

Chapter 8

Comanche Ethnobotany

8.1 Introduction

The ethnological and ethnohistorical literature review documented approximately 93 plant resources acknowledged or used by the Comanche. Fifty-four plants were recorded as food resources, including fodder for horses. Seventy-two plants were listed as having medicinal value and eight plants had explicit religious or spiritual value. Fourteen flora resources were used in the manufacture of material items. Of the complete plant inventory, the literature recorded four plants with no cultural use for the resource. Below are the plant resources listed by scientific name, although 28 plants could not be specifically conclusively identified. These plants are listed as unidentified.¹

8.2 Ethnobotanical Resources

Agastache pallidiflora ssp. *neomexicana* var. *neomexicana* (Briq.) R.W. Sanders
New Mexico Giant Hyssop; Lamiaceae

Tribal Nation: Comanche

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Moist, open sites; prairies, foothills, upland woods to sub-alpine; Colorado, to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Food Use(s): It is one of the most important foods

References: ²

Agave americana L.
American Century Plant; Agavaceae

Tribal Nation: Comanche

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Grows in very well-drained, slightly acidic, sandy or gravely soil in full sun to partial shade; found in arid regions of the west

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Food Use(s): Used as one of the most important foods

References: ³

Agave parryi Engelm
Parry's Agave; Agavaceae

Tribal Nation: Comanche

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Grows in very well-drained, slightly acidic, sandy or gravely soil in full sun to partial shade; found in arid regions of the west

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Food Use(s): Used as one of the most important foods

References: ⁴

Allium canadense

Wild Onion; Liliaceae

Tribal Nation: Comanche

Indigenous Name: *Pakoik*

T?diekoik

Meaning: "Small Onion"

"Large Onion"

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

Plants Parts Harvested: Bulb

Season Collected: Late fall or early spring

Food Use(s): Roasted bulbs used for food

Additional Commentary: The Comanche recognized two onion types, a large sweet type and another with red flowers, which was considered less desirable as food. The large onion was collected, braided and roasted over a fire.⁵

References: ⁶

Ambrosia psilostachya DC

Western ragweed

Tribal Nation: Comanche

Indigenous Name: *W_anatsu*

Meaning: Not given

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

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No use known to informant

References: ⁷

Amorpha angustifolia (Pursh.) Boynton
Desert False Indigo; Fabaceae

Tribal Nation: Comanche

Indigenous Name: *sʒhaliabi*^v

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No use known to informant.

References: ⁸

Amphiachyris dracunculoides (DC.) Nutt.
Prairie Broomweed; Asteraceae

Tribal Nation: Comanche

Indigenous Name: *Sanaweha*

Meaning: Not given

Habitat/Ecological Zone: Rocky, dry slopes, glades, and prairies; From Alabama west to Mexico, north to Missouri and Kansas and in scattered locations east of this area.

Plants Parts Harvested: Flowers

Season Collected: Not given

Medicinal Use(s): A poultice of boiled flowers made into a jelly is used for eczema and skin rashes

References: ⁹

Andropogon gerardii
Andropogon scoparius
Big Bluestem;
Little Bluestem Grass

Tribal Nation: Comanche

Indigenous Name: *Eks_nip*
Meaning: Not given

Habitat/Ecological Zone: Prairies, well-managed native pastures, and roadsides

Plants Parts Harvested: Stems

Season Collected: Not given

Medicinal Use(s): Use the ashes from stems of little bluestem to treat syphilitic sores

References: ¹⁰

Andropogon scoparius Michx.
Little Bluestem Grass

Tribal Nation: Comanche

Indigenous Name: *Eksənip*
Meaning: Not given

Habitat/Ecological Zone: Prairies, well-managed native pastures, and roadsides

Plants Parts Harvested: Stems

Season Collected: Not given

Medicinal Use(s): Stems used as switches in the sweat lodge

Additional Commentary: The bark was placed in hot water and the fumes were inhaled. The stems of the latter were tied in bundles with which the Comanche switched themselves.

References: ¹¹

Argemone intermedia Sweet.

Crested Prickly Poppy; Papaveraceae

Tribal Nation: Comanche

Indigenous Name: *Pitsit̄la*

Meaning: Not Given

Habitat/Ecological Zone: Sandy soils of prairie, flood plains, and along roadsides.
Found across the west from Washington south to Texas.

Plants Parts Harvested: Sap

Season Collected: Not given

Medicinal Use(s): Sore eyes treated with sap

References: ¹²

Argemone polyanthemos (Fedde) G.B. Ownbey

Crested Pricklypoppy; Papaveraceae

Tribal Nation: Comanche

Indigenous Name: *Pitsiteya*

Meaning: Not given

Habitat/Ecological Zone: Found across the west from Washington south to Texas.
Sandy soils of prairie, flood plains, and along roadsides.

Plants Parts Harvested: Sap

Season Collected: Not given

Medicinal Use(s): Sap is used to treat sore eyes

Additional Commentary: The smoke from it was considered effective in purification

References: ¹³

Artemisia filifolia Torr.
Sand Sagebrush; Asteraceae
Silvery Wormwood

Tribal Nation: Comanche

Indigenous Name: *Pasiwoncpchcβi*
Meaning: Not given

Habitat/Ecological Zone: The plant is native to Wyoming, Nebraska, and south into Texas and New Mexico

Plants Parts Harvested: Padding of plants

Season Collected: Not given

Medicinal Use(s): Padding of plants placed over hot coals as a bed after childbirth; as cushions in tipi.

References: ¹⁴

Artemisia filifolia Torr.
Sand Sagebrush; Asteraceae
Silvery Wormwood

Tribal Nation: Comanche

Indigenous Name: *Pasiwoncpchcβi*^v
Meaning: Not given

Habitat/Ecological Zone: The plant is native to Wyoming, Nebraska, and south into Texas and New Mexico

Plants Parts Harvested: Padding of plants

Season Collected: Not given

Artifacts: Used as cushions in tipi

References: ¹⁵

Artemisia ludoviciana Nutt.

Louisiana Sagewort; Asteraceae

Lobed Cudweed

White Sage

Tribal Nation: Comanche

Indigenous Name: *P)h)'B^BI*

P_h_Bi^v

Meaning: Not given
Not given

Habitat/Ecological Zone: Prairies and semi-disturbed sites

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Leaves are chewed to a pulp and then rubbed over the bite area. It is used for insect and spider bites

Additional Commentary: Jones and Carlson identified this plant as lobed cudweed or gray sage (*Artemisia ludoviciana*). They did not gather any information about the plant's use.¹⁶

References: ¹⁷

Brayodendron texanum (Scheele)

Mexican Persimmon

Tribal Nation: Comanche

Indigenous Name: *Dunaseika*

Meaning: Not given

Habitat/Ecological Zone: Central Texas southwestward into Mexico

Plants Parts Harvested: Fruits

Season Collected: Not given

Food Use(s): Fruits are eaten

References: ¹⁸

Caesalpinia jamesii (Torr. & Gray) Fisher
James' Holdback; Fabaceae

Tribal Nation: Comanche

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Native to the Great Plains

Plants Parts Harvested: Tubers

Season Collected: Not given

Food Use(s): Raw or boiled tubers used for food

References: ¹⁹

Camassia escuelenta (Ker.) Robinson
Wild Hyacinth;
Camass

Tribal Nation: Comanche

Indigenous Name: *Siko*;
Meaning: Not given

Habitat/Ecological Zone: Prairies, meadows, and open meadows

Plants Parts Harvested: Roots

Season Collected: Not given

Food Use(s): Raw roots eaten.

Additional Commentary: Leaves somewhat like those of a wild onion with blue flowers and the bulb had a sweet taste.

References: ²⁰

Camassia scilloides (Raf.) Cory
Atlantic Camas; Liliaceae

Tribal Nation: Comanche
Indigenous Name: *Siko*
Meaning: Not given
Habitat/Ecological Zone: Prairies, meadows, and open meadows
Plants Parts Harvested: Roots
Season Collected: Not given
Food Use(s): Raw roots used for food.
References: ²¹

Carya illinoensis (Wangenh.) K. Koch
Pecan; Juglandaceae

Tribal Nation: Comanche
Indigenous Name: *NakutBai*
Meaning: Not given
Habitat/Ecological Zone: Found in river bottoms southern Indiana into Mexico.
Plants Parts Harvested: Leaves
Season Collected: Not given
Medicinal Use(s): Pulverized leaves rubbed on affected part for ringworm
References: ²²

Carya illinoensis (Wangenh.) K. Koch
Pecan; Juglandaceae

Tribal Nation: Comanche

Indigenous Name: *NakutBai*
Meaning: Not given

Habitat/Ecological Zone: Found in river bottoms southern Indiana into Mexico.

Plants Parts Harvested: Nuts

Season Collected: Not given

Food Use(s): Nuts stored for winter use

References: ²³

Celtis laevigata Willd
Sugarberry; Ulmaceae
Southern Hackberry

Tribal Nation: Comanche

Indigenous Name: *Natsckw3*
Mirtscná

Meaning: Not given
No translation given

Habitat/Ecological Zone:

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruits beaten to a pulp, mixed with fat, rolled into balls and
roasted over fire

References: ²⁴

Cephalanthus occidentalis L.
Common Buttonbush; Rubiaceae

Tribal Nation: Comanche

Indigenous Name: *Pesctai*

Meaning: Not given

Habitat/Ecological Zone: Commonly found in swamps and low ground throughout the United States into Mexico

Plants Parts Harvested: Wood branches

Season Collected: Not given

Artifacts: Wood used to make game sticks

References: ²⁵

Cirsium undulatum (Nutt.) Spreng.
Wavyleaf Thistle; Asteraceae

Tribal Nation: Comanche

Indigenous Name: *Tsen*
Meaning: No translation given

Habitat/Ecological Zone: Prairies, pastures, and disturbed areas.

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Decoction of root was drunk for gonorrhea

References: ²⁶

Cirsium undulatum (Nutt.) Spreng
Wavyleaf Thistle; Asteraceae

Tribal Nation: Comanche

Indigenous Name: *Tsen*
Meaning: No translation given

Habitat/Ecological Zone: Prairies, pastures, and disturbed areas

Plants Parts Harvested: Roots

Season Collected: Spring, summer, late fall

Food Use(s): Raw roots used for food

References: ²⁷

Cornus asperifolia Michx.

Toughleaf Dogwood; Cornaceae

Rough-leaved Dogwood

Tribal Nation: Comanche

Indigenous Name: *ParioBi*

Meaning: No translation given

Habitat/Ecological Zone: Largely found in the south from Alabama to the Carolinas

Plants Parts Harvested: Stems

Season Collected: Not given

Artifacts: Stems used to make arrow shafts

References: ²⁸

Coryphantha sp.

Cactus; Cactaceae

Tribal Nation: Comanche

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Spines

Season Collected: Not given

Artifacts: Spines used to punish unfaithful wives.

References: ²⁹

Crataegus sp.

Thornapple; Rosaceae

Tribal Nation: Comanche

Indigenous Name: *Tidiamcwo*

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruits eaten

Additional Commentary: Locally called "Red Haw."

References: ³⁰

Crataegus sp.

Thornapple; Rosaceae

Tribal Nation: Comanche

Indigenous Name: *Túpckc wckwékate*

Meaning: Fruit tree

Habitat/Ecological Zone:

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruit used for food

Additional Commentary: Locally called "Black Haw." One should shout like a wolf before partaking of this haw or he will be sure to get stomachache and constipation.

References: ³¹

Crataegus sp.

Thornapple; Rosaceae

Tribal Nation: Comanche

Indigenous Name: *Túpckc wckwékate*

Meaning: Fruit tree

Habitat/Ecological Zone:

Plants Parts Harvested: Bark

Season Collected: Not given

Food Use(s): Inner bark chewed as gum

Additional Commentary: Locally called “Black Haw.” One should shout like a wolf before partaking of this haw or he will be sure to get stomachache and constipation.

References: ³²

Croton monanthogynus Michx.

Prairie Tea; Euphorbiaceae

Croton weed

Tribal Nation: Comanche

Indigenous Name: *GuBsimawa*

Meaning: Not given

Habitat/Ecological Zone: Habitats include prairies, sandstone, and limestone glades, thinly wooded bluffs, fallow fields, and gravelly areas along railroads. This species occurs in disturbed areas and higher quality habitats that are sunny and dry.

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Leaves mixed with animal brains and used for tanning

References: ³³

Cymopterus acaulis (Pursh) Raf.
Plains Springparsley; Apiaceae
Cymopterus

Tribal Nation: Comanche

Indigenous Name: *Tun'ha*
Meaning: Not given

Habitat/Ecological Zone: Oklahoma

Plants Parts Harvested: Rootstocks

Season Collected: Not given

Food Use(s): Rootstocks used for food

Additional Commentary: The plant is described as growing along side Mesquite. Eaten fresh or right after it had been peeled, dried in the sun, and pulverized.

References: ³⁴

Dalea purpurea var. *purpurea*
Violet Prairie Clover; Fabaceae

Tribal Nation: Comanche

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Prairies and rocky open woods

Plants Parts Harvested: Roots

Season Collected: Not given

Food Use(s): Roots chewed for sweet flavor

References: ³⁵

Diospyros texana Scheele
Texas Persimmon; Ebenaceae

Tribal Nation:	Comanche
Indigenous Name:	<i>Nase'ka</i>
Meaning:	Not given
Habitat/Ecological Zone:	Found mostly in central to southern Texas
Plants Parts Harvested:	Fruit
Season Collected:	Not given
Food Use(s):	Fruits eaten immediately for food
Additional Commentary:	Quantities of persimmon were dried and stored for winter use
References:	³⁶

Diospyros virginiana
Black Persimmon

Tribal Nation:	Comanche
Indigenous Name:	<i>Dunaseika</i>
Meaning:	Not given
Habitat/Ecological Zone:	Texas and Mexico
Plants Parts Harvested:	Fruit
Season Collected:	Not given
Food Use(s):	Fruits eaten fresh or dried for food
Additional Commentary:	The common method of preparation for storage seems to have been to beat the ripe fruits to a pulp, remove the seeds, and dry the paste. The cakes that were formed, were later softened in water and prepared in various ways for eating. The persimmon has achieved little commercial importance, but is still widely used and esteemed by Indians and whites wherever it is available.

References: ³⁷

Diospyros virginiana L.

Common Persimmon; Ebenaceae

Tribal Nation: Comanche

Indigenous Name: *Nase'ka*
Meaning: Not given

Habitat/Ecological Zone: Texas and Mexico

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruits eaten fresh or dried for food.

References: ³⁸

Echinacea sp.

Purple Cone Flower; Asteraceae

Tribal Nation: Comanche

Indigenous Name: *Dukunənatsu*
Meaning: Not given

Habitat/Ecological Zone: Dry, upland prairies, valleys, and foothills.

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Decoction of root taken for sore throat

References: ³⁹

Echinacea sp.

Purple Cone Flower; Asteraceae

Tribal Nation:	Comanche
Indigenous Name:	<i>Dukunānatsu</i>
Meaning:	Not given
Habitat/Ecological Zone:	Dry, upland prairies, valleys, and foothills.
Plants Parts Harvested:	Root
Season Collected:	Not given
Medicinal Use(s):	Decoction of root taken toothache.
Additional Commentary:	Root held against tooth for toothaches.
References:	⁴⁰

Elymus sp.
Rye Grass; Poaceae

Tribal Nation:	Comanche
Indigenous Name:	<i>Puits'aseni</i>
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:	Grass blade
Season Collected:	Not given
Medicinal Use(s):	Single looped blades are used as eye scrapers for removing cataracts.
References:	⁴¹

Eriogonum longifolium Nutt
Eriogonum jamesii, Benth.
Longleaf Buckwheat; Polygonaceae

Wild Buckwheat
Eriogonum

Tribal Nation:	Comanche
Indigenous Name:	<i>Ekanatsu</i> <i>Ekanalɔ'pa</i>
Meaning:	Not given Not given
Habitat/Ecological Zone:	Found on dry, sandy, and clay soils
Plants Parts Harvested:	Root
Season Collected:	Not given
Medicinal Use(s):	Infusion of root taken for stomach trouble
References:	⁴²

Gutierrezia sarothrae (Pursh) Britt. & Rusby
Broom Snakeweed; Asteraceae

Tribal Nation:	Comanche
Indigenous Name:	<i>Sanaweha</i> <i>Ohoya</i>
Meaning:	Not given
Habitat/Ecological Zone:	Open plains and upland sites
Plants Parts Harvested:	Leaves
Season Collected:	Not given
Medicinal Use(s):	A compound containing the leaves with and unknown substance are used for the treatment of whooping cough
Additional Commentary:	This is the term collected by Carlson and Jones, <i>Sanapia</i> applies the term to Broomweed (<i>Gutierrezia dracunculoidea</i>). ⁴³
References:	⁴⁴

Gutierrezia sarothrae (Pursh) Britt. & Rusby
Broom Snakeweed; Asteraceae

Tribal Nation: Comanche

Indigenous Name: *Sanaweha*
Ohoya

Meaning: Not given
Not given

Habitat/Ecological Zone: Open plains and upland sites

Plants Parts Harvested: Stems

Season Collected: Not given

Artifacts: The fiber is used to manufacture brushes and brooms

References: ⁴⁵

Helenium autumnale L
Common Sneezeweed; Asteraceae

Tribal Nation: Comanche

Indigenous Name: *Tidikwcbam*

Meaning: Not given

Habitat/Ecological Zone: Low lying, moist prairies and other open sites

Plants Parts Harvested: Stems

Season Collected: Not given

Medicinal Use(s): Reduce a fever, they soaked stems and bathed the patient's body

References: ⁴⁶

Helenium microcephalum DC.
Littlehead Tarweed; Asteraceae

Tribal Nation: Comanche

Indigenous Name: *Natsa-ksi*
Meaning: Not given

Habitat/Ecological Zone: Low lying, moist prairies and other open sites

Plants Parts Harvested: Flowers

Season Collected: Not given

Medicinal Use(s): Broken up flowers are inhaled to induce sneezing to clear the nasal passages

References: ⁴⁷

Helenium microcephalum DC.
Littlehead Tarweed; Asteraceae

Tribal Nation: Comanche

Indigenous Name: *Natsa-ksi*
Meaning: Not given

Habitat/Ecological Zone: Low lying, moist prairies and other open sites

Plants Parts Harvested: Plant parts, flowers

Season Collected: Late fall

Medicinal Use(s): After childbirth sneezeweed was inhaled to induce sneezing to aid in the expulsion of childbirth

References: ⁴⁸

Helenium microcephalum DC.
Littlehead Tarweed; Asteraceae

Tribal Nation: Comanche

Indigenous Name: *Natsa-ksi*

Meaning: Not given

Habitat/Ecological Zone: Disturbed areas

Plants Parts Harvested: Flowers

Season Collected: Late fall

Medicinal Use(s): The flowers are harvested and allowed to dry. The dried flowers are then pulverized into a powder. The flowers are dried, crushed, and inhaled for "heart flutter"

References: ⁴⁹

Helenium microcephalum DC.
Littlehead Tarweed; Asteraceae

Tribal Nation: Comanche

Indigenous Name: *Natsa-ksi*
Meaning: Not given

Habitat/Ecological Zone: Disturbed areas

Plants Parts Harvested: Flowers

Season Collected: Late fall

Medicinal Use(s): The flowers are harvested and allowed to dry. The dried flowers are then pulverized into a powder. The flowers are dried, crushed, and inhaled for low blood pressure.

References: ⁵⁰

Helenium microcephalum DC.
Littlehead Tarweed; Asteraceae

Tribal Nation: Comanche

Indigenous Name: *Natsa-ksi*
Meaning: Not given

Habitat/Ecological Zone: Disturbed areas

Plants Parts Harvested: Flowers

Season Collected: Late fall

Medicinal Use(s): The flowers are harvested and allowed to dry. The dried flowers are then pulverized into a powder. Pulverized flowers inhaled to cause sneezing and clear nasal passages. The flowers are also dried, crushed and inhaled for sinus congestion.

References: ⁵¹

Helenium microcephalum DC.

Littlehead Tarweed; Asteraceae

Tribal Nation: Comanche

Indigenous Name: *Natsa-ksi*

Meaning: Not given

Habitat/Ecological Zone: Disturbed areas

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Used to induce sneezing in order to clear nasal passages or to expel afterbirth.

Additional Commentary: It secretes a resin that is poisonous to some people; it causes a skin condition similar to that produced by poison oak (poison ivy). This resin in contact with the nasal membranes would probably induce sneezing.

References: ⁵²

Hoffmanseggia jamesii T. & G.

Indian Potato; Fabaceae

Camote de ratón

Tribal Nation: Comanche

Indigenous Name: *Pintsamu*
Meaning: Not given
Habitat/Ecological Zone:
Plants Parts Harvested: Tubers
Season Collected: Not given
Food Use(s): Tubers eaten raw or boiled.
References: ⁵³

Ilex sp.
Holly; Aquifoliaceae
Yaupon

Tribal Nation: Comanche
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone:
Plants Parts Harvested: Leaves
Season Collected: Not given
Food Use(s): Leaves used to make a beverage
References: ⁵⁴

Juglans nigra L.
Black Walnut; Juglandaceae

Tribal Nation: Comanche
Indigenous Name: *MuBitai*
Meaning: Not given
Habitat/Ecological Zone: Found in woodland area from the Atlantic coast west into Texas.

Plants Parts Harvested: Leaves
Season Collected: Not given
Medicinal Use(s): Pulverized leaves rubbed on affected part for ringworm
References: ⁵⁵

Juglans nigra L.
Black Walnut; Juglandaceae

Tribal Nation: Comanche
Indigenous Name: *MuBitai*
Meaning: Not given
Habitat/Ecological Zone: Found in woodland area from the Atlantic coast west into Texas.
Plants Parts Harvested: Nuts
Season Collected: Not given
Food Use(s): Nuts collected and eaten. Nuts also stored for winter use
References: ⁵⁶

Juniperus pinchotii Sudsworth
Pinchot's Juniper; Cupressaceae

Tribal Nation: Comanche
Indigenous Name: *Ekapokowa: pi*
Meaning: "Red Berry Cedar"
Habitat/Ecological Zone:
Plants Parts Harvested: Leaves
Season Collected: Not given

Medicinal Use(s): Dried leaves sprinkled on live coals made from pecan wood. The aromatic smoke is inhaled for severe headaches.

Additional Commentary: According to *Sanapia*, cedar medicine smoke is fanned over almost all patients using an eagle fan. It is a prominent aspect of her doctoring.

References: ⁵⁷

Juniperus pinchotii Sudsworth
Pinchot's Juniper; Cupressaceae

Tribal Nation: Comanche

Indigenous Name: *Ekapokowa: pi*
Meaning: "Red Berry Cedar"

Habitat/Ecological Zone:

Plants Parts Harvested: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): The dried and rubbed leaves are sprinkled on live coals made from pecan wood. The aromatic smoke is inhaled for severe ghost sickness.

Additional Commentary: According to *Sanapia*, cedar medicine smoke is fanned over almost all patients using an eagle fan. It is a prominent aspect of her doctoring.

References: ⁵⁸

Juniperus pinchotii Sudsworth
Pinchot's Juniper; Cupressaceae

Tribal Nation: Comanche

Indigenous Name: *Ekapokowa: pi*
Meaning: "Red Berry Cedar"

Habitat/Ecological Zone:

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): The dried and pulverized roots are internally administered for menstrual complaints

Additional Commentary: According to *Sanapia*, cedar medicine smoke is fanned over almost all patients using an eagle fan. It is a prominent aspect of her doctoring.

References: ⁵⁹

Juniperus pinchotii Sudsworth
Pinchot's Juniper; Cupressaceae

Tribal Nation: Comanche

Indigenous Name: *Ekapokowa: pi*
Meaning: "Red Berry Cedar"

Habitat/Ecological Zone:

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): The dried leaves sprinkled on live coals made from pecan wood. The aromatic smoke is inhaled for vertigo.

Additional Commentary: According to *Sanapia*, cedar medicine smoke is fanned over almost all patients using an eagle fan. It is a prominent aspect of her doctoring.

References: ⁶⁰

Juniperus virginiana L.
Eastern Red Cedar; Cupressaceae
Juniper

Tribal Nation: Comanche

Indigenous Name: *Ekawai:p^v*
Meaning: "Red Cedar"

Habitat/Ecological Zone: Prairie hillsides, fields, pastures, and occasionally woodlands.

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Smoke from leaves inhaled for purifying effect

Additional Commentary: *Sanapia* refers to Eastern Red Cedar; (*Juniperus virginiana* L.) as “White Man Cedar.” She claims Pinchot's Juniper (*Juniperus pinchotii* Sudsworth) is the variety used by Comanche.

References: ⁶¹

Juniperus virginiana L.
Eastern Red Cedar; Cupressaceae
Juniper

Tribal Nation: Comanche

Indigenous Name: *Ekawai:p*^v
Meaning: “Red Cedar”

Habitat/Ecological Zone: Prairie hillsides, fields, pastures, and occasionally woodlands.

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruits eaten for food

Additional Commentary: *Sanapia* refers to Eastern Red Cedar; (*Juniperus virginiana* L.) as “White Man Cedar.” She claims Pinchot's Juniper (*Juniperus pinchotii* Sudsworth) is the variety used by Comanche.

References: ⁶²

Lespedeza capitata Michx.
Roundhead Lespedeza; Fabaceae
Bush Clover

Tribal Nation: Comanche
Indigenous Name: *PuhohuBi*^v
Meaning: Not given
Habitat/Ecological Zone: Prairies
Plants Parts Harvested: Leaves
Season Collected: Not given
Food Use(s): Leaves boiled for tea
References: ⁶³

Liatrix punctata Hook.
Dotted Gayfeather; Asteraceae
Button Snakeroot

Tribal Nation: Comanche
Indigenous Name: *AtaBitsənoi*
Meaning: Not given
Habitat/Ecological Zone: Prairies and native pastures
Plants Parts Harvested: Root
Season Collected: Not given
Medicinal Use(s): Root chewed and juice swallowed for swollen testes.
Additional Commentary: Had a rich fatty taste.
References: ⁶⁴

Lithospermum inciscum
Puccoon; Gromwell

Tribal Nation: Comanche

Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Dry prairies, open woods, and disturbed sites.
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Medicinal Use(s): Used by women as a form of birth control

Additional Commentary: Puccoon seeds (*L. ruderale*) were among the most abundant plant remains excavated at the Lodaiska site near Denver, Colorado. Galinat believes indigenous peoples used the remains as a contraceptive.⁶⁵

References: ⁶⁶

Lophophora williamsii (Lem. ex Salm-Dyck) Coult.
Peyote; Cactaceae

Tribal Nation: Comanche
Indigenous Name: Not given
Meaning: Not 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: Plant
Season Collected: Not given
Spiritual/Religious Use(s): Plant used in peyote ceremonies as a sacrament

References: ⁶⁷

Machura pomifera (Raf.) Schneid.
Osage Orange; Moraceae
Bois d'Arc

Tribal Nation: Comanche
Indigenous Name: *Ohahupi*^t

Meaning: No translation given
Habitat/Ecological Zone: A native species to Arkansas, Oklahoma, and Texas.
Plants Parts Harvested: Root
Season Collected: Not given
Medicinal Use(s): Decoction of root used as a wash for sore eyes
References: ⁶⁸

Maclura pomifera (Raf.) Schneid.
Osage Orange; Moraceae
Bois d'Arc

Tribal Nation: Comanche
Indigenous Name: *Ohahupi*^t
Meaning: No translation given
Habitat/Ecological Zone: A native species to Arkansas, Oklahoma, and Texas.
Plants Parts Harvested: Branches
Season Collected: Not given
Artifacts: Branches used to make bows
References: ⁶⁹

Malvastrum coccineum (Pursh) A. Gray
Red False Mallow

Tribal Nation: Comanche
Indigenous Name: *Yckanatsu*
Meaning: Not given
Habitat/Ecological Zone:
Plants Parts Harvested: Plant

Season Collected: Not given
Medicinal Use(s): Infusion of plant used reducing swellings.
References: ⁷⁰

Matelea biflora (Raf.) Woods.
Star Milkvine; Asclepiadaceae

Tribal Nation: Comanche
Indigenous Name: *Bekwinatsu*
Meaning: "Swelling Medicine."
Habitat/Ecological Zone:
Plants Parts Harvested: Root
Season Collected: Not given
Spiritual/Religious Use(s): A decoction of thick, white roots is externally administered for ghost sickness.

Additional Commentary: *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant's branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: ⁷¹

Matelea biflora (Raf.) Woods.
Star Milkvine; Asclepiadaceae

Tribal Nation: Comanche
Indigenous Name: *Bekwinatsu*
Meaning: "Swelling Medicine."
Habitat/Ecological Zone:

Plants Parts Harvested: Root
Season Collected: Not given
Medicinal Use(s): A decoction of thick, white roots is externally administered on bruises

Additional Commentary: *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant's branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: ⁷²

Matelea biflora (Raf.) Woods.
Star Milkvine; Asclepiadaceae

Tribal Nation: Comanche
Indigenous Name: *Bekwinatsu*
Meaning: "Swelling Medicine."

Habitat/Ecological Zone:

Plants Parts Harvested: Root
Season Collected: Not given
Medicinal Use(s): The root paste is used as a liniment for severe stomach pains

Additional Commentary: *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant's branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: ⁷³

Matelea biflora (Raf.) Woods.
Star Milkvine; Asclepiadaceae

Tribal Nation: Comanche

Indigenous Name: *Bekwinatsu*
Meaning: "Swelling Medicine."

Habitat/Ecological Zone:

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): A decoction of thick, white roots is externally administered for menstrual cramps.

Additional Commentary: *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant's branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: ⁷⁴

Matelea biflora (Raf.) Woods.
Star Milkvine; Asclepiadaceae

Tribal Nation: Comanche

Indigenous Name: *Bekwinatsu*
Meaning: "Swelling Medicine."

Habitat/Ecological Zone:

Plants Parts Harvested: Root.

Season Collected: Not given

Medicinal Use(s): The root paste is used for "poking the throat. The paste is placed the fingers on the healer who then rubs the child's throat for those afflicted with diphtheria and other throat closing ailments in children.

Additional Commentary: *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant's branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: ⁷⁵

Matelea biflora (Raf.) Woods.
Star Milkvine; Asclepiadaceae

Tribal Nation: Comanche

Indigenous Name: *Bekwinatsu*
Meaning: "Swelling Medicine."

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): A decoction of thick, white roots applied externally to aid broken bones.

Additional Commentary: *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant's branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: ⁷⁶

Matelea cynanchoides (Engelm.) Woods.
Prairie Milkvine; Asclepiadaceae

Tribal Nation: Comanche

Indigenous Name: *Bekwinatsu*
Meaning: "Swelling Medicine."

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Spiritual/Religious Use(s): A decoction of thick, white roots is externally administered for ghost sickness.

Additional Commentary: *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant's branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: ⁷⁷

Matelea cynanchoides (Engelm.) Woods.
Prairie Milkvine; Asclepiadaceae

Tribal Nation: Comanche

Indigenous Name: *Bekwinatsu*
Meaning: "Swelling Medicine."

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): A decoction of thick, white roots is externally administered on bruises

Additional Commentary: *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant's branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: ⁷⁸

Matelea cynanchoides (Engelm.) Woods.
Prairie Milkvine; Asclepiadaceae

Tribal Nation: Comanche

Indigenous Name: *Bekwinatsu*
Meaning: "Swelling Medicine."

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The root paste is used as a liniment for severe stomach pains.

Additional Commentary: *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant's branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: ⁷⁹

Matelea cynanchoides (Engelm.) Woods.
Prairie Milkvine; Asclepiadaceae

Tribal Nation: Comanche

Indigenous Name: *Bekwinatsu*
Meaning: "Swelling Medicine."

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): A decoction of thick, white roots is externally administered for menstrual cramps.

Additional Commentary: *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant's branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: ⁸⁰

Matelea cynanchoides (Engelm.) Woods.
Prairie Milkvine; Asclepiadaceae

Tribal Nation: Comanche

Indigenous Name: *Bekwinatsu*
Meaning: "Swelling Medicine."

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Root paste used for diphtheria and other throat closing ailments in children

Additional Commentary: *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant's branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: ⁸¹

Matelea cynanchoides (Engelm.) Woods.
Prairie Milkvine; Asclepiadaceae

Tribal Nation: Comanche
Indigenous Name: *Bekwinatsu*
Meaning: "Swelling Medicine."
Habitat/Ecological Zone:
Plants Parts Harvested: Root
Season Collected: Not given
Medicinal Use(s): A decoction of thick, white roots applied externally to aid broken bones.

Additional Commentary: *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant's branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: ⁸²

Matelea cynanchoides (Engelm.) Woods.
Prairie Milkvine; Asclepiadaceae

Tribal Nation: Comanche
Indigenous Name: *Bekwinatsu*
Meaning: "Swelling Medicine."
Habitat/Ecological Zone:
Plants Parts Harvested: Root
Season Collected: Not given
Medicinal Use(s): The root paste is used for "poking the throat. The paste is placed the fingers on the healer who then rubs the child's throat for those afflicted with diphtheria and other throat closing ailments in children.

Additional Commentary: *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west

of the plant and places a dark green cloth offering on the plant's branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: ⁸³

Morus rubra L.

Red Mulberry; Moraceae

Tribal Nation: Comanche

Indigenous Name: *Etehup'*
SchcBoko

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruits eaten for food.

Additional Commentary: No attempt was made to store them.

References: ⁸⁴

Nuphar lutea ssp. advena (Ait.) Kartesz & Gandhi

Yellow Pond Lily; Nymphaeaceae

Tribal Nation: Comanche

Indigenous Name: *Keliata*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Food Use(s): Boiled roots used for food

References: ⁸⁵

Opuntia sp.
Prickly Pear Cactus; Cactaceae

Tribal Nation: Comanche

Indigenous Name: *W_kw_si*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruits eaten fresh and also dried for food in the winter.

Additional Commentary: The spines were rubbed from the fruits designed for storage, the seeds removed, and the pear dried in the sun.

References: ⁸⁶

Pediomelum hypogaeum var. hypogaeum
Scurfpea; Fabaceae

Tribal Nation: Comanche

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Food Use(s): Raw roots used for food.

References: ⁸⁷

Perideridia qaidneri
Wild Caraway

Tribal Nation: Comanche

Indigenous Name: *Do:Ltsa*

Meaning: No translation given

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

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The thick root of the plant is used without modification to induce appetite and stimulate weight gain. The patient eats it.

Additional Commentary: *Do:Ltsa* is obtained from the Eastern Shoshone living at the Wind River Reservation. The identification of the plant is uncertain. If it is wild caraway it is called *yap'* by the Comanche. *Sanapia* first acquired this medicine from an Arapaho uncle, who referred he to Shoshone sources for the plant.

References: ⁸⁸

Perideridia qaidneri
Wild Caraway

Tribal Nation: Comanche

Indigenous Name: *Do:Ltsa*

Meaning: Not given

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

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The thick root of the plant is used without modification for the treatment of tuberculosis. The patient eats the root.

Additional Commentary: *Do:Ltsa* is obtained from the Eastern Shoshone living at the Wind River Reservation. The identification of the plant is uncertain. If it is wild caraway it is called *yap'* by the Comanche. *Sanapia* first acquired this medicine from an Arapaho uncle, who referred he to Shoshone sources for the plant.

References: ⁸⁹

Petalostemum purpureum
Purple Prairie Clover

Tribal Nation: Comanche

Indigenous Name: *Pak3:tsc*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Food Use(s): Roots chewed for sweet flavor.

Additional Commentary: The sweet flavored purple prairie clover was relished.

References: ⁹⁰

Poliomentha ieana
Not given

Tribal Nation: Comanche

Indigenous Name: *Esip)h)BI*
Meaning: "Sweet Smelling Sage"

Habitat/Ecological Zone: Southeastern New Mexico.

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): The chewed leaves are retained in the mouth of a sucking doctor with any other medicine that is being employed during the procedure. The plant can be used to sweeten the taste of bitter medicine or act to enhance its potency. "Sweet sage" is added to *bekwinatsu* to enhance its efficiency.

Additional Commentary: *Sanapia* refers to it in English as "sweet sage." The plant comes from southeastern New Mexico. The Fort Sill Apache or Mescalero Apache, the same tribes that supply *Itse*, usually supplies it.

References: ⁹¹

Poliomentha ieana

Not given

Tribal Nation: Comanche

Indigenous Name: *Esip)h)BI*
Meaning: "Sweet Smelling Sage"

Habitat/Ecological Zone: Southeastern New Mexico.

Plants Parts Harvested: Leaves.

Season Collected: Not given

Spiritual/Religious Use(s): During *Sanapia*'s peyote meetings the bed on which the Chief Peyote is rested is "sweet sage."

Additional Commentary: *Sanapia* refers to it in English as "sweet sage." The plant comes from southeastern New Mexico. The Fort Sill Apache or Mescalero Apache, the same tribes that supply *Itse*, usually supplies it to the Comanche.

References: ⁹²

Poliomintha incana Torr

Frosted Mint; Lamiaceae

Rosemary Mint;

Purple Sage

Tribal Nation: Comanche

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Frosted mint is found on eroded slopes and in sandy soils.

Plants Parts Harvested: Leaves

Season Collected: Not given

Additional Commentary: Comanche medicine women chewed the leaves of frosted mint to sweeten the taste of other drugs. The Hopi and Tewa used frosted mint to treat rheumatism and ear trouble. They also used the flowers for flavoring in food preparation.

References: ⁹³

Poliomintha incana (Torr.) Gray
Hoary Rosemarymint; Lamiaceae

Tribal Nation: Comanche

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Leaves chewed by medicine woman retaining other drugs in her mouth to sweeten the taste.

References: ⁹⁴

Poliomintha incana (Torr.) Gray
Hoary Rosemarymint; Lamiaceae

Tribal Nation: Comanche

Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone:
Plants Parts Harvested: Unknown
Season Collected: Not given
Medicinal Use(s): Used to increase the efficacy of other medicine plants.
References: ⁹⁵

Prosopis glandulosa Torr.
Honey Mesquite; Fabaceae

Tribal Nation: Comanche
Indigenous Name: *Namofitscni*
Natsckwe
Meaning: Not given
Not given
Habitat/Ecological Zone: Found in Mexico north across the greater Southwest United States
Plants Parts Harvested: Leaves
Season Collected: Not given
Medicinal Use(s): Leaves chewed and juice swallowed to neutralize acid stomach.
References: ⁹⁶

Prosopis glandulosa Torr.
Honey Mesquite; Fabaceae

Tribal Nation: Comanche
Indigenous Name: *namofitscni*
Natsckwe

Meaning: Not given
Not given

Habitat/Ecological Zone: Found in Mexico north across the greater Southwest United States

Plants Parts Harvested: Pods

Season Collected: Not given

Food Use(s): Pods made into a meal and used for food

Additional Commentary: After the beans were crushed, the seeds were removed and the pods pounded to a fine meal, which was used alone or added to cornmeal as a sweetening. A mush was prepared by mixing mesquite meal with marrow. The Comanche also made a drink by combing mesquite meal and cornmeal in water.

References: ⁹⁷

Prunus angustifolia Marsh.
Chickasaw Plum; Rosaceae

Tribal Nation: Comanche

Indigenous Name: *Yuseke*
Parawaskeke
Kuisiseke

Meaning: Early plum;
Late summer plum;
Fall plum;
Also dried plum as it falls to the ground and;
One particular plum

Habitat/Ecological Zone: Thickets in prairies, woodlands, pastures and riverbanks

Plants Parts Harvested: Fruit

Season Collected: Midsummer into fall

Food Use(s): Fresh fruits used for food. Stored fruits used for food.

References: ⁹⁸

Prunus sp.

Prunus americana

Wild Plum; Rosaceae

Sand Hill Plum;

Sand Cherry

Tribal Nation: Comanche

Indigenous Name: *Yuseke*
Parawaskeke
Kuisiseke
Su:kui

Meaning: Early plum;
Late summer plum;
Fall plum;
Also dried plum as it falls to the ground and;
One particular plum

Habitat/Ecological Zone: Thickets in prairies, woodlands, pastures and riverbanks

Plants Parts Harvested: Fruit

Season Collected: Midsummer into fall

Food Use(s): Fruits eaten dried and stored for later use

Additional Commentary: The Comanche differentiate between plums during the season when they were gathered for consumption or use. One of the plum terms, according to Carlson and Jones may refer to wild cherry (*Prunus serotina*) or chokecherry (*Prunus virginiana*). After the seeds had been removed and the fruits dried on a hide in the sun, they were stored for winter use. Later they were boiled in water and eaten. In the winter the Indians sometimes obtained plums by tracking pack rats to their nests and taking the hoarded supply.⁹⁹

References: ¹⁰⁰

Prunus virginiana

Chokecherry; Rosaceae

Tribal Nation: Comanche

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Thickets in prairies, woodlands, pastures, hillsides, and riverbanks in rich soils

Plants Parts Harvested: Fruit

Season Collected: Midsummer into fall (June to October)

Food Use(s): Fresh fruits used for food. Stored fruits used for winter use and to make pemmican

References: ¹⁰¹

Psoralea hypogaeae Nutt..
Indian Breadroot

Tribal Nation: Comanche

Indigenous Name: *E'kakoni*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Roots

Season Collected: Not given

Food Use(s): Roots eaten raw.

References: ¹⁰²

Quercus marilandica Muenchh.
Blackjack Oak; Fagaceae
Barren Oak

Tribal Nation: Comanche

Indigenous Name: *Duhu:p*

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Acorn

Season Collected: Not given

Food Use(s): Boiled acorns used for food in times of scarcity

Additional Commentary: They were shelled and boiled and might be stored for future use. The Comanche also ate them whole

References: ¹⁰³

Quercus marilandica Muenchh.
Blackjack Oak; Fagaceae
Barren Oak

Tribal Nation: Comanche

Indigenous Name: *Duhu:p*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Leaves used as cigarette wrappers

References: ¹⁰⁴

Quercus sp.
Oak; Fagaceae

Tribal Nation: Comanche

Indigenous Name: *Pasapcni*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Acorns

Season Collected: Not given

Food Use(s): Acorns used for food.

References: ¹⁰⁵

Quercus sp.

Oak; Fagaceae

Tribal Nation: Comanche

Indigenous Name: *Pasapcni*

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Trunks

Season Collected: Not given

Artifacts: Trunks used for fence posts.

References: ¹⁰⁶

Rhus glabra L.

Smooth Sumac; Anacardiaceae

Tribal Nation: Comanche

Indigenous Name: *Dimeyov, kusi:poko*

Meaning: Not given

Habitat/Ecological Zone: Upland prairies, pastures, borders, openings of wooded areas, along country roads, and along rail routes.

Plants Parts Harvested: Fruits

Season Collected: Not given

Food Use(s): Fruits eaten by children.

Additional Commentary: Black and round like a grape and said to be eaten fresh. Native people ate the sour acid fruit of the sumac whenever sumac was available.

References: ¹⁰⁷

Rhus glabra L.

Smooth Sumac; Anacardiaceae

Tribal Nation: Comanche

Indigenous Name: *Dimeyov*

Meaning: Not given

Habitat/Ecological Zone: Upland prairies, pastures, borders, openings of wooded areas, along country roads, and along rail routes.

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Leaves added to tobacco for smoking

References: ¹⁰⁸

Rhus glabra L.

Smooth Sumac; Anacardiaceae

Tribal Nation: Comanche

Indigenous Name: *Dimeyov*

Meaning: Not given

Habitat/Ecological Zone: Upland prairies, pastures, borders, openings of wooded areas, along country roads, and along rail routes.

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Chew the bark and swallow the juice as a treatment for colds.

References: ¹⁰⁹

Rhus trilobata Nutt

Skunkbush Sumac; Anacardiaceae

Tribal Nation: Comanche

Indigenous Name: *Datsipv*

Meaning: Not given

Habitat/Ecological Zone: Upland prairies and openings of woods; dry slopes, plains and foothills; southern British Columbia to New Mexico

Plants Parts Harvested: Bark

Season Collected: Not given

Medicinal Use(s): Bark chewed and juice swallowed for colds.

References: ¹¹⁰

Ribes aureum var. *villosum* DC.

Golden Currant; Grossulariaceae

Tribal Nation: Comanche

Indigenous Name: *HuaBcko*:

Meaning: Not given

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

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Eaten for food.

References: ¹¹¹

Ribes odoratum Wendl.

Wild Currant

Tribal Nation: Comanche

Indigenous Name: *HuaBeko*:

Meaning: Not given

Habitat/Ecological Zone: Hillsides, limestone cliffs, borders of woods, often is sandy soils. It is found from South Dakota to western Texas

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Eaten fresh for food.

Additional Commentary: These were not preserved as they were among many tribes.

References: ¹¹²

Salix sp.

Salix humilis

Salix Nigra?

Willow, Salicaceae

Prairie Willow

Tribal Nation: Comanche

Indigenous Name: *Ohas3h3β^{wv}*

Meaning: Not given

Habitat/Ecological Zone: Upland sites in prairies and sparse woods, especially in sandy soil

Plants Parts Harvested: Stems

Season Collected: Not given

Medicinal Use(s): Stem ashes used for sore eyes.

References: ¹¹³

Sapindus saponaria var. *drummondii* (Hook. & Arn.) L. Benson

Western Soapberry; Sapindaceae

Tribal Nation: Comanche

Indigenous Name: *t_mits_na:*

Meaning: Not given

Habitat/Ecological Zone: Kansas south into Texas and New Mexico

Plants Parts Harvested: Stems

Season Collected: Not given

Artifacts: Stems used to make arrows for *aratsi* game

References: ¹¹⁴

Schizachyrium scoparium var. *scoparium*

Andropogon scoparius

Little Bluestem; Poaceae

Tribal Nation: Comanche

Indigenous Name: *Eks_nip*

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Stem

Season Collected: Not given

Medicinal Use(s): Stem ashes used for syphilitic sores.

References: ¹¹⁵

Schizachyrium scoparium var. *scoparium*

Andropogon scoparius
Little Bluestem; Poaceae

Tribal Nation: Comanche

Indigenous Name: *Eks_nip*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Stems

Season Collected: Not given

Spiritual/Religious Use(s): Bundles of stems used as switches in the sweat lodge.

References: ¹¹⁶

Smilax bona-nox L.
Saw Greenbrier; Smilacaceae

Tribal Nation: Comanche

Indigenous Name: *Tamctsoi*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Leaves used as cigarette wrappers

References: ¹¹⁷

Solanum sp.
Solanum triflorum
Nightshade; Solanaceae

Tribal Nation: Comanche

Indigenous Name: *De:petetsi*
Meaning: No translation given

Habitat/Ecological Zone: Rocky prairie hillsides, prairie dog towns, pastures, and fields. It is also found along roadsides and water places.

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Decoction of root taken as a general tonic.

References: ¹¹⁸

Solanum sp.
Solanum triflorum
Nightshade; Solanaceae

Tribal Nation: Comanche

Indigenous Name: *De:petetsi*
Meaning: No translation given

Habitat/Ecological Zone: Rocky prairie hillsides, prairie dog towns, pastures, and fields. It is also found along roadsides and water places.

Plants Parts Harvested: Root

Season Collected: Not given

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

References: ¹¹⁹

Solanum fendleri
Wild potato

Tribal Nation: Comanche

Indigenous Name: *Totox'd*
Meaning: Not given

Habitat/Ecological Zone: Southwest

Plants Parts Harvested: Tuber

Season Collected: Spring

Food Use(s): Potato is eaten.

Additional Commentary: The plant produces a tuber the size of a walnut and the flesh is light in color. The tubers appear in spring but do not last long.

References: ¹²⁰

Solanum Jamesii

Wild potato

Tribal Nation: Comanche

Indigenous Name: *Totox'd*

Meaning: Not given

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

Plants Parts Harvested: Tuber

Season Collected: Spring

Food Use(s): Potato is eaten.

Additional Commentary: The plant produces a tuber the size of a walnut and the flesh is light in color. The tubers appear in spring but do not last long.

References: ¹²¹

Sophora secundiflora (Ortega) Lag. ex DC.

Mescal Bean; Fabaceae

Tribal Nation: Comanche

Indigenous Name: *Ecapa*

Meaning: Not given

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

Plants Parts Harvested: Mescal Beans

Season Collected: Not given

Spiritual/Religious Use(s): Ceremonial plant

Additional Commentary: It seems that at one time to have been the center of a pre-peyote narcotic cult and whose use has been retained in connection with magic and ornamentation. Ethnologist, Morris Opler was told by his Lipan Apache consultants that the Comanche would mix mescal with peyote.¹²²

References: ¹²³

Sophora secundiflora (Ortega) Lag. ex DC.
Mescal Bean; Fabaceae

Tribal Nation: Comanche

Indigenous Name: *Ecapa*

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Mescal Beans

Season Collected: Not given

Medicinal Use(s): A decoction of ground beans boiled while in a cloth bag. When the decoction is ready (a brownish color), the liquid is used as eardrops for earaches and applied to sores deep in the ear.

References: ¹²⁴

Sophora secundiflora (Ortega) Lag. ex DC.
Mescal Bean; Fabaceae

Tribal Nation: Comanche

Indigenous Name: *Ecapa*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Mescal Beans

Season Collected: Not given

Spiritual/Religious Use(s): Mescal beans are used as protection against possible contamination from menstrual blood.

Additional Commentary: *Sanapia*'s maternal uncle, a *puha'kut* (medicine man), sewed mescal beans into his pant cuffs as protection against menstrual blood.

References: ¹²⁵

Sophora secundiflora (Ortega) Lag. ex DC.
Mescal Bean; Fabaceae

Tribal Nation: Comanche

Indigenous Name: *Ecapa*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Mescal Beans

Season Collected: Not given

Artifacts: Mescal beans are used as ornaments possibly for ceremonial purposes

References: ¹²⁶

Sphaeralcea coccinea ssp. *coccinea*
Scarlet Globe Mallow; Malvaceae

Tribal Nation: Comanche

Indigenous Name: *Yckanatsu*

Meaning: Not given

Habitat/Ecological Zone: Dry prairies, plains, and hills

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Infusion of plant used to make a tea that was drunk for swellings

Additional Commentary: The Comanche used False Red Mallow (*Malvastrum coccineum*).

References: ¹²⁷

Typha latifolia L.
Cattail

Tribal Nation: Comanche

Indigenous Name: *Pisbu:ni*

Meaning: Not given

Habitat/Ecological Zone: Still, slow moving waterways; plains to montane; Northwest Territory, Canada to New Mexico

Plants Parts Harvested:

Season Collected: Not given

Additional Commentary: No use known to informant.

References: ¹²⁸

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Itse*

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Fruiting body of the plant

Season Collected: According to *Sanapia*, the proper time to harvest the plant is fall.

Medicinal Use(s): The plant is used primarily as a remedy for rattlesnake bites and as a rattlesnake repellent. The fruiting body of the plant is used.

Additional Commentary: *Itse* is obtained originates from the Mescalero Apache who give *Itse* to the Fort Sill Apache. *Sanapia* acquired the medicine from them. *Itse* is boiled and ribbed on an individual's legs as a repellent. Comanche elders would also carry it in small sacks that are either worn on their belts or around their ankles. If a person is bitten, *Itse* is chewed to a pulp and placed on the fang punctures. It also could be retained in the mouth of a person who is attempting to suck the poison from the wound area. *Itse* also is used in a similar manner for spider and scorpion bites.

References: ¹²⁹

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Itse*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Fruiting body of the plant

Season Collected: According to *Sanapia*, the proper time to harvest the plant is fall.

Medicinal Use(s): Ingested as a thick broth for pneumonia. The fruiting body of the plant is used.

Additional Commentary: *Itse* is used when it is obtained, but is modified to the point that identification its origin is impossible. *Itse* is originates from the Mescalero Apache who give *Itse* to the Fort Sill Apache. *Sanapia* acquires the medicine from them. *Sanapia* notes that one of the characteristics of the medicine is causing excessive salivation. She uses the medicine to induce salivation in some patients.

References: ¹³⁰

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Kusiw_na*
Meaning: "It's Gray."

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Roots are used as a sedative in the absence of peyote or as an additive to peyote.

Additional Commentary: This is one of *Sanapia*'s five major medicines.

References: ¹³¹

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Kusiw_na*
Meaning: "It's Gray."

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): It is used as an addition to many medicinal preparations as it will increase their potency.

Additional Commentary: This is one of *Sanapia*'s five major medicines. The root is extremely hard, which is a positive attribute proving its potency.

References: ¹³²

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Kusiw_na*
Meaning: "It's Gray."

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): A splintered root is boiled to form a tea. The patient is liberally dosed with the tea until the "fits" subside

Additional Commentary: This is one of *Sanapia*'s five major medicines.

References: ¹³³

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Kusiw_na*
Meaning: "It's Gray."

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The root is administered in several different ways. *Kusiw_na* can be made into a thick paste and applied to the small incisions that are made

before sucking doctoring for object intrusion. The root can be drunk by the patient or *Kusiw_na* can be spewed on the patient by the person doing the doctoring.

Additional Commentary: This is one of *Sanapia's* five major medicines.

References: ¹³⁴

Unidentified
Iris (Unknown species)

Tribal Nation: Comanche

Indigenous Name: *Bakuma^k*
Meaning: "In the Water"

Habitat/Ecological Zone: Possibly eastern Oklahoma.

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): A decoction of the root is used for the treatment of colds, upset stomach, and sore throat.

Additional Commentary: *Sanapia's* mother brought these plants back from eastern Oklahoma (Muscogee Creek country) and planted them near a spring. The Comanche have had a long association with the Creeks. It is possible that *Sanapia's* mother first obtained this plant from them.

References: ¹³⁵

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *B_tasas*
Meaning: "Looks like a Feather."

Habitat/Ecological Zone: Southeastern New Mexico.

Plants Parts Harvested: Fruit

Season Collected: Not given

Medicinal Use(s): The fruiting body is made into an infusion that is given to patients suffering from tuberculosis; various stomach complaints, and post-natal hemorrhaging.

Additional Commentary: The plant originates in Mescalero Apache country. From the description given by *Sanapia*, a botanist suggests *Agoseria* as the possible genus affiliation.

References: ¹³⁶

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *B_ :tasas*
Meaning: "Looks like a Feather."

Habitat/Ecological Zone: Southeastern New Mexico.

Plants Parts Harvested: Fruit.

Season Collected: Not given

Medicinal Use(s): A thick paste is made from the fruit and applied as a liniment to the chest and throat of those suffering from pneumonia.

Additional Commentary: The plant originates in Mescalero Apache country. From the description given by *Sanapia*, a botanist suggests *Agoseria* as the possible genus affiliation.

References: ¹³⁷

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Ointasu*

Meaning: "Vomit medicine"

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): A decoction of the root is taken internally by patient's suffering from asthma or chest congestion.

References: ¹³⁸

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Tipinatsu*
Meaning: "Rock Medicine"

Habitat/Ecological Zone: Not applicable

Plants Parts Harvested: None

Season Collected: Not given

Medicinal Use(s): *Tipinatsu* is only used with cedar. Both are placed on live coals to produce a white smoke that is inhaled and smudged over the patient. The medicine is used in the treatment of ghost sickness and witchcraft.

Additional Commentary: While not a plant per se, "rock medicine" is the gummy, amber-colored egg depository of the mason bee. The insect attaches these cases to rocks and then proceeds to camouflage them with local plant seeds and gravel, giving the cases a "rock-like" appearance. According to *Sanapia*, the bees get gum from the cedar; mix it with broomweed flowers and sage. "That is why this medicine works best with cedar."¹³⁹

References: ¹⁴⁰

Unidentified
"Cactus"

Tribal Nation: Comanche

Indigenous Name: *Eka mitsa*
Meaning: Not given

Habitat/Ecological Zone: Comanche Territory; arid, open locations; widespread across the west

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Food Use(s): Probably eaten

References: ¹⁴¹

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Kusi:poko*
Meaning: Not given

Habitat/Ecological Zone: Comanche Territory

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Berries eaten.

References: ¹⁴²

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Mawitsck*^v
Meaning: Not given

Habitat/Ecological Zone: Comanche Territory
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Medicinal Use(s): Decoction used in treatment of constipation and gonorrhoea
References: ¹⁴³

Unidentified
Not given

Tribal Nation: Comanche
Indigenous Name: *Nemelisas*
Meaning: Not given
Habitat/Ecological Zone: Comanche Territory
Plants Parts Harvested: Leaves
Season Collected: Not given
Additional Commentary: Leaves were used as perfume.
References: ¹⁴⁴

Unidentified
Not given

Tribal Nation: Comanche
Indigenous Name: *Paiyap*
Meaning: Not given
Habitat/Ecological Zone: Comanche Territory
Plants Parts Harvested: Roots
Season Collected: Not given

Food Use(s): Roots roasted or boiled and eaten

Additional Commentary: Blossom like that of a sunflower and edible roots prepared by roasting or boiling

References: ¹⁴⁵

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Peheñatsu*
Peheł

Meaning: Not given
Not given

Habitat/Ecological Zone: Comanche Territory

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Used to check menstrual discharge

References: ¹⁴⁶

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Poiya*

Meaning: Not given

Habitat/Ecological Zone: Comanche Territory

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Decoction of leaves used in treatment of fever.

References: ¹⁴⁷

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Q3tanarixka*
Meaning: Not given

Habitat/Ecological Zone: Grows in sandy places; Comanche Territory

Plants Parts Harvested: Roots

Season Collected: Not given

Food Use(s): "Roots" peeled and roasted in fire and eaten

References: ¹⁴⁸

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Sehetsitsina*
Meaning: Not given

Habitat/Ecological Zone: Comanche Territory

Plants Parts Harvested: Roots

Season Collected: Not given

Food Use(s): Roots boiled or roasted and eaten.

References: ¹⁴⁹

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Tabaxko*
Meaning: Not given

Habitat/Ecological Zone: Comanche Territory

Plants Parts Harvested: Roots

Season Collected: Collected in the spring.

Food Use(s): Roots cooked with fat to make soup.

References: ¹⁵⁰

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Totox'd*
Meaning: Not given

Habitat/Ecological Zone: Comanche Territory

Plants Parts Harvested: Tubers

Season Collected: Not given

Food Use(s): Tubers eaten

Additional Commentary: Resembles a small tomato bears a root about the size and shape of a walnut. The root is peeled before eaten; the flesh is light in color.

References: ¹⁵¹

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Tsuns*
Meaning: Not given

Habitat/Ecological Zone: Comanche Territory

Plants Parts Harvested: Roots

Season Collected: Not given

Food Use(s): Roots roasted and eaten.

Additional Commentary: Grayish vine grows deep and produces a root, which is roasted after its thick skin has been removed.

References: ¹⁵²

Unidentified
Cactus

Tribal Nation: Comanche

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Comanche Territory

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruits eaten.

References: ¹⁵³

Not given
Wild Onion

Tribal Nation: Comanche

Indigenous Name: *pakø:k*
Meaning: Not given
Habitat/Ecological Zone: Oklahoma
Plants Parts Harvested: Plant
Season Collected: Not given
Food Use(s): Prepared by braiding the plants together and roasting them over a fire
References: ¹⁵⁴

Not given
Wild Onion

Tribal Nation: Comanche
Indigenous Name: *t?diekø:k*
Meaning: Not given
Habitat/Ecological Zone: Oklahoma
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Food Use(s): Less desirable, with red flowers and commonly eaten.
References: ¹⁵⁵

Unidentified
Not given

Tribal Nation: Comanche
Indigenous Name: *E'kakoni*
Meaning: Not given
Habitat/Ecological Zone: Northern Plains

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Food Use(s): Radish like

Additional Commentary: Described as growing like a radish and having a root like a radish it was peeled, and eaten raw. The root was further described as red and sweet tasting.

References: ¹⁵⁶

Unidentified
Edible root – potato

Tribal Nation: Comanche

Indigenous Name: *Sehetsitsina*
Meaning: No translation given

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Food Use(s): Potato like

Additional Commentary: It was either boiled or roasted. Grows in hills, flowers like Sweet William and has small white tubers, ripe in spring.

References: ¹⁵⁷

Vitis sp.
Wild Grapes; Vitaceae

Tribal Nation: Comanche

Indigenous Name: Not given
Meaning: Not given

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

Plants Parts Harvested: Fruit
Season Collected: Not given
Food Use(s): Dried fruits stored for later use. Fresh fruits also used for food.
Additional Commentary: The dried fruits were dampened, worked into cakes, and baked with fat sometimes being added in the process.
References: ¹⁵⁸

Yucca louisianensis Trel.
Gulf Coast Yucca; Agavaceae
Soapweed

Tribal Nation: Comanche
Indigenous Name: *Mu:mutsi*
Meaning: Not given
Habitat/Ecological Zone: Dry, open sites; plains to foothills; southern Alberta, Canada to New Mexico
Plants Parts Harvested: Roots
Season Collected: Not given
Artifacts: Roots used as soap.
References: ¹⁵⁹

Zanthoxylum americanum P. Mill.
Common Prickly Ash; Rutaceae

Tribal Nation: Comanche
Indigenous Name: *Kun_natsu*
Meaning: Not given

Habitat/Ecological Zone: Open, rocky woodlands, thickets, prairie ravines, fencerows, and road sides. Favors limestone soil.

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Roots pulverized and powder used for burns

References: ¹⁶⁰

Zanthoxylum americanum P. Mill.

Common Prickly Ash; Rutaceae

Tribal Nation: Comanche

Indigenous Name: *Kun_natsu*

Meaning: Not given

Habitat/Ecological Zone: Open, rocky woodlands, thickets, prairie ravines, fencerows, and roadsides. Favors limestone soil.

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Infusion of pulverized roots used for fever.

References: ¹⁶¹

Zanthoxylum americanum P. Mill.

Common Prickly Ash; Rutaceae

Tribal Nation: Comanche

Indigenous Name: *Kun_natsu*

Meaning: Not given

Habitat/Ecological Zone: Open, rocky woodlands, thickets, prairie ravines, fencerows, and roadsides. Favors limestone soil.

Plants Parts Harvested: Inner bark

Season Collected: Not given
Medicinal Use(s): Inner bark placed in throat for sore throat.
References: ¹⁶²

Zanthoxylum americanum P. Mill.
Common Prickly Ash; Rutaceae

Tribal Nation: Comanche
Indigenous Name: *Kun_natsu*
Meaning: Not given
Habitat/Ecological Zone: Open, rocky woodlands, thickets, prairie ravines, fencerows, and roadsides. Favors limestone soil.
Plants Parts Harvested: Roots
Season Collected: Not given
Medicinal Use(s): Roots pulverized and used for toothache.
Additional Commentary: It was held against the tooth to relieve pain.
References: ¹⁶³

Zea mays L.
Corn; Poaceae

Tribal Nation: Comanche
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Cultivar
Plants Parts Harvested: Ears
Season Collected: Not given

Food Use(s): Food crop

Additional Commentary: The Tewa Pueblo formerly bartered with the Comanche for prepared buffalo hides.

References: ¹⁶⁴

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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. Edward F. Castetter, Ethnobiological Studies in the American Southwest I. Uncultivated Native Plants Used as Sources of Food. (University of New Mexico Bulletin 4 (1, 1935):10.
- ³. Castetter, Ethnobiological Studies in the American Southwest I. Uncultivated Native Plants Used as Sources of Food, 10.
- ⁴. Castetter, Ethnobiological Studies in the American Southwest I. Uncultivated Native Plants Used as Sources of Food, 10.
- ⁵. Gustav G. Carlson and Volney H. Jones, "Some Notes on Uses of Plants by the Comanche Indians," Papers of the Michigan Academy of Science, Arts and Letters (25, 1940):524.
- ⁶. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 520, 528; Kelly Kindscher, Edible Wild Plants of the Prairie: An Ethnobotanical Guide. (Lawrence: University Press of Kansas, 1987), 12-17.
- ⁷. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 520.
- ⁸. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 520.
- ⁹. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 520.
- ¹⁰. Kelly Kindscher, Medicinal Wild Plants of the Prairie: An Ethnobotanical Guide. (Lawrence: University Press of Kansas, 1992), 226-227; Virgil J. Vogel, American Indian Medicine. (Norman: University of Oklahoma Press, 1982), 213.
- ¹¹. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 520, 539; Vogel, American Indian Medicine, 213.
- ¹². Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 520: Vogel, American Indian Medicine, 205.
- ¹³. Kindscher, Medicinal Wild Plants of the Prairie: An Ethnobotanical Guide, 228-229; Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 520; 532, 533.
- ¹⁴. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 520; Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 56.
- ¹⁵. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 520.
- ¹⁶. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 520.
- ¹⁷. David E. Jones, "Comanche Plant Medicine," Papers in Anthropology 9(1968):7; Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 520; Kindscher, Medicinal Wild Plants of the Prairie: An Ethnobotanical Guide, 46-52.
- ¹⁸. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 520, 526.
- ¹⁹. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 522.
- ²⁰. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 520, 528; Kindscher, Edible Wild Plants of the Prairie: An Ethnobotanical Guide, 72-75.
- ²¹. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 520.
- ²². Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 520.

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- ²³. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 520, 531.
- ²⁴. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 521, 527.
- ²⁵. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 521.
- ²⁶. Kindscher, Medicinal Wild Plants of the Prairie: An Ethnobotanical Guide, 234-235; Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 521, 533; Vogel, American Indian Medicine, 213.
- ²⁷. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 521, 531; Kindscher, Edible Wild Plants of the Prairie: An Ethnobotanical Guide, 84-87.
- ²⁸. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 521.
- ²⁹. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 521.
- ³⁰. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 521, 526.
- ³¹. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 521, 526.
- ³². Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 521, 526.
- ³³. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 521.
- ³⁴. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 521, 528.
- ³⁵. Kindscher, Edible Wild Plants of the Prairie: An Ethnobotanical Guide, 109-111.
- ³⁶. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 521.
- ³⁷. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 526.
- ³⁸. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 521.
- ³⁹. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 521; Vogel, American Indian Medicine, 357.
- ⁴⁰. Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 521; Vogel, American Indian Medicine, 357.
- ⁴¹. Jones, "Comanche Plant Medicine," 5; Carlson and Jones, "Some Notes on Uses of Plants by the Comanche Indians," 521.
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