

Chapter 12

Ute Ethnobotany

8.1 Introduction

The ethnological and ethnohistorical literature review documented approximately 183 plant resources acknowledged or used by the Ute. Sixty-five plants were recorded as food resources. Thirty-six plants were listed as having medicinal value and two plants had explicit religious or spiritual value. Twenty-one flora resources were used in the manufacture of material items. Of the complete plant inventory, the literature recognized 72 plant resources with no cultural use for the resource. Below are the plant resources listed by scientific name, although some plants could not be specifically identified. These plants are listed as unidentified.¹

8.2 Ethnobotanical Resources

Abronia fragrans Nutt. ex Hook.

Snowball Sand Verbena; Nyctaginaceae

Tribal Nation: Ute

Indigenous Name: *Sa-gwam-si-gwiv*

Meaning: "Stomach medicine"

Habitat/Ecological Zone: Sandy prairies, dunes, and stream valleys

Plants Parts Harvested: Roots and flowers

Season Collected: Not given

Medicinal Use(s): Roots and flowers used for stomach and bowel troubles

Additional Commentary: The indigenous term is probably not specific and will likely be found to be applied to other plants used for similar purposes.

References: ²

Acer glabrum (Torr.)

Maple

Tribal Nation: Ute

Indigenous Name: *Pa-wai- 'uv:pa*
Meaning: "Water Oak"

Habitat/Ecological Zone: Sandy prairies, dunes, and stream valleys

Plants Parts Harvested: Roots and flowers

Season Collected: Not given

Additional Commentary: No stated use for the plant

References: ³

Achillea millefolium L

Common Yarrow; Asteraceae

Tribal Nation: Ute

Indigenous Name: *I-am 'si-ta-gwiv*
Meaning: "Wound 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): Poultice of plant applied externally to bruises.

References: ⁴

Achillea millefolium L
Common Yarrow; Asteraceae

Tribal Nation: Ute

Indigenous Name: *I-am'-si-ta-gwiv*
Meaning: "Wound 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): Administered as a panacea. An infusion of the plant taken for cases of sickness

References: ⁵

Agoseris sp.
Troxmon sp.
Asteraceae

Tribal Nation: Ute

Indigenous Name: *An'-ka-pi-sa-wats*
Meaning: Not given

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

Plants Parts Harvested: Leaves

Season Collected: Not given

Food Use(s): Leaves are formerly used as food

Additional Commentary: Eaten like the dandelion (*Taraxacum officinale*)

References:⁶

Allium acuminatum Hook
Tapertip Onion; Liliaceae

Tribal Nation: Ute

Indigenous Name: *Kun-ka*
Wisi-sik^wu

Meaning: “Onion”
“Wild Onion”

Habitat/Ecological Zone: Found in foothills, woodlands, and forest openings. *Allium acuminatum* is common in the pinon-juniper forests

Plants Parts Harvested: Bulbs and leaves

Season Collected: Spring

Food Use(s): Bulbs and leaves used for food

References: ⁷

Allium bisceptrum S. Wats.
Twincrest Onion; Liliaceae

Tribal Nation: Ute

Indigenous Name: *Kun-ka*
Meaning: “Onion”

Habitat/Ecological Zone: Found across western North America from Oregon to California and into Utah. Grows in meadows and aspen groves, occasionally on open slopes, preferring sandy and loamy, moist, but well-drained soil.

Plants Parts Harvested: Bulbs and leaves

Season Collected: Not given

Food Use(s): Bulbs and leaves used for food.

References: ⁸

Amaranthus retroflexus

Amaranthus gracizans

Redroot Pigweed; Amaranthaceae

Tribal Nation: Ute

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Found from Alaska to Texas

Plants Parts Harvested: Plant

Season Collected: Autumn

Food Use(s): Winnowed and parched, then either eaten or ground into flour cakes or boiled into a mush

Additional Commentary: Pigweed is also boiled, mashed, dried and ground for consumption. Young shoots and stems are eaten raw or boiled.⁹

References: ¹⁰

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

Saskatoon Serviceberry; Rosaceae

Tribal Nation: Ute

Indigenous Name: *To-ump'*

Tuwa=pi

Meaning: Not given

Not given

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

Plants Parts Harvested: Fruit

Season Collected: Ripen in the fall

Food Use(s): Berries are harvested seasonally for immediate consumption and surplus is dried for five days and stored in sacks for winter use

Additional Commentary: According to Smith's consultants, serviceberries were a favorite berry.¹¹

References: ¹²

Amelanchier alnifolia (Nutt.) Nutt. ex M. Roemer
Saskatoon Serviceberry; Rosaceae

Tribal Nation: Ute

Indigenous Name: *To-ump'*
Meaning: Not given

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

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Berries are used in season. Eaten raw, cooked and dried into cakes for later consumption

References: ¹³

Amsinckia tessellata
Fiddleneck; Boraginaceae

Tribal Nation: Ute

Indigenous Name: *Tu'-ka-rump*
Meaning: Not given

Habitat/Ecological Zone: Found along roadsides and dry open slopes and flats, often in disturbed soil. Distributed widely across the southwest into Utah

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given
Additional Commentary: No stated use for the plant.
References: ¹⁴

Antennaria dimorpha (Torr. and Gray)
Low Pussytoes; Asteraceae

Tribal Nation: Ute
Indigenous Name: *Tim'-pin-tsau-uv*
Meaning: "Rock-matting plant"
Habitat/Ecological Zone: Grows on dry sites in foothills and montane zones from southern British Columbia, Canada to Colorado
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No stated use for the plant.
References: ¹⁵

Arabis holboelli (Hornem.)
Reflexed Rockcress; Brassicaceae

Tribal Nation: Ute
Indigenous Name: *Qta'-ko-mav*
Meaning: Not given
Habitat/Ecological Zone: Open, dry, often gravelly sites; plains to sub-alpine from the southern Yukon and Northwest Territory, Canada to Colorado
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No stated use for the plant

References: ¹⁶

Argropyrum repens (Beauv.)

Blue Joint;
Couch Grass

Tribal Nation: Ute

Indigenous Name: ? *wai-*
Meaning: Not given

Habitat/Ecological Zone: Widespread across the west

Plants Parts Harvested: Plant

Season Collected: Not given

Additional Commentary: No stated use for the plant

References: ¹⁷

Artemisia tridentata Nutt

Big Sagebrush; Asteraceae

Tribal Nation: Ute

Indigenous Name: *Ma-av*
Ma-ap
Meaning:

Habitat/Ecological Zone: Prairies and semi-disturbed sites

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Decoction of leaves used as a medicine

References: ¹⁸

Asclepidiora decumbens Gray.

Milkweed; Asclepiadaceae

Tribal Nation: Ute

Indigenous Name: *Sa-na'-ko-mav*
Meaning: Not given

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

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No stated use for the plant.

References: ¹⁹

Aspidium filix-mas (Schwartz)

Male Fern; Aspidium

Shield Fern

Tribal Nation: Ute

Indigenous Name: *Kai-ban-kim-bis*
Meaning: "Wood Fern"
"Mountain Fern"

Habitat/Ecological Zone: An introduced species native to Europe. Found in wet to very moist locations often in shady areas

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No stated use for the plant

References: ²⁰

Astragalus iodanthus, Watson

Buffalo Bean; Fabaceae

Tribal Nation: Ute

Indigenous Name: *Ti'-wi-pi-tcum-av*
Meaning: "Earth or Ground-matting Plant"

Habitat/Ecological Zone: Found throughout the west from Oregon to Utah

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No stated use for the plant

References: ²¹

Balsamorhiza sagittata (Pursh) Nutt

Arrowleaf Balsamroot; Asteraceae

Tribal Nation: Ute

Indigenous Name: *Ku-si-a kump*
Meaning: "White shoot"

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

Plants Parts Harvested: Young shoots and leaves

Season Collected: Not given

Food Use(s): Young shoots and leaves eaten

References: ²²

Balsamorhiza sagittata (Pursh) Nutt

Arrowleaf Balsamroot; Asteraceae

Tribal Nation: Ute

Indigenous Name: *Ku-si-a kump*

Meaning: "White shoot"
Habitat/Ecological Zone: Moist to moderately dry, open sites in the montane zone; Idaho to Wyoming and Montana
Plants Parts Harvested: Root
Season Collected: Not given
Food Use(s): Roots were eaten to some extent
References: ²³

Beckmannia erucaeformis Host.
Slough Grass

Tribal Nation: Ute
Indigenous Name: *A-wat'-o-gwiv*
Meaning: Not given
Habitat/Ecological Zone: Found across the west
Plants Parts Harvested: Seeds
Season Collected: Not given
Additional Commentary: No stated use for the plant, although one unconfirmed source commented that the seeds were collected for food among the Ute.
References: ²⁴

Berberis repens, Lindl.
Oregon Grape;
Barberry

Tribal Nation: Ute
Indigenous Name: *Ksip-o-a-ats*
Meaning: Not given

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

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No stated use for the plant

References: ²⁵

Betula occidentalis, Hook.

Water Birch;

River Birch

Tribal Nation: Ute

Indigenous Name: ? *pa-gwai'-uv*

Meaning: Not given

Habitat/Ecological Zone: Found commonly along montane stream banks, slopes, and ridges, also in moist open woods, at edges of marshes, along lakeshores, and in wet swales; it is distributed from British Columbia, Canada into Colorado and New Mexico.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No stated use for the plant

References: ²⁶

Calochortus nuttallii, Torr. & Gray

Sego Lily; Liliaceae

Tribal Nation: Ute

Indigenous Name: *Si'-go*

Sik^wu

Cik^wu

Meaning: Not given

Not given

Not given

Habitat/Ecological Zone: The plant is native to a number of western states including Idaho, Montana, Wyoming, North Dakota, South Dakota, Nebraska, Nevada, Utah, Colorado, Arizona, and New Mexico.

Plants Parts Harvested: Bulbs or root

Season Collected: Gathered in July

Food Use(s): Bulbs formerly used for food, either eaten immediately or baked in an earthen oven

Additional Commentary: The sego lily is the state flower of Utah. The Ute taught the Anglo pioneers how to find and eat the bulbs during times of starvation.²⁷

References: ²⁸

Camassia quamash

Camas; Agavaceae

Tribal Nation: Ute

Indigenous Name: Unknown

Meaning: Unknown

Habitat/Ecological Zone: Found in moist meadows that become dry in late spring from British Columbia, Canada to Utah

Plants Parts Harvested: Root bulb

Season Collected: Not given

Food Use(s): Used as a food

References: ²⁹

Capsella bursa-pastoris, Moench.

Shepard's Purse

Tribal Nation: Ute

Indigenous Name: *Mo'-ten-de-ats*
Meaning: 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: Not specified in the literature

Season Collected: Not given

Additional Commentary: Introduced into the region. There is no recorded use for the plant.

References: ³⁰

Capsella divaricata, Walp.
Shepard's Purse

Tribal Nation: Ute

Indigenous Name: *Mo'-ten-de-ats*
Meaning: 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: Not specified in the literature

Season Collected: Not given

Additional Commentary: The native plant.³¹

References: ³²

Carex jamesii, Torr.
Sedge; Cyperaceae

Tribal Nation: Ute

Indigenous Name: *Pi'-gwuts*
Meaning: Not given

Habitat/Ecological Zone: A native to North America and is distributed from Minnesota east to New York and south to Oklahoma and South Carolina. It occurs in mesic hardwood forests.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No stated use for the plant

References: ³³

Castilleja parviflora Bong

Mountain Indian Paintbrush; Scrophulariaceae

Magenta paintbrush

Tribal Nation: Ute

Indigenous Name: *Mo'-ten-dit*
Meaning: "Painted Cup"

Habitat/Ecological Zone: Alaska through the Rocky Mountains

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Roots used for bowel troubles.

References: ³⁴

Caulanthus hastatus, Watson.

No Common Name; Brassicaceae

Tribal Nation: Ute

Indigenous Name: *An-ga—ko-rimp*
Meaning: Not given

Habitat/Ecological Zone: Found across the west

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given
Additional Commentary: No recorded use for the plant
References: ³⁵

Citrulus vulgaris
Watermelon

Tribal Nation: Ute
Indigenous Name: *Shan-ti-kut*
Meaning: Not given
Habitat/Ecological Zone: Domestic cultivar
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No recorded use for the plant. Watermelon is an introduced cultivar.³⁶
References: ³⁷

Claytonia caroliniana Michx
Carolina Springbeauty; Portulacaceae

Tribal Nation: Ute
Indigenous Name: *Ti-bi-wu-tcuⁿk*
Meaning: Not given
Habitat/Ecological Zone: Endemic to regions east of the Mississippi River
Plants Parts Harvested: Bulbs
Season Collected: Not given
Food Use(s): Bulbs formerly used for food

References: ³⁸

Cleome serrulata

Guaco; Capparidaceae

Spider-Flower;

Rocky Mountain Bee-Plant

Tribal Nation: Ute

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Dry, open, often in disturbed ground; plains to montane; distributed from southern British Columbia, Canada to New Mexico

Plants Parts Harvested: Young shoots and leaves

Season Collected: Not given

Food Use(s): The young shoots and leaves are boiled and eaten

References: ³⁹

Cleome serrulata

Guaco; Capparidaceae

Spider-Flower;

Rocky Mountain Bee-Plant

Tribal Nation: Ute

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Dry, open, often in disturbed ground; plains to montane; distributed from southern British Columbia, Canada to New Mexico

Plants Parts Harvested: Seeds

Season Collected: Not given

Food Use(s): Seeds are treated like pigweed seeds

References: ⁴⁰

Cleome serrulata

Guaco; Capparidaceae

Spider-Flower;

Rocky Mountain Bee-Plant

Tribal Nation: Ute

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Dry, open, often in disturbed ground; plains to montane; distributed from southern British Columbia, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Artifacts: The plant is stored and used for a dye

References: ⁴¹

Collinsia parviflora Lindl.

Small Flower; Scrophulariaceae

Blue Eyed Mary

Tribal Nation: Ute

Indigenous Name: *Mi'-pu''-ga-shu''-cts*

Meaning: Not given

Habitat/Ecological Zone: Moist to dry, shaded or open sites; foothills to montane; British Columbia, Canada to Colorado

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): The plant is used externally for sore flesh

Additional Commentary: *Collinsia parviflora* is used in a similar fashion to *Gilia gracilius*.⁴²

References: ⁴³

Comandra umbellata ssp. pallida (A. DC.) Piehl
Pale Bastard Toadflax; Santalaceae
Sandalwood

Tribal Nation: Ute

Indigenous Name: *Sa-gwa-si-uⁿ-guts*
Meaning: Not given

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

Plants Parts Harvested: Root

Season Collected: Not given

Artifacts: At the Unitah-Quray reservation, ethnographic information was that the blue dye, which is beneath the root skin was powdered, and mixed to paint thickness with the juice of the round pin-cushion cactus.⁴⁴

References: ⁴⁵

Comandra umbellata ssp. pallida (A. DC.) Piehl
Pale Bastard Toadflax; Santalaceae

Tribal Nation: Ute

Indigenous Name: *Sa-gwa-si-uⁿ-guts*
Meaning: Not given

Habitat/Ecological Zone: Found from Washington south to Texas, also from Nevada to Kansas

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Roots are used for headaches

References: ⁴⁶

Cornus stolonifera Michx.

Kinnikinnick;

Cornel

Tribal Nation: Ute

Indigenous Name: *Kai'-siv*

A-va-tu-tum-but0um-av

Meaning: Possibly "Red Bark"

Not given

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

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Roots are used for headaches

References: ⁴⁷

Cowania mexicana Don.

Cliff Rose

Tribal Nation: Ute

Indigenous Name: *Pu-i'-tcum-av*

Meaning: Not given

Habitat/Ecological Zone: Native to the north edges of the Mojave desert to Colorado, Utah and Arizona.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant

References: ⁴⁸

Cymopterus, spp.
Biscuit root; Apiaceae
Grayish Cymopterus;
Waxy Spring Parsley

Tribal Nation: Ute

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Grows in the mountain regions of Montana and Idaho

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant.

References: ⁴⁹

Cymopteris longipes, Watson.
Longstalk Spring Parsley; Apiaceae

Tribal Nation: Ute

Indigenous Name: *O-an-tuv*
Meaning: Not given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Leaves

Season Collected: Not given

Food Use(s): The leaves were formerly boiled and eaten

References: ⁵⁰

Cystopteris fragilis Bernh.
Fragile Fern; Dryopteridaceae
Fragile Bladderfern

Tribal Nation: Ute

Indigenous Name: *Tim-pim-uv*
Meaning: Possibly “Rock” + “Plant”

Habitat/Ecological Zone: Moist, rocky sites; foothills to alpine; Alaska to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Food Use(s): The leaves were formerly boiled and eaten

Additional Commentary: *Tim-pi* means “rock.”⁵¹

References: ⁵²

Cryptantha sericea (Gray) Payson
Silky Catseye; Boraginaceae

Tribal Nation: Ute

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Found from Washington to Texas

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The roots are used as a stomach medicine.

References: ⁵³

Delphinium menziesii DC.
Delphinium bicolor Nutt.
Menzies' Larkspur; Ranunculaceae

Tribal Nation: Ute
Indigenous Name: *Sa-gwa--rint*
Meaning: Not given
Habitat/Ecological Zone: Found largely in Oregon and Washington
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: Plant use not recorded in source
References: ⁵⁴

Draba nemorosa L.
Whitlow Grass; Brassicaceae
Woods Draba

Tribal Nation: Ute
Indigenous Name: *Kus-pa-sen-di-at*
Meaning: Not given
Habitat/Ecological Zone: Grows on open or wooded, often disturbed ground; plains, foothills, and montane zones; Northwest Territory, Canada to New Mexico
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: Plant use not recorded in source
References: ⁵⁵

Descurainia pinnata ssp. *pinnata*
Western Tansy Mustard; Brassicaceae

Tribal Nation: Ute
Indigenous Name: Not given
Meaning: No translation given
Habitat/Ecological Zone: Dry, open ground in plains, foothills and montane zones;
Northwest Territory, Canada to New Mexico
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Medicinal Use(s): Used as medicine
References: ⁵⁶

Eleocharis palustris R. Br.
Spike-rush

Tribal Nation: Ute
Indigenous Name: *Pa-on-da-pin-tid*
Meaning: Not given
Habitat/Ecological Zone: Wet sites, often in standing water; plains to montane;
Northwest territory, Canada to New Mexico
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: Plant use not recorded in source. *Pa-o* refers to “water.”⁵⁷
References: ⁵⁸

Elymus canadensis L.
Canada Wild Rye; Poaceae
Lyme Grass

Tribal Nation: Ute

Indigenous Name: *O-do-rum-biv*
Meaning: Not given

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

Plants Parts Harvested: Seed

Season Collected: Not given

Food Use(s): Seeds formerly are gathered for food.

References: ⁵⁹

Eragrostis purshii Schrad.
Eragrostis pectinacea var. *pectinacea* (Michx.) Nees ex Steud.
Tufted Love Grass; Poaceae

Tribal Nation: Ute

Indigenous Name: *Kaib'-o-gwiv*
Meaning: Not given

Habitat/Ecological Zone: Found across the United States

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: *Kai-ba* refers to “mountain.” Plant use not recorded in source.⁶⁰

References:⁶¹

Erigeron canus Gray.
Fleabane; Asteraceae

Tribal Nation: Ute

Indigenous Name: ? *sa-gum-si-ta-gwiv*
Meaning: Not given

Habitat/Ecological Zone: Grows in the foothills and plains; found in the Four Corners area, the plant occurs throughout northeast Arizona and northwest New Mexico, and it has been found in southwest Colorado.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Plant use not recorded in source.

References: ⁶²

Erodium cicutarium L'her.

Cutleaf Storks Bill;

Alfilaria;

Red-stem Filaree

Tribal Nation: Ute

Indigenous Name: *Pa'-bo-i-ats*

Meaning: Not given

Habitat/Ecological Zone: Found in desert, mesa, rangeland, open meadow, newly tilled ground, and prairie conditions; prefers sandy rocky soils.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Plant use not recorded in source.

References: ⁶³

Erysimum asperum DC.

Western Wallflower; Brassicaceae

Prairie Rocket

Tribal Nation: Ute

Indigenous Name: *Sa'-go-a''-sint*

Meaning: Not given

Habitat/Ecological Zone: Dry, sandy sites on the plains to foothills; southern British Columbia to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Plant use not recorded in source

References: ⁶⁴

Equisetum arvense L.

Horsetail

Tribal Nation: Ute

Indigenous Name: *Tu-ko-wuts*

To-tsi-wuts

Meaning: Fertile Stems
Sterile Stems

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: Not given

Additional Commentary: No use recorded in the source

References: ⁶⁵

Equisetum laevigatum A. Braun

Smooth Horsetail; Equisetaceae

Scouring Rush

Tribal Nation: Ute

Indigenous Name: *Ya-a'-ti-nump*

Meaning: "Cry or Call Out Instrument"

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

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Artifacts: Used by children as whistles.

Additional Commentary: Likely from *ya-a-gi* (“to cry or call out”) and *-nump* (“instrument”)

References:⁶⁶

Eriogonum ovalifolium Nutt.

Cushion Buckwheat; Polygonaceae

Silver Plant

Tribal Nation: Ute

Indigenous Name: *K' sum-sed-au-ge-ets*

Meaning: Not given

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

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Plant used as medicine

Additional Commentary: Probably from *ku-tsun*, meaning ashen or gray.

References:⁶⁷

Ferula multifida Gray.

Lomatium dissectum (Nutt.) Mathias & Constance

Lomatium; *Apiaceae*

Fern-Leaved Desert Parsley

Tribal Nation: Ute

Indigenous Name: *To-tuv*
Meaning: Not given

Habitat/Ecological Zone: Dry, open sites from rocky to rich soil; foothills to montane; southern British Columbia, Canada to Colorado

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The root is ground between stones or in a mortar and applied externally to wounds and bruises

Additional Commentary: The root is highly valued among the Ute and related peoples for medicine

References: ⁶⁸

Ferula multifida Gray.
Lomatium dissectum (Nutt.) Mathias & Constance
Lomatium; *Apiaceae*

Tribal Nation: Ute

Indigenous Name: *To-tuv*
Meaning: Not given

Habitat/Ecological Zone: Dry, open sites from rocky to rich soil; foothills to montane; southern British Columbia, Canada to Colorado

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The root is burned in a pan beneath a horse's nose to treat distemper

Additional Commentary: The root is highly valued among the Ute and related peoples for medicine

References: ⁶⁹

Fragaria vesca
Fragaria americana
Wood Strawberry; Rosaceae

Tribal Nation: Ute

Indigenous Name: *Tuwisi*
Meaning: Not given

Habitat/Ecological Zone: Moist sites; foothills and montane zones; British Columbia, Canada to New Mexico

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Eaten fresh

References: ⁷⁰

Fritillaria atropurpurea Nutt.
Spotted Missionbells; Liliaceae
Tiger Lily;
Brown Lily

Tribal Nation: Ute

Indigenous Name: *Kai'-rumosita-gwiv*
Meaning: Not given

Habitat/Ecological Zone: Moderately dry, open or wooded areas, grassy sites; plains to montane; southern British Columbia, Canada to Colorado

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Decoction of bulbs and roots in large quantities regarded dangerously poisonous.

References: ⁷¹

Fritillaria atropurpurea Nutt.
Spotted Missionbells; Liliaceae
Tiger Lily;
Brown Lily

Tribal Nation: Ute

Indigenous Name: *Kai'-rumosita-gwiv*
Meaning: Not given

Habitat/Ecological Zone: Moderately dry, open or wooded areas, grassy sites; plains to montane; southern British Columbia, Canada to Colorado

Plants Parts Harvested: Bulbs and roots

Season Collected: Not given

Medicinal Use(s): Decoction of bulbs and roots used as medicine.

References: ⁷²

Fritillaria pudica (Pursh) Spreng.
Yellow Missionbells; Liliaceae
Buttercup;
Yellow Bell

Tribal Nation: Ute

Indigenous Name: *Pim'-i-kwi-ets*
Meaning: Not given

Habitat/Ecological Zone: Moderately dry, open or wooded areas, grassy sites; plains to montane; southern British Columbia, Canada to Colorado

Plants Parts Harvested: Bulbs

Season Collected: Not given

Food Use(s): Bulbs formerly used for food

References: ⁷³

Gilia aggregata
Ipomopsis aggregata
Trumpet Phlox; Polemoniaceae
Scarlet Gilia;
Skyrocket

Tribal Nation: Ute

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Dry, open or lightly wooded areas; foothills to montane;
southern British Columbia, Canada to New Mexico

Plants Parts Harvested: Whole plant

Season Collected: Not given

Artifacts: In Utah, the whole plant is boiled for glue

References: ⁷⁴

Gilia gracilis Hook.
Phlox; Polemoniaceae

Tribal Nation: Ute

Indigenous Name: *Yo-gum-si-ta-gwiv*

Meaning: "Coyote Medicine"

Habitat/Ecological Zone: Dry, open or lightly wooded areas; foothills to montane;
southern British Columbia, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Used as a poultice on bruised or sore leg

References: ⁷⁵

Glaux maritime L.
Silk Milkwort

Tribal Nation: Ute

Indigenous Name: *Tsun'-a-na-di ets*
Meaning: Not given

Habitat/Ecological Zone: Distributed from Washington to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use in the source for the plant

References: ⁷⁶

Unspecified
Grass; Poaceae

Tribal Nation: Ute

Indigenous Name: *O'-wiv*
Meaning: Not given

Habitat/Ecological Zone: Varies with eco-zones

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use in the source for the plant.

References: ⁷⁷

Grayia polygaloides Hook and Arn.
Shad Scale

Tribal Nation: Ute

Indigenous Name: ? *sa'-muv*

Meaning: Not given
Habitat/Ecological Zone:
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No recorded use in the source for the plant
References:⁷⁸

Grindelia squarrosa (Pursh) Dunal
Grindelia robusta Nutt.
Curlycup Gumweed; Asteraceae
Gum Plant

Tribal Nation: Ute
Indigenous Name: *Ku-ats-um-si-ta-gwiv*
Meaning: "Possessive Medicine"
Habitat/Ecological Zone: Pastures and disturbed areas; dry, open sites; plains to foothills; Alberta, Canada to New Mexico
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Medicinal Use(s): Used as a cough medicine.
References: ⁷⁹

Gutierrezia euthamiae Torr. and Gray.
Lesser Rabbit Brush;
Torch Weed

Tribal Nation: Ute
Indigenous Name: *Shpump*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use in the source for the plant

References: ⁸⁰

Hedysarum boreale ssp. mackenziei (Richards.) Welsh
Mackenzie's Sweetvetch; Fabaceae

Tribal Nation: Ute

Indigenous Name: *Kai-va-ma-mu-tea-kwiv*

Meaning: Not given

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

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Roots used as medicine

References: ⁸¹

Helianthus annuus
Common Sunflower

Tribal Nation: Ute

Indigenous Name: *?ak^wu=pi*

?uk^w=pi

Meaning: Not given

Not given

Habitat/Ecological Zone: Dry to moist open sites, Great Plains to mountain foothills.
Found from Alberta to New Mexico.

Plants Parts Harvested: Seed

Season Collected: June through September

Food Use(s): The seeds are separated from the head by hand, parched and eaten or hulled, winnowed, and ground into a meal.

Additional Commentary: The Ute recognize many varieties of sunflower species. They prefer plants growing in the mountains as it is thought the seeds are richer and contain more oil.

References: ⁸²

Helianthus annuus
Common Sunflower

Tribal Nation: Ute

Indigenous Name: ?ak^wu=pi
?uk^w=pi

Meaning: Not given
Not given

Habitat/Ecological Zone: Dry to moist open sites, Great Plains to mountain foothills.
Found from Alberta to New Mexico

Plants Parts Harvested: Root

Season Collected: June through September

Food Use(s): The root is boiled or roasted

References: ⁸³

Hydrophyllum capitatum
Waterleaf

Tribal Nation: Ute

Indigenous Name: O-at'-em-bi-ets

Meaning: Not given

Habitat/Ecological Zone: Moist, open or wooded sites; montane to sub-alpine; southern British Columbia, Canada to Colorado

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use in the source for the plant

References: ⁸⁴

Iva axillaris Pursh

Povertyweed; Asteraceae

Tribal Nation: Ute

Indigenous Name: *Tam-es-ta-gwiv*

Meaning: Not given

Habitat/Ecological Zone: Found from Washington to Texas, west to the Mississippi River

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Occasionally used as medicine

References: ⁸⁵

Juncus balticus Deth.

Bog Rush

Tribal Nation: Ute

Indigenous Name: *Pau-wuv*

Meaning: Not given

Habitat/Ecological Zone: Wet sites, often in saline or alkaline areas; plains to sub-alpine; Alaska to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given
Additional Commentary: Not recorded use for the plant in the source
References: ⁸⁶

Juniperus californica
Juniperus uthhensis
White Cedar; Cupressaceae

Tribal Nation: Ute
Indigenous Name: *Wap*
Meaning: "To Burn"
Habitat/Ecological Zone: Occurs in California east into Utah
Plants Parts Harvested: Bark
Season Collected: All seasons
Artifacts: Use the bark for kindling purposes
References: ⁸⁷

Juniperus scopulorum
Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Ute
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Dry, rocky, open sites; foothills to montane ecozones; Alberta, Canada to Mew Mexico
Plants Parts Harvested: Young shoots and leaves
Season Collected: Shoots and leaves
Food Use(s): Young shoots and leaves used to make a tea

References: ⁸⁸

Juniperus scopulorum

Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Ute

Indigenous Name: *Wapu=pi*

Meaning: Unknown

Habitat/Ecological Zone: Dry, rocky, open sites; foothills to montane eco-zones; Alberta, Canada to New Mexico

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Eaten raw or cooked

Additional Commentary: Berries from different trees were sampled to discover which tree held the sweetest fruit as they varied in taste. Women rubbed the fruit on a metate with a mano to separate the seeds from the pulp. The pulp was either eaten fresh or cooked. The juniper berry pulp also would be dried and later ground on a metate.⁸⁹

References: ⁹⁰

Krynitzkia sercea Gray.

Unspecified

Tribal Nation: Ute

Indigenous Name: *Yu'-bi-shad-ump*

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Root used as stomach medicine

References: ⁹¹

Lathyrus ornatus Nutt.
Everlasting Pea; Fabaceae

Tribal Nation: Ute

Indigenous Name: *Sa-gwa'-sa-int*
Meaning: Not given

Habitat/Ecological Zone: Distributed from Oklahoma to Kansas and South Dakota,
west to Colorado and Utah; prairies, plains, dry open pinewoods,

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ⁹²

Lepidium intermedium Gray.
Pepper Grass; Brassicaceae

Tribal Nation: Ute

Indigenous Name: *Sau'-ga-mi-ants*
Meaning: Not given

Habitat/Ecological Zone: Dry, open slopes and disturbed grounds; plains to montane

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ⁹³

Lepidium sativum
Pepper Grass

Tribal Nation: Ute
Indigenous Name: *Wa'-to-ma-siv*
Meaning: Not given
Habitat/Ecological Zone: Dry, open slopes and disturbed grounds; plains to montane
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No stated use for the plant
References: ⁹⁴

Linum lewsii
Western Blue Flax; Linaceae
Wild Blue Flax

Tribal Nation: Ute
Indigenous Name: *Wui=pi*
Meaning: Not given
Habitat/Ecological Zone: Dry, open, partially shaded sites, plains to montane regions, Alaska to New Mexico
Plants Parts Harvested: Plant
Season Collected: Not given
Artifacts: Use to manufacture cordage and nets
References: ⁹⁵

Lithospermum ruderale Dougl. ex Lehm.
Lithospermum pilosum
Western Gromwell; Boraginaceae

Tribal Nation: Ute
Indigenous Name: *Tsut-kup*

Meaning: Not given

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

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Decoction of roots used as a diuretic.

Additional Commentary: Chamberlin witnessed an elder couple using the medicine.⁹⁶

References: ⁹⁷

Lomatium dissectum var. *multifidum* (Nutt.) Mathias & Constance
Carrotleaf Biscuitroot; Apiaceae

Tribal Nation: Ute

Indigenous Name: *To-tuv*
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): Poultice of root pulp applied to wounds and bruises

References: ⁹⁸

Lomatium dissectum var. *multifidum* (Nutt.) Mathias & Constance
Carrotleaf Biscuitroot; Apiaceae

Tribal Nation: Ute

Indigenous Name: *To-tuv*
Meaning: Not given

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

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Roots burned in a pan and held beneath the horse's nose for distemper

References: ⁹⁹

Lonicera utahensis Watson.

Woodbine; Caprifoliaceae

Red Twinberry

Tribal Nation: Ute

Indigenous Name: *Te-ed-kav*

Meaning: "Deer Food"

Habitat/Ecological Zone: Distributed from Washington through Utah south into New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant in the source

References: ¹⁰⁰

Lophophora williamsii (Lem. ex Salm-Dyck) Coult.

Peyote; Cactaceae

Tribal Nation: Ute

Indigenous Name: *Seni*

Sen-gaw

Meaning: "Prickly Fruit"

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): Used as a religious sacrament

References: ¹⁰¹

Malvastrum munroanum Gray.

False Mallow

Tribal Nation: Ute

Indigenous Name: *Sa-gwun-na-ga-ats*

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ¹⁰²

Matricaria discoidea DC.

Disc Mayweed; Asteraceae

May Apple

Tribal Nation: Ute

Indigenous Name: *(Ma)-mu'-a-na-nump*

Meaning: Not given

Habitat/Ecological Zone: Disturbed ground, often on roadsides; plains to montane; Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Used as a medicine

References: ¹⁰³

Nuphar polysepalum

Wokas;
Yellow Pond Lily

Tribal Nation: Ute

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Shallow, quite water in ponds and streams; plains to sub-alpine; Alaska to Colorado

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Not recorded use for the plant,

References: ¹⁰⁴

Orogem linearifolia

Indian Potato

Tribal Nation: Ute

Indigenous Name: *Pin'-ka-pai-ats*

Nuu-pucu=ti

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Ripens in early July

Season Collected: Not given

Food Use(s): Dug with a digging stick. The root is washed, boiled, and dried in the sun. After drying, the roots are then ground on a metate and stored for

winter. In preparing a meal, the ground potatoes are either boiled or combined with venison.

References: ¹⁰⁵

Oryzopsis hymenoides

Indian Ricegrass

Tribal Nation: Ute

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Dry open sites on the plains and foothills. Found from Alberta to Colorado

Plants Parts Harvested: Seed

Season Collected: Late spring to early summer

Food Use(s): The ricegrass is parched to remove the scales. It is then winnowed. The seeds are ground into a meal for cakes or made into a mush

Additional Commentary: Large quantities of ricegrass were gathered for a two-week period in late spring to early summer. The amount that could be gathered was limited by the restricted period (two weeks) of seeding.¹⁰⁶

References: ¹⁰⁷

Pachystima myrsinites Raf.

Paxistima myrsinites

False Box; Celastraceae

Mountain Boxwood

Tribal Nation: Ute

Indigenous Name: *Te-e-kav*

Meaning: Not given

Habitat/Ecological Zone: Moist forests to well-drained, open sites; foothills to sub-alpine; southern British Columbia, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant.

References: ¹⁰⁸

Pentstemon glaber Pursh.

Bearded Tongue; Scrophulariaceae

Tribal Nation: Ute

Indigenous Name: *Mu-tcem-bi-a*

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: ¹⁰⁹

Perideridida gairdneri

Yampa;

Wild Carrot

Tribal Nation: Ute

Indigenous Name: *Yaa=pi*

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

Food Use(s): Roots were dug with a digging stick, baked in an earthen oven, then dried. After, the dried yampa was ground on a metate and stored in buckskin bags for winter. The roots sometimes were boiled in clay pots.

References: ¹¹⁰

Phacelia menziesii Torr.

No Common Name; *Hydrophyllaceae*

Tribal Nation: Ute

Indigenous Name: ? (Ma)-mu'-tem-bi-a

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No stated use for the plant

References: ¹¹¹

Phlox gracilis ssp. *gracilis*

Gilia gracilis Hook.

Slender Phlox; *Polemoniaceae*

Tribal Nation: Ute

Indigenous Name: Yo-gum-si-ta-gwiv

Meaning: "Coyote Medicine"

Habitat/Ecological Zone: Dry, open to partly shaded sites; plains to montane; Alaska to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Poultice of plant applied to sore legs

References: ¹¹²

Phlox longifolia Nutt.
Sweet William

Tribal Nation: Ute

Indigenous Name: (Mo)-mu'-kwi-ets
Meaning: Not given

Habitat/Ecological Zone: Dry, open to partly shaded sites; plains to montane; Alaska to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant in the source

References: ¹¹³

Pinus edulis
Pinus monophylla
Pinon

Tribal Nation: Ute

Indigenous Name: Ti-va
Na?a-tipa=ci
Nutu-tipa=ci

Meaning: Not given
“Pine Nut”
“Pinyon”

Habitat/Ecological Zone: In dry regions from Utah south

Plants Parts Harvested: Nuts

Season Collected: Not given

Food Use(s): Nuts are gathered, cracked and either eaten raw.

References: ¹¹⁴

Pinus edulis
Pinus monophylla
Pinon

Tribal Nation: Ute

Indigenous Name: *Ti-va*
Meaning: Not given

Habitat/Ecological Zone: In dry regions from Utah south

Plants Parts Harvested: Nuts

Season Collected: Not given

Food Use(s): Nuts are gathered roasted and stored. The nutmeat is made into cakes or into a gruel

Additional Commentary: Sometimes pinon nutmeat is mixed with sunflower seeds. The crop is important but bumper crops only occur every few years.

References: ¹¹⁵

Populus angustifolia James.
Cottonwood

Tribal Nation: Ute

Indigenous Name: *Sho-av*
Meaning: "Not given"

Habitat/Ecological Zone: Moist to wet sites, often on river and lakeshores; foothills to sub-alpine; Alaska to Colorado

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Specific use of the plant not recorded in the source

References: ¹¹⁶

Potentilla anserine L.
Argentina anserina
Five Finger; Rosaceae
Silverweed

Tribal Nation: Ute

Indigenous Name: *Qte'-an-giv*
Meaning: "Not given"

Habitat/Ecological Zone: Moist, open sites, usually near water; plains to montane;
Yukon, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Specific use of the plant not recorded in the source

References: ¹¹⁷

Prunus americana
Wild Plum

Tribal Nation: Ute

Indigenous Name: Not given
Meaning: No translation given

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

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Eaten raw

References: ¹¹⁸

Prunus americana
Wild Plum

Tribal Nation: Ute

Indigenous Name: Not given

Meaning: Not given

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

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Sun dried for winter use

References: ¹¹⁹

Prunus virginiana
Chokecherry

Tribal Nation: Ute

Indigenous Name: *Titatina=pi*

Meaning: Not given

Habitat/Ecological Zone: Dry to moist sites, plains to montane regions. Found from the southern Northwest territory, Canada to New Mexico

Plants Parts Harvested: Fruit

Season Collected: Ripens and gathered in July

Food Use(s): Collected and somewhat dried; then mashed and made into cakes, which are dried

Additional Commentary: Quantities are stored for winter use.

References: ¹²⁰

Pteris aquiline L.

Bracken Fern; *Dennstaedtiaceae*

Tribal Nation: Ute

Indigenous Name: *Kai-ban-kim-bis*

Meaning: No translation given

Habitat/Ecological Zone: Moorland and rough ground

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Specific use of the plant not recorded in the source. See also *Asidium filix-mas* Schwartz.

References: ¹²¹

Pteridium aquilinum

Braken; *Dennstaedtiaceae*

Tribal Nation: Ute

Indigenous Name: Not given

Meaning: No translation given

Habitat/Ecological Zone: Moist to moderately dry, open, or shaded sites; foothills to montane; British Columbia, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Specific use of the plant not recorded in the source

References: ¹²²

Querus undalata var.

Rock Mountain Oak; Fagaceae
Scrub Oak

Tribal Nation:	Ute
Indigenous Name:	<i>Kwi'-uv</i>
Meaning:	Not given
Habitat/Ecological Zone:	Found in western Utah and northwestern Arizona, and central Colorado
Plants Parts Harvested:	Not specified in the literature
Season Collected:	Not given
Additional Commentary:	Specific use of the plant not recorded in the source
References:	¹²³

Ranunculus aquatilis L. var.
Buttercup; Ranunculaceae
White Water Buttercup

Tribal Nation:	Ute
Indigenous Name:	<i>Pai'-a-pu-ets</i>
Meaning:	Not given
Habitat/Ecological Zone:	Found along ponds, lake margins, and streams
Plants Parts Harvested:	Not specified in the literature
Season Collected:	Not given
Additional Commentary:	Specific use of the plant not recorded in the source
References:	¹²⁴

Ranunculus cymbalaria Pursh.
Buttercup

Tribal Nation:	Ute
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Indigenous Name: *Pau-us-a-nau-ga ant*
Meaning: Not given

Habitat/Ecological Zone: Grows on the banks of streams and ponds in plains, foothills, and montane zones; Yukon, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Specific use of the plant not recorded in the source

References: ¹²⁵

Rhus trilobata var. *trilobata*
Rhus aromatica
Skunkbush Sumac; Anacardiaceae
Sumac;
Squaw Berry

Tribal Nation: Ute

Indigenous Name: *Mo-tam-bi-ats*
Wisi

Meaning: Not given
Not given

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

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): If the berries were consumed immediately, they were ground on a metate. Most of the harvest was sun-dried and stored for winter use when they were ground on a metate, along with a small amount of water.

Additional Commentary: The same term, *Wisi*, was used for *Yucca baccata*, whose fruits were eaten fresh. The seeds although edible, were discarded. On occasion the pulp of *Yucca baccata* was boiled before being eaten.¹²⁶

References: ¹²⁷

Ribes aureum Pursh

Golden Currant; Grossulariaceae

Buffalo Currant;

Missouri Currant

Tribal Nation: Ute

Indigenous Name: *Po-gomp'-iv*

K^watina=pi

Meaning: "Berry"

Habitat/Ecological Zone: Well drained soils, near streams, on plains to foothills from Alberta, Canada to New Mexico

Plants Parts Harvested: Berries

Season Collected: Ripen at the end of June or early July

Food Use(s): Berries used for food

Additional Commentary: Some are collected and eaten raw. Other berries are mashed, formed into small cakes, sun-dried, and stored for winter use. The cakes would be boiled with deer fat.¹²⁸

References: ¹²⁹

Ribes lacustre

Black Gooseberry; Grossulariaceae

Bristly Black Currant

Tribal Nation: Ute

Indigenous Name: *Sapatuu=pi*

Meaning: Not given

Habitat/Ecological Zone: Moist, open or wooded sites; foothills to alpine; from the Yukon to Colorado and Utah

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Eaten fresh, although they were sour in taste.

Additional Commentary: Some gooseberries were dried four to five days and stored for winter use. There is also a Mountain Gooseberry (*Ribes montigenum*) that is found from southern British Columbia to New Mexico.¹³⁰

References: ¹³¹

Rosa woodsii var. *woodsii*
Rosa fendleri Crepin.
Rose; Woodssaceae

Tribal Nation: Ute

Indigenous Name: *An-ga-si-un-giv*
Cii=pi
Muwici=pi

Meaning: “Red Stem”
“Rose Hips”
“Large Rose Hips”

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: Rose Hips

Season Collected: Not given

Food Use(s): Rose hips used for food. The seed is removed and the fruit boiled until soft.

Additional Commentary: Found and gathered in the mountains.¹³²

References: ¹³³

Rubus strigosus
Rubus izeaus
Red Raspberry; Rosaceae

Tribal Nation: Ute

Indigenous Name: *Naka-watu=pi*
Meaning: No translation given

Habitat/Ecological Zone: Moist to dry, open or wooded sites; foothills to montane;
Alaska to New Mexico

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Eaten raw or made into cakes for later consumption

References: ¹³⁴

Salix amygdaloides Anderss.
Salix lasiandria Benth.
Salix cordata Muhl.
Peachleaf Willow; Salicaceae

Tribal Nation: Ute

Indigenous Name: *K'sa-nav*
K'sa-ka-nav

Meaning: "Ashen or Greyish Willow"

Habitat/Ecological Zone: Upland sites in prairies and sparse wooded areas, especially
in sandy soils

Plants Parts Harvested: Fiber

Season Collected: Not given

Artifacts: Used in basketry.

References: ¹³⁵

Salix eriocephala Michx
Missouri River Willow; Salicaceae

Tribal Nation: Ute

Indigenous Name: *K'sa-nav*

Meaning: *K'sa-ka-nav*
"Ashen or Greyish Willow"

Habitat/Ecological Zone:

Plants Parts Harvested: Fiber

Season Collected: Not given

Artifacts: Used in basketry

References: ¹³⁶

Salix flavescens Nutt.
Willow; Salicaceae

Tribal Nation: Ute

Indigenous Name: *Ta-ma-nump-in-av*
Ta-ma-nump-in-nav

Meaning: Not given
Not given

Habitat/Ecological Zone: Found from Washington to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No stated use for the plant in the source

References: ¹³⁷

Salix interior Rowlee
Salicac Sandbar; Willoweae

Tribal Nation: Ute

Indigenous Name: *K'sa-nav*
K'sa-ka-nav

Meaning: "Ashen or Greyish Willow"

Habitat/Ecological Zone: Found from Montana to Colorado
Plants Parts Harvested: Fiber
Season Collected: Not given
Artifacts: Used in basketry
References: ¹³⁸

Salix longifolia Muhl.
Willow; Salicaceae

Tribal Nation: Ute
Indigenous Name: *Ka-nav'*
Meaning: Not given
Habitat/Ecological Zone: Found from Washington to Texas
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No stated use for the plant in the source
References: ¹³⁹

Salix lucida ssp. *lasiandra* (Benth.) E. Murr.
Pacific Willow; Salicaceae

Tribal Nation: Ute
Indigenous Name: *K'sa-nav*
K'sa-ka-nav
Meaning: "Ashen or Greyish Willow"
Habitat/Ecological Zone: Found from Washington to New Mexico
Plants Parts Harvested: Fiber
Season Collected: Not given

Artifacts: Used in basketry

References:¹⁴⁰

Sambucus racemosa.

Black Elderberry; Caprifoliaceae

Tribal Nation: Ute

Indigenous Name: Unknown

Meaning: Unknown

Habitat/Ecological Zone: Moist sites, foothills to sub-alpine; Alberta, Canada to New Mexico

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Eaten raw or dried for storage

Additional Commentary: This species include two varieties distinguished by fruit coloration. Variety *melanocarpa* (previously known as *Sambucus melanocarpa*) has purplish-black fruit and variety *leucocarpa* (previously known as *Sambucus leucocarpa*) has red fruit.

References:¹⁴¹

Schoenoplectus tabernaemontani (K.C. Gmel.) Palla

Scirpus validus Vahl.

Softstem Bulrush; Cyperaceae

Tribal Nation: Ute

Indigenous Name: *T'-su-saip*

Meaning: Not given

Habitat/Ecological Zone: Widely distributed across the United States

Plants Parts Harvested: Lower, tender portions of the plant

Season Collected: Not given
Food Use(s): Lower, tender portions of the plant are used for food
References: ¹⁴²

Senecio sp.
Groundsel; Asteraceae

Tribal Nation: Ute
Indigenous Name: *Ko-ats-em-si-ta-gwiv*
Meaning: Not given
Habitat/Ecological Zone: Dry open often rocky sites; plains to alpine; British Columbia, Canada to Colorado
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Medicinal Use(s): Used as medicine for undetermined purposes
Additional Commentary: Also referred to in the early literature as “squaw weed” as it was used among some tribes for women’s ailments.¹⁴³
References: ¹⁴⁴

Shepherdia argentea (Pursh) Nutt
Silver Buffaloberry; Elaeagnaceae

Tribal Nation: Ute
Indigenous Name: *An-gut-a-gwin*
Nika=pi
Meaning: Not given
Not given
Habitat/Ecological Zone: Stream banks, hillsides, and ravines in rocky, sandy, or clay
Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Berries formally used as food.

Additional Commentary: Women in a berry basket gather the berries. The berries are placed in water so the leaves would rise to the top and the berries sink to the bottom. The berries were then dried in the sun and stored in sacks for winter use.¹⁴⁵

References: ¹⁴⁶

Shepherdia canadensis

Canada Buffaloberry; Elaeagnaceae

Soapberry

Tribal Nation: Ute

Indigenous Name: *Ta-ma-nump*

Meaning: Not given

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

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Whipped into froth and used as a dessert

Additional Commentary: Buffaloberry contains a bitter substance (saponin) that makes a foamy substance when beaten like egg-whites. If too much saponin is consumed it can cause diarrhea, vomiting and stomach cramps.¹⁴⁷

References: ¹⁴⁸

Sisymbrium canescens Nutt.

Hedge Mustard

Tribal Nation: Ute

Indigenous Name: *Po-e'-tsem-en*

Meaning: Not given

Habitat/Ecological Zone: Found across western North America
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Medicinal Use(s): Used as medicine
References: ¹⁴⁹

Smilacina amplexicaulis Nutt.
False Solomon's Seal; Liliaceae

Tribal Nation: Ute
Indigenous Name: *Yo-gwo'-ta-ma-nump*
Meaning: "Coyote Berry"
Habitat/Ecological Zone: Found from Washington to Texas
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No recorded use in the source
References: ¹⁵⁰

Solanum jamesii
Wild Potato; Solanaceae

Tribal Nation: Ute
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Found from Utah to Texas
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given

Additional Commentary: No specific use recorded in the source

References: ¹⁵¹

Solanum tuberosum

Potato; Solanaceae

Tribal Nation: Ute

Indigenous Name: *Tsin*

Meaning: "Potato"

Habitat/Ecological Zone: Cultivar

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Cultivated plant, but the name is transferred from a native plant

References: ¹⁵²

Sophora secundiflora

Mescal Bean

Tribal Nation: Ute

Indigenous Name: Not given

Meaning: Not given

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

Plants Parts Harvested: Beans

Season Collected: Not given

Additional Commentary: The Weeminuche occasionally used mescal

References: ¹⁵³

Streptanthus cordatus Nutt.

Heartleaf Twistflower; Brassicaceae

Tribal Nation: Ute

Indigenous Name: *O-nun-ga-ats*
Meaning: Not given

Habitat/Ecological Zone: Across western North America

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant in source

References:¹⁵⁴

Taraxacum officinale G.H. Weber ex Wiggers

Common Dandelion; Asteraceae

Tribal Nation: Ute

Indigenous Name: *(Mo)-mun-ti-ad-qsup*
Meaning: Not given

Habitat/Ecological Zone: Disturbed, cultivated, and waste ground; introduced species from Europe; Alaska to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Food Use(s): Leaves are formerly used as food

References:¹⁵⁵

Tellima parviflora Hook.

Ragged Starflower; Saxifragaceae

Small-flowered Prairie-star;
Small-flowered Fringecups

Tribal Nation: Ute

Indigenous Name: *An-gai-ya-ga-ti-nump*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use in source

References: ¹⁵⁶

Trifolium (General term)
Clover

Tribal Nation: Ute

Indigenous Name: *Mo'-pi-ants*
Mu'-pi-ants
Meaning: Not given

Habitat/Ecological Zone: Wide spread across the west

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use in the source

References: ¹⁵⁷

Trifolium pratense L.
Red Clover; Fabaceae

Tribal Nation: Ute

Indigenous Name: *?sa-gwa-in-di-up*
Meaning: Not given

Habitat/Ecological Zone: Disturbed, cultivated, and waste ground; plains to montane; British Columbia, Canada to New Mexico; an introduced species from Europe

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use in the source. Introduced species into the region

References: ¹⁵⁸

Triglochin maritimum L.
Arrow Grass; Juncaginaceae

Tribal Nation: Ute

Indigenous Name: *Pa'-sau-wa-dint*
Meaning: Not given

Habitat/Ecological Zone: Standing water, often brackish or on wet open ground; plains to montane; Alaska to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use in the source

References: ¹⁵⁹

Unidentified
"Black Berry"

Tribal Nation: Ute

Indigenous Name: *Puwu=pi*
Meaning: Not given

Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Berry
Season Collected: Not given
Food Use(s): Large berry that is gathered, mashed, dried and stored for winter use.
References: ¹⁶⁰

Unidentified
"Blackberry"

Tribal Nation: Ute
Indigenous Name: *Pakia*
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Berry
Season Collected: Not given
References: ¹⁶¹

Unidentified
"Blue Berry"

Tribal Nation: Ute
Indigenous Name: *Punuk^wu=pi*
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Berry
Season Collected: Not given
Food Use(s): Used as a food resource

Additional Commentary: A bitter tasting fruit. The fruit grows on a bush that resembles a willow.

References: ¹⁶²

Unidentified
"Blueberry"

Tribal Nation: Ute
Indigenous Name: *Patu=pi*
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Berry
Season Collected: Not given

References: ¹⁶³

Unidentified
"Wintergreen"

Tribal Nation: Ute
Indigenous Name: *Maku*
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Berries
Season Collected: Not given
Food Use(s): Berries are eaten fresh

References: ¹⁶⁴

Unidentified
"Edible Root"

Tribal Nation:	Ute
Indigenous Name:	<i>K^wiu</i>
Meaning:	Not given
Habitat/Ecological Zone:	Unknown
Plants Parts Harvested:	Root
Season Collected:	Gathered in spring
Food Use(s):	Root is baked overnight in an earthen oven.
Additional Commentary:	The root is yellowish in color and is possibly identified as biscuit root.
References:	¹⁶⁵

Unidentified
"Wild Garlic"

Tribal Nation:	Ute
Indigenous Name:	<i>Wisi-sik^wu</i>
Meaning:	Not given
Habitat/Ecological Zone:	Unknown
Plants Parts Harvested:	Bulb
Season Collected:	Not given
Additional Commentary:	The same Ute term, according to Smith, is applied to wild onions. ¹⁶⁶
References:	¹⁶⁷

Unidentified

“Edible Root”

Tribal Nation: Ute

Indigenous Name: *K^wiu=p*i**
Meaning: Not given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Root

Season Collected: Gathered in the spring

Food Use(s): The root is baked overnight in an earthen oven.

References: ¹⁶⁸

Unidentified
“Edible Root”

Tribal Nation: Ute

Indigenous Name: *K^wuk=^wai*
Meaning: Not given

Habitat/Ecological Zone: Grows near the White River in Colorado

Plants Parts Harvested: Root

Season Collected: Harvested in July

Food Use(s): Root was cleaned, boiled, and eaten. It was not stored for winter use

References: ¹⁶⁹

Unidentified
“Edible Root”

Tribal Nation: Ute

Indigenous Name: *Tuupiki*

Meaning: Not given

Habitat/Ecological Zone: Found near the White River in Colorado and near the Colorado-Wyoming border

Plants Parts Harvested: Root

Season Collected: Not specified

Food Use(s): The root is boiled or baked in hot ashes

References: ¹⁷⁰

Unidentified
"Herb"

Tribal Nation: Ute

Indigenous Name: *?asunwa-ni=pi*
Meaning: Not given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Herb

Season Collected: Not given

Medicinal Use(s): Pounded, boiled, and the mixture is drunk for flu

References: ¹⁷¹

Unidentified
"Leaves"

Tribal Nation: Ute

Indigenous Name: *Napana-ni=pi*
Meaning: Not given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Leaves

Season Collected: Not given
Medicinal Use(s): Pounded, mixed with water and applied to a sore finger
References: ¹⁷²

Unidentified
"Leaves"

Tribal Nation: Ute
Indigenous Name: *Pipata=ci*
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Leaves
Season Collected: Not given
Medicinal Use(s): Pounded in water and used for sores
References: ¹⁷³

Unidentified
"Leaves"

Tribal Nation: Ute
Indigenous Name: *Ak^wasusi=pi*
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Leaves
Season Collected: Not given
Medicinal Use(s): Pounded and steeped in water. The tea is drunk for sore throats, coughs, and toothaches

References: ¹⁷⁴

Unidentified
“Leaves”

Tribal Nation: Ute

Indigenous Name: *Sama-cowi=ci*
Meaning: Not given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): An infusion is made and it is drunk for stomach aches

References: ¹⁷⁵

Unidentified
“Greens”

Tribal Nation: Ute

Indigenous Name: *K^wusa=ti*
Meaning: Not given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Plant

Season Collected: Not given

Food Use(s): Boiled and eaten

References: ¹⁷⁶

Unidentified

“Greens”

Tribal Nation: Ute
Indigenous Name: *Ka?a=ti*
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Plant
Season Collected: Not given
Food Use(s): Boiled and eaten
References: ¹⁷⁷

Unidentified
“Seeds”

Tribal Nation: Ute
Indigenous Name: *Paka=pi*
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Seed
Season Collected: Ripens in fall
References: ¹⁷⁸

Unidentified
“Seeds”

Tribal Nation: Ute
Indigenous Name: *Wa?i*
Meaning: Not given
Habitat/Ecological Zone:

Plants Parts Harvested: Seed
Season Collected: Not given
Food Use(s): Used for food
Additional Commentary: Grass of this plant used in earthen ovens
References: ¹⁷⁹

Unidentified
"Seeds"

Tribal Nation: Ute
Indigenous Name: *Wa?i=pi*
Meaning: No given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Seed
Season Collected: Ripens at the time the constellation Seven Sisters appear in the sky
Food Use(s): The seed is parched, winnowed and ground before eaten.
Additional Commentary: The seed grows in shell similar to domestic wheat.
References: ¹⁸⁰

Unidentified
"Seeds"

Tribal Nation: Ute
Indigenous Name: *Pasu=pi*
Meaning: Not given
Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Whole plant gathered when seed is ripe
Season Collected: Ripens in the fall
Food Use(s): Used as food
Additional Commentary: Seeds beaten off on to a piece of buckskin
References: ¹⁸¹

Unidentified
"Seeds"

Tribal Nation: Ute
Indigenous Name: *K^wawa*
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Vine and seed
Season Collected: Ripens in May
Food Use(s): Seeds dried, parched, and ground before eaten
Additional Commentary: The plant is a vine that grows close to the ground. Women gather the vines and place them in a container filled with water. The vines are rubbed with their hands so that the leaves float to the top and the seeds, the size of beads, fall to the bottom.
References: ¹⁸²

Unidentified
"Seeds"

Tribal Nation: Ute
Indigenous Name: *K^wu=pi*
Meaning: Not given
Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Whole plant
Season Collected: Ripens in July
Food Use(s): Seeds are dried and ground on a metate before eaten
Additional Commentary: Whole plant is gathered and then rubbed between a woman's hands until the seeds fall out.
References: ¹⁸³

Unidentified
"Seeds"

Tribal Nation: Ute
Indigenous Name: *Waka=ci*
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Food Use(s): Seeds were ground on a metate before eaten
Additional Commentary: The seeds are encased in a long, thin stem. Seedbeaters were used to beat out the seeds.
References: ¹⁸⁴

Unidentified
"Seeds"

Tribal Nation: Ute
Indigenous Name: *Muatu*
Meaning: Not given
Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Seed
Season Collected: Gathered in September
Food Use(s): The seed is parched, winnowed, and ground before eaten
References: ¹⁸⁵

Unidentified
"Cactus"

Tribal Nation: Ute
Indigenous Name: *Mana=pi*
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Artifacts: Spines used to tattoo
References: ¹⁸⁶

Unidentified
"Cactus"

Tribal Nation: Ute
Indigenous Name: *?iyi=ti maa=pi*
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given

Additional Commentary: No recorded specific use for the plant, although it is listed as useful.

References: ¹⁸⁷

Unidentified
"Elder Wood"

Tribal Nation: Ute

Indigenous Name: *Kunu-ku=pi*
Meaning: Not given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Artifacts: Used in making pipe stems

References: ¹⁸⁸

Unidentified
"Grass"

Tribal Nation: Ute

Indigenous Name: *Pau-waa=pi*
Meaning: Not given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Smith lists the species as useful, but provides not specific function.¹⁸⁹

References: ¹⁹⁰

Unidentified
“Green Bush”

Tribal Nation: Ute

Indigenous Name: *?ipitama-ni=pi*
Meaning: Not given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Artifacts: Used in the earth oven

References: ¹⁹¹

Unidentified
“Leaves”

Tribal Nation: Ute

Indigenous Name: *Kana-musu=tik^wi=pi*
Meaning: Not given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Tied in a little bag and worn around the neck of a person as perfume.

References: ¹⁹²

Unidentified
“Plant”

Tribal Nation: Ute

Indigenous Name: *Tisa?u=pi*
Meaning: Not given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Plant

Season Collected: Not given

Artifacts: Used to make coiled baskets

Additional Commentary: The plant grows like a willow and has small red berries

References: ¹⁹³

Unidentified
"Plant"

Tribal Nation: Ute

Indigenous Name: *Pa?a=pi*
Meaning: Not given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: The large plant leaves are used to line bark baskets in which aspen sap is collected.

References: ¹⁹⁴

Unidentified
"Plant"

Tribal Nation: Ute

Indigenous Name: *?uka-si=ti*
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Artifacts: Used to make pottery temper.
Additional Commentary: Smith states that the plant may be Indian Paint Brush.
References: ¹⁹⁵

Unidentified
“Tobacco”

Tribal Nation: Ute
Indigenous Name: *Sapatu=ti*
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: Smith does not provide a specific use.
References: ¹⁹⁶

Unidentified
“Tree”

Tribal Nation: Ute
Indigenous Name: *Sika-ni=pi*
Meaning: Not given
Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Bark
Season Collected: Not given
Artifacts: Bark used for cordage
References: ¹⁹⁷

Unidentified
“Weeds”

Tribal Nation: Ute
Indigenous Name: *Kanusutuki*
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Artifacts: Used for perfume.
References: ¹⁹⁸

Unidentified
“Weeds”

Tribal Nation: Ute
Indigenous Name: *K^wuyu*
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Artifacts: Used for perfume.

References:¹⁹⁹

Valerianella congesta

No Common Name; Valerianaceae

Tribal Nation: Ute

Indigenous Name: *An-go-i-ents*

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use in the source

References:²⁰⁰

Veronica aggerata

Speedwell;

Tribal Nation: Ute

Indigenous Name: *Pu'-i-ants*

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use in the source

References:²⁰¹

Vicia americana Muhl.
Wild Vetch; Fabaceae

Tribal Nation: Ute

Indigenous Name: *Ka-na-te'-ants*
Meaning: Not given

Habitat/Ecological Zone: Moist, open or partly shaded sites; plains to montane;
southern Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use in the source. *Pu-i-pi-um-av* refers to the
blue flower on the plant

References: ²⁰²

Viola beckwithii
Wild Pansy; Violaceae

Tribal Nation: Ute

Indigenous Name: *Ka-bam-si-ta-gwiv*
Meaning: "Horse medicine"

Habitat/Ecological Zone: Found in dry grasslands

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Not given used as medicine

References: ²⁰³

Viola canina L.
Viola sylvestris Regel.
Violet; Violaceae
Heath Dog Violet;

Heath Violet

Tribal Nation: Ute

Indigenous Name: *Sau'-o-ma-ants*
Meaning: Not given

Habitat/Ecological Zone: Found in dry grasslands

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No use recorded in the source

References: ²⁰⁴

Viola cucullata Ait.
Marsh Blue Violet; Violaceae

Tribal Nation: Ute

Indigenous Name: *Sau-ed-in-do-ets*
Meaning: Not given

Habitat/Ecological Zone: Meadows

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Roots are used as medicine

Additional Commentary: The Ute also used *Viola beckwithii* as medicine.²⁰⁵

References: ²⁰⁶

Yucca glauca
Narrow-Leaved Yucca; Liliaceae

Tribal Nation: Ute

Indigenous Name: *Wisi*
Meaning: Not given
Habitat/Ecological Zone: Dry, open sites, plains to foothills; southern Alberta to New Mexico
Plants Parts Harvested: Fruit and blossoms
Season Collected: Not given
Food Use(s): Used as food
References: ²⁰⁷

Yucca glauca
Narrow-Leaved Yucca; Liliaceae

Tribal Nation: Ute
Indigenous Name: *Pisa-wisi*
Meaning: Not given
Habitat/Ecological Zone: Dry, open sites, plains to foothills; southern Alberta to New Mexico
Plants Parts Harvested: Root
Season Collected: Not given
Artifacts: Used as soap
Additional Commentary: Also referred to as soap weed.
References: ²⁰⁸

Zigadenus nuttallii (Gray) S. Wats
Nuttall's Death Camas; Liliaceae
Poison Segó

Tribal Nation: Ute
Indigenous Name: *Ta-ba'-si-gwiv*

Meaning: "Sun Segó"

Habitat/Ecological Zone: Found on rocky hillsides, usually in limestone soils.

Plants Parts Harvested: Bulbs

Season Collected: Not given

Medicinal Use(s): Not given Bulbs are considered poisonous.

References:²⁰⁹

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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. Ralph V. Chamberlin, "Some Plant Names of the Ute Indians," American Anthropologist 11(1909):32; Virgil J. Vogel, American Indian Medicine. Norman: University of Oklahoma Press, 1982), 201.
 - ³. Chamberlin, "Some Plant Names of the Ute Indians," 32.
 - ⁴. Chamberlin, "Some Plant Names of the Ute Indians," 32; Linda Kershaw, Andy MacKinnon, and Jim Pojar, Plants of the Rocky Mountains. (Edmonton: Lone Pine Publishing, 1998), 234.
 - ⁵. Chamberlin, "Some Plant Names of the Ute Indians," 32.
 - ⁶. Chamberlin, "Some Plant Names of the Ute Indians," 36; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 220.
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