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Pshííxaare

MANDAN

white sagebrush • prairie sage

Artemisia ludoviciana

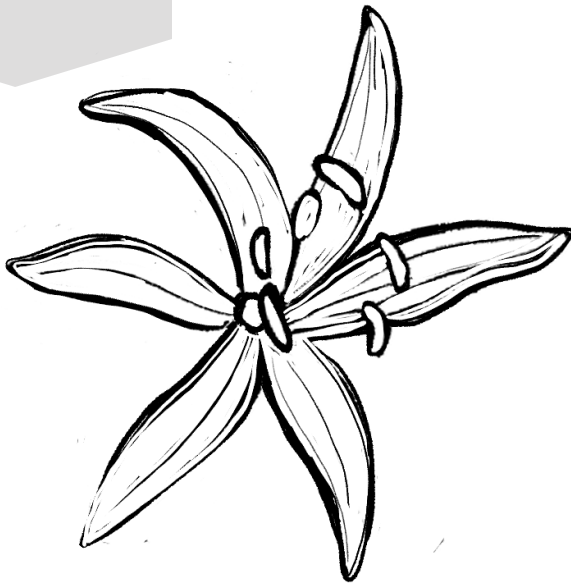
Sagebrush is very important to American Indian ceremony and herbology. Many Native peoples use the dried leaves as an incense. Gatherings often begin with a ritual smudging for protection against harmful powers.



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Qém'eš

NEZ PERCE

camas

Camassia quamash



Camas is an important plant for many Tribal Nations in the Pacific Northwest, including the Nez Perce. Native people have grown and eaten camas bulbs for thousands of years.

For many generations, families have taken care of “camas prairies.” These are special gardens where camas grows. Families return every year to look after the land and help the plants stay healthy.

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Spełm

SALISH

bitterroot
Lewisia rediviva

Bitterroot grows well in rocky soil at the foot of mountains.

For thousands of years, Native peoples living west of the Continental Divide have eaten its roots for energy.

Salish women watch the plants closely to know the best time to gather them. When the buds are big but not fully open, the brown outside of the root can be peeled off easily, showing the white part inside.

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Saakawí'u'

SAHNISH / ARIKARA

Arikara tobacco

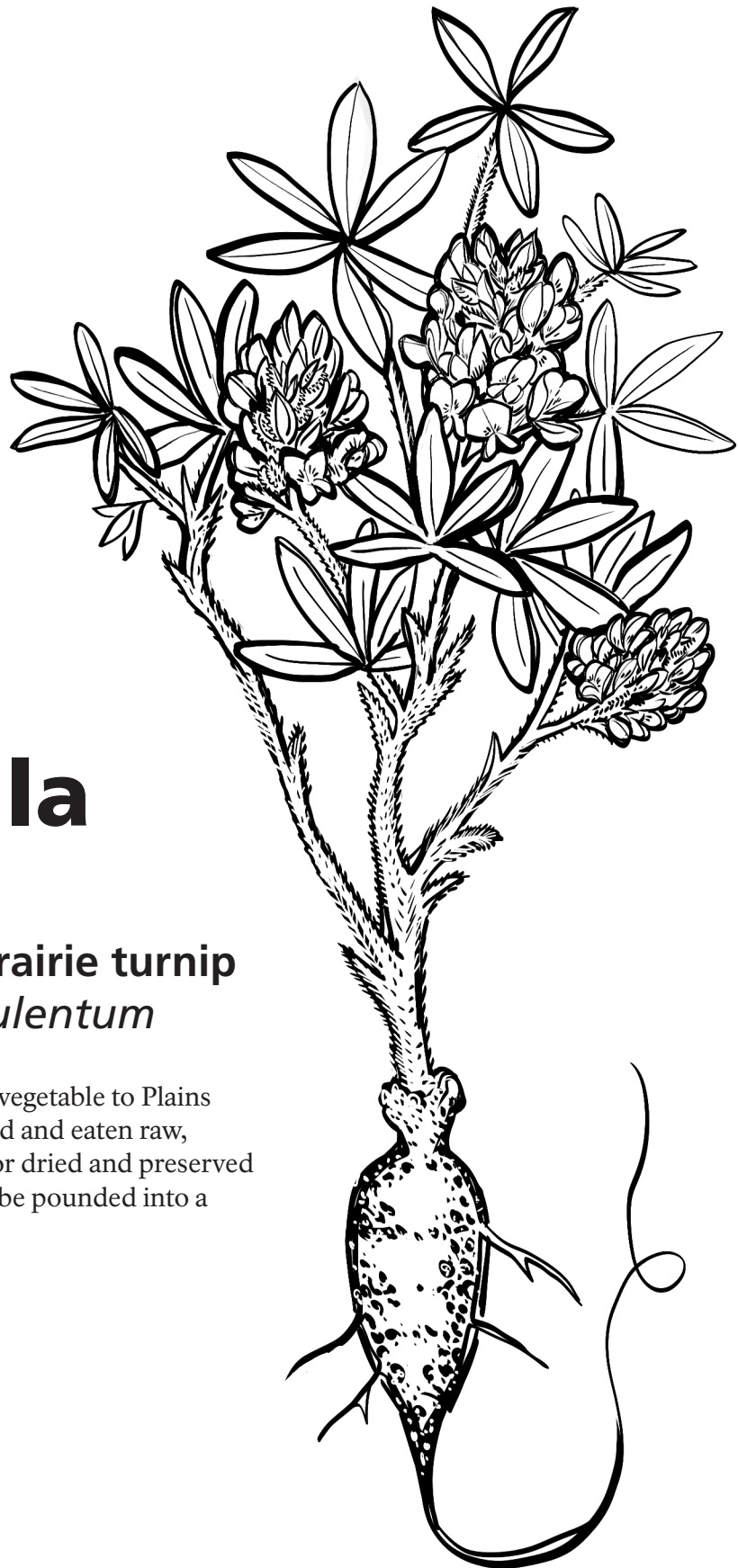
Nicotiana quadrivalvis

The plant was introduced to the Arikara people from the Southwest or Northwest and became known as “Indian tobacco.” Arikara tobacco, vital to ceremony and sacred rites, has been cultivated since ancient times.

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Tinpsila

LAKOTA

indian breadroot • prairie turnip

Pediomelum esculentum

Tinpsila's edible root has been a staple vegetable to Plains Indians. The starchy tuber can be peeled and eaten raw, cooked to thicken a stew like a turnip, or dried and preserved on long braided garlands that can later be pounded into a flour for making bread.

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Čhanphá

DAKÓTA

chokecherry

Prunus virginiana var. melanocarpa

Chokecherries are very healthful and one of the most important wild fruits for Native peoples living on the prairies.

The fresh berries taste sour and a little bitter. As they get riper, or when they are dried or cooked, they become sweeter.

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Ishk'ali

WASCO / UPPER CHINOOKAN

Western redcedar
Thuja plicata

Western redcedar trees can grow taller than 200 feet. They often grow in groves that people use for special gatherings and peaceful thinking. Some of the oldest trees are about 3,000 years old.

Native peoples of the Pacific Northwest use almost every part of the tree to make homes, canoes, clothes, tools, and even medicine.