juniper were all used similarly.³⁷¹

References: ³⁷²

Juniperus horizontalis Moench
Creeping Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Evoneeshenose-shestoto?e*
Meaning: No translation given

Habitat/Ecological Zone: Dry, open, rocky sites from the plains to the sub-alpine.
Found from the Northwest Territory, Canada south into Wyoming

Plants Parts Harvested: Cones and boughs

Season Collected: Not given

Medicinal Use(s): Cones chewed, infusion of boughs or cones taken or used
as steam bath for colds.

References: ³⁷³

Juniperus horizontalis Moench

Creeping Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Evoneeshenose-shestoto?e*

Meaning: No translation given

Habitat/Ecological Zone: Dry, open, rocky sites from the plains to the sub-alpine.
Found from the Northwest Territory, Canada south into Wyoming

Plants Parts Harvested: Boughs or cones

Season Collected: Not given

Medicinal Use(s): Infusion of boughs or fleshy cones taken for coughing.

References: ³⁷⁴

Juniperus horizontalis Moench

Creeping Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Evoneeshenose-shestoto?e*

Meaning: No translation given

Habitat/Ecological Zone: Dry, open, rocky sites from the plains to the sub-alpine.
Found from the Northwest Territory, Canada south into Wyoming

Plants Parts Harvested: Boughs or cones

Season Collected: Not given

Medicinal Use(s): Infusion of boughs or fleshy cones taken for high fevers.

References: ³⁷⁵

Juniperus horizontalis Moench
Creeping Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Evoneeshenose-shestoto?e*

Meaning: No translation given

Habitat/Ecological Zone: Dry, open, rocky sites from the plains to the sub-alpine.
Found from the Northwest Territory, Canada south into Wyoming

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Leaves burned at childbirth to promote delivery.

References: ³⁷⁶

Juniperus horizontalis Moench
Creeping Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Evoneeshenose-shestoto?e*

Meaning: No translation given

Habitat/Ecological Zone: Dry, open, rocky sites from the plains to the sub-alpine.
Found from the Northwest Territory, Canada south into Wyoming

Plants Parts Harvested: Wood

Season Collected: Not given

Spiritual/Religious Use(s): Wood flutes used to "charm a girl whom a man loved to make her love him."

References: ³⁷⁷

Juniperus horizontalis Moench
Creeping Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Evoneeshenose-shestoto?e*
Meaning: No translation given

Habitat/Ecological Zone: Dry, open, rocky sites from the plains to the sub-alpine.
Found from the Northwest Territory, Canada south into Wyoming

Plants Parts Harvested: Boughs or cones

Season Collected: Not given

Medicinal Use(s): Infusion of boughs or fleshy cones taken as a sedative.

References: ³⁷⁸

Juniperus horizontalis Moench
Creeping Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Evoneeshenose-shestoto?e*
Meaning: No translation given

Habitat/Ecological Zone: Dry, open, rocky sites from the plains to the sub-alpine.
Found from the Northwest Territory, Canada south into Wyoming

Plants Parts Harvested: Boughs or cones

Season Collected: Not given

Medicinal Use(s): Infusion of boughs or cones taken for tickles in the throat
or tonsillitis.

References: ³⁷⁹

Juniperus scopulorum Sarg.
Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?eve-shestoto?e*

Meaning: No translation given

Habitat/Ecological Zone: Dry, rocky open sites, foothills to montane. Found from Alberta, Canada south into New Mexico.

Plants Parts Harvested: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): Leaves burned as incense in ceremonies, especially to remove fear of thunder and lightning

Additional Commentary: This species of juniper has many uses as relayed by Northern Cheyenne community members. The leaves are burnt as purifying incense in many ceremonies including the Sun Dance, in which the instructors, pledger, crier, buffalo skull and robe are all bathed in Juniper's purifying smoke. This juniper is, or was, also believed to have a special relationship, or power, with Thunder, that prevented it from ever being struck. Consequently this juniper was petitioned in ceremony to alleviate a person's fear of thunder; a ceremony that took place around a lone juniper and burned juniper leaves as incense. Juniper leaves were also burnt at childbirth to help promote delivery.

For colds, including a cough or throat discomfort, fever and tonsillitis, a tea is made from the boughs or the fleshy cones and the steam from this hot infusion is used as a vaporizer. Furthermore, the fleshy cones can also be chewed for relief from such ailments.

If the longing one might feel for a lover can be considered an ailment, then I must also include the use of flutes made of juniper wood as love medicine. The use of juniper wood in this case may be more about the wood's functionality as a material than about abstract powers it may have, for these flutes are made only by special men who have the peculiar ability to charm a girl and make her return the love a man feels for her. An argument for the juniper wood containing love medicine is that another kind of flute is made of this wood, not by men with special powers, but is nonetheless instrumental in the courting process.

Juniper, an evergreen, also represents youthfulness because it does not fall victim to the autumn's withering—its leaves remain young and vibrant while other trees' leaves grow old and die. Accordingly, the plant is placed centrally in many holy Cheyenne rituals and ceremonies.

Rocky Mountain juniper and Creeping juniper often hybridize when their eco-zones overlap. However, the Rocky Mountain juniper is more common in the southern Rockies, while the Creeping juniper dominates further north.³⁸⁰

References: ³⁸¹

Juniperus scopulorum Sarg.

Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?eve-shestoto?e*

Meaning: No translation given

Habitat/Ecological Zone: Dry, rocky open sites, foothills to montane. Found from Alberta, Canada south into New Mexico

Plants Parts Harvested: Knots

Season Collected: Not given

Artifacts: Knots used to make bowls

References: ³⁸²

Juniperus scopulorum Sarg.

Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?eve-shestoto?e*

Meaning: No translation given

Habitat/Ecological Zone: Dry, rocky open sites, foothills to montane. Found from Alberta, Canada south into New Mexico

Plants Parts Harvested: Boughs, branches and cones

Season Collected: Not given

Medicinal Use(s): Infusion of boughs, branches and cones chewed used for colds or a steam bath.

References: ³⁸³

Juniperus scopulorum Sarg.

Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?eve-shestoto?e*

Meaning: No translation given

Habitat/Ecological Zone: Dry, rocky open sites, foothills to montane. Found from Alberta, Canada south into New Mexico

Plants Parts Harvested: Leaves, boughs or fleshy cones

Season Collected: Not given

Medicinal Use(s): Infusion of leaves, boughs or fleshy cones taken for constant coughing

References: ³⁸⁴

Juniperus scopulorum Sarg.

Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?eve-shestoto?e*

Meaning: No translation given

Habitat/Ecological Zone: Dry, rocky open sites, foothills to montane. Found from Alberta, Canada south into New Mexico

Plants Parts Harvested: Boughs, branches and fleshy cones

Season Collected: Not given

Medicinal Use(s): Infusion of boughs, branches and fleshy cones used for fevers.

References: ³⁸⁵

Juniperus scopulorum Sarg.

Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?eve-shestoto?e*

Meaning: Translation not given

Habitat/Ecological Zone: Dry, rocky open sites, foothills to montane. Found from Alberta, Canada south into New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Leaves burned at childbirth to promote delivery

References: ³⁸⁶

Juniperus scopulorum Sarg.

Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?eve-shestoto?e*

Meaning: No translation given

Habitat/Ecological Zone: Dry, rocky open sites, foothills to montane. Found from Alberta, Canada south into New Mexico

Plants Parts Harvested: Wood

Season Collected: Not given

Spiritual/Religious Use(s): Wood flutes used to "charm a girl whom a man loved to make her love him."

References: ³⁸⁷

Juniperus scopulorum Sarg.

Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?eve-shestoto?e*
Meaning: No translation given

Habitat/Ecological Zone: Dry, rocky open sites, foothills to montane. Found from Alberta, Canada south into New Mexico

Plants Parts Harvested: Boughs, branches and cones

Season Collected: Not given

Medicinal Use(s): Infusion of boughs, branches and cones used for pneumonia, colds, fevers, and tonsillitis

References: ³⁸⁸

Juniperus scopulorum Sarg.
Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?eve-shestoto?e*
Meaning: No translation given

Habitat/Ecological Zone: Dry, rocky open sites, foothills to montane. Found from Alberta, Canada south into New Mexico

Plants Parts Harvested: Boughs

Season Collected: Not given

Medicinal Use(s): Infusion used for sedating hyperactive persons.

References: ³⁸⁹

Juniperus scopulorum Sarg.
Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?eve-shestoto?e*
Meaning: No translation given

Habitat/Ecological Zone: Dry, rocky open sites, foothills to montane. Found from Alberta, Canada south into New Mexico

Plants Parts Harvested: Infusion of leaves taken for a tickling in the throat.

Season Collected: Not given

Medicinal Use(s): Infusion of leaves taken for a tickling in the throat

Additional Commentary: “A tea made by steeping the leaves and drunk will relieve constant coughing or tickling in the throat”

References: ³⁹⁰

Juniperus scopulorum Sarg.

Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?eve-shestoto?e*

Meaning: No translation given

Habitat/Ecological Zone: Dry, rocky open sites, foothills to montane. Found from Alberta, Canada south into New Mexico

Plants Parts Harvested: Wood branches

Season Collected: Not given

Artifacts: The wood used to make bows

Additional Commentary: The Cheyenne found the wood desirable to make bows, lance shafts, and other items because of its dark red dyed in blood color inherent in the wood.³⁹¹

References: ³⁹²

Juniperus scopulorum Sarg.

Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?eve-shestoto?e*
Meaning: No translation given

Habitat/Ecological Zone: Dry, rocky open sites, foothills to montane. Found from Alberta, Canada south into New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): Burned as incense or offering when making medicine

References: ³⁹³

Juniperus scopulorum Sarg.
Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?eve-shestoto?e*
Meaning: No translation given

Habitat/Ecological Zone: Dry, rocky open sites, foothills to montane. Found from Alberta, Canada south into New Mexico

Plants Parts Harvested: Wood

Season Collected: Not given

Artifacts: Wood used to make courting flutes.

References: ³⁹⁴

Juniperus sibirica Burgsd.
Juniperus scopulorum
Red Cedar
Rocky Mountain Juniper

Tribal Nation: Cheyenne

Indigenous Name: *Wi' iv tsis to to*

Meaning: *wī ʔv*, refers to something hollow, as depressions or ravines where ground cedars grow;
tsīs tō tō, any coniferous tree

Habitat/Ecological Zone: Grows close to the ground and common in the higher hills

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): A tea made by steeping the leaves in hot water is used to help a cough or a tickling in the throat. If the cough is bad, the patient may chew one or two of the berries and swallow the juice.

References: ³⁹⁵

Juniperus sibirica Burgsd.
Juniperus scopulorum
Red Cedar
Rocky Mountain Juniper

Tribal Nation: Cheyenne

Indigenous Name: *Wi' iv tsis to to*

Meaning: *wī ʔv*, refers to something hollow, as depressions or ravines where ground cedars grow;
tsīs tō tō, any coniferous tree

Habitat/Ecological Zone: Grows close to the ground and common in the higher hills

Plants Parts Harvested: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): Dried leaves are used as a purification smudge

References: ³⁹⁶

Juniperus sibirica Burgsd.
Juniperus scopulorum
Red Cedar
Rocky Mountain Juniper

Tribal Nation: Cheyenne

Indigenous Name: *Wi' iv tsis to to*
Meaning: *wī ĭv*, refers to something hollow, as depressions or ravines where ground cedars grow;
tsīs tǒ tǒ, any coniferous tree

Habitat/Ecological Zone: Grows close to the ground and common in the higher hills

Plants Parts Harvested: Tree branches

Season Collected: Not given

Artifacts: Flutes are made from the wood

References: ³⁹⁷

Juniperus sibirica Burgsd.
Juniperus scopulorum
Red Cedar
Rocky Mountain Juniper

Tribal Nation: Cheyenne

Indigenous Name: *Wi' iv tsis to to*
Meaning: *wī ĭv*, refers to something hollow, as depressions or ravines where ground cedars grow;
tsīs tǒ tǒ, any coniferous tree

Habitat/Ecological Zone: Grows close to the ground and common in the higher hills

Plants Parts Harvested: Tree branches

Season Collected: Not given

Spiritual/Religious Use(s): Used as seating material in the sweat lodge

References: ³⁹⁸

Koeleria macrantha (Ledeb.) J.A. Schultes
Koeleria cristata

Prairie Junegrass; Poaceae

Tribal Nation: Cheyenne

Indigenous Name: *Naaseto-vo?estse*
Meaning: "Sacred plant"

Habitat/Ecological Zone: Dry, well-drained soil, open sites; plains to sub-alpine;
Alberta, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plant used in the Sun Dance ceremony. Junegrass is brought into the Medicine Lodge with the paint

Additional Commentary: Traditionally, when junegrass and milkweed first bloom indicates when the Sun Dan ceremony will start. Its most important use, according to Hart, is in the Sun Dance. Roughly half of Hart's Northern Cheyenne consultants discussed this sacred plant's ceremonial use as follows: "the flowering culms were gathered when relatively short, about six to eight inches in height. Sun Dance instructors wetted the flower heads with their mouths and then blew upon the shoulders and feet of the dancers to give them further supernatural strength." Each dancer would also keep a flower at the back of his head to keep from getting tired while engaged in the ceremony. The plant would also be used as a brush to paint the dancers.³⁹⁹ Moerman identifies this plant as *Koeleria macrantha* and indicates the same uses.⁴⁰⁰

References:⁴⁰¹

Koeleria macrantha (Ledeb.) J.A. Schultes

Koeleria cristata

Prairie Junegrass; Poaceae

Tribal Nation: Cheyenne

Indigenous Name: *Naaseto-vo?estse*
Meaning: "Sacred plant"

Habitat/Ecological Zone: Dry, well-drained soil, open sites; plains to sub-alpine;
Alberta, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Plant used for cuts. *Koeleria macrantha* was used for healing cuts when mixed with red clay, *Psoralea agrophylla*, and an unknown yellow plant from Oklahoma.

Additional Commentary:

References: ⁴⁰²

Koeleria macrantha (Ledeb.) J.A. Schultes
Prairie Junegrass; Poaceae

Tribal Nation: Cheyenne

Indigenous Name: *Naaseto-vo?estse*
Meaning: "Sacred plant"

Habitat/Ecological Zone: Dry, well-drained soil, open sites; plains to sub-alpine;
Alberta, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Plant tied to Sun Dancers head to prevent him from getting tired

References: ⁴⁰³

Koeleria macrantha (Ledeb.) J.A. Schultes
Prairie Junegrass; Poaceae

Tribal Nation: Cheyenne

Indigenous Name: *Naaseto-vo?estse*
Meaning: "Sacred plant"

Habitat/Ecological Zone: Dry, well-drained soil, open sites; plains to sub-alpine;
Alberta, Canada to New Mexico

Plants Parts Harvested: Fiber

Season Collected: Not given

Spiritual/Religious Use(s): Plants used as paint brushes to paint ceremonial participants.

References: ⁴⁰⁴

Lepargyrea canadensis L.
Lepargyrea argentea Greene
Buffalo Berry
Bull Berry

Tribal Nation: Cheyenne

Indigenous Name: *Mat sit a si mins*
Meaning: *Mai*, red; *his ta se*, hearted, + *mins*

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

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Excellent preserves may be made from it

Additional Commentary: The plant is also classified as *Shepherdia canadensis*. When the berries are ripe, robes or skins are placed on the ground, and the thorny bushes are beaten with sticks so that the berries fall from the twigs and may be gathered up on the skins.

References: ⁴⁰⁵

Leptotoenia multifida Nutt.
Lomatium dissectum (Nutt.) Mathias & Constance
Fern Leaf Biscuitroot; Apiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Mo tsin ists*
Meaning: Not given

Habitat/Ecological Zone: Found Washington to Texas

Plants Parts Harvested: Roots, stems, and leaves

Season Collected: Not given

Medicinal Use(s): It is taken for pains in the stomach, or for any internal disorder. It has not effect on the bowels. A weaker infusion is made from the pulverized stem and leaves and then boiled

Additional Commentary: The roots, after having been dried, are pulverized and a pinch of the powder is boiled in about a pint of water and the infusion drunk, much or little according to the condition of the patient.

References: ⁴⁰⁶

Letharia vulpina
Common Wolf; Usneaceae
Wolf Lichen

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Coniferous forests, in open to partially exposed sites, on trees; foothills to sub-alpine; Alberta, Canada to Colorado

Plants Parts Harvested: Plant

Season Collected: Not given

Artifacts: Boiled in water and used as a yellow dye for porcupine quills

References: ⁴⁰⁷

Leymus cinereus (Scribn. & Merr.) A. L. Vê
Basin Wildrye; Poaceae
Giant Wildrye

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Thrives imperfectly on drained, open sites in plains, foothills, and montane zones; Alberta, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Artifacts: Plants tied in bunches, burned, ash mixed in blood and used as a permanent black dye

Additional Commentary: *Leymus cinereus* is also known as *Elymus cinereus* and as *Elymus piperi*. Wildrye was used as bedding in such ceremonies as sweat lodges and the Sun Dance according to Northern Cheyenne elders. It is reported to remain cool, something which the dancers have found helpful.⁴⁰⁸

References: ⁴⁰⁹

Leymus cinereus (Scribn. & Merr.) A. L. Vê
Basin Wildrye; Poaceae
Giant Wildrye

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Thrives imperfectly on drained, open sites in plains, foothills, and montane zones; Alberta, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plants used to make bedding for various ceremonies

References: ⁴¹⁰

Lithospermum linearifolium Goldie
Stoneseed

Tribal Nation: Cheyenne

Indigenous Name: *Hoh'aheanois'tut*
Hoahoa-notahtsestotse
Noahoa-nohtsetotse

Meaning: Trying to revive; put feeling in

Habitat/Ecological Zone: Dry prairies, open woods, and disturbed areas; Alberta, Canada to New Mexico

Plants Parts Harvested: Leaves, roots and stems

Season Collected: Not given

Medicinal Use(s): Used for paralysis by grinding the leaves, roots, and stems into a powder and rubbing the mixture on the affected body part.

Additional Commentary: Or for the same condition, another preparation could be used: the leaves, still green, are wrapped in a cotton cloth, crushed between a person's teeth, and rubbed on the affected parts.

References: ⁴¹¹

Lithospermum linearifolium Goldie
Stoneseed

Tribal Nation: Cheyenne

Indigenous Name: *Hoh'aheanois'tut*
Hoahoa-notahtsestotse
Noahoa-nohtsetotse

Meaning: Trying to revive;
Put feeling in

Habitat/Ecological Zone: Dry prairies, open woods, and disturbed areas; Alberta, Canada to New Mexico

Plants Parts Harvested: Leaves, roots and stems

Season Collected: Not given

Medicinal Use(s): Irrationality, as an illness, could be dealt with by making a hot water infusion of this plant's stems, leaves and roots, and rubbing it on the face and head.

References: ⁴¹²

Lithospermum linearifolium Goldie
Stoneseed

Tribal Nation: Cheyenne

Indigenous Name: *Hoh'aheanois'tut*
Hoahoa-notahtsestotse
Noahoa-nohtsetotse

Meaning: Trying to revive
Put feeling in

Habitat/Ecological Zone: Dry prairies, open woods, and disturbed areas; Alberta, Canada to New Mexico

Plants Parts Harvested: Leaves, roots and stems

Season Collected: Not given

Medicinal Use(s): This plant can also be used as a stimulant. The plant is chewed really fine and spit and blown into a weary person's face, and rubbed on his or her chest to revive them and keep them awake.

Additional Commentary: Moerman indicates the same uses but under the name *Lithospermum incisum*.⁴¹³

References: ⁴¹⁴

Lithospermum incisum Lehm.
Narrowleaf Gromwell; Boraginaceae
Puccoon;
Yellow Gromwell

Tribal Nation: Cheyenne

Indigenous Name: *Hoh'ahea no is'tut*
Meaning: "Paralysis medicine"

Habitat/Ecological Zone: Dry prairies, open woods, and disturbed areas; Alberta, Canada to New Mexico

Plants Parts Harvested: Leaf, root, and stem

Season Collected: Not given

Medicinal Use(s): Leaf, root, and stem powder rubbed on body for paralysis

References: ⁴¹⁵

Lithospermum incisum Lehm.
Narrowleaf Gromwell; Boraginaceae
Puccoon;
Yellow Gromwell

Tribal Nation: Cheyenne

Indigenous Name: *Hoh'ahea no is' tut*
Meaning: "Paralysis medicine"

Habitat/Ecological Zone: Dry prairies, open woods, and disturbed areas; Alberta, Canada to New Mexico

Plants Parts Harvested: Roots, leaves and stems

Season Collected: Not given

Medicinal Use(s): Infusion of roots, leaves, and stems rubbed on head & face for irrational behavior from any illness.

References: ⁴¹⁶

Lithospermum incisum Lehm.
Narrowleaf Gromwell; Boraginaceae
Puccoon;
Yellow Gromwell

Tribal Nation: Cheyenne

Indigenous Name: *Hoh'ahea no is' tut*

Meaning: "Paralysis medicine"

Habitat/Ecological Zone: Dry prairies, open woods, and disturbed areas; Alberta, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Chewed plant spit and blown into face and rubbed over the heart by the doctor for sleepiness. The treatment will keep a person awake.

References: ⁴¹⁷

Lithospermum incisum Lehm.
Narrowleaf Gromwell; Boraginaceae
Puccoon;
Yellow Gromwell

Tribal Nation: Cheyenne

Indigenous Name: *Hoh'ahea no is' tut*
Meaning: "Paralysis medicine"

Habitat/Ecological Zone: Dry prairies, open woods, and disturbed areas; Alberta, Canada to New Mexico

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): Poultice of dried, powdered leaves and stems applied for rheumatic pains.

References: ⁴¹⁸

Lithospermum ruderale Lehm
Whiteweed; Boraginaceae
Lemonweed;
Yellow Puccoon

Tribal Nation: Cheyenne

Indigenous Name: *Woh po it*
Meaning: *Wohkp*, whitish; *o 'sts*, pl. form of plant, growth

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

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): Used chiefly to relieve rheumatic pains

Spiritual/Religious Use(s): Not given

Additional Commentary: The leaves and stems, having been dried, are finely pulverized, a portion of the powder is wet and applied externally. It is though it would be better if this could be kept on the painful part constantly; but since usually this is impossible, frequent applications of the poultice are made. This relieves the soreness of pain from any cause, where the skin is not broken.

References: ⁴¹⁹

Lithospermum ruderale Lehm
Whiteweed; Boraginaceae
Lemonweed;
Yellow Puccoon

Tribal Nation: Cheyenne

Indigenous Name: *Woh po it*
Meaning: *Wohkp*, whitish; *o 'sts*, pl. form of plant, growth

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

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): As long as the skin was not broken, it could also be used to relieve any pain

References: ⁴²⁰

Lomatium

No specifically identified

Tribal Nation: Cheyenne

Indigenous Name: *Max he' seyotse*
Meaning: "Heal all"

Habitat/Ecological Zone: Location not specifically identified

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): As the name implies, the tea is a "heal all" for an array of illnesses. The plant also can be chewed to achieve the same curing effect

Additional Commentary: It is considered one of the oldest known medicine plants. The plant's specific location, plant identification, and proper protocol for collecting are held in confidence.

References: ⁴²¹

Lomatium

No specifically identified

Tribal Nation: Cheyenne

Indigenous Name: *Max he' seyotse*
Meaning: "Heal all"

Habitat/Ecological Zone: Location not specifically identified

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Used as a smudge for protection and cleansing

Additional Commentary: It is considered one of the oldest known medicine plant. The plant's specific location, plant identification, and proper protocol for collecting it is held in confidence.

References: ⁴²²

Lomatium dissectum var. *multifidum* (Nutt.) Mathias & Constance
Carrotleaf Biscuitroot; Apiaceae
Fern-Leaved Desert Parsley

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: Not given

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

Plants Parts Harvested: Stems and leaves

Season Collected: Not given

Medicinal Use(s): Infusion of (pulverized stems and leaves) dried, powdered roots taken for stomach pains or any internal disorder

References: ⁴²³

Lomatium dissectum var. *multifidum* (Nutt.) Mathias & Constance
Carrotleaf Biscuitroot; Apiaceae
Fern-Leaved Desert Parsley

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: Not given

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

Medicinal Use(s): Infusion of dried, powdered roots taken as a tonic.

References: ⁴²⁴

Lomatium orientale Coult. & Rose

Northern Idaho Biscuitroot; Apiaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation

Habitat/Ecological Zone: Dry, open sites from rocky to rich soil; foothills to montane; southern British Columbia, Canada to Colorado

Plants Parts Harvested: Roots and leaves

Season Collected: Not given

Medicinal Use(s): Infusion of roots and leaves used or dried roots and leaves eaten for bowel pain or for diarrhea

Additional Commentary: To relieve pain in the bowels or to treat diarrhea, the leaves and roots are powdered and either infused in a tea or taken dry. This was generally used for children, but a more potent tea was sometimes made for older people. It has also been identified as *Cogswellia orientalis*. Providing a cooling effect and greasy feeling, an infusion of the powdered root was applied externally as a poultice to reduce swelling.⁴²⁵

References: ⁴²⁶

Lomatium sp.

Biscuit Root; Apiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Motsenestotse*

Meaning: No translation given

Habitat/Ecological Zone: Dry, open sites from rocky to rich soil; foothills to montane; southern British Columbia, Canada to Colorado

Plants Parts Harvested: Roots
Season Collected: Not given
Medicinal Use(s): Infusion of dried pulverized roots applied to swellings.

Additional Commentary: A pinch of pulverized root would be brewed into about a pint of tea to be drunk for chest pains or other internal disorders. For milder symptoms, a less potent infusion can be made from the pulverized stems and leaves. It is also an anti-rheumatic used externally. Another name for this plant is *Leptotaenia multifida*.⁴²⁷

References: ⁴²⁸

Lophophora williamsii
Peyote

Tribal Nation: Cheyenne
Indigenous Name: Not given
Meaning: No translation given
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: Cactus button
Season Collected: Not given
Medicinal Use(s): Peyote is used in personal, not tribal, healing ceremonies, most frequently, and quite effectively to deal with alcoholism and other ailments

Additional Commentary: The peyote cactus is indigenous to northeast Mexico and south Texas, from just north of San Luis Potosi, to just north of the Rio Grande River, from Jimenez in the west, almost to the Gulf of Mexico. It grows either in clusters, or singly, but close to the ground in either case, and from a long taproot. The whole plant need not be killed in harvesting, as several “buttons” can be cut from it and over time others will grow from the remaining plant. The “buttons” are the tops of the cactus; after being cut from the base, they are dried and eaten for their hallucinogenic, or entheogenic properties.

Both the cactus and the peyote religion were brought to the Northern Cheyenne from Leonard Tyler, a Southern Cheyenne, around 1889. Entheogenic use of peyote spread north to what was becoming Oklahoma during the latter half of the nineteenth century.

References: ⁴²⁹

Lophophora williamsii

Peyote

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given

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: Cactus button

Season Collected: Not given

Spiritual/Religious Use(s): Used as a sacrament for prayer

References: ⁴³⁰

Lygodesmia juncea (Pursh) D. Don ex Hook.

Rush-like Skeleton-plant; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Matanaa-heseeo?otse*

Matanaa-maxestse

Tatawisse'heyo

Meaning: "Milk medicine"

"Milk wood"

"Blue medicine"

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: Stems

Season Collected: Not given

Medicinal Use(s): Infusion of dried stems taken to increase milk flow

Additional Commentary: A bluish-colored tea is made from the dried stems. It is drunk by pregnant and nursing mothers as it increases milkflow, “imparts a feeling of contentment to the mother” and holds an “inner power” that keeps or makes a child healthy. *Motse?eotse*, (*Actaea rubra*), is used similarly and often in conjunction with milk medicine.⁴³¹ To this, Moerman adds its use as a psychological aid perhaps the “feeling of contentment” described above, and its uses as a gynecological aid.⁴³²

References: ⁴³³

Lygodesmia juncea (Pursh) D. Don ex Hook.
Rush-like Skeleton-plant; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Matanaa-heseeo?otse*
Matanaa-maxestse

Meaning: *Tatawisse'heyo*
“Milk medicine”
“Milk wood”
“Blue medicine”

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: Leaves

Season Collected: Not given

Medicinal Use(s): Infusion of leaves taken for smallpox and measles

References: ⁴³⁴

Lygodesmia juncea (Pursh) D. Don ex Hook.
Rush-like Skeleton-plant; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Matanaa-heseeo?otse*
Matanaa-maxestse

Meaning: *Tatawisse'heyo*
“Milk medicine”

“Milk wood”
“Blue medicine”

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: Stems

Season Collected: Not given

Medicinal Use(s): Infusion of stems taken by pregnant and nursing mothers for a healthy baby

References: ⁴³⁵

Lygodesmia juncea (Pursh) D. Don ex Hook.
Rush-like Skeleton-plant; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Matanaa-heseeo?otse*
Matanaa-maxestse
Tatawisse'heyo

Meaning: “Milk medicine”
“Milk wood”
“Blue medicine”

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: Stems

Season Collected: Not given

Medicinal Use(s): Infusion of dried stems taken to bring feelings of contentment to mothers

References: ⁴³⁶

Lygodesmia juncea (Pursh) D. Don ex Hook.
Rush-like Skeleton-plant; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Matanaa-heseeo?otse*
Matanaa-maxestse
Tatawisse'heyo

Meaning: "Milk medicine"
 "Milk wood"
 "Blue medicine"

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: Root

Season Collected: Not given

Medicinal Use(s): Powdered root used in a tea relieves itching

References: ⁴³⁷

Lygodesmia spinosa Nutt.

Spiny Skeletonweed; Compositae

Tribal Nation: Cheyenne

Indigenous Name: *Ma?xepheseeo?otse*

Meaning: "Big Medicine"

Habitat/Ecological Zone: Rocky soils, dry conditions; across western North America

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Used in making medicine

Additional Commentary: Although this is a powerful medicine, its preparation and use did not require a specialist. It is considered very important, according John Stands-In-Timber, it is used in making almost every medicine.⁴³⁸ In isolation, or in conjunction with other plants, it can be used for colds. In this case the root is pulverized and boiled and a hot infusion is prepared. The ailing person sits under a blanket amidst the infusion's vapor and sweats; some of the infusion is also drunk. This method is also employed for mumps, and tuberculosis.⁴³⁹ Part of the action of this plant, also known as *Stephanomeria spinosa*, is as a diaphoretic.⁴⁴⁰

References: ⁴⁴¹

Madia glomerata Hook.
Mountain Tarweed; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Disturbed areas

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Dried plant used in special ceremony for perverted, over-sexed people.

Additional Commentary: This is love medicine. Men would often keep the dried plants near or on their body as the aroma alone was enough to attract a partner. However, if this were not strong enough, a hot infusion could also be used as a vapor under a blanket.

Northern Cheyenne consultants indicated that it could also be used in this method to treat venereal disease; a tea of the stems and leaves would also be drunk in this case. For perverted, or over-sexed individuals, a special ceremony involving this plant would be performed.⁴⁴²

References: ⁴⁴³

Madia glomerata Hook.
Mountain Tarweed; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Disturbed areas

Plants Parts Harvested: Stems and leaves
Season Collected: Not given
Medicinal Use(s): Infusion of stems and leaves taken and used as a steam bath
for venereal disease
References: ⁴⁴⁴

Madia glomerata Hook.
Mountain Tarweed; Asteraceae

Tribal Nation: Cheyenne
Indigenous Name: Not given
Meaning: No translation given
Habitat/Ecological Zone: Disturbed areas
Plants Parts Harvested: Plant
Season Collected: Not given
Spiritual/Religious Use(s): Dried plant aroma used as a love medicine to attract a
woman.
References: ⁴⁴⁵

Madia glomerata Hook.
Mountain Tarweed; Asteraceae

Tribal Nation: Cheyenne
Indigenous Name: Not given
Meaning: No translation given
Habitat/Ecological Zone: Disturbed areas
Plants Parts Harvested: Plant
Season Collected: Not given

Spiritual/Religious Use(s): Vapors inhaled to cure love sickness

References: ⁴⁴⁶

Mahonia repens (Lindl.) G. Don

Oregon Grape; Berberidaceae

Creeping Oregon-Grape;

Creeping Mahonia

Tribal Nation: Cheyenne

Indigenous Name: *Mehme-menotse*

Meaning: "Spicy berry"

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

Plants Parts Harvested: Fruit

Season Collected: Not given

Medicinal Use(s): Fruit used in medicinal preparations

Additional Commentary: According the Northern Cheyenne, the fruit of this plant was used in the preparation of various medicines, but no longer is. ⁴⁴⁷

References: ⁴⁴⁸

Mahonia repens (Lindl.) G. Don

Oregon Grape; Berberidaceae

Creeping Oregon-Grape;

Creeping Mahonia

Tribal Nation: Cheyenne

Indigenous Name: *Mehme-menotse*

Meaning: "Spicy berry"

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

Plants Parts Harvested: Fruit

Season Collected: Not given
Food Use(s): Fruits eaten for food
References: ⁴⁴⁹

Malvastrum coccineum Pursh. gray
False Mallow;

Tribal Nation: Cheyenne
Indigenous Name: *Wi ki isse e yo*
Meaning: *Wiki*, sweet;
Isse e yo, medicine
Habitat/Ecological Zone: Western United States
Plants Parts Harvested: Leaves, stems, and roots
Season Collected: Not given

Medicinal Use(s): The plant is ground up fine, leaves, stem, and roots and is steeped in water, the infusion to be mixed with other medicines. The tea, having a sweet taste, makes other and sometimes bad-tasting medicines more palatable.

References: ⁴⁵⁰

Matricaria discoidea DC. Var matricarioides
Disc Mayweed; Asteraceae
Pineapple Weed

Tribal Nation: Cheyenne
Indigenous Name: *Onone-voneshke-moxeshene*
Meaning: "Prairie dog mint"
Habitat/Ecological Zone: Disturbed ground, often on roadsides; plains to montane; Northwest Territory, Canada to New Mexico
Plants Parts Harvested: Flowers and leaves

Season Collected: Not given

Artifacts: Dried, pulverized flowers, leaves, sweet grass, horse mint
and sweet pine used as a perfume

References: ⁴⁵¹

Matricaria discoidea DC.
Disc Mayweed; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Onone-voneshke-moxeshene*
Meaning: "Prairie dog mint"

Habitat/Ecological Zone: Disturbed ground, often on roadsides; plains to montane;
Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Plant tops

Season Collected: Not given

Medicinal Use(s): Plant tops used as an ingredient in many medicines

References: ⁴⁵²

Matricaria discoidea DC.
Disc Mayweed; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Onone-voneshke-moxeshene*
Meaning: "Prairie dog mint"

Habitat/Ecological Zone: Disturbed ground, often on roadsides; plains to montane;
Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Plant tops used by women as an ingredient in many

medicines for their complaints

References: ⁴⁵³

Matricaria discoidea DC.
Disc Mayweed; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Onone-voneshke-moxeshene*
Meaning: "Prairie dog mint"

Habitat/Ecological Zone: Disturbed ground, often on roadsides; plains to montane;
Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Women drank a tea to build up their blood at childbirth and
aid in delivering the placenta

References: ⁴⁵⁴

Matricaria discoidea DC.
Disc Mayweed; Asteraceae

Tribal Nation: Cheyenne

Indigenous Name: *Onone-voneshke-moxeshene*
Meaning: "Prairie dog mint"

Habitat/Ecological Zone: Disturbed ground, often on roadsides; plains to montane;
Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Young girls drank it if they were experiencing menstrual
cramps during their first menses

References: ⁴⁵⁵

Matricaria discoidea DC.,
Matricaria matricarioides (Less.) Porter
Disc Mayweed; Asteraceae
Pineapple Weed

Tribal Nation: Cheyenne

Indigenous Name: *Onone-voneshke-moxeshene*
Meaning: "Prairie dog mint"

Habitat/Ecological Zone: Disturbed ground, often on roadsides; plains to montane;
Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plant used in the Sun Dance ceremony. Wesley White Man indicated that in the Sun Dance, a mixture containing the tops of pineapple weed would be chewed up and blown on the participants for its cooling effect.⁴⁵⁶

Additional Commentary: The flowering tops were often used as an ingredient in medicinal mixtures. Moerman refers to pineapple weed as *Matricaria discoidea*.⁴⁵⁷

References: ⁴⁵⁸

Mentha arvensis L.
Mentha canadensis L.
Wild Mint; Lamiaceae
Field Mint

Tribal Nation: Cheyenne

Indigenous Name: *Mahpe'-moxe'shene*
He heyuts' tsihiss' ots
Meaning: "Water mint or perfume"
"Vomiting medicine"

Habitat/Ecological Zone: Moist, wet soils along stream banks, lake margins, prairie ravines, and low woods; plains to montane; Northwest Territory to New Mexico

Plants Parts Harvested: Leaves and stems
Season Collected: Not given
Medicinal Use(s): Infusion of ground leaves and stems taken for vomiting
References: ⁴⁵⁹

Mentha arvensis L.
Mentha canadensis L.
Wild Mint; Lamiaceae
Field Mint

Tribal Nation: Cheyenne
Indigenous Name: *Mahpe'-moxe'shene*
He heyuts' tsihiss' ots
Meaning: "Water mint or perfume"
"Vomiting medicine"

Habitat/Ecological Zone: Moist, wet soils along stream banks, lake margins, prairie ravines, and low woods; plains to montane; Northwest Territory to New Mexico

Plants Parts Harvested: Leaves and stems
Season Collected: Not given
Food Use(s): Leaves and stems made into a tea and used as a beverage
References: ⁴⁶⁰

Mentha arvensis L.
Mentha canadensis L.
Wild Mint; Lamiaceae
Field Mint

Tribal Nation: Cheyenne
Indigenous Name: *Mahpe'-moxe'shene*
He heyuts' tsihiss' ots
Meaning: "Water mint or perfume"

“Vomiting medicine”

Habitat/Ecological Zone: Moist, wet soils along stream banks, lake margins, prairie ravines, and low woods; plains to montane; Northwest Territory to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plant used in the Sun Dance ceremony

References: ⁴⁶¹

Mentha arvensis L.
Mentha canadensis L.
Wild Mint; Lamiaceae
Field Mint

Tribal Nation: Cheyenne

Indigenous Name: *Mahpe'-moxe'shene*
He heyuts' tsihiss' ots

Meaning: “Water mint or perfume”
“Vomiting medicine”

Habitat/Ecological Zone: Moist, wet soils along stream banks, lake margins, prairie ravines, and low woods; plains to montane; Northwest Territory to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Decoction of plant used as a hair oil.

Additional Commentary: Mint is used in a variety of ways, mostly medicinal. As a tea it is taken for nausea, to prevent vomiting. It is also taken to strengthen heart muscles and stimulate vital organs. Mint was believed to improve one's love life; it is unclear whether this refers to sexual performance or other aspects of one's “love life.” Ceremonially, mint appears in peyote prayers and Sun Dances; mixed with sage in the former, and as a cooling bed upon which the dancers stand in the latter.⁴⁶² It is also used as an anti-emetic and a dermatological aid.⁴⁶³

References: ⁴⁶⁴

Mentha arvensis L.
Mentha canadensis L.
Wild Mint; Lamiaceae
Field Mint

Tribal Nation: Cheyenne

Indigenous Name: *Mahpe'-moxe'shene*
He heyuts' tsihiss' ots

Meaning: "Water mint or perfume"
"Vomiting medicine"

Habitat/Ecological Zone: Moist, wet soils along stream banks, lake margins, prairie ravines, and low woods; plains to montane; Northwest Territory to New Mexico

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): Infusion of ground leaves and stems taken to strengthen heart muscles

References: ⁴⁶⁵

Mentha arvensis L.
Mentha canadensis L.
Wild Mint; Lamiaceae
Field Mint

Tribal Nation: Cheyenne

Indigenous Name: *Mahpe'-moxe'shene*
He heyuts' tsihiss' ots

Meaning: "Water mint or perfume"
"Vomiting medicine"

Habitat/Ecological Zone: Moist, wet soils along stream banks, lake margins, prairie ravines, and low woods; plains to montane; Northwest Territory to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): Leaves chewed and placed on body for improved love life

References: ⁴⁶⁶

Mentha arvensis L.
Mentha canadensis L.
Wild Mint; Lamiaceae
Field Mint

Tribal Nation: Cheyenne

Indigenous Name: *Mahpe'-moxe'shene*
He heyuts' tsihiss' ots

Meaning: "Water mint or perfume"
"Vomiting medicine"

Habitat/Ecological Zone: Moist, wet soils along stream banks, lake margins, prairie ravines, and low woods; plains to montane; Northwest Territory to New Mexico

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): Infusion of ground leaves and stems taken to stimulate vital organs

References: ⁴⁶⁷

Mentha arvensis L.
Mentha canadensis L.
Wild Mint; Lamiaceae
Field Mint

Tribal Nation: Cheyenne

Indigenous Name: *Mahpe'-moxe'shene*
He heyuts' tsihiss' ots

Meaning: "Water mint or perfume"
"Vomiting medicine"

Habitat/Ecological Zone: Moist, wet soils along stream banks, lake margins, prairie

ravines, and low woods; plains to montane; Northwest Territory to New Mexico

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Artifacts: Leaves and stems used as perfume and deodorizers in houses

References: ⁴⁶⁸

Mentzelia laevicaulis (Dougl. ex Hook.) Torr. & Gray

Mentzelia nuda (Pursh) T & G

Smoothstem Blazingstar; Loasaceae

Sand Lily;

Giant Eveningstar

Tribal Nation: Cheyenne

Indigenous Name: *Vo?ome-heseeo?otse*

Meaning: "White medicine"

Habitat/Ecological Zone: Sandy, gravel hillsides and along stream banks; plains to montane; southern Alberta, Canada to New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Roots used for rheumatism and arthritis

Additional Commentary: It is believed to be one of the Cheyenne's oldest medicines. For this reason it is held in high esteem by healers. This was never used alone, always in medicinal mixtures. The root was the most powerful plant part; dug before the plant had flowered, it was used in cases of fevers, earaches, rheumatism, arthritis, and more complicated illnesses. A tea made from the roots was taken for mumps, measles, and smallpox, and a salve was applied externally to the affected areas. This root also was chewed for thirst prevention.⁴⁶⁹

References: ⁴⁷⁰

Mentzelia laevicaulis (Dougl. ex Hook.) Torr. & Gray

Mentzelia nuda (Pursh) T & G
Smoothstem Blazingstar; Loasaceae
Sand Lily;
Giant Eveningstar

Tribal Nation: Cheyenne

Indigenous Name: *Vo?ome-heseeo?otse*
Meaning: "White medicine"

Habitat/Ecological Zone: Sandy, gravel hillsides and along stream banks; plains to montane; southern Alberta, Canada to New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Roots chewed for thirst prevention.

References: ⁴⁷¹

Mentzelia laevicaulis (Dougl. ex Hook.) Torr. & Gray
Mentzelia nuda (Pursh) T & G
Smoothstem Blazingstar; Loasaceae
Sand Lily;
Giant Eveningstar

Tribal Nation: Cheyenne

Indigenous Name: *Vo?ome-heseeo?otse*
Meaning: "White medicine"

Habitat/Ecological Zone: Sandy, gravel hillsides and along stream banks; plains to montane; southern Alberta, Canada to New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Roots used for earaches

References: ⁴⁷²

Mentzelia laevicaulis (Dougl. ex Hook.) Torr. & Gray

Mentzelia nuda (Pursh) T & G

Smoothstem Blazingstar; Loasaceae

Sand Lily;

Giant Eveningstar

Tribal Nation: Cheyenne

Indigenous Name: *Vo?ome-heseeo?otse*

Meaning: "White medicine"

Habitat/Ecological Zone: Sandy, gravel hillsides and along stream banks; plains to montane; southern Alberta, Canada to New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Roots used for fevers

References: ⁴⁷³

Mentzelia laevicaulis (Dougl. ex Hook.) Torr. & Gray

Mentzelia nuda (Pursh) T & G

Smoothstem Blazingstar; Loasaceae

Sand Lily;

Giant Eveningstar

Tribal Nation: Cheyenne

Indigenous Name: *Vo?ome-heseeo?otse*

Meaning: "White medicine"

Habitat/Ecological Zone: Sandy, gravel hillsides and along stream banks; plains to montane; southern Alberta, Canada to New Mexico

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Infusion of roots taken for mumps, measles, and smallpox

References: ⁴⁷⁴

Mentzelia laevicaulis (Dougl. ex Hook.) Torr. & Gray

Mentzelia nuda (Pursh) T & G

Smoothstem Blazingstar; Loasaceae

Sand Lily;

Giant Eveningstar

Tribal Nation: Cheyenne

Indigenous Name: *Vo?ome-heseeo?otse*

Meaning: "White medicine"

Habitat/Ecological Zone: Sandy, gravel hillsides and along stream banks; plains to montane; southern Alberta, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Plant used as an ingredient in medicinal preparations.

References: ⁴⁷⁵

Mentzelia laevicaulis (Dougl. ex Hook.) Torr. & Gray

Mentzelia nuda (Pursh) T & G

Smoothstem Blazingstar; Loasaceae

Sand Lily;

Giant Eveningstar

Tribal Nation: Cheyenne

Indigenous Name: *Vo?ome-heseeo?otse*

Meaning: "White medicine"

Habitat/Ecological Zone: Sandy, gravel hillsides and along stream banks; plains to montane; southern Alberta, Canada to New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Roots used for complicated illnesses

References: ⁴⁷⁶

Mertensia ciliata (James ex Torr.) G. Don
Mountain Bluebells; Boraginaceae

Tribal Nation: Cheyenne

Indigenous Name: *Matanaa-vo?estse*
Matanaa-maxestse
O tat av hesevota

Meaning: “Mile plant”
“Milk wood”
“Blue Medicine”

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

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): An infusion containing this plant, and *Actaea rubia* and
Asclepias tuberosus, would be drunk to increase milk flow in nursing mothers

References: ⁴⁷⁷

Mertensia ciliata (James ex Torr.) G. Don
Mountain Bluebells; Boraginaceae

Tribal Nation: Cheyenne

Indigenous Name: *Matanaa-vo?estse*
Matanaa-maxestse
O tat av hesevota

Meaning: “Mile plant”
“Milk wood”
“Blue Medicine”

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

Season Collected: Not given

Medicinal Use(s): Treat measles and smallpox, an infusion of the leaves was drunk. One made from the powdered root would be drunk to relieve the itching associated with smallpox

References: ⁴⁷⁸

Monarda fistulosa L.

Wildbergamot Beebalm; Lamiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-moxeshene*

Wi' us kimohk' shin

Mo in' a mohk' shin

Meaning: "Bitter mint or perfume"

"Bitter mint or perfume"

"Horse medicine"

Habitat/Ecological Zone: Prairie hillsides, stream banks, usually in rocky soils; moist to moderately dry, open sites; plains to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Leaves chewed and used as horse perfume. Men would perfume the manes and tails of their favorite horses.

Additional Commentary: This mint was, in older days, used as incense when mixed with *Abies lasioscarpa*, although it is unclear how medicinal or purifying this may have been. Under the name *M. menthifolia*, this plant is mentioned for its ceremonial use. It also apparently also holds uses as a dermatological aid and in veterinary medicine.⁴⁷⁹

References: ⁴⁸⁰

Monarda fistulosa ssp. *fistulosa* var. *menthifolia* (Graham) Fern.

Mintleaf Beebalm; Lamiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-moxeshene*
Wi' us kimohk' shin
Mo in' a mohk'shin
Meaning: "Bitter mint or perfume"
"Bitter mint or perfume"
"Horse medicine"

Habitat/Ecological Zone: Prairie hillsides, stream banks, usually in rocky soils; moist to moderately dry, open sites; plains to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plant used in ceremonies.

References: ⁴⁸¹

Monarda fistulosa ssp. fistulosa var. menthifolia (Graham) Fern.
Mintleaf Beebalm; Lamiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-moxeshene*
Wi' us kimohk' shin
Mo in' a mohk'shin
Meaning: "Bitter mint or perfume"
"Bitter mint or perfume"
"Horse medicine"

Habitat/Ecological Zone: Prairie hillsides, stream banks, usually in rocky soils; moist to moderately dry, open sites; plains to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Chewed or dried leaves used as a perfume for horses, bodies and clothing

References: ⁴⁸²

Monarda fistulosa ssp. *fistulosa* var. *menthifolia* (Graham) Fern.
Mintleaf Beebalm; Lamiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-moxeshene*
Wi' us kimohk' shin
Mo in' a mohk'shin

Meaning: "Bitter mint or perfume"
"Bitter mint or perfume"
"Horse medicine"

Habitat/Ecological Zone: Prairie hillsides, stream banks, usually in rocky soils; moist to moderately dry, open sites; plains to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Stems and flowers

Season Collected: Not given

Artifacts: Stems and flowers used as fragrant pillow stuffing by young girls from puberty to marriage

Additional Commentary: The pillows were embroidered on one side with porcupine quillwork. During the day, the quillwork would be displayed, but at night it was flipped over to sleep on the unornamented side. The pillow was made of deerskin and stuffed with antelope hair and horsemint.⁴⁸³

References: ⁴⁸⁴

Monarda fistulosa ssp. *fistulosa* var. *menthifolia* (Graham) Fern.
Mintleaf Beebalm; Lamiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-moxeshene*
Wi' us kimohk' shin
Mo in' a mohk'shin

Meaning: "Bitter mint or perfume"
"Bitter mint or perfume"
"Horse medicine"

Habitat/Ecological Zone: Prairie hillsides, stream banks, usually in rocky soils; moist to moderately dry, open sites; plains to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Leaves
Season Collected: Not given
Artifacts: Dried leaves and pine needles burned over coal for a
fragrance
References: ⁴⁸⁵

Nasturtium officinale
Watercress

Tribal Nation: Cheyenne
Indigenous Name: *Ma pe votz*
Meaning: "Water Plant"
Habitat/Ecological Zone: Found in streams where the water runs clear and cold, nor
running too fast.
Plants Parts Harvested: Plants
Season Collected: Not given
Food Use(s): Used Like a salad green
References: ⁴⁸⁶

Nasturtium officinale
Watercress

Tribal Nation: Cheyenne
Indigenous Name: *Ma pe votz*
Meaning: "Water Plant"
Habitat/Ecological Zone: Found in streams where the water runs clear and cold, nor
running too fast.
Plants Parts Harvested: Harvest plant when it is flowering
Season Collected: Not given

Medicinal Use(s): The dried plant is used to make a tea to tone the liver and cleanse the blood

References: ⁴⁸⁷

Nasturtium officinale

Watercress

Tribal Nation: Cheyenne

Indigenous Name: *Ma pe vutz*
Meaning: "Water Plant"

Habitat/Ecological Zone: Found in streams where the water runs clear and cold, nor running too fast.

Plants Parts Harvested: Harvest plant when it is flowering

Season Collected: Not given

Medicinal Use(s): The dried plant is used as a diuretic to aid breaking up kidney stones or bladder stones

References: ⁴⁸⁸

Nasturtium officinale

Watercress

Tribal Nation: Cheyenne

Indigenous Name: *Ma pe vutz*
Meaning: "Water Plant"

Habitat/Ecological Zone: Found in streams where the water runs clear and cold, nor running too fast.

Plants Parts Harvested: Fresh leaves

Medicinal Use(s): The juice of fresh leaves is used to treat acne, eczema, ringworm, rashes, and other skin irritations

References: ⁴⁸⁹

Nicotiana sp.

Tobacco; Solanaceae

Tribal Nation: Cheyenne

Indigenous Name: *Tse?nemohko*
Tse?hemoomo
Pahpoeno?e
Onema?tao?o

Meaning: “Plug tobacco”
“Twist tobacco”

Habitat/Ecological Zone: Native species and cultivar

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Poultice of wet leaves applied to sores

Additional Commentary: Long ago, the Cheyenne cultivated their own tobacco, and mixed it with the bark of *Cornus stolonifera* and buffalo grease, adding some powdered buffalo chips for proper burning. Northern Cheyenne elders explained that tobacco was also applied as a poultice to treat sores.⁴⁹⁰

References: ⁴⁹¹

Nuphar lutea ssp. polysepala (Engelm.) E.O. Beal

Rocky Mountain Pond-Lily; Nymphaeaceae

Rocky Mountain Cow-Lily

Tribal Nation: Cheyenne

Indigenous Name: *Heh pan*

Meaning: “White Pond Lily”

Habitat/Ecological Zone: Shallow, quiet water in ponds or streams; plains to sub-alpine; Alaska to Colorado

Plants Parts Harvested: Root

Season Collected: Not given
Food Use(s): Roots eaten raw or boiled
References: ⁴⁹²

Nymphaea polysepala Engelm.
Nymphaea polysepala (Engelm.) Greene
Spatter Dock; Nymphaeaceae

Tribal Nation: Cheyenne
Indigenous Name: *Hēh pān*
Meaning: Greene, spongy (interpreted as spongy, soft, with the sense of being water-soaked, from the character of the root's flesh)

Habitat/Ecological Zone: Wet areas

Plants Parts Harvested: Root

Season Collected: Not given

Food Use(s): The roots, from which it takes its name, were eaten raw or cooked. They are of varying size, sometimes not larger than a hen's egg, and at others, long and thick. When cooked, they were usually boiled.

Additional Commentary: Though not often seen in Montana, it grows freely in favorable situations to the east and also to the south.

References: ⁴⁹³

Onosmodium molle ssp. *occidentale* (Mackenzie) Cochrane
Onosmodium occidentale MacKenzie [possibly *O. molle* Michx.]
Western Onosmodium; Boraginaceae
False Gromwell

Tribal Nation: Cheyenne
Indigenous Name: *Mak esk o wa ni'a*
Meaning: "Big Rough Medicine"

Habitat/Ecological Zone: Dry, rocky or sandy hillsides and prairies

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): Pulverized leaves and stems mixed with grease and rubbed on the skin to restore feeling to a numb area.

Additional Commentary: The leaves and stems would be pulverized, mixed with a little bit of grease and rubbed on numb skin to restore life, or to treat lumbago.⁴⁹⁴ Moerman indicates the uses of *O. molle* as an external anti-rheumatic, a dermatological aid, and an orthopedic aid.⁴⁹⁵

References: ⁴⁹⁶

Onosmodium molle ssp. *occidentale* (Mackenzie) Cochrane
Onosmodium occidentale MacKenzie [possibly *O. molle* Michx.]
Western Onosmodium; Boraginaceae

Tribal Nation: Cheyenne

Indigenous Name: *Mak esk o wa ni'a*
Meaning: "Big Rough Medicine"

Habitat/Ecological Zone: Dry, rocky or sandy hillsides and prairies

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): Pulverized leaves and stems mixed with grease and rubbed for lumbago

References: ⁴⁹⁷

Oplopanax horridus Miq.
Devil's Club; Araliaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Moist to wet, shady sites; foothills to montane; Alberta, Canada to Montana

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Root mixed with tobacco and smoked for headache

Additional Commentary: The root of this plant can be mixed with tobacco and smoked to work as an analgesic, particularly used for headaches. It is also referred to as *Fatsia horrida*.⁴⁹⁸

References: ⁴⁹⁹

Opuntia polyacantha Haw.
Opuntia macrohiza
Plains Pricklypear; Cactaceae
Prickly Pear

Tribal Nation: Cheyenne

Indigenous Name: *Mah-ta'-o-munst*
Meaning: "Prickly fruit"

Habitat/Ecological Zone: Prairies, rocky areas, especially in dry soils; open ground; plains to foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Pulp

Season Collected: Not given

Food Use(s): Pulp dried and used to thicken soups and stews

Additional Commentary: Women prepared the fruits by sweeping piles of them with sagebrush branches to remove the spines. The remaining spines are picked off by hand protected by deerskin tips. The prepared fruit was then split, cleaned of seeds, and sun dried.⁵⁰⁰

References: ⁵⁰¹

Opuntia polyacantha Haw.
Opuntia macrohiza
Plains Pricklypear; Cactaceae
Prickly Pear

Tribal Nation: Cheyenne

Indigenous Name: *Mah-ta'-o-munst*
Meaning: "Prickly fruit"

Habitat/Ecological Zone: Prairies, rocky areas, especially in dry soils; open ground; plains to foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Fruits

Season Collected: Not given

Food Use(s): Fruits dried and used as a winter food. Fruits also eaten raw

Additional Commentary: The gathering of prickly pears was one of the Southern Cheyenne women's important duties.⁵⁰²

References:⁵⁰³

Opuntia polyacantha Haw.
Opuntia macrorhiza
Plains Pricklypear; Cactaceae
Prickly Pear

Tribal Nation: Cheyenne

Indigenous Name: *Mah-ta'-o-munst*
Meaning: "Prickly fruit"

Habitat/Ecological Zone: Prairies, rocky areas, especially in dry soils; open ground; plains to foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Fruits

Season Collected: Not given

Food Use(s): Used for water

Additional Commentary: Cheyenne warriors would use prickly pears for water during raiding expeditions.⁵⁰⁴

References: ⁵⁰⁵

Osmorhiza berteroi DC.

Mountain Sweet Cicely; Apiaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Moist to wet, shady sites; sub-montane to montane; Alberta, Canada to Colorado

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Plant used as an ingredient in all medicines

References: ⁵⁰⁶

Osmorhiza berteroi DC.

Mountain Sweet Cicely; Apiaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Moist to wet, shady sites; sub-montane to montane; Alberta, Canada to Colorado

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Root chewed or infusion of leaves taken for colds

References: ⁵⁰⁷

Osmorhiza berteroi DC.
Sweetcicely; Apiaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Moist to wet, shady sites; sub-montane to montane;
Alberta, Canada to Colorado

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Root chewed to "bring one around"

References: ⁵⁰⁸

Osmorhiza longistylis (Torr.) DC.
Longstyle Sweetroot; Apiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Mahtamahaa?ehe(o?)*

Meaning: "Old Lady"

Habitat/Ecological Zone: Moist to wet, shady sites; sub-montane to montane;
Alberta, Canada to Colorado

Plants Parts Harvested: Leaves, stems, and roots

Season Collected: Not given

Medicinal Use(s): Infusion of pulverized leaves, stems and roots taken for
bloated stomachs or disordered stomachs.

Additional Commentary: *Osmorhiza berteroi* has also been called *Osmorhiza chilensis* H. & A. and *O. longistylus* (Torr.) DC is known as sweet-root. The Cheyenne

used these plants as an ingredient in all medicines. The root could be chewed, or a tea of its leaves drunk for relief from colds. It is also used if someone has ingested too much peyote, as it will “bring one around.” The pulverized leaves, stems, and/or roots of *O. longistylus* and *O. obtuse* can be made into a tea to treat tightness of the stomach, and the roots in particular can be used to treat kidney problems, as the roots create a stronger medicine than do the leaves. *Osmorhiza berteroi* is used in a similar fashion.⁵⁰⁹

References:⁵¹⁰

Osmorhiza longistylis (Torr.) DC.

Longstyle Sweetroot; Apiaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Moist to wet, shady sites; sub-montane to montane;
Alberta, Canada to Colorado

Plants Parts Harvested: Leaves, stems and roots

Season Collected: Not given

Medicinal Use(s): Infusion of leaves, stems, and roots taken by men for
dysfunction of the kidneys

References:⁵¹¹

Oxytropis sp.

Oxytropis sericea

Oxytropis splendens

Oxytropis lambertii

Silky Locoweed; Fabaceae

Showy Locoweed

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-heseeo?otse*

Wi' ke isse e yo

Meaning: “Bitter medicine”

Habitat/Ecological Zone: Dry, open slopes, foothills to sub-alpine; Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Powdered root used to increase flow of milk.

Additional Commentary: This is another plant used to increase milk flow in nursing mothers. The root is powdered and from it a tea is made. It apparently also makes the mother's milk more agreeable to the child. In this preparation it is mixed with *Actaea rubra* or *Mertensia ciliata* when the other is not available.⁵¹²

References: ⁵¹³

Oxytropis sp.

Oxytropis sericea

Oxytropis splendens

Oxytropis lambertii

Silky Locoweed; Fabaceae

Showy Locoweed

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-heseeo?otse*

Wi' ke isse e yo

Meaning: "Bitter medicine"

Habitat/Ecological Zone: Dry, open slopes, foothills to sub-alpine; Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Powdered roots taken by women when milk does not agree with the child.

Additional Commentary: According to William Tallbull, the identification of this plant has been lost. The Cheyenne are not sure which plant it is anymore.⁵¹⁴

References: ⁵¹⁵

Parnassia fimbriata Koenig

Rocky Mountain Parnassia; Saxifragaceae

Fringed Grass-of- Parnassia

Tribal Nation: Cheyenne

Indigenous Name: *Ka?eshkoneatse?ohke-mane-?estse*

Meaning: "Child take motion drink weed"

Habitat/Ecological Zone: Wet sites; montane to alpine; Northwest Territory to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Infusion of powdered leaves given to small babies for dullness or sick to the stomach.

Additional Commentary: When babies appeared dull or had an upset stomach, a tea of these leaves powdered would be given to them.⁵¹⁶

References: ⁵¹⁷

Pedicularis groenlandica Retz.

Elephant's Head Lousewort; Scrophulariaceae

Elephant Head

Tribal Nation: Cheyenne

Indigenous Name: *Ma?e-heseeo?otse*

Meaning: "Red Medicine"

Habitat/Ecological Zone: Wet sites; montane to alpine; Alberta, Canada to New Mexico

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): Infusion of powdered leaves and stems taken to stop or loosen a long lasting cough

Additional Commentary: The leaves and stems would be boiled for a long time to make a tea, which someone drinks for treating a cough.⁵¹⁸

References: ⁵¹⁹

Pediomelum argophyllum (Pursh) J. Grimes
Silverleaf Scurfpea; Fabaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Found on prairies, rocky hillsides and open woodlands

Plants Parts Harvested: Plant and salve of plant

Season Collected: Not given

Medicinal Use(s): Decoction of plant taken for fever and salve of plant used for high fever

References: ⁵²⁰

Pediomelum esculentum (Pursh) Rydb.
Breadroot Scurfpea; Fabaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Found on prairies, rocky hillsides and open woodlands

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Plant used as a diarrhea medicine

References: ⁵²¹

Pediomelum esculentum (Pursh) Rydb.

Breadroot Scurfpea; Fabaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Found on prairies, rocky hillsides and open woodlands

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Plant used as a burn medicine

References: ⁵²²

Pediomelum esculentum (Pursh) Rydb.

Breadroot Scurfpea; Fabaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Found on prairies, rocky hillsides and open woodlands

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Plant used as an ingredient for medicinal mixtures

References: ⁵²³

Pediomelum esculentum (Pursh) Rydb.

Breadroot Scurfpea; Fabaceae

Tribal Nation: Cheyenne
Indigenous Name: Not given
Meaning: No translation given
Habitat/Ecological Zone: Found on prairies, rocky hillsides and open woodlands
Plants Parts Harvested: Plant
Season Collected: Not given
Food Use(s): Dried plant pieces powdered and used as a thickening for soups, gravy and dry meat
References: ⁵²⁴

Pediomelum esculentum (Pursh) Rydb.
Breadroot Scurfpea; Fabaceae

Tribal Nation: Cheyenne
Indigenous Name: Not given
Meaning: No translation given
Habitat/Ecological Zone: Found on prairies, rocky hillsides and open woodlands
Plants Parts Harvested: Plant
Season Collected: Not given
Food Use(s): Dried plant slices boiled, a sweetener added and eaten as a sweet pudding
References: ⁵²⁵

Pediomelum esculentum (Pursh) Rydb.
Breadroot Scurfpea; Fabaceae

Tribal Nation: Cheyenne
Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Found on prairies, rocky hillsides and open woodlands

Plants Parts Harvested: Root

Season Collected: Not given

Food Use(s): Roots dried and eaten as a winter food

Additional Commentary: Roots formerly cut into thin, lengthwise slices and dried for winter use.

References: ⁵²⁶

Pediomelum esculentum (Pursh) Rydb.
Breadroot Scurfpea; Fabaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Found on prairies, rocky hillsides and open woodlands

Plants Parts Harvested: Root

Season Collected: Not given

Food Use(s): Roots eaten fresh

References: ⁵²⁷

Pediomelum esculentum (Pursh) Rydb.
Breadroot Scurfpea; Fabaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Found on prairies, rocky hillsides and open woodlands

Plants Parts Harvested: Plant
Season Collected: Not given
Food Use(s): Used for food. Species used for food
References: ⁵²⁸

Pediomelum hypogaeum var. *hypogaeum*
Scurfpea; Fabaceae

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

Habitat/Ecological Zone: Western North America; plains, east to Nebraska and south to Oklahoma in rocky or sandy prairies, bluffs, and stream valleys

Plants Parts Harvested: Root
Season Collected: Not given
Food Use(s): Roots dried and eaten as a winter food. Roots also eaten fresh
References: ⁵²⁹

Perideridia gairdneri (Hook. & Arn.) Mathias
Yampa; Apiaceae
Indian Carrot;
Gairdner's Yampah

Tribal Nation: Cheyenne
Indigenous Name: *Ano-neve-e?tose*
Meaning: "Four grow together"

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

Plants Parts Harvested: Roots
Season Collected: Harvested in May or June
Medicinal Use(s): Roots used as an ingredient in medicines.

Additional Commentary: Mary Fisher and Josephine Limpy explained that the roots were used as an ingredient in various medicines.⁵³⁰ Grinnell mentioned that they were boiled with the roots, stems, and leaves of *Balsamorhiza sagittata*.⁵³¹

References: ⁵³²

Perideridia gairdneri (Hook. & Arn.) Mathias

Yampa; Apiaceae

Indian Carrot;

Gairdner's Yampah

Tribal Nation: Cheyenne

Indigenous Name: *Ano-neve-e?tose*

Meaning: "Four grow together"

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

Plants Parts Harvested: Root

Season Collected: May and June

Food Use(s): Roots scraped, dried and stored for winter use. Roots also cooked, dried, pulverized and eaten as mush

Additional Commentary: Dried roots cooked and used as a mush by pouring soup over them

References: ⁵³³

Perideridia gairdneri ssp. *gairdneri*

Gairdner's Yampah; Apiaceae

Tribal Nation: Cheyenne

Indigenous Name: *An' o niv ii tis*
Meaning: "having four (*niv*) connected elongated points"
"soon there will be four"

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

Plants Parts Harvested: Roots

Season Collected: The roots are gathered in May or June soon after the plant starts

Food Use(s): The two or four roots, about as thick as a little finger may be eaten fresh or dried and saved for winter use. The roots are scraped and dried or dried without processing. Dried roots are pulverized and used as a mush by pouring soup over them

Additional Commentary: Roots dried and stored for winter use. The plant also is used as a medicine.

References: ⁵³⁴

Phlox multiflora A. Nels.
Flowery Phlox; Polemoniaceae
Rocky Mountain Phlox

Tribal Nation: Cheyenne

Indigenous Name: *Heshkovaneo?o*
Esk o wan i' o
Meaning: No translation given

Habitat/Ecological Zone: Dry, open slopes; plains to foothills; Alberta, Canada to Colorado

Plants Parts Harvested: Leaves and flowers

Season Collected: Not given

Medicinal Use(s): Infusion of pulverized leaves and flowers used as a wash and taken as a stimulant for body numbness

Additional Commentary: The pulverized leaves and flowers were used in a warm water infusion to produce a stimulant. The fluid was rubbed over the body, some it was

drunk, and it would restore a light, vibrant feeling to the patient.⁵³⁵

References: ⁵³⁶

Physalis heterophylla Nees
Clammy Groundcherry; Solanaceae

Tribal Nation: Cheyenne
Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Sandy soil prairies, pastures, roadsides, and other disturbed areas. Found on the high plains from Kansas south into Texas

Plants Parts Harvested: Fruit
Season Collected: Not given
Food Use(s): Ripe fruits eaten in fall

References: ⁵³⁷

Picea engelmannii Parry
Englemann Spruce

Tribal Nation: Cheyenne
Indigenous Name: *Meameo?tona*
Meaning: “Drooping around”

Habitat/Ecological Zone: British Columbia, Canada to New Mexico

Plants Parts Harvested: Sap or tree gum
Season Collected: Not given

Additional Commentary: Spruce gum could be used as love medicine. A man in love with a woman who did not care for him would give her some spruce gum; if she chewed it, her thoughts would be directed toward him constantly.⁵³⁸

References: ⁵³⁹

Pinus contorta Dougl. ex Loud.

Lodgepole Pine; Pinaceae

Tribal Nation:	Cheyenne
Indigenous Name:	<i>Sestoto'e</i>
Meaning:	No translation given
Habitat/Ecological Zone:	Moist to dry sites; foothills to montane; Alaska to Colorado
Plants Parts Harvested:	Trunks
Season Collected:	Not given
Artifacts:	Trunks used for tipi poles
Additional Commentary:	The poles were usually acquired in the high mountains. Women cut and peeled the poles, leaving them to dry in the sun. Each lodge required 25 to 30 poles, each measuring about 25 feet in length. ⁵⁴⁰

References: ⁵⁴¹

Pinus ponderosa P. & C. Lawson

Ponderosa Pine; Pinaceae

Tribal Nation:	Cheyenne
Indigenous Name:	<i>Shestoto?e</i>
Meaning:	<i>Shestoto?e-menotse</i> "Tree" "Cones"
Habitat/Ecological Zone:	Dry sites; foothills to montane; southern British Columbia, Canada to New Mexico
Plants Parts Harvested:	Pitch
Season Collected:	Not given
Medicinal Use(s):	Pitch used to hold the hair in place.

Additional Commentary: Northern Cheyenne elders indicated that pine gum was used as a salve or ointment for sores and scabby skin. The gum was also used, more technologically than medically, in instruments that were used medically such as whistles used in the Sun Dance and flutes used as love medicine.⁵⁴²

References:⁵⁴³

Pinus ponderosa P. & C. Lawson
Ponderosa Pine; Pinaceae

Tribal Nation: Cheyenne

Indigenous Name: *Shestoto?e* (tree)
Shestoto?e-menotse (cones)
Meaning: “Tree”
“Cones”

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

Plants Parts Harvested: Gum

Season Collected: Not given

Medicinal Use(s): Gum used as a salve or ointment for sores and scabby skin

References:⁵⁴⁴

Pinus ponderosa P. & C. Lawson
Ponderosa Pine; Pinaceae

Tribal Nation: Cheyenne

Indigenous Name: *Shestoto?e* (tree)
Shestoto?e-menotse (cones)
Meaning: “Tree”
“Cones”

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

Plants Parts Harvested: Pitch

Season Collected: Not given
Food Use(s): Pitch chewed as a gum
References: ⁵⁴⁵

Pinus ponderosa P. & C. Lawson
Ponderosa Pine; Pinaceae

Tribal Nation: Cheyenne
Indigenous Name: *Shestoto?e* (tree)
Shestoto?e-menotse (cones)
Meaning: "Tree"
"Cones"
Habitat/Ecological Zone: Dry sites; foothills to montane; southern British Columbia,
Canada to New Mexico
Plants Parts Harvested: Seeds
Season Collected: Not given
Food Use(s): Seeds used for food.
References: ⁵⁴⁶

Pinus ponderosa P. & C. Lawson
Ponderosa Pine; Pinaceae

Tribal Nation: Cheyenne
Indigenous Name: *Shestoto?e*
Shestoto?e-menotse
Meaning: "Tree"
"Cones"
Habitat/Ecological Zone: Dry sites; foothills to montane; southern British Columbia,
Canada to New Mexico
Plants Parts Harvested: Young male cones

Season Collected: Not given
Food Use(s): Young male cones chewed for the juice
References: ⁵⁴⁷

Pinus ponderosa P. & C. Lawson
Ponderosa Pine; Pinaceae

Tribal Nation: Cheyenne
Indigenous Name: *Shestoto?e*
Shestoto?e-menotse
Meaning: “Tree”
“Cones”
Habitat/Ecological Zone: Dry sites; foothills to montane; southern British Columbia, Canada to New Mexico
Plants Parts Harvested: Wood
Season Collected: Not given
Artifacts: Used in the manufacture of bone and wooden whistles and flutes, in which it was placed in the hollow ends
References: ⁵⁴⁸

Polygonum bisortoides Pursh.
American Bistort, Polygonaceae

Tribal Nation: Cheyenne
Indigenous Name: *A ĩs tō mĭ-mĭs sĭs*
Meaning: *ā ĩs tōm*, for nothing, vain, false; *mĭs*, from *mĕšĕ*, to eat, also called *āi ĩs tōm ĩ mĭ sĭs tŭk*, *toco*, diminutive; *hō wāi ĩs tōm ĩk*, which means “entirely for nothing” (as to taste – tasteless)
Habitat/Ecological Zone: Moist to wet, open sites; montane to alpine; Alberta, Canada to New Mexico. Abundant in stream bottoms in the Big Horn Mountains

Plants Parts Harvested: Roots

Season Collected: Early summer

Food Use(s): The roots are usually boiled fresh with meat; and in old times, when the Cheyenne ranged where it grew, it was a most highly esteemed food plant. Sometimes they are roasted on coals

Additional Commentary: It produces one or at most two roots from the size of a pea to the size of a man's thumb. *Polygonum bistortoides* have also been classified as members of the genus *Bistota*. Grinnell lists the plant as *Bistorta bistortoides Pursh*.

References: ⁵⁴⁹

Polytrichum juniperinum L.
Juniper Haircap Moss

Tribal Nation: Cheyenne

Indigenous Name: *Me?hooma-no?estse*

Meaning: Not given

Habitat/Ecological Zone: On soil; in a wide range of habitats, often exposed, sandy areas; foothills to alpine; Alaska to Colorado

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Hart notes that this moss was an ingredient in many medicines, although its action is not explained.⁵⁵⁰

References: ⁵⁵¹

Populus balsamifera ssp. trichocarpa (Torr. & Gray ex Hook.) Brayshaw
Black Cottonwood; Salicaceae
Balsam Poplar

Tribal Nation: Cheyenne

Indigenous Name: *Xamaa-hoohsetse*

Meaning: *Metse(o?o)*
Hoohtsetse-menotse
“Large tree”
“Young tree”
“Fruits”

Habitat/Ecological Zone: Moist to wet sites, often on river and lakeshores; foothills to sub-alpine; Alaska to Colorado

Plants Parts Harvested: Twigs and bark

Season Collected: Not given

Food Use(s): Twigs and bark fed to horses and other livestock

References: ⁵⁵²

Populus balsamifera ssp. trichocarpa (Torr. & Gray ex Hook.) Brayshaw
Black Cottonwood; Salicaceae
Balsam Poplar

Tribal Nation: Cheyenne

Indigenous Name: *Xamaa-hoohtsetse*
Metse(o?o)
Hoohtsetse-menotse

Meaning: “Large tree”
“Young tree”
“Fruits”

Habitat/Ecological Zone: Moist to wet sites, often on river and lakeshores; foothills to sub-alpine; Alaska to Colorado

Plants Parts Harvested: Trunk

Season Collected: Not given

Spiritual/Religious Use(s): The cottonwood is a sacred plant. It serves as the center pole of the Sun Dance ceremony. It used to be that the tree chosen to be the center pole was prepared following strict guidelines: A scout who had previously reported on an enemy’s whereabouts would locate and select the tree. Someone who had struck an enemy with a hatchet did the cutting in ceremonious fashion. He would approach the tree as if to cut it four times while reciting his achievement. Also in the Sun Dance a four-foot long cottonwood stick was placed near the buffalo skull as a symbolic root digger.

A cottonwood pole was also the center of the Massaum Lodge and received the prayers for all living things.⁵⁵³

References: ⁵⁵⁴

Populus deltoides Bartr. ex Marsh.

Eastern Cottonwood; Salicaceae

Tribal Nation: Cheyenne

Indigenous Name: *Xamaa-hoohtsetse*
Metse(o?o)
Hoohtsetse-menotse

Meaning: "Large tree"
"Young tree"
"Fruits"

Habitat/Ecological Zone: Moist to wet sites, often on river and lakeshores; foothills to sub-alpine; Alaska to Colorado

Plants Parts Harvested: Inner bark and twigs

Season Collected: Not given

Food Use(s): Inner bark scraped and eaten in spring. Bark and twigs formerly used to feed horses in winter

References: ⁵⁵⁵

Populus deltoides Bartr. ex Marsh.

Eastern Cottonwood; Salicaceae

Tribal Nation: Cheyenne

Indigenous Name: *Xamaa-hoohtsetse* (large tree)
Metse(o?o) (young tree)
Hoohtsetse-menotse (fruits)

Meaning: "Large tree"
"Young tree"
"Fruits"

Habitat/Ecological Zone: Moist to wet sites, often on river and lakeshores; foothills

to sub-alpine; Alaska to Colorado

Plants Parts Harvested: Branches

Season Collected: Not given

Artifacts: Used for firewood as it burns clean with little smoke making it valuable for tipi fires

References: ⁵⁵⁶

Populus tremuloides Michx.

Trembling Aspen

Tribal Nation: Cheyenne

Indigenous Name: *Veshkee?e*

Meaning: Not given

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

Plants Parts Harvested: Trunks

Season Collected: Not given

Spiritual/Religious Use(s): Aspen trunks were laid against the crotches of ash trunk posts in construction of the Sun Dance lodge

References: ⁵⁵⁷

Potentilla fruticosa L.

Shrubby cinquefoil; Rosaceae

Tribal Nation: Cheyenne

Indigenous Name: *O nuhk'ise'e yo*

Hoh noh kaheseeo'otse

Meaning: Contrary medicine

Habitat/Ecological Zone: Meadows and rocky slopes. Found in damp to wet saline soils for the Great Plains to about 9,000 feet in elevation.

Plants Parts Harvested: Leaves

Spiritual/Religious Use(s): During the Contrary Dance the plant is used to protect the hands from injury when they are thrust into the kettle of boiling soup. Dried leaves are ground into a fine powder and may rubbed over the hands and body after soaking in cold water. It is then rubbed on the body for protection.

Additional Commentary: Like red globemallow, shrubby cinquefoil was used to protect the hands when thrust into a kettle of boiling water. It was either rubbed directly on the body, as a powder made from the finely ground dried leaves, or rubbed on the body as a coldwater infusion. It was said to protect the body from severe, but temporary heat.⁵⁵⁸

References: ⁵⁵⁹

Potentilla fruticosa L.
Shrubby cinquefoil; Rosaceae

Tribal Nation: Cheyenne

Indigenous Name: *O nuhk'ise'e yo*
Hoh noh kaheseeo'otse

Meaning: Contrary medicine

Habitat/Ecological Zone: Meadows and rocky slopes. Found is damp to wet saline soils for the Great Plains to about 9,000 feet in elevation.

Plants Parts Harvested: Leaves

Season Collected: Not given

Food Use(s): Drank as a beverage tea

References: ⁵⁶⁰

Potentilla fruticosa L.
Shrubby cinquefoil; Rosaceae

Tribal Nation: Cheyenne

Indigenous Name: *O nuhk'ise'e yo*

Meaning: *Hoh noh kaheseeo 'otse*
Contrary medicine

Habitat/Ecological Zone: Meadows and rocky slopes. Found is damp to wet saline soils for the Great Plains to about 9,000 feet in elevation.

Plants Parts Harvested: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): It was regarded as a medicine against the enemy

References: ⁵⁶¹

Potentilla fruticosa L.
Shrubby cinquefoil; Rosaceae

Tribal Nation: Cheyenne

Indigenous Name: *O nuhk'ise'e yo*
Hoh noh kaheseeo 'otse

Meaning: Contrary medicine

Habitat/Ecological Zone: Meadows and rocky slopes. Found is damp to wet saline soils for the Great Plains to about 9,000 feet in elevation.

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: It was manufactured into a arrow poison

Additional Commentary: Only holy people could use and prepare the deadly arrow poison derived from this plant. The poison brewed from the leaves was thought to go directly to the heart. In addition to dipping arrows into the poison, it was also put into porcupine quills and shot into the mouth. Before the encounter with Custer's troops the Keeper of the Sacred Hat wanted to use poison arrows in the battle, but the plant could not be found along the Little Big Horn River.

References: ⁵⁶²

Prunus americana Marsh.

American Plum; Rosaceae
Wild Plum

Tribal Nation: Cheyenne

Indigenous Name: *Ma?xe-menotse*
Mae-meno?estse
Mak-u-mins

Meaning: “Big berry”
“Big berry bush”
“Great berry”

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

Plants Parts Harvested: Fruits

Season Collected: Midsummer to fall

Food Use(s): Fruits, sugar and flour used to make a pudding. Fruits
pulverized, sun dried, boiled and eaten as a delicacy. Also, sun dried plums stored for
winter use

References: ⁵⁶³

Prunus americana Marsh.
American Plum; Rosaceae
Wild Plum

Tribal Nation: Cheyenne

Indigenous Name: *Ma?xe-menotse*
Mae-meno?estse
Mak-u-mins

Meaning: “Big berry”
“Big berry bush”
“Great berry”

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

Plants Parts Harvested: Fruits

Season Collected: Midsummer to fall

Medicinal Use(s): Fruits were crushed, mixed with salt that was obtained from Oklahoma, and used as part of a medicinal mixture to treat a kind of mouth disease

Additional Commentary: Mary Fisher and Charles Sitting Man reported that the fruits were crushed, mixed with salt that was obtained from Oklahoma, and used as part of a medicinal mixture to treat a kind of mouth disease.⁵⁶⁴ In addition, Moerman indicates a ceremonial use.⁵⁶⁵

References: ⁵⁶⁶

Prunus besseyi
Bailey

Tribal Nation: Cheyenne

Indigenous Name: *Muh ko ta mins*

Meaning: *Muhk ho tsi hi*, to smell from a distance; interpreted as: *muh ko ta*, it “winds,” or actively smells or scents people (the word would be used of game catching the scent of persons), + *mins*).

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

Additional Commentary: In picking these cherries, if the scent of a human being reaches them, their taste is spoiled. Thus, they must always be picked from the leeward side. According to Dr. Gilmore other Great Plains tribes hold this belief.

References: ⁵⁶⁷

Prunus virginiana L.
Prunus melanocarpa
Common Chokecherry; Rosaceae

Tribal Nation: Cheyenne

Indigenous Name: *Menotse*

Meno?estse
Montose
 Meaning: "Berries"
 "Berries bush"
 "Berries"

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: Fruit or berries

Season Collected: June to October

Food Use(s): Sun dried plums stored for winter use.

Additional Commentary: Northern Cheyenne consultants explain that unripened chokecherries are helpful for children with diarrhea when eaten as is. When ripe berries were pulverized, they were used as an ingredient in medicines, especially to help a child regain his lost appetite. Chokecherry branches held uses in many ceremonies, including at the Sun Dance altar, and as an offering to the center pole of the lodge. One branch is used for each of the 145 songs sung in the Arrow Renewal ceremony. Symbolically, the branches were used in the ceremonies so that they continue to grow.⁵⁶⁸

References: ⁵⁶⁹

Prunus virginiana L.
Prunus melanocarpa
 Common Chokecherry; Rosaceae

Tribal Nation: Cheyenne

Indigenous Name: *Menotse*
Meno?estse
Montose

Meaning: "Berries"
 "Berries bush"
 "Berries"

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: Fruit or berries

Season Collected: June to October

Medicinal Use(s): Chokecherries are helpful for children with diarrhea when eaten as is. When ripe berries were pulverized, they were used as an ingredient in medicines, especially to help a child regain his lost appetite.

References: ⁵⁷⁰

Prunus virginiana L.
Prunus melanocarpa
Common Chokecherry; Rosaceae

Tribal Nation: Cheyenne

Indigenous Name: *Menotse*
Meno?estse
Montose

Meaning: "Berries"
"Berries bush"
"Berries"

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: Fruit or berries

Season Collected: June to October

Spiritual/Religious Use(s): Chokecherry branches held uses in many ceremonies, including at the Sun Dance altar, and as an offering to the center pole of the lodge. One branch is used for each of the 145 songs sung in the Arrow Renewal ceremony. Symbolically, the branches were used in the ceremonies so that they continue to grow.

References: ⁵⁷¹

Prunus virginiana L.
Prunus melanocarpa
Common Chokecherry; Rosaceae

Tribal Nation: Cheyenne

Indigenous Name: *Menotse*
Meno?estse
Montose
Meaning: "Berries"
"Berries bush"
"Berries"
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: Fruit or berries
Season Collected: June to October
Food Use(s): Berries boiled, sugar and flour added and eaten as a pudding
References: ⁵⁷²

Prunus virginiana L.
Prunus melanocarpa
Common Chokecherry; Rosaceae

Tribal Nation: Cheyenne
Indigenous Name: *Menotse*
Meno?estse
Montose
Meaning: "Berries"
"Berries bush"
"Berries"
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: Fruit or berries
Season Collected: June to October
Food Use(s): Fresh or pounded, dried berries and pits used to make berry pemmican. Pounded berries and pits made into flat cakes and sun dried for winter use

References: ⁵⁷³

Psmorrhiz chilensis
Osmorhiza chilensis
Mountain Sweetroot; Apiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ma ta mhao e'*
Meaning: Translation not given

Habitat/Ecological Zone: Montane to sub-alpine

Plants Parts Harvested: Leaves, stems, and roots

Season Collected: Not given

Medicinal Use(s): Each is pulverized and an infusion is made from each. It is mixed with water and used for a tight or bloated stomach

References: ⁵⁷⁴

Psmorrhiz chilensis
Osmorhiza chilensis
Mountain Sweetroot; Apiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ma ta mhao e'*
Meaning: Translation not given

Habitat/Ecological Zone: Montane to sub-alpine

Plants Parts Harvested: Leaves, stems, and roots

Season Collected: Not given

Medicinal Use(s): The plants are pulverized and an infusion is made of each. It is given if a man's kidneys do not function properly.

Additional Commentary: The medicine is not given frequently, but when it is administered it is given freely.⁵⁷⁵

References: ⁵⁷⁶

Psoralea argophylla Pursh.

Psoralea tenuiflora

Wild Alfalfa; Silver-leafed Scurfpea

Tribal Nation: Cheyenne

Indigenous Name: *To' wan i yuhk ts*

Meaning: "To make-cold medicine,"
to, cool; *wan i o nots*, "ingredients to"

Habitat/Ecological Zone: Prairies, pastures, open woods

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): This is used to reduce fever. The leaves and stems are ground fine and boiled in water, and the tea is drunk. To cure a high fever, the leaves and stem ground to powder are also mixed with grease and rubbed all over the body

Additional Commentary: Dr. Rusby has said that the medicinal properties of this plant are not known to science, but it is a near relative of species having active and important properties, though not much used in medicine. Its use as a febrifuge is of great interest and very suggestive.⁵⁷⁷

References: ⁵⁷⁸

Psoralea argophylla Pursh

Pediomelum argophylla

Silver-leaved scurf pea

Tribal Nation: Cheyenne

Indigenous Name: *Towaniyuhk'ts*

Hestamoa?ano

Hestamoa?kano

He?ka?evo?e-mota?eno

Meaning: Fever medicine (“To make cold medicine”)
Devil’s Turnip

Habitat/Ecological Zone: Across the west

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): Leaves and stems are ground fine and boiled in water. The tea is drunk to reduce fevers

Additional Commentary: Mary Fisher told Hart a story explaining why this plant is called ‘devil’s turnip.’ As the story goes, long ago, some young girls went out looking for turnips (*P. esculenta*) and each time they thought they found one, it turned out to be false. This kept happening and they kept going farther and farther away from camp, until, finally, a medicine man realized they were being led away by the devil who had taken form as this plant, and warned some people who went to rescue them. Despite its association with the devil, it does provide a treatment for a fever. When the fever is not too bad, one can drink a tea of the leaves and stems finely ground. When the fever is more severe, the powder is mixed with grease and rubbed on the body.⁵⁷⁹ Moerman classifies this plant as *Pediomelum argophylla*.⁵⁸⁰

References: ⁵⁸¹

Psoralea esculenta Pursh
Indian Breadroot; Fabaceae

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ohta?eno*
Mo?kohta?eno

Meaning: Not given
Not given

Habitat/Ecological Zone: Manitoba to North Dakota and Wisconsin, south to Missouri and Texas; rocky woods and prairies, on calcareous soils

Plants Parts Harvested: Root

Season Collected: Not given

Food Use(s): Used as a food

References: ⁵⁸²

Psoralea esculenta Pursh
Indian Breadroot

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ohta?eno*
Mo?kohta?eno

Meaning: No translation given
No translation given

Habitat/Ecological Zone: Manitoba to North Dakota and Wisconsin, south to Missouri and Texas; rocky woods and prairies, on calcareous soils

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The turnip served as an ingredient in medicinal mixtures including one for burns that also contains 'bear mint' and *Koeleria cristata*.

References: ⁵⁸³

Psoralea esculenta Pursh
Indian Breadroot

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ohta?eno*
Mo?kohta?eno

Meaning: No translation given
No translation given

Habitat/Ecological Zone: Manitoba to North Dakota and Wisconsin, south to Missouri and Texas; rocky woods and prairies, on calcareous soils

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): It was part of a diarrhea medicine

References: ⁵⁸⁴

Psoralea esculenta Pursh
Indian Breadroot

Tribal Nation: Cheyenne

Indigenous Name: *Mo?ohta?eno*
Mo?kohta?eno

Meaning: No translation given
No translation given

Habitat/Ecological Zone: Manitoba to North Dakota and Wisconsin, south to Missouri and Texas; rocky woods and prairies, on calcareous soils

Plants Parts Harvested: Root

Season Collected: Not given

Spiritual/Religious Use(s): Ceremonially, this turnip played a part long ago within a certain religious order. In a yearly animal dance, those participating would flagellate themselves with this plant, as part of a petition for tribal prosperity

Additional Commentary: Moerman refers to this plant as *Pediomelum esculentum*.⁵⁸⁵

References: ⁵⁸⁶

Psoralea hypogaeae Nutt.
Pomme blanche
Red Turnip

Tribal Nation: Cheyenne

Indigenous Name: *Ma im mohk ta en*
Meaning: *Mai*, red; *mohk ta*, black; *en*, face

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

Plants Parts Harvested: Root

Season Collected: Not given

Food Use(s): It is eaten fresh or dried. The flesh of the root is red. The taste is more delicate than *pomme blanche*, and is highly esteemed

Additional Commentary: It does not grow so large as *mohktaen*, perhaps only to the size of a hen's egg; while *pomme blanche* may be four times as large. Dried for winter use.

References: ⁵⁸⁷

Psoralea lancolata Pursch.

Indian turnip;
White potato

Tribal Nation: Cheyenne

Indigenous Name: *Mohk ta en*
Meaning: *Mohk ta*, black; *en*, face

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

Plants Parts Harvested: Root

Season Collected: Early summer

Spiritual/Religious Use(s): Appears only in certain ceremonies; long ago, the roots were dug up with root diggers, the memory of which is preserved in the ceremonies where the act is also associated with the earth's continued fertility

Additional Commentary: The Indian turnip was a very important root to the Cheyenne, as it has been to many tribes. They are still harvested, and are unearthed by means of an iron bar, for the old-fashioned root-digger has entirely passed out of use. Moerman refers to this plant as *Psoralidium lanceolatum*.⁵⁸⁸

References: ⁵⁸⁹

Pterospora andromeda Nutt.

Pinedrops

Tribal Nation: Cheyenne

Indigenous Name: *Matu minis to is se e yo*

Matu' minis' tohissee' heyo

Matomene-heseeo?otse

Meaning: *Mato men*, to bleed at the nose; + root or medicine

Habitat/Ecological Zone: Grows in coniferous forests; foothills to montane zones;
Alberta, Canada to New Mexico

Plants Parts Harvested: Stem and berries

Medicinal Use(s): Used to prevent bleeding of the nose or from the lungs. The stem and berries are ground together and an infusion is made in boiling water, which is allowed to cool. When cold, some of the infusion is snuffed up the nose and also put on the head for nosebleed; and is drunk for hemorrhage of the lungs. This drug is moderately used as an astringent, but is not of commercial importance.

References: ⁵⁹⁰

Pterospora andromeda Nutt.

Pinedrops

Tribal Nation: Cheyenne

Indigenous Name: *Matu minis to is se e yo*
Matu' minis' tohissee' heyo
Matomene-heseeo?otse

Meaning: *Mato men*, to bleed at the nose; + root or medicine

Habitat/Ecological Zone: Grows in coniferous forests; foothills to montane zones;
Alberta, Canada to New Mexico

Plants Parts Harvested: Stem and berries

Medicinal Use(s): It is used as a disinfectant and a dermatological aid

References: ⁵⁹¹

Quercus macrocarpa Michx.

Bur Oak; Fagaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given
Habitat/Ecological Zone: Found from Montana to Texas
Plants Parts Harvested: Acorns
Season Collected: Not given
Food Use(s): Acorns formerly used for food.
References: ⁵⁹²

Ratibida columnaris Sims. T & G
Ratibida columnifera, Woot. & Standl.
Prairie Coneflower;
Mexican Hat

Tribal Nation: Cheyenne
Indigenous Name: *Shi shin o wuts tse i yo*
She?shenovotse-heseeo?otse
Meaning: *shi shin*, rattle; *shi shin o wuts*, rattle of flesh, i.e., rattlesnake
“Rattlesnake medicine”
Habitat/Ecological Zone: Dry, open sites; common on the high prairie and open disturbed areas; plains to foothill zones; Alberta, Canada to Colorado
Plants Parts Harvested: Leaves and stems
Season Collected: Not given
Medicinal Use(s): The leaves and stems are boiled and make a yellow solution, an external application of which relieves the pain and, it is believed, will draw out the poison of a rattlesnake’s bite
Additional Commentary: The same fluid gives quick relief in cases of poisoning by ivy (*Rhus toxicodendron*). This is a yellow coneflower.
References: ⁵⁹³

Ratibida columnaris Sims. T & G

Ratibida columnifera, Woot. & Standl.

Prairie Coneflower;

Mexican Hat

Tribal Nation: Cheyenne

Indigenous Name: *Shi shin o wuts tse i yo*

Meaning: *shi shin*, rattle; *shi shin o wuts*, rattle of flesh, i.e., rattlesnake
Rattlesnake medicine

Habitat/Ecological Zone: Dry. Open sites; common on the high prairie and open disturbed areas; plains to foothill zones; Alberta, Canada to Colorado

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): The leaves and stems are boiled and make a yellow solution, an external application of which relieves the pain and, it is believed, will draw out the poison of a rattlesnake's bite. The same fluid gives quick relief in cases of poisoning by ivy (*Rhus toxicodendron*).

Additional Commentary: This is a yellow coneflower.

References: ⁵⁹⁴

Rhus glabra L.

Sumac; Anacardiaceae

Smooth Sumac;

Aromatic Sumac

Tribal Nation: Cheyenne

Indigenous Name: *No anio ni mai ki mins*

Meaning: *No anio ni*, mixing ingredients; *mah*, red; *kis*, small; + *mins*

Habitat/Ecological Zone: Upland prairies and openings of woods; dry slopes, plains and foothills; southern British Columbia, Canada to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): Sumac leaves are sometimes mixed with tobacco for smoking.

Additional Commentary: The term “mixing” refers to this use of the leaves in smoking. Another term for smooth sumac is aromatic sumac or *Ho a to’ o nuts* (“smoke issues”) in reference to prayers in ceremonies. Sumac leaves were occasionally smoked with tobacco; this was the case in the Sun Dance in the 1940’s, but Jim Spear indicated that the taste is quite bitter so this is not often done.⁵⁹⁵

References: ⁵⁹⁶

Rhus radicans

Poison Ivy

Tribal Nation: Cheyenne

Indigenous Name: *Ho tom motse*

Meaning: No translation given

Habitat/Ecological Zone: Found along waterways or in moist areas, rocky crevices, plains, valleys, and foothills

Plants Parts Harvested: None are gathered

Season Collected: Nor applicable

Additional Commentary: The Cheyenne recognized the plant but avoided it

References: ⁵⁹⁷

Rhus trilobata Nutt.

Squawbush;

Skunkbush

Tribal Nation: Cheyenne

Indigenous Name: *Ho a to o nuts*

Ho?atoono?estse

Meaning: *Ho a to va*, smoke issues; refers also to prayers in ceremonial; name of leaves after being gathered and prepared; *hoh ko me e no an I on*; *hohk*, clean, pungent;

me e, smelling; *no an I o nots*, mixing ingredients.

Habitat/Ecological Zone: Grows along streams on the plains and foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): Used for smoking

Additional Commentary: The dried leaves are mixed with tobacco for use in smoking; the berries are not used. If the Indians were out of tobacco, they often mixed this plant with larbe and red-willow bark and this made a useful smoking mixture. These leaves are used in a variety of ways. They can be dried and mixed with tobacco in a smoking blend, or when tobacco is not available, they can be mixed with *Arctostaphylos uva ursi* and the inner bark of *Cornus stolonifera*.

References: ⁵⁹⁸

Rhus trilobata Nutt.

Squawbush;
Skunkbush

Tribal Nation: Cheyenne

Indigenous Name: *Ho a to o nuts*
Ho?atoono?estse

Meaning: *Ho a to va*, smoke issues; refers also to prayers in ceremonial; name of leaves after being gathered and prepared; *hoh ko me e no an I on*; *hohk*, clean, pungent; *me e*, smelling; *no an I o nots*, mixing ingredients.

Habitat/Ecological Zone: Grows along streams on the plains and foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): The leaves can be boiled to make a diuretic tea, and the fruits eaten to relieve the pain of a toothache.

References: ⁵⁹⁹

Rhus trilobata Nutt.

Squawbush;
Skunkbush

Tribal Nation: Cheyenne

Indigenous Name: *Ho a to o nuts*
Ho?atoono?estse

Meaning: *Ho a to va*, smoke issues; refers also to prayers in ceremonial; name of leaves after being gathered and prepared; *hoh ko me e no an I on*; *hohk*, clean, pungent; *me e*, smelling; *no an I o nots*, mixing ingredients.

Habitat/Ecological Zone: Grows along streams on the plains and foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Leaves used in a medicine to deal with bleeding, the preparation of which is unknown

References: ⁶⁰⁰

Rhus trilobata Nutt.

Squawbush;
Skunkbush

Tribal Nation: Cheyenne

Indigenous Name: *Ho a to o nuts*
Ho?atoono?estse

Meaning: *Ho a to va*, smoke issues; refers also to prayers in ceremonial; name of leaves after being gathered and prepared; *hoh ko me e no an I on*; *hohk*, clean, pungent; *me e*, smelling; *no an I o nots*, mixing ingredients.

Habitat/Ecological Zone: Grows along streams on the plains and foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Berries

Season Collected: Not given

Spiritual/Religious Use(s): This plant also plays a role in several horse medicines. The berries would be rubbed in four directions on a horse having trouble urinating, or to prevent racing horses from getting tired. Also in racing, it was thought to make weary a horse positioned ahead

References: ⁶⁰¹

Rhus trilobata Nutt.

Squawbush;

Skunkbush

Tribal Nation: Cheyenne

Indigenous Name: *Ho a to o nuts*

Ho?atoono?estse

Meaning: *Ho a to va*, smoke issues; refers also to prayers in ceremonial; name of leaves after being gathered and prepared; *hoh ko me e no an I on*; *hohk*, clean, pungent; *me e*, smelling; *no an I o nots*, mixing ingredients.

Habitat/Ecological Zone: Grows along streams on the plains and foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): This plant was used to protect the hands in retrieving dog meat from a boiling pot of water in various ceremonies

References: ⁶⁰²

Rhus trilobata Nutt.

Squawbush;

Skunkbush

Tribal Nation: Cheyenne

Indigenous Name: *Ho a to o nuts*
Ho?atoono?estse

Meaning: *Ho a to va*, smoke issues; refers also to prayers in ceremonial; name of leaves after being gathered and prepared; *hoh ko me e no an I on*; *hohk*, clean, pungent; *me e*, smelling; *no an I o nots*, mixing ingredients.

Habitat/Ecological Zone: Grows along streams on the plains and foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Used as a cold remedy

References: ⁶⁰³

Rhus trilobata Nutt.
Squawbush;
Skunkbush

Tribal Nation: Cheyenne

Indigenous Name: *Ho a to o nuts*
Ho?atoono?estse

Meaning: *Ho a to va*, smoke issues; refers also to prayers in ceremonial; name of leaves after being gathered and prepared; *hoh ko me e no an I on*; *hohk*, clean, pungent; *me e*, smelling; *no an I o nots*, mixing ingredients.

Habitat/Ecological Zone: Grows along streams on the plains and foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Used as a hemostat

References: ⁶⁰⁴

Rhus trilobata Nutt.

Squawbush;
Skunkbush

Tribal Nation:	Cheyenne
Indigenous Name:	<i>Ho a to o nuts</i> <i>Ho?atoono?estse</i>
Meaning:	<i>Ho a to va</i> , smoke issues; refers also to prayers in ceremonial; name of leaves after being gathered and prepared; <i>hoh ko me e no an I on</i> ; <i>hohk</i> , clean, pungent; <i>me e</i> , smelling; <i>no an I o nots</i> , mixing ingredients.
Habitat/Ecological Zone:	Grows along streams on the plains and foothills; Alberta, Canada to New Mexico
Plants Parts Harvested:	Plant
Season Collected:	Not given
Medicinal Use(s):	Used as a reproductive aid
References:	⁶⁰⁵

Ribes aureum Pursh

Golden Currant; Grossulariaceae

Tribal Nation:	Cheyenne
Indigenous Name:	<i>E hyō' wā tā sī' mīns</i> <i>He wov he sta sti mintse</i>
Meaning:	Translation not given Translation not given
Habitat/Ecological Zone:	Well-drained, often along streams; plains to foothills; Alberta, Canada to New Mexico
Plants Parts Harvested:	Berries
Season Collected:	August and September
Food Use(s):	Pounded, dried berries formed into cakes for winter use
Additional Commentary:	Also used to manufacture pemmican by combining dried

buffalo meat, with dried berries, with rendered fat.⁶⁰⁶

References: ⁶⁰⁷

Ribes cereum var. *pedicellare* Brewer & S. Wats.

Whisky Currant; Grossulariaceae

Squaw Currant;

Wax Currant

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given

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

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Pounded berries formed into cakes, dried and stewed with buffalo hide chips

References: ⁶⁰⁸

Ribes inebrians

Women's Currant; Grossulariaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Foothills, montane, sub-alpine; woodlands, canyons, rocky areas

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ⁶⁰⁹

Ribes lacustre (Pers.) Poir.

Prickly Black Currant; Grossulariaceae

Black Gooseberry

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Moist, wooded or open sites; foothills to alpine; Northwest Territory, Canada to Colorado and Utah

Plants Parts Harvested: Berries

Season Collected: Not given

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

References: ⁶¹⁰

Ribes lacustre (Pers.) Poir.

Prickly Currant; Grossulariaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Moist, wooded or open sites; foothills to alpine; Northwest Territory, Canada to Colorado and Utah

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Berries eaten fresh

References: ⁶¹¹

Ribes odoratum
Buffalo Currant; Grossulariaceae

Tribal Nation: Cheyenne

Indigenous Name: *Soh'kotasi-mins*
Meaning: "Slender-heart shaped berry"

Habitat/Ecological Zone: Hillsides, limestone cliffs, borders of woods, often in sandy soils

Plants Parts Harvested: Fruit

Season Collected: Summer

Food Use(s): Fruit eaten raw or cooked

References: ⁶¹²

Ribes oxycanthoides ssp. setosum (Lindl.) Sinnott
Inland Gooseberry; Grossulariaceae
Northern Gooseberry

Tribal Nation: Cheyenne

Indigenous Name: *Heskivehestahtsemeno'e*
Meaning: Translation not given

Habitat/Ecological Zone: Moist woods; plains to montane; Northwest Territory, Canada to Wyoming

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruit; Fruit eaten raw or cooked

Additional Commentary: This gooseberry is the earliest fruit to ripen that the Cheyenne knew

References: ⁶¹³

Ribes oxycanthoides ssp. *setosum* (Lindl.) Sinnott
Inland Gooseberry; Grossulariaceae
Northern Gooseberry

Tribal Nation: Cheyenne

Indigenous Name: *Heskivehestahtsemeno'e*
Meaning: Translation not given

Habitat/Ecological Zone: Moist woods; plains to montane; Northwest Territory,
Canada to Wyoming

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Dried fruit formed into little cakes and used for winter food

Additional Commentary: This gooseberry is the earliest fruit to ripen that the
Cheyenne knew

References: ⁶¹⁴

Ribes inebrians Lindl.
Red Currants

Tribal Nation: Cheyenne

Indigenous Name: *Mah ki mins*
Meaning: *Mah i*, red; *kis*, little; *mins*, berry

Habitat/Ecological Zone: Moist woods; plains to montane; Northwest Territory,
Canada to Wyoming

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): The fresh berries are pounded fine between stones, and the
pulp is formed into little round cakes and dried. These cakes were often stewed with the
chips, or scrapings from buffalo-hides.

Additional Commentary: The fruit of this plant is gathered in quantity, like

sarvisberries.

References: ⁶¹⁵

Ribes viscosissimum
Sticky Currant

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Moist woods; plains to montane; Northwest Territory,
Canada to Wyoming

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ⁶¹⁶

Rosa sp.
Rosa arkansana
Wild Rose; Rosaceae
Prairie Rose

Tribal Nation: Cheyenne

Indigenous Name: *Henene* (fruit)
Heneno?e (bush)
Hih' nin

Meaning: "Fruit"
"Bush"
"To pour out"

Habitat/Ecological Zone: Prairies, ravine, and stream banks

Plants Parts Harvested: Hips

Season Collected: Fall

Food Use(s): Hips boiled, sugar and flour added and eaten as a pudding.

Additional Commentary: The Cheyenne name for the rose hip of *Rosa woodsii* is *Hih' nin* or “to pour out” referring to pouring of water. The term also is applied to tomato.⁶¹⁷ Northern Cheyenne consultants explained that the inner bark and the roots are boiled into a tea to treat diarrhea and stomach trouble.⁶¹⁸ Moerman also describes the plants of this genus as eye medicine.⁶¹⁹

References: ⁶²⁰

Rosa sp.
Rosa arkansana
Wild Rose; Rosaceae
Prairie Rose

Tribal Nation: Cheyenne

Indigenous Name: *Henene* (fruit)
Heneno?e (bush)
Hih' nin

Meaning: “Fruit”
“Bush”
“To pour out”

Habitat/Ecological Zone: Prairies, ravine, and stream banks

Plants Parts Harvested: Rose hips

Season Collected: Late spring through summer

Food Use(s): Rose hips picked and eaten during the winter

References: ⁶²¹

Rosa sp.
Rosa arkansana
Wild Rose; Rosaceae
Prairie Rose

Tribal Nation: Cheyenne

Indigenous Name: *Henene* (fruit)
Heneno?e (bush)
Hih' nin

Meaning: "Fruit"
"Bush"
"To pour out"

Habitat/Ecological Zone: Prairies, ravine, and stream banks

Plants Parts Harvested: Stems and bark

Season Collected: Late spring through summer

Medicinal Use(s): Stems are gathered and the bark scraped off and boiled to make a pink tea

References: ⁶²²

Rosa sp.
Rosa arkansana
Wild Rose; Rosaceae
Prairie Rose

Tribal Nation: Cheyenne

Indigenous Name: *Henene* (fruit)
Heneno?e (bush)
Hih' nin

Meaning: "Fruit"
"Bush"
"To pour out"

Habitat/Ecological Zone: Prairies, ravine, and stream banks

Plants Parts Harvested: Petals

Season Collected: Late spring through summer

Food Use(s): Petals used for food.

Additional Commentary: They Cheyenne ate the fruit and petals, but in moderation. Eating too many rose hips and petals will cause an “itchy buttocks.”⁶²³

References: ⁶²⁴

Rosa woodsii var. *woodsii*

Woods' Rose; Rosaceae

Prairie Rose

Tribal Nation: Cheyenne

Indigenous Name: *Hih' nin*
Meaning: “Fruit”
 “Bush”
 “To pour out”

Habitat/Ecological Zone: Prairies, ravine, and stream banks; Grows in a wide range of habitats; plains to sub-alpine zones; Northwest Territory, Canada to Colorado and Utah

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Berries not to be eaten too freely

Additional Commentary: The Cheyenne name for the rose hip of *Rosa woodsii* is *Hih' nin* or “to pour out” referring to pouring of water. The term also is applied to tomato.⁶²⁵

References: ⁶²⁶

Rosa woodsii var. *woodsii*

Woods' Rose; Rosaceae

Tribal Nation: Cheyenne

Indigenous Name: *Hih' nin*
Meaning: “Fruit”

“Bush”
“To pour out”

Habitat/Ecological Zone: Prairies, ravine, and stream banks
Plants Parts Harvested: Inner bark or roots
Season Collected: Not given
Medicinal Use(s): The inner bark or roots are boiled into a tea to treat diarrhea and stomach trouble

Additional Commentary: The Cheyenne name for the rose hip of *Rosa woodsii* is *Hih' nin* or “to pour out” referring to pouring of water. The term also is applied to tomato.⁶²⁷

References: ⁶²⁸

Rosa woodsii var. *woodsii*
Woods' Rose; Rosaceae

Tribal Nation: Cheyenne
Indigenous Name: *Hih' nin*
Meaning: “Fruit”
“Bush”
“To pour out”
Habitat/Ecological Zone: Prairies, ravine, and stream banks
Plants Parts Harvested: Petals, inner bark or roots
Season Collected: Not given
Medicinal Use(s): The petals, inner bark or roots are boiled into a tea, which is used as an eyewash to treat snowblindness

Additional Commentary: The Cheyenne name for the rose hip of *Rosa woodsii* is *Hih' nin* or “to pour out” referring to pouring of water. The term also is applied to tomato.⁶²⁹

References: ⁶³⁰

Rubus idaeus ssp. strigosus (Michx.) Focke
Rubus melanolasius
Grayleaf Red Raspberry; Rosaceae
Wild red Raspberry

Tribal Nation: Cheyenne

Indigenous Name: *Wis ke e mins*
Meaning: "Raspberry"

Habitat/Ecological Zone: Moist to dry, open to wooded sites; foothills to montane;
Alaska to New Mexico

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Berries always eaten fresh

References: ⁶³¹

Rubus leucodermis
Wild Raspberry; Rosaceae

Tribal Nation: Cheyenne

Indigenous Name: *Wis ke e mins*
Meaning: "Raspberry"

Habitat/Ecological Zone: Moist to dry, open to wooded sites; foothills to montane;
Alaska to New Mexico

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Berries always eaten fresh

References: ⁶³²

Rubus occidentalis L.

Black Raspberry

Tribal Nation: Cheyenne

Indigenous Name: *Mohk' tah wis ke e mins*
Meaning: *Mohk' tah*, black;
wis ke e mins, raspberry

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant

References: ⁶³³

Rumex crispus L.
Curled Dock; Polygonaceae

Tribal Nation: Cheyenne

Indigenous Name: *Hohaso?e*
Mai hesse' yo
Meaning: "Red Medicine"

Habitat/Ecological Zone: It is an introduced European species; grows on moist, often disturbed sites; plains, foothills, and montane zones; Alberta, Canada to New Mexico

Plants Parts Harvested: Stems

Season Collected: Not given

Food Use(s): Stems peeled and inner portions eaten raw

References: ⁶³⁴

Rumex crispus L.
Curled Dock; Polygonaceae

Tribal Nation: Cheyenne

Indigenous Name: *Hohaso?e*
Meaning: No translation given

Habitat/Ecological Zone: It is an introduced European species; grows on moist, often disturbed sites; plains, foothills, and montane zones; Alberta, Canada to New Mexico

Plants Parts Harvested: Stems

Season Collected: Not given

Medicinal Use(s): For hemorrhaging lungs, a tea would be made from a pinch of the pulverized root

References: ⁶³⁵

Rumex crispus L.
Curled Dock; Polygonaceae

Tribal Nation: Cheyenne

Indigenous Name: *Hohaso?e*
Meaning: No translation given

Habitat/Ecological Zone: It is an introduced European species; grows on moist, often disturbed sites; plains, foothills, and montane zones; Alberta, Canada to New Mexico

Plants Parts Harvested: Stems

Season Collected: Not given

Medicinal Use(s): A poultice could be made from the dried root, wetted, and placed on a sore or wound

References: ⁶³⁶

Rumex crispus L.
Curled Dock; Polygonaceae

Tribal Nation: Cheyenne

Indigenous Name: *Hohaso?e*

Meaning: No translation given

Habitat/Ecological Zone: It is an introduced European species; grows on moist, often disturbed sites; plains, foothills, and montane zones; Alberta, Canada to New Mexico

Plants Parts Harvested: Stems

Season Collected: No translation given

Artifacts: Used as a dye for quillwork

References: ⁶³⁷

Rumex venosus Pursch.
Dock; Polygonaceae
Wild Begonia

Tribal Nation: Cheyenne

Indigenous Name: *Ma' I tuk ohe*
Meaning: *Ma i*, red; *Tahk ko e*, refers to steeping in water

Habitat/Ecological Zone: Montana to Wisconsin; sandy soils

Plants Parts Harvested: Roots and dried leaves

Season Collected: Autumn

Artifacts: Yellow and red dye is made from roots and dried leaves.

Additional Commentary: The roots are cut in small pieces and boiled. After the infusion has cooled, the feathers, quills, or hair to be dyed are put in the water to be dyed yellow. If a deep color is desired, the materials are left all night in a covered vessel; immersion for a shorter time produces a paler color. If a red dye is required, ashes are put in the yellow dye liquid, which is boiled again and allowed to cool, when it becomes red. The strength of the color is varied by longer or shorter immersions. If a black dye is needed, the bark is taken from red-willow shoots, scorched and pounded fine, and put in a red or yellow dye and boiled again.

References: ⁶³⁸

Sagittaria sp.

Sagittaria cuneata Sheld.
Arrowhead; Alismataceae
Arum-Leaved Arrowhead

Tribal Nation: Cheyenne

Indigenous Name: *Heshexova?tovotse*
Meaning: Translation not given

Habitat/Ecological Zone: Ponds, lakeshores, streams; plains to foothills; Alberta,
Canada to New Mexico

Plants Parts Harvested: Stalk

Season Collected: Not given

Food Use(s): Stalk, below the blossom, peeled and eaten raw

References: ⁶³⁹

Sagittaria sp.
Sagittaria cuneata Sheld.
Arrowhead; Alismataceae
Arum-Leaved Arrowhead

Tribal Nation: Cheyenne

Indigenous Name: *Heshexova?tovotse*
Meaning: Translation not given

Habitat/Ecological Zone: Ponds, lakeshores, streams; plains to foothills; Alberta,
Canada to New Mexico

Plants Parts Harvested: Stalk

Season Collected: Not given

Medicinal Use(s): As a horse medicine, it could be used as a charm for race horses by rubbing the dried leaves on their faces, or given to horses who were having trouble urinating. It was sometimes mixed with other medicines and put into a sick horse's mouth.

References: ⁶⁴⁰

Sagittaria sp.

Sagittaria cuneata Sheld.

Arrowhead; Alismataceae

Arum-Leaved Arrowhead

Tribal Nation: Cheyenne

Indigenous Name: *Heshexova?tovotse*

Meaning: Translation not given

Habitat/Ecological Zone: Ponds, lakeshores, streams; plains to foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Stalk

Season Collected: Not given

Medicinal Use(s): Arrowhead leaves were also an ingredient in medicinal mixtures for people

Additional Commentary: Although, Grinnell mentions this plant, he does not indicate any medicinal uses for it.⁶⁴¹

References: ⁶⁴²

Sagittaria latifolia

Arrow Leaf; Alismataceae

Tribal Nation: Cheyenne

Indigenous Name: *He tun' e hesse' yo*

Meaning: Translation not given

Habitat/Ecological Zone: Ponds, lakeshores, streams; plains to foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Tubers

Season Collected: Not given

Food Use(s): The starchy tubers at the ends of the rootstalks gathered and boiled or roasted

Additional Commentary: According to Tallbull, young boys were sent into the water to gather the stalks and tubers. When cooked the tubers taste similar to roasted or boiled water chestnuts.⁶⁴³

References: ⁶⁴⁴

Salix amygdaloides Anderss
Salix exigua
Salix humilis
Peachleaf Willow; Salicaceae
Prairie Willow

Tribal Nation: Cheyenne

Indigenous Name: *Meno?keo?o*
Maxe meno' ke

Meaning: No translation given
"Big Willow"

Habitat/Ecological Zone: Upland sites in prairies and sparse wooded areas, especially in sandy soils

Plants Parts Harvested: Branches

Season Collected: Not given

Artifacts: Branches are used to make meat-drying racks.

Additional Commentary: According to Tallbull, there are six *Salix* species that are recognized as important to indigenous peoples in Montana. There are *Salix alba* (White Willow), *Salix amygdaloides* (Peachleaf Willow), *Salix discolor* (Pussy Willow) *Salix exigua* (Coyote Willow), *Salix mackenziana* (Mackenzie Willow), and *Salix scouleriana* (Scouler Willow).⁶⁴⁵ Moerman also lists all species in the genus *Salix* as dermatological aids.⁶⁴⁶

References: ⁶⁴⁷

Salix amygdaloides Anderss
Salix exigua
Salix humilis
Peachleaf Willow; Salicaceae

Prairie Willow

Tribal Nation:	Cheyenne
Indigenous Name:	<i>Meno?keo?o</i> <i>Maxe meno' ke</i>
Meaning:	No translation given "Big Willow"
Habitat/Ecological Zone:	Upland sites in prairies and sparse wooded areas, especially in sandy soils
Plants Parts Harvested:	Leaves and bark
Season Collected:	Not given
Medicinal Use(s):	The leaves are boiled into a tea to treat diarrhea. A medicinal tea made from willow bark was drunk to treat diarrhea among other stomach ailments.
References:	⁶⁴⁸

Salix amygdaloides Anderss
Salix exigua
Salix humilis
Peachleaf Willow; Salicaceae
Prairie Willow

Tribal Nation:	Cheyenne
Indigenous Name:	<i>Meno?keo?o</i> <i>Maxe meno' ke</i>
Meaning:	No translation given "Big Willow"
Habitat/Ecological Zone:	Upland sites in prairies and sparse wooded areas, especially in sandy soils
Plants Parts Harvested:	Bark
Season Collected:	Not given
Medicinal Use(s):	A strip of willow bark would be used as a bandage to stop a cut from bleeding.

References: ⁶⁴⁹

Salix amygdaloides Anderss
Salix exigua
Salix humilis
Peachleaf Willow; Salicaceae
Prairie Willow

Tribal Nation: Cheyenne

Indigenous Name: *Meno?keo?o*
Maxe meno' ke

Meaning: No translation given
"Big Willow"

Habitat/Ecological Zone: Upland sites in prairies and sparse wooded areas, especially in sandy soils

Plants Parts Harvested: Branches

Season Collected: Not given

Spiritual/Religious Use(s): Willow branches are used in constructing sweat lodges. Willow branches were also used in the Sun Dance in various ways: growing near water, willow was believed to help thirsty Sun Dancers. To this end, stems would be wrapped around dancers' waists, heads, wrists, and ankles.

Additional Commentary: A black paint was made for the dancers from willow charcoal.⁶⁵⁰ Moerman also lists all species in the genus *Salix* as dermatological aids.⁶⁵¹

References: ⁶⁵²

Salix amygdaloides Anderss
Salix exigua
Salix humilis
Peachleaf Willow; Salicaceae
Prairie Willow

Tribal Nation: Cheyenne

Indigenous Name: *Meno?keo?o*

Meaning: *Maxe meno' ke*
No translation given
"Big Willow"

Habitat/Ecological Zone: Upland sites in prairies and sparse wooded areas, especially in sandy soils

Plants Parts Harvested: Branches

Season Collected: Not given

Spiritual/Religious Use(s): Willow branches were also used in the Sun Dance in various ways: growing near water, willow was believed to help thirsty Sun Dancers. To this end, stems would be wrapped around dancers' waists, heads, wrists, and ankles.

References: ⁶⁵³

Salix amygdaloides Anderss
Salix exigua
Salix humilis
Peachleaf Willow; Salicaceae
Prairie Willow

Tribal Nation: Cheyenne

Indigenous Name: *Meno?keo?o*
Maxe meno' ke

Meaning: No translation given
"Big Willow"

Habitat/Ecological Zone: Upland sites in prairies and sparse wooded areas, especially in sandy soils

Plants Parts Harvested: Branches

Season Collected: Not given

Spiritual/Religious Use(s): A black paint was made for the dancers from willow charcoal

References: ⁶⁵⁴

Salix amygdaloides Anderss
Salix exigua
Salix humilis
Peachleaf Willow; Salicaceae
Prairie Willow

Tribal Nation: Cheyenne

Indigenous Name: *Meno?keo?o*
Maxe meno' ke

Meaning: No translation given
"Big Willow"

Habitat/Ecological Zone: Upland sites in prairies and sparse wooded areas, especially in sandy soils

Plants Parts Harvested: Sticks

Season Collected: Not given

Artifacts: Sticks bent and used to remove hair from hides

References: ⁶⁵⁵

Sarcobatus vermiculatus (Hook.) Torr.
Greasewood; Chenopodiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-vano?e*

Meaning: "Bitter sage"

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

Plants Parts Harvested: Small sticks

Season Collected: Not given

Artifacts: Small sticks wrapped with buffalo hair and used as a tamper for tobacco pipes

References: ⁶⁵⁶

Sarcobatus vermiculatus (Hook.) Torr.
Greasewood; Chenopodiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-vano?e*
Meaning: "Bitter sage"

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

Plants Parts Harvested: Small sticks

Season Collected: Not given

Artifacts: Used to make pipe stems

References: ⁶⁵⁷

Sarcobatus vermiculatus (Hook.) Torr.
Greasewood; Chenopodiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-vano?e*
Meaning: "Bitter sage"

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

Plants Parts Harvested: Small sticks

Season Collected: Not given

Medicinal Use(s): Greasewood sticks were used in a sort of acupuncture in which certain parts of the body were pierced. Specialists can only perform the ceremony.

References: ⁶⁵⁸

Sarcobatus vermiculatus (Hook.) Torr.
Greasewood; Chenopodiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-vano?e*

Meaning: "Bitter sage"

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

Plants Parts Harvested: Small sticks

Season Collected: Not given

Medicinal Use(s): Greasewood sticks would draw out bad blood when a person's system was afflicted with it.

References: ⁶⁵⁹

Sarcobatus vermiculatus (Hook.) Torr.
Greasewood; Chenopodiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-vano?e*

Meaning: "Bitter sage"

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

Plants Parts Harvested: Small sticks

Season Collected: Not given

Medicinal Use(s): Greasewood was also used to treat a horse's sprained or bruised leg. There was a ceremony held for all horses in any kind of trouble, and after performing this, holes were punched in the horse's shoulder with a greasewood stick and the healer would blow into them, causing the shoulder to swell. If the horse got up and shook itself, it would be all right.

References: ⁶⁶⁰

Sarcobatus vermiculatus (Hook.) Torr.
Greasewood; Chenopodiaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-vano?e*
Meaning: "Bitter sage"

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

Plants Parts Harvested: Small sticks

Season Collected: Not given

Spiritual/Religious Use(s): As a tool involved in ceremonies, greasewood sticks would hold Sun Dancers' whistles when not in use, and serve as a tamper for tobacco pipes.

References: ⁶⁶¹

Saxifraga jamesi Torr.

Tribal Nation: Cheyenne

Indigenous Name: *Mah is se e yo*
Meaning: *Mah I*, red; *is se e yo*, medicine
"Red Medicine"

Habitat/Ecological Zone: Found in the Pike's Peak region, Colorado

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): The dried plant should be rubbed in the hands until finely powdered, and then boiled. A patient who has hemorrhage of the lungs should drink of this tea as much as he may care to at one time, and this will speedily relieve the trouble

References: ⁶⁶²

Schoenoplectus acutus var. *acutus*

Hardstem Bulrush; Cyperaceae

Tribal Nation: Cheyenne
Indigenous Name: Not given
Meaning: No translation given
Habitat/Ecological Zone: Found Washington to Texas
Plants Parts Harvested: Stems
Season Collected: Not given
Food Use(s): Inner part of stems eaten raw
References: ⁶⁶³

Scirpus nevadensis S. Wats.
Scirpus acutus
Nevada Bulrush; Cyperaceae

Tribal Nation: Cheyenne
Indigenous Name: *Ve?ohke-heseeo?otse*
Mo mum stats
Meaning: "Bitter medicine"
Habitat/Ecological Zone: Found from Washington to Colorado
Plants Parts Harvested: Roots
Season Collected: Not given
Food Use(s): Peeled roots eaten raw. The stem bases and young shoots are crisp and sweet

Additional Commentary: This plant is used similarly to two previously mentioned grasses, *Eleocharis sp.* and *Carex nebrascensis*, for the eyes, and nose of the buffalo skull in the Sun Dance altar, as described by members of the Northern Cheyenne community.⁶⁶⁴ Here, again, Grinnell makes no mention of ceremonial use.⁶⁶⁵

References: ⁶⁶⁶

Scirpus nevadensis S. Wats.
Scirpus acutus
Nevada Bulrush; Cyperaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-heseeo?otse*
Mo mum stats

Meaning: "Bitter medicine"

Habitat/Ecological Zone: Found from Washington to Colorado

Plants Parts Harvested: Roots

Season Collected: Not given

Artifacts: Reeds are woven together for bedding and mattresses

References: ⁶⁶⁷

Scirpus nevadensis S. Wats.
Nevada Bulrush; Cyperaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ve?ohke-heseeo?otse*
Mo mum stats

Meaning: "Bitter medicine"

Habitat/Ecological Zone: Found from Washington to Colorado

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): This plant is used similarly to two previously mentioned grasses, *Eleocharis sp.* and *Carex nebrascensis*, for the eyes, and nose of the buffalo skull in the Sun Dance altar

Additional Commentary: Grinnell makes no mention of ceremonial use.⁶⁶⁸

References: ⁶⁶⁹

Senecio triangularis Hook
Arrow-Leaved Groundsel

Tribal Nation:	Cheyenne
Indigenous Name:	<i>E hyo ve se e yo</i>
Meaning:	<i>E ov</i> , yellow medicine
Habitat/Ecological Zone:	Moist to wet, open or partly shaded sites; foothills to alpine, but mainly higher elevations; Northwest Territory, Canada to New Mexico
Plants Parts Harvested:	Roots or leaves
Season Collected:	Not given
Medicinal Use(s):	Acts as a sedative and given to a patient who has a pain in his chest
Additional Commentary:	The roots and leaves are used separately. An infusion is made, in hot water, of the pulverized leaves or of the roots, which the patient drinks.
References:	⁶⁷⁰

Shepherdia argentea (Pursh) Nutt.
Silver Buffaloberry; Elaeagnaceae

Tribal Nation:	Cheyenne
Indigenous Name:	<i>Ma?ke-menotse</i> <i>Mat'si ta si' mins</i>
Meaning:	"Red berries" "Red hearted"
Habitat/Ecological Zone:	Stream banks, hillsides, and ravines in rocky, sandy, or clay soils
Plants Parts Harvested:	Berries
Season Collected:	Collected after the first freeze
Food Use(s):	Berries boiled, flour and sugar added and eaten as a pudding

References: ⁶⁷¹

Shepherdia argentea (Pursh) Nutt.
Silver Buffaloberry; Elaeagnaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ma?ke-menotse*
Mat'si ta si' mins

Meaning: "Red berries"
"Red hearted"

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

Plants Parts Harvested: Berries

Season Collected: Collected after the first freeze

Medicinal Use(s): The fruits were dried, pulverized and used as an ingredient in medicinal mixtures.

References: ⁶⁷²

Shepherdia argentea (Pursh) Nutt.
Silver Buffaloberry; Elaeagnaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ma?ke-menotse*
Mat'si ta si' mins

Meaning: "Red berries"
"Red hearted"

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

Plants Parts Harvested: Berries

Season Collected: Collected after the first freeze

Spiritual/Religious Use(s): The branches, more specifically, young shoots without thorns would be used to make the altar in the Sun Dance

References: ⁶⁷³

Shepherdia canadensis (L.) Nutt.
Russet Buffaloberry; Elaeagnaceae
Canada Buffaloberry;
Soopolallie

Tribal Nation: Cheyenne

Indigenous Name: *Maki he 'sta si mins*
Meaning: No translation given

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

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruit used to make excellent preserves

References: ⁶⁷⁴

Shepherdia canadensis (L.) Nutt.
Russet Buffaloberry; Elaeagnaceae
Canada Buffaloberry;
Soopolallie

Tribal Nation: Cheyenne

Indigenous Name: *Maki he 'sta si mins*
Meaning: No translation given

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

Plants Parts Harvested: Fruit

Season Collected: Fall

Food Use(s): Berries gathered in quantities and used throughout the winter

Additional Commentary: Women spread hides underneath the trees and the berries were beaten off with digging sticks or clubs. Harvesting always took place after fall's first hard frost as the berries were not sweet until that time. The berries are a favorite food of porcupines and magpies often nested in the shrub as its thorns protected the nest and nestlings.⁶⁷⁵

References: ⁶⁷⁶

Sphaeralcea coccinea (Pursh) Rydb

Sphaeralcea coccineum

Red or Scarlet Globemallow

Tribal Nation: Cheyenne

Indigenous Name: *Hestomoa?akan?ano*

Wi ke isse' e yo

Meaning: "Sweet medicine"

Habitat/Ecological Zone: Dry prairies, plains, and hills

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): The plant was rubbed on their hands to protect Contrary Society members when they pulled dog meat out of boiling water in the Clown Dance. The plant used in this ceremony had to have four stems, one for each cardinal direction

Additional Commentary: Northern Cheyenne elders explained that members of the contrary society used this plant in ceremonies. When a Contrary Society member encountered red or scarlet globemallow when he was out looking for wild turnips, it would be frightening.⁶⁷⁷ Moerman also indicates its use as an adjuvant.⁶⁷⁸ Another name for this plant is *Malvastrum coccineum*.⁶⁷⁹

References: ⁶⁸⁰

Sphaeralcea coccinea (Pursh) Rydb

Sphaeralcea coccineum

Red or Scarlet Globemallow

Tribal Nation: Cheyenne

Indigenous Name: *Hestomoa?akan?ano*
Wi ke isse' e yo

Meaning: "Sweet medicine"

Habitat/Ecological Zone: Dry prairies, plains and hills

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): The plant would be finely ground, leaves, stems and roots, and steeped to make a sweet tasting tea that was mixed with bad medicines to make them more palatable.

Additional Commentary: Today, sugar, peppermint, and wild cherry are used for this purpose and identified as pharmaceutical aids.

References: ⁶⁸¹

Stellaria media
Chickweed; Caryophyllaceae
Common Starwort

Tribal Nation: Cheyenne

Indigenous Name: *Oitze tan ovotz*

Meaning: "Bothersome Weed"

Habitat/Ecological Zone: Dry to moist locations; open to wooded sites; foothills to alpine; Alaska to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Used for cooling the liver

References: ⁶⁸²

Stellaria media
Chickweed; Caryophyllaceae
Common Starwort

Tribal Nation: Cheyenne

Indigenous Name: *Oitze tan ovotz*
Meaning: "Bothersome Weed"

Habitat/Ecological Zone: Dry to moist locations; open to wooded sites; foothills to alpine; Alaska to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Taken to quell obesity

References: ⁶⁸³

Stellaria media
Chickweed; Caryophyllaceae
Common Starwort

Tribal Nation: Cheyenne

Indigenous Name: *Oitze tan ovotz*
Meaning: "Bothersome Weed"

Habitat/Ecological Zone: Dry to moist locations; open to wooded sites; foothills to alpine; Alaska to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Infusion of the whole plant used for bathing skin inflammations and rashes

References: ⁶⁸⁴

Stellaria media
Chickweed; Caryophyllaceae
Common Starwort

Tribal Nation: Cheyenne

Indigenous Name: *Oitze tan ovotz*
Meaning: "Bothersome Weed"

Habitat/Ecological Zone: Dry to moist locations; open to wooded sites; foothills to alpine; Alaska to New Mexico

Plants Parts Harvested: Plant

Season Collected: Spring

Medicinal Use(s): Cleanses the kidneys and liver by eating the plant like greens in the spring after a winter of heavy eating

References: ⁶⁸⁵

Symphoricarpos albus (L.) Blake
Snowberry; Caprifoliaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Found from Washington to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): This plant held used to make the Sun Dance altar

Additional Commentary: Alex Black Horse, Wilson Brady, and Mary Fisher mentioned that some believed it to cause an itch similar to poison ivy.⁶⁸⁶

References: ⁶⁸⁷

Symphotrichum cusickii (Gray) Nesom
Cusick's Aster; Asteraceae

Tribal Nation: Cheyenne
Indigenous Name: Not given
Meaning: No translation given
Habitat/Ecological Zone: Found from Washington to Wyoming
Plants Parts Harvested: Stems
Season Collected: Not given
Medicinal Use(s): Infusion of dried stems used as eardrops for earaches
References: ⁶⁸⁸

Tanacetum vulgare L.
Common Tansy

Tribal Nation: Cheyenne
Indigenous Name: *E hyo is se e o*
Heove-heseeo?otse
Meaning: *E ove*, yellow
“Yellow medicine”
Habitat/Ecological Zone: Introduced from Europe; cultivated and disturbed ground;
Alberta, Canada to New Mexico
Plants Parts Harvested: Leaves and blossoms
Season Collected: Not given
Medicinal Use(s): Given to a patient who is weak and feels dizzy
Additional Commentary: The stems are not used, but the leaves and blossoms are
pulverized and an infusion made which the patient drinks. It is yellow medicine (not the
same as others similarly named).
References: ⁶⁸⁹

Taraxacan officinale
Dandelion

Tribal Nation: Cheyenne

Indigenous Name: *Heyov sta mo' e*
Meaning: Translation not given

Habitat/Ecological Zone: Originally a native species of Europe that is now a wide spread weed across the United States, especially in disturbed soils

Plants Parts Harvested: Fresh stems of flowers

Season Collected: Spring

Medicinal Use(s): The flowers should be chewed daily to quickly relieve chronic inflammation of the liver

References: ⁶⁹⁰

Taraxacan officinale
Dandelion

Tribal Nation: Cheyenne

Indigenous Name: *Heyov sta mo' e*
Meaning: Translation not given

Habitat/Ecological Zone: Originally a native species of Europe that is now a wide spread weed across the United States, especially in disturbed soils

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Eaten raw or taken dry as an infusion that purifies the blood

References: ⁶⁹¹

Taraxacan officinale
Dandelion

Tribal Nation: Cheyenne

Indigenous Name: *Heyov sta mo' e*
Meaning: Translation not given

Habitat/Ecological Zone: Originally a native species of Europe that is now a wide spread weed across the United States, especially in disturbed soils

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Eaten fresh or dry as an infusion to improve digestion

References: ⁶⁹²

Taraxacan officinale
Dandelion

Tribal Nation: Cheyenne

Indigenous Name: *Heyov sta mo' e*
Meaning: Translation not given

Habitat/Ecological Zone: Originally a native species of Europe that is now a wide spread weed across the United States, especially in disturbed soils

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Eaten raw or dry as an infusion for a diuretic, sudorific as well as a stimulating effect

References: ⁶⁹³

Taraxacan officinale
Dandelion

Tribal Nation: Cheyenne

Indigenous Name: *Heyov sta mo' e*
Meaning: Translation not given

Habitat/Ecological Zone: Originally a native species of Europe that is now a wide spread weed across the United States, especially in disturbed soils

Plants Parts Harvested: Root

Season Collected: Spring and winter

Medicinal Use(s): In the spring the root contains levulose, a sugar easily assimilated by diabetics. In the autumn levulose converts to insulin, a starch that can be used by diabetics

References: ⁶⁹⁴

Taraxacan officinale
Dandelion

Tribal Nation: Cheyenne

Indigenous Name: *Heyov sta mo' e*
Meaning: Translation not given

Habitat/Ecological Zone: Originally a native species of Europe that is now a wide spread weed across the United States, especially in disturbed soils

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): The herbs are used for building blood and curing anemic conditions

References: ⁶⁹⁵

Taraxacan officinale
Dandelion

Tribal Nation: Cheyenne

Indigenous Name: *Heyov sta mo' e*

Meaning: Translation not given

Habitat/Ecological Zone: Originally a native species of Europe that is now a wide spread weed across the United States, especially in disturbed soils

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Used for liver disorders and gallbladder disorders

References: ⁶⁹⁶

Taraxacum officinale
Dandelion

Tribal Nation: Cheyenne

Indigenous Name: *Heyov sta mo' e*
Meaning: Translation not given

Habitat/Ecological Zone: Originally a native species of Europe that is now a wide spread weed across the United States, especially in disturbed soils

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Leaves can be used as a salad green or lightly boiled

References: ⁶⁹⁷

Telesonix jamesii (Torr.) Raf.
Boykinia jamesii
James' Telesonix; Saxifragaceae

Tribal Nation: Cheyenne

Indigenous Name: *Ma?e-heseeo?otse*
Meaning: "Red Medicine"

Habitat/Ecological Zone: Grows on rocky slopes in montane and alpine zones;

Alberta, Canada to Colorado

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Infusion of finely powdered plant taken for lung hemorrhage. This plant would be rubbed by hand into a fine powder and boiled to make a tea for hemorrhages of the lungs. The patient consumes as much tea as they can to stop the hemorrhaging.

References: ⁶⁹⁸

Thalictrum sparsiflorum Turcz.

Few-Flowered Meadow Rue

Tribal Nation: Cheyenne

Indigenous Name: *Mo I na me it se e yo*

Mo?ehe-no?hame-heseoo?otse

Meaning: *Mo I na am*, horse (domesticated elk); *is se eo*, root
(medicine)

“Horse Medicine”

Habitat/Ecological Zone: Moist sites; foothills to sub-alpine; Northwest Territory, Canada to Colorado

Plants Parts Harvested: Flowers

Season Collected: Not given

Medicinal Use(s): Dried and ground to fine powder, this meadow rue is used for the purpose of making a horse spirited, long-winded, and enduring. Flowers were used green or dried, and mixed with *Agastache* to make a perfume applied to a horse's mane and tail to boost the horse's endurance.

Additional Commentary: The practice of using it as horse medicine has been lost.⁶⁹⁹

References: ⁷⁰⁰

Thermopsis rhombifolia Nutt.

Golden Banner; Fabaceae

Tribal Nation: Cheyenne

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Found from Montana to New Mexico, also in Oklahoma

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): The dried leaves were burnt and inhaled from under a blanket as a treatment for colds and headaches

Additional Commentary: Jim Black Wolf, Jim Spear, and Wesley White Man indicated that a tea was also made of the leaves.⁷⁰¹

References: ⁷⁰²

Trillium ovatum

Tribal Nation: Cheyenne

Indigenous Name: *Vi key eseyo*
Meaning: "Birthroot"

Habitat/Ecological Zone: Found in damp wooded areas or bogs in partial shade. Grows in valleys to an elevation of 7,000 feet.

Plants Parts Harvested: Rootstalks

Season Collected: March through June

Medicinal Use(s): Used during childbirth

References: ⁷⁰³

Typha latifolia L.
Cattail Flag; Typhaceae
Common Cattail

Tribal Nation: Cheyenne

Indigenous Name: *Wĩ tǎn ȕts*
Vetano estse

Meaning: *wĩtǎn*, tongues; *ȕts*, plant

Habitat/Ecological Zone: Still, slow moving waterways; plains to montane;
Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Roots and white base of leaves

Season Collected: Not given

Medicinal Use(s): Pulverized root and leaves are steeped in hot water and
given as a drink to relieve cramps in the abdomen – “belly-ache”

References: ⁷⁰⁴

Typha latifolia L.
Cattail Flag; Typhaceae
Common Cattail

Tribal Nation: Cheyenne

Indigenous Name: *Wĩ tǎn ȕts*
Vetano estse

Meaning: *wĩtǎn*, tongues; *ȕts*, plant

Habitat/Ecological Zone: Still, slow moving waterways; plains to montane;
Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Young shoots

Season Collected: Spring

Food Use(s): Young shoots are collected and eaten like celery

References: ⁷⁰⁵

Typha latifolia L.
Cattail Flag; Typhaceae
Common Cattail

Tribal Nation: Cheyenne
Indigenous Name: *Wĩ tǎn ǒts*
Vetano estse
Meaning: *wĩtǎn*, tongues; *ǒts*, plant
Habitat/Ecological Zone: Still, slow moving waterways; plains to montane;
Northwest Territory, Canada to New Mexico
Plants Parts Harvested: Leaves
Season Collected: Not given
Artifacts: Cattail leaves were woven into mats for the lodge floor
References: ⁷⁰⁶

Typha latifolia L.
Cattail Flag; Typhaceae
Common Cattail

Tribal Nation: Cheyenne
Indigenous Name: *Wĩ tǎn ǒts*
Vetano estse
Meaning: *wĩtǎn*, tongues; *ǒts*, plant
Habitat/Ecological Zone: Still, slow moving waterways; plains to montane;
Northwest Territory, Canada to New Mexico
Plants Parts Harvested: Cattail fluff
Season Collected: Not given
Artifacts: Cattail fluff was placed in baby cradles as diaper material
References: ⁷⁰⁷

Typha latifolia L.
Cattail Flag; Typhaceae
Common Cattail

Tribal Nation: Cheyenne

Indigenous Name: *Wĩ tǎn ǒts*
Vetano estse

Meaning: *wĩtǎn*, tongues; *ǒts*, plant

Habitat/Ecological Zone: Still, slow moving waterways; plains to montane;
Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Roots and white base of leaves

Season Collected: Not given

Spiritual/Religious Use(s): According to Ben Black Wolf, Jim Spear, and Wesley White Man, cattail leaves played a role in the Sun Dance, but perhaps more technologically, as they were used similarly to wild rye, that is, as a cooling bedding upon which the dancers could stand.

References: ⁷⁰⁸

Typha Latifolia L.
Cattail Flag; Typhaceae
Common Cattail

Tribal Nation: Cheyenne

Indigenous Name: *Wĩ tǎn ǒts*
Vetano estse

Meaning: *wĩtǎn*, tongues; *ǒts*, plant

Habitat/Ecological Zone: Still, slow moving waterways; plains to montane;
Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Roots and white base of leaves

Season Collected: Not given

Medicinal Use(s): Antithetical to medicine, it was thought that if a person were to get any of the fluffy seeds in her eyes, s/he would develop cataracts

References: ⁷⁰⁹

Ulmus americana L.
American Elm; Ulmaceae

Tribal Nation: Cheyenne

Indigenous Name: *Homeno?e* (tree), *oo?omeshe*
Meaning: "Tea made from the bark"

Habitat/Ecological Zone: Found from Montana to Texas

Plants Parts Harvested: Inner bark

Season Collected: Not given

Food Use(s): Red, inner bark used like coffee

References: ⁷¹⁰

Ulmus americana L.
American Elm; Ulmaceae

Tribal Nation: Cheyenne

Indigenous Name: *Homeno?e* (tree), *oo?omeshe*
Meaning: "Tea made from the bark"

Habitat/Ecological Zone: Found from Montana to Texas

Plants Parts Harvested: Inner bark

Season Collected: Not given

Medicinal Use(s): The red, inner bark was used for making a tea to guarantee children's stability. In the hope that the latter effect would be passed along to their anticipated children, pregnant women would drink this tea

Additional Commentary: It should also be mentioned that this tree is found near Bear Butte, the sacred mountain.⁷¹¹ Moerman indicates uses as a gynecological aid as well.⁷¹²

References: ⁷¹³

Unknown Scientific Name
Unknown Common Name

Tribal Nation: Cheyenne

Indigenous Name: *Me?eshkaatseh?estse*
Meaning: "Hairy Plant"

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ⁷¹⁴

Unknown Scientific Name
Unknown Common Name

Tribal Nation: Cheyenne

Indigenous Name: *No?aneone-ma?ke-menotse*
Meaning: "Mixing red berries"

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ⁷¹⁵

Unknown Scientific Name
Unknown Common Name

Tribal Nation: Cheyenne

Indigenous Name: *Vo?heneotse-vo?e(stse)*
Vohpo?heneotse-vo?e
Veta-no?estse
Meaning: "Fat Plant"

Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
References: ⁷¹⁶

Unknown Scientific Name
Unknown Common Name

Tribal Nation: Cheyenne

Indigenous Name: *Vano?ova*
Meaning: Not Given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Spiritual/Religious Use(s): The Cheyenne, after experimenting with this plant settled on its use as a horse medicine and by the Contrary warriors. Scattering this medicine in the air would slow down the other horses in a race, and using it conjunction with black medicine (*Echinacea pallida* and moss would strengthen a contrary warrior's arms against the boiling water out which dog meat was pulled in the ceremonies.

Additional Commentary: This plant, so rare as to be found, arguably, only twice, and of such a striking appearance, with a foot-long stalk upon which a sunflower-shaped, but smaller, flower grows—the stalk has no limbs, only a cluster of small leaves near the ground, and in the dirt are two roots upwards of six inches long and resembling a man's legs. "It had a very strong smell and had the color of the rainbow, and a glassy appearance. It glowed in the dark."⁷¹⁷

References: ⁷¹⁸

Unknown Scientific Name
Unknown Common Name

Tribal Nation: Cheyenne

Indigenous Name: *Vano?ova*
Meaning: No translation given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Medicinal Use(s): Its medicine is strong affecting a person visually, mentally and internally; it is possibly hallucinogenic

Additional Commentary: This plant, so rare as to be found, arguably, only twice, and of such a striking appearance, with a foot-long stalk upon which a sunflower-shaped, but smaller, flower grows—the stalk has no limbs, only a cluster of small leaves near the ground, and in the dirt are two roots upwards of six inches long and resembling a man's legs. "It had a very strong smell and had the color of the rainbow, and a glassy appearance. It glowed in the dark."⁷¹⁹

References: ⁷²⁰

Unknown Scientific Name
Unknown Common Name

Tribal Nation: Cheyenne
Indigenous Name: *Hetamestototse*
Meaning: No translation given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Seeds
Season Collected: Not given
Medicinal Use(s): Sniffing the dried seeds of this plant, a member of the composite family, causes sneezing and works in this way as a decongestant. Sneezing in this case was thought to be good for headaches, earaches, pneumonia and the heart

References: ⁷²¹

Unknown Scientific Name

Unknown Common Name

Tribal Nation: Cheyenne

Indigenous Name: *Heove-heseeo?otse*
Meaning: "Yellow medicine"

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Very bitter, a tea made by boiling this plant was drunk for tuberculosis and whooping cough as well for kidney problems, and the steam used as vaporizer under a blanket

Additional Commentary: Yellow medicine could be mixed with other plants to treat cuts.

References: ⁷²²

Unknown Scientific Name

Unknown Common Name

Tribal Nation: Cheyenne

Indigenous Name: *Vano?estse*
Meaning: No translation given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): This was used long ago. It is a kind of sage used by the Chief Society for lighting pipes, and used as a horse medicine; for this purpose the leaves were burned beneath the horse's nose

References: ⁷²³

Unknown Scientific Name
Unknown Common Name

Tribal Nation: Cheyenne

Indigenous Name: *Stam ok an*

Meaning: same as *nahko hes tam okan*, bears' food

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Root

Season Collected: Late in June or early July in Montana

Food Use(s): Dried, pounded and saved for winter. It is used like
Psoralea.

Additional Commentary: The root of this plant is collected, dried, pounded into meal and saved for winter. It is gathered when *Psoralea* is ripe

References: ⁷²⁴

Unknown Scientific Name
Unknown Common Name

Tribal Nation: Cheyenne

Indigenous Name: *Motsin 'ist*

Meaning: "Sore throat medicine"

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The root is chewed and the saliva swallowed to cure a sore throat

References: ⁷²⁵

Unknown Scientific Name

Unknown Common Name

Tribal Nation: Cheyenne

Indigenous Name: *Wohkom 'isse 'eyo*
Meaning: White medicine

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The root, said to be ten to twelve inches long and half an inch in diameter, is cut into pieces, boiled, and the tea is drunk for diseases of the stomach

Additional Commentary: The Cheyenne name is derived from color of the root.

References: ⁷²⁶

Unknown Scientific Name
Unknown Common Name

Tribal Nation: Cheyenne

Indigenous Name: *Wohkom 'isse 'eyo*
Meaning: White medicine

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): A stronger decoction of root is made for external applications for inflammation

Additional Commentary: The Cheyenne name is derived from color of the root. The plant is not indigenous to the historical territory of the Northern Cheyenne.

References: ⁷²⁷

Unknown Scientific Name
Unknown Common Name

Tribal Nation: Cheyenne

Indigenous Name: *Mohk'sino*
Meaning: "Mint"

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Made a tea for giving to the sick

Additional Commentary: It may be used with "bark medicine" to give it a pleasant flavor.

References: ⁷²⁸

Urtica dioica
Stinging Nettle

Tribal Nation: Cheyenne

Indigenous Name: *Ho tom motse*
Meaning: Translation not given

Habitat/Ecological Zone: Found in disturbed areas and slightly boogy areas.

Plants Parts Harvested: Nettles

Season Collected: Not given

Medicinal Use(s): Nettles are rubbed or hit on a patient to revive feelings in areas of the body

Additional Commentary: Many Cheyenne believe that spirits live in nettle patches because people will not enter them.⁷²⁹

References: ⁷³⁰

Urtica dioica
Stinging Nettle

Tribal Nation:	Cheyenne
Indigenous Name:	<i>Ho tom motse</i>
Meaning:	Translation not given
Habitat/Ecological Zone:	Found in disturbed areas and slightly boogy areas.
Plants Parts Harvested:	Root
Season Collected:	Not given
Medicinal Use(s):	A root decoction is made to bathe rheumatic pains and joint stiffness
Additional Commentary:	Pounded leaves rubbed on arms and legs or hot poultices of bruised leaves used to dress rheumatic discomfort. ⁷³¹
References:	⁷³²

Urtica dioica
Stinging Nettle

Tribal Nation:	Cheyenne
Indigenous Name:	<i>Ho tom motse</i>
Meaning:	Translation not given
Habitat/Ecological Zone:	Found in disturbed areas and slightly boogy areas.
Plants Parts Harvested:	Root or leaves
Season Collected:	Not given
Medicinal Use(s):	Used as a styptic to stop blood flow with the application of powdered root or leaves softened and bruised
Additional Commentary:	Do not leave fresh leaves on the skin for long periods or it will produce blistering. ⁷³³

References: ⁷³⁴

Urtica dioica
Stinging Nettle

Tribal Nation: Cheyenne

Indigenous Name: *Ho tom motse*
Meaning: Translation not given

Habitat/Ecological Zone: Found in disturbed areas and slightly boggy areas.

Plants Parts Harvested: Nettles

Season Collected: Not given

Medicinal Use(s): A tea is made and consumed to expel phlegm from the lungs and stomach

References: ⁷³⁵

Urtica dioica
Stinging Nettle

Tribal Nation: Cheyenne

Indigenous Name: *Ho tom motse*
Meaning: Translation not given

Habitat/Ecological Zone: Found in disturbed areas and slightly boggy areas.

Plants Parts Harvested: Nettles

Season Collected: Not given

Medicinal Use(s): A tea is made to cleanse the urinary tract

References: ⁷³⁶

Urtica dioica
Stinging Nettle

Tribal Nation: Cheyenne

Indigenous Name: *Ho tom motse*
Meaning: Translation not given

Habitat/Ecological Zone: Found in disturbed areas and slightly boggy areas.

Plants Parts Harvested: Nettles

Season Collected: Spring

Medicinal Use(s): A tea is made to cleanse the blood

References: ⁷³⁷

Vaccinium scoparium Lieberg
Common Red Whortleberry;
Grouseberry

Tribal Nation: Cheyenne

Indigenous Name: *Mah ki mins*
Meaning: *Mai*, red; *kis*, small; *mins*, berry

Habitat/Ecological Zone: Widely distributed in the high Rocky Mountains; open to wooded sites; foothills to sub-alpine; British Columbia, Canada to Colorado

Plants Parts Harvested: Berries, leaves and stems

Season Collected: Not given

Food Use(s): Berries gathered fresh and eaten

References: ⁷³⁸

Vaccinium scoparium Lieberg
Common Red Whortleberry
Grouseberry

Tribal Nation: Cheyenne

Indigenous Name: *Mah ki mins*
Meaning: *Mai*, red; *kis*, small; *mins*, berry

Habitat/Ecological Zone: Widely distributed in the high Rocky Mountains; open to wooded sites; foothills to sub-alpine; British Columbia, Canada to Colorado

Plants Parts Harvested: Berries, leaves and stems

Season Collected: Not given

Medicinal Use(s): For poor appetite and nausea. The berries, dried and pulverized are given in a small dose – a pinch merely before the first meal of the day. The leaves and stems, dried and pulverized, are given in about two tablespoonfuls of warm or cold water to one who is nauseated or has little appetite

References: ⁷³⁹

Vitis vulpina L.

Frost Grape; Vitaceae

Tribal Nation: Cheyenne

Indigenous Name: *Hōh pāh tsī nǎ' mǐns*
Meaning: No translation given

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

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruit eaten fresh and never dried

References: ⁷⁴⁰

Yucca glauca Nutt.

Yucca
Narrow Leaved Yucca

Tribal Nation: Cheyenne

Indigenous Name: *Hestahpano?e*
Meaning: Translation not given

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

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Yucca root, dried, was boiled in preparing shampoo
because it was thought to stimulate hair growth, be good for dandruff, and prevent
baldness

References: ⁷⁴¹

Yucca glauca Nutt.
Yucca
Narrow Leaved Yucca

Tribal Nation: Cheyenne
Indigenous Name: *Hestahpano?e*
Meaning: Translation not given

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

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Leaves used to make baskets

References: ⁷⁴²

Yucca glauca Nutt.
Yucca
Narrow Leaved Yucca

Tribal Nation: Cheyenne
Indigenous Name: *Hestahpano?e*
Meaning: No translation given

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

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Yucca seems to offer other benefits to the skin as well, being used for various outbreaks, poison ivy, sores, and scabs. In this way, the root was pulverized, mixed with an unknown medicine, and applied as a powder or wash.

References: ⁷⁴³

Zea mays L.
Corn, Maize

Tribal Nation: Cheyenne

Indigenous Name: *Hookohtsestse*
Mahemenotse
Tse-ho?oohee?estse mahaemenotse
Ho?xestoha
Heove-enahano
Heta?e-menonotse ooxaneohotse
Xamaa-mahemenotse
Paae-vahanoo?o
He?e-mahaeomenotse
Mahaemene-ma?ohkee?e

Meaning: Raw corn
Cooked corn
Boiled corn
Corn balls
Corn meal; Yellow sauce
Hominy
Indian corn
Roast corn; “ashes baked”
Woman corn
Corn tassel

Habitat/Ecological Zone: Various eco-zones as a domesticate

Plants Parts Harvested: Ears

Season Collected: Not given

Food Use(s): Used as food

Additional Commentary: Generations after leaving what would become Minnesota, and their agricultural life there, the Cheyenne continued to grow corn when it seemed economical. The Cheyenne of the plains depended mostly on buffalo for their nutrition, but making the shift onto the plains was a process not an event. Raising crops was phased out as it became difficult on the tribe for the women to remain in a settled camp, with some men there as defense, and a smaller band of hunters seeking buffalo and bringing the kill back to camp. However, the allure of corn must have been strong as reports indicate farming as late as 1865.

Correlated with the continued use of corn is the continued veneration of it. In the Massaum ceremony, five grains of corn were placed in respect to the four cardinal directions and the earth's center at the foot of each lodge pole, and the center pole. The people could eat only after the spirits had eaten.

Prior to 1876, the Corn Dance was practiced and the Cheyenne kept sacred ears of corn grown from the original seeds that *Esceheman* gave them. *Esceheman* gave those original ears of corn to Erect Horns and Sweet Medicine, whose other names refer to this (Standing on the Ground, Red Tassel, Sweet Root Standing, and Rustling Corn Leaf). Hart contends that combining these men's role in bringing corn to the Cheyenne with their role in teaching the Cheyenne how to hunt maintains the tribe's identity with their older ways.

In capturing eagles, a practice that continued into the first half of the nineteenth century, the Cheyenne would prepare a ceremonial meal consisting in part of pulverized corn. This food brought blessings and success.⁷⁴⁴

References:⁷⁴⁵

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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.
- ². George Bird Grinnell, The Cheyenne Indians: Their History and Ways of Life. Volume II. (Lincoln: University of Nebraska Press, 1972), 169; Jeffrey A. Hart, “The Ethnobotany of the Northern Cheyenne Indians of Montana,” Journal of Ethnopharmacology, 4(1, 1981):5-6; William Tallbull, Plant Lore of the Northern Cheyenne. (Lame Deer: Dull Knife Memorial College, n.d.), 1.
- ³. Daniel E. Moerman, Native American Ethnobotany. (Portland: Timber Press, 1998), 645-646; Tallbull, Plant Lore of the Northern Cheyenne, 1.
- ⁴. Grinnell, The Cheyenne Indians: Their History and Ways of Life, II:169; Hart, “The Ethnobotany of the Northern Cheyenne Indians of Montana,” 5-6; Linda Kershaw, Andy MacKinnon, and Jim Pojar, Plants of the Rocky Mountains. (Edmonton: Lone Pine Publishing, 1998), 27; Moerman, Native American Ethnobotany, 645-646; Tallbull, Plant Lore of the Northern Cheyenne, 1.
- ⁵. Hart, “The Ethnobotany of the Northern Cheyenne Indians of Montana,” 5; Jeff Hart, Montana Native Plants and Early Peoples. (Helena: Montana Historical Society Press, 1992), 2; Tallbull, Plant Lore of the Northern Cheyenne, 1.
2; Moerman, Native American Ethnobotany, 645-646; Tallbull, Plant Lore of the Northern Cheyenne, 1.
- ⁶. Hart, Montana Native Plants and Early Peoples, 2; Tallbull, Plant Lore of the Northern Cheyenne, 1.
- ⁷. Moerman, Native American Ethnobotany, 645-646; Tallbull, Plant Lore of the Northern Cheyenne, 1.
- ⁸. Hart, “The Ethnobotany of the Northern Cheyenne Indians of Montana,” 5; Moerman, Native American Ethnobotany, 645-646; Tallbull, Plant Lore of the Northern Cheyenne, 1.
- ⁹. Grinnell, The Cheyenne Indians: Their History and Ways of Life, II:169; Tallbull, Plant Lore of the Northern Cheyenne, 1.
- ¹⁰. Grinnell, The Cheyenne Indians: Their History and Ways of Life, II:169; Tallbull, Plant Lore of the Northern Cheyenne, 1.
- ¹¹. Grinnell, The Cheyenne Indians: Their History and Ways of Life, II:169; Tallbull, Plant Lore of the Northern Cheyenne, 1.
- ¹². Hart, “The Ethnobotany of the Northern Cheyenne Indians of Montana,” 13; Moerman, Native American Ethnobotany, 645.
- ¹³. Hart, “The Ethnobotany of the Northern Cheyenne Indians of Montana,” 13; Hart, Montana Native Plants and Early Peoples, 4; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 59; Moerman, Native American Ethnobotany, 645; Tallbull, Plant Lore of the Northern Cheyenne, 58.
- ¹⁴. Hart, “The Ethnobotany of the Northern Cheyenne Indians of Montana,” 13; Hart, Montana Native Plants and Early Peoples, 4; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 59; Tallbull, Plant Lore of the Northern Cheyenne, 58.
- ¹⁵. Hart, Montana Native Plants and Early Peoples, 4; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 59; Tallbull, Plant Lore of the Northern Cheyenne, 58.

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- ¹⁶. Hart, "The Ethnobotany of the Northern Cheyenne Indians of Montana," 46; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 59; Tallbull, Plant Lore of the Northern Cheyenne, 58.
- ¹⁷. Hart, "The Ethnobotany of the Northern Cheyenne Indians of Montana," 13; Hart, Montana Native Plants and Early Peoples, 4; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 59; Tallbull, Plant Lore of the Northern Cheyenne, 58.
- ¹⁸. Hart, "The Ethnobotany of the Northern Cheyenne Indians of Montana," 18.
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⁷³⁶. Tallbull, Plant Lore of the Northern Cheyenne, 65.

⁷³⁷. Tallbull, Plant Lore of the Northern Cheyenne, 65.

⁷³⁸. Tallbull, Plant Lore of the Northern Cheyenne, 76.

⁷³⁹. Grinnell, The Cheyenne Indians: Their History and Ways of Life, II:183-184; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 79.

⁷⁴⁰. Grinnell, The Cheyenne Indians: Their History and Ways of Life, II:180.

⁷⁴¹. Hart, “The Ethnobotany of the Northern Cheyenne Indians of Montana,” 12;

Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 95; Moerman, Native American Ethnobotany, 645; Tallbull, Plant Lore of the Northern Cheyenne, 56.

⁷⁴². Tallbull, Plant Lore of the Northern Cheyenne, 56.

⁷⁴³. Hart, "The Ethnobotany of the Northern Cheyenne Indians of Montana," 12;
Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 95; Moerman, Native
American Ethnobotany, 645.

⁷⁴⁴. Hart, "The Ethnobotany of the Northern Cheyenne Indians of Montana," 10-11

⁷⁴⁵. Hart, "The Ethnobotany of the Northern Cheyenne Indians of Montana," 10-11.