

Plants of the Blackfeet Reservation

Plant Name and Uses	Photos of Uses/Importance	Photos for Identification
kăak'·sin Kinnikinnik / Bearberry <i>Arctostaphylos uva-ursi</i> Blended for smoking; berries can be eaten raw or mashed and fried with fat	 https://aromaticmedicineschool.com/herbal-smoking-as-medicine/	 https://www.whistlernaturalists.ca/single-post/kinnikinnik-arctostaphylos-uva-ursi
iksissōks Bear grass <i>Xerophyllum tenax</i> Decorative basket weaving, root boiled for hair tonic, and swelling/pain	 https://www.mtmemory.org/nodes/view/73673	 https://www.fs.usda.gov/wildflowers/plant-of-the-week/xerophyllum_tenax.shtml
siikō'kīinii Birch (paper or white) <i>Betula papyrifera</i> Strong wood for snowshoes, sleigh runners, wheels, ax handles; vitamins in bark	 https://galileo.org/kainai/paper-birch/  https://americanindian.si.edu/collections-search/object/ark%3A/65665/ws6fab3cdacb8d44195bf17f10a418e3854	 https://green2.kingcounty.gov/gonative/Photo.aspx?Act=view&PhotoID=409  © Galileo Educational Network https://galileo.org/kainai/paper-birch/

ō·p̄"tǎ"tsii

Biscuitroot

Lomatium cous

Roots eaten as food or boiled for respiratory ailments, flowers in pemmican, seeds for tanning, and long distance running



<https://burkeherbarium.org/imagecollection/taxon.php?Taxon=Lomatium%20cous>



https://lhasakarnak.com/products/lomatium-root-cut?srltid=AfmBOorPc_MZryYg6nqqLWTbt939HCa1wiUg3E1T6KJZWJ_wZijYraR



<https://burkeherbarium.org/imagecollection/taxon.php?Taxon=Lomatium%20cous>



<https://cdsc-wsu.org/nwnativeplants/digital-heritage/lomatium-cous>

miikksiniṭ·tsii

Bullberry / Buffaloberry

Shepherdia argentea

Used in soups and dried for winter use, late Fall harvest



<https://nativefoodsnursery.com/buffaloberry/>



<https://www.montanafruitrees.com/products/buffaloberry-bundle-of-5>



<https://www.inaturalist.org/taxa/79072-Shepherdia-canadensis>



Photo by Lea Whitford

miiss·siss·săśă

Camas

Camassia quamash

Natural sweetener before sugar from the sugar cane; roasted underground for 2 days; eaten alone or with various stews, meats, or traditional tubers



<https://honest-food.net/cooking-blue-camas/>



<https://honest-food.net/cooking-blue-camas/>



<https://extension.usu.edu/rangeplants/forbs-herbaceous/blue-camas>

pakksinikimaan

Chokecherry

Prunus virginiana

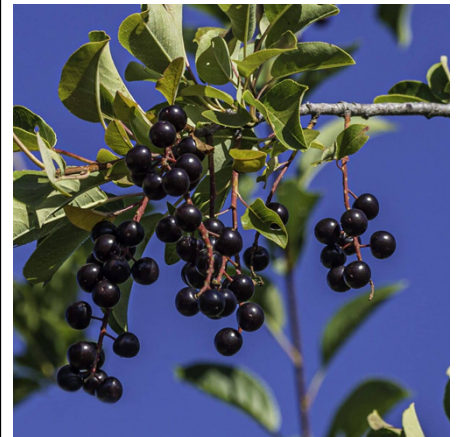
Picked when they look dark purple, then smashed and dried in patties, sweeter with cold weather; used in pemmican, jams, syrups



<https://galileo.org/kainai/chokecherry/>



<https://practicalselfreliance.com/dried-chokecherry-pattie/>



https://greatbasinseeds.com/product/chokecherry/?srsltid=AfmBOooilXpFSIc-L9aeTeXnR5_JiYi4b0QcG6qcG_VIWPzNYmEeN5vs



<https://practicalselfreliance.com/dried-chokecherry-pattie/>

ăa·siittsiiksim

Cottonwood

Populus angustifolia / deltoides

Firewood; salve from buds for soothing pain; protects riverbanks and water; Tea from the young inner bark for pain/fever and Vitamin C; Drum frames from hollowed trunk; Sundance lodge center pole



<https://www.hawthornandhoney.com/journal/cottonwood-herbal-remedies>



<https://unchartedoutdoorswomen.com/blog/post/40>



<https://fieldguide.mt.gov/speciesDetail.aspx?elcode=pdsal01040>



Photo by JoAnn Powell

aapaawapsspi

Huckleberry

Vaccinium membranaceum

Berries are a delicious mountain treat, fresh or in baked goods or jams/syrup



<https://stateofdinner.com/huckleberry-pie-recipe/>



<https://business.whitefishchamber.org/list/member/huckleberry-patch-5918>



<https://www.glaciersir.com/blog/ultimate-montana-summer-improve-your-huckleberry-game-with-these-recipes/>



<https://www.nps.gov/places/aapaawapsspi-huckleberry.htm>

püksinniisimään

Gooseberry

Ribes oxycanthoides

Eaten fresh and made into jam;
roots boiled for kidney and
bladder problems



<https://galileo.org/kainai/gooseberry/>



<https://jessinthekitchen.com/gooseberry-jam/>



<https://fieldguide.mt.gov/speciesDetail.aspx?elcode=PDGRO02185>

mānsstāam

Lodgepole pine

Pinus contorta

Young, straight trees used for tipi poles and travois; pitch used as glue for headdresses, waterproofing moccasins, chewed like gum and brewed as tea



<https://galileo.org/kainai/lodgepole-pine/>



<https://galileo.org/kainai/lodgepole-pine/>

ǎkkīt·ō'yii

Quaking Aspen

Quaking Aspen
Populus tremuloides

Buds can be boiled for sore eyes
or snow blindness



Photo © 2006 Ben Leale



<https://psmag.com/environment/a-giant->

<https://www.wnps.org/native-plant-directory/231-populus-tremuloides>



<https://sparrowhawknativeplants.com/products/quaking-aspen>

[quaking-aspen-forest-is-trembling-under-our-watch/](https://www.nwf.org/Educational-Resources/Wildlife-Guide/Plants-and-Fungi/Quaking-Aspen)



<https://www.nwf.org/Educational-Resources/Wildlife-Guide/Plants-and-Fungi/Quaking-Aspen>

kinnii

Rose Hips (Woods or Wild) *Rosa woodsii*

Buds are rich in vitamin C and beta carotene, can be added to dried meat with fat for a variation of pemmican, boiled alone or added to a bergamot or mint tea to help with various ailments



<https://www.growforagecookferment.com/foraging-for-rose-hips/>



<https://homesteadandchill.com/rose-hips-harvest-dry-use/?srsltid=AfmBOorxFIcC6kRFZYbTGIPHGxxOAV9BlrQ2e0EYTcu1ZraRyMbeoLus>



<https://extension.usu.edu/rangeplants/shrubs-and-trees/rose-woods>



<https://fieldguide.mt.gov/speciesDetail.aspx?elcode=PDROS1J190>



© Matt Lavin
<https://fieldguide.mt.gov/speciesDetail.aspx?elcode=PDROS1J190>

ninnāakāksimmii

Sage, White / Man
Artemisia ludoviciana

Smudge for headache, purification, and spiritual wellness; tea for urinary and GI systems; Poultice for pain and wounds



<https://nativenewsonline.net/currents/smudging-plants-purification-and-prayer>



<https://dsps.lib.uiowa.edu/roots/white-sage/>



<https://www.prairiemoon.com/artemisia-ludoviciana-prairie-sage>



https://www.wildflower.org/plants/result.php?id_plant=arlu

oōko' nnoōkīi

Savis/ service/ Saskatoon berry
Amelanchier alnifolia

Berry soup for ceremony; dried berries mixed with fat and dry meat for pemmican; dried or fresh berries can be cooked with meat to add flavor; berries help with digestion and getting rid of toxins, and can soothe an upset stomach



<https://galileo.org/kainai/saskatoon/>



Photo from BPS



<https://www.pullupyourplants.com/archive/sarvisberry>



<https://www.nps.gov/articles/netn-species-spotlight-serviceberry.htm>



<https://www.nps.gov/articles/netn-species-spotlight-serviceberry.htm>

āiss·stsiimoō

Silverberry / wolfwillow *Elaeagnus commutata*

Seeds for traditional beads,
boiled then rubbed; bark for
ropes



<https://galileo.org/kainai/wolf-willow/>



<https://fieldguide.mt.gov/speciesDetail.aspx?elcode=pdelg01020>



<https://fieldguide.mt.gov/speciesDetail.aspx?elcode=pdelg01020>



<https://fieldguide.mt.gov/speciesDetail.aspx?elcode=pdelg01020>

săpŭtsiimăan

Sweetgrass *Hierochloe odorata*

Smudge as medicine for the spirit
and part of a daily cleansing
ceremony or to summon good
spirits; often burned during the
sweat lodge ceremony cycles



<https://thecanadianencyclopedia.ca/en/article/sweetgrass>



<https://thecanadianencyclopedia.ca/en/article/sweetgrass>



<https://www.umn.edu/native-garden/circles/blackfeet.php>



<https://fieldguide.mt.gov/speciesDetail.aspx?elcode=PMPOA35020>

kăto'yiss

Sweet Pine / Subalpine Fir
Abies lasiocarpa

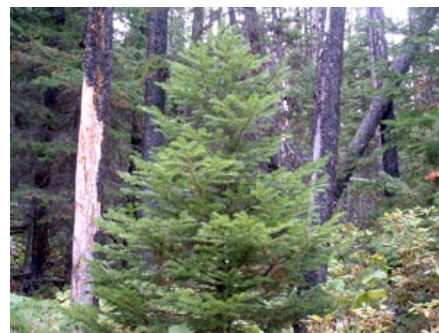
Needles burned as smudge for cleansing and spiritual wellness; poultices of needles for fevers and colds; resin used for wound cleaning



<https://gatewaygazette.ca/blackfoot-blessing-ceremony-in-waterton-lakes-national-park/>



<https://www.neepsee.ca/products/sweet-pine-1>



<https://galileo.org/kainai/alpine-fir/>



<https://extension.usu.edu/forestry/tree-identification/true-firs/subalpine-fir>



<https://extension.usu.edu/forestry/tree-identification/true-firs/subalpine-fir>

kăakïtsimoō

Wild Mint
Mentha arvensis

Leaves boiled for tea or chewed for medicinal uses, such as to soothe the GI, respiratory, or sinus systems; used to flavor dry meat and Pemmican



https://en.wikipedia.org/wiki/Mint_tea_%28herbal_tea%29



© Tom Forwood Jr.
<https://fieldguide.mt.gov/speciesDetail.aspx?elcode=PDLAM13020>

oōtsiipiissts

Willow
Salix spp.

Branches used for sweat lodges, arrow shafts, and travois poles; bark as tea for headache and fever; roots as a poultice for wounds



© Matt Lavin
<https://fieldguide.mt.gov/speciesDetail.aspx?elcode=PDSAL024X0>

https://web.prm.ox.ac.uk/blackfootshirts/attachments/028_Imataa%20Manistsis-%20Blackfoot%20Dog%20Travois.pdf



<https://www.mtmemory.org/nodes/view/73670>



<https://fieldguide.mt.gov/speciesDetail.aspx?elcode=PDSAL024X0>

săaksii-kăţsim

Yarrow

Achillea millefolium

Warrior's medicine to stop wounds from bleeding; tea for detoxifying liver and kidneys and for childbirth pain; insect repellent



<https://medicinalforestgardentrust.org/making-herbal-poultices-and-compresses/>



<https://www.oakhillhomestead.com/2013/07/how-to-harvest-yarrow.html>



<https://www.outdoorapothecary.com/yarrow-salve/>



<https://www.oakhillhomestead.com/2013/07/how-to-harvest-yarrow.html>