



**sasap-kwanis/moshkos'wa owis**  
(*Monarda fistulosa*) Wild Bergamot

<b>Habitat</b>	Sunny, dry or well drained habitats, similar to prairies.
<b>Blooms</b>	July-September
<b>ID</b>	Square stem. 3 ft. tall. Strong scent. Opposite leaves, light purple flowers.
<b>Harvest</b>	Leaves throughout growing season, flowers late July-August.

## The Power of Plants

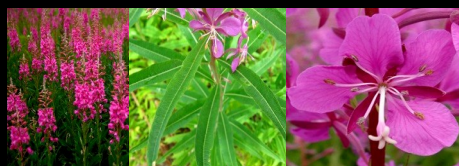
### Guide to Identifying and Harvesting Native Plants for Traditional Ojibwe Uses.

When you are out in nature, please remember to be respectful if you are harvesting wild plants. Use the 1 in 25 rule (only harvest one whole plant for every 25 you find), and do not take more than 50% of the leaves on any one plant. Traditionally, an offering of tobacco is made before gathering anything from nature.



**ininiwa**  
(*Asclepias syriaca*) Common Milkweed

<b>Habitat</b>	Sunny with moist, sandy or loamy soil.
<b>Blooms</b>	July-early September
<b>ID</b>	Simple, opposite, broad leaves. Reddish main veins, reaches 2-6 ft. tall.
<b>Harvest</b>	New shoots and young leaves in early April-May, young flower buds in May/June, young seed pods in August/September.



**ozhaashijiibik**  
(*Epilobium angustifolium*) Fireweed

<b>Habitat</b>	Sunny, recently disturbed sites, especially liking fire sites.
<b>Blooms</b>	Late July-September
<b>ID</b>	4-6 ft tall, alternate leaves, bright fuchsia flowers.
<b>Harvest</b>	Young shoots in April-May, roots before bloom in August.



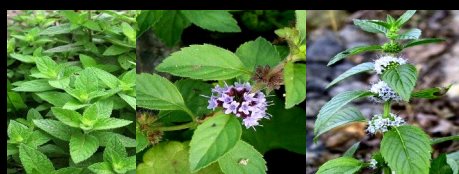
**ode' imin**  
(*fragaria vesca/verginiana*)  
Wild Strawberry

<b>Habitat</b>	Part shade to full sun in moist to wet soils. Often found along trails, roadsides, clearings, and forest understoreys.
<b>Blooms</b>	June-July
<b>ID</b>	Low growing plants, clusters of 3 leaves, variegated edges, spreads through runners. Simple white flower, yellow centers.
<b>Harvest</b>	Fruits mid-June-July (approximately 7 weeks after flowering).



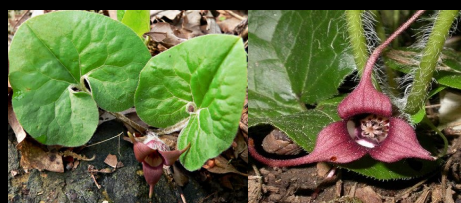
**mashkode zhigaagaawahnzh**  
(*Allium tricoccum*) Wild Leek

<b>Habitat</b>	Shady forests, usually on hillsides along streams and in floodplains.
<b>Blooms</b>	June
<b>ID</b>	Broad, smooth leaves with burgundy tips on stems. 8 in tall.
<b>Harvest</b>	Whole plant in April or May before blooms appear, can harvest bulbs from under snow when ground is frozen.



**aandegobagoons**  
(*Mentha arvensis*) Wild Mint

<b>Habitat</b>	Streamside's, damp or wet soil with full sun to light shade. Prefers grassy areas.
<b>Blooms</b>	July-September
<b>ID</b>	6-24" tall. Opposite leaves. Flowers in whorls in the axils of the middle or upper leaves. Square stem.
<b>Harvest</b>	Leaves throughout growing season (more flavorful if harvested before bloom).



**namepin**  
(*Asarum canadense*) Wild Ginger

<b>Habitat</b>	Part shade to full shade in forest understory with moist soil.
<b>Blooms</b>	Late May/early June
<b>ID</b>	Flowers and stems hairy. Forms colonies. Large, velvety, heart-shaped leaves. Maroon flower located under leaf.
<b>Harvest</b>	Roots in late June-July after plants finish flowering.

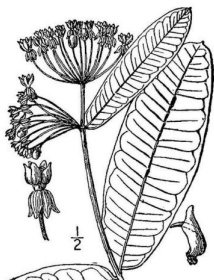


**wiinisiibag**  
(*Gaultheria procumbens*) Wintergreen

<b>Habitat</b>	Prefers acidic soils in conifer or oak woods and clearings like bogs. It is more likely to produce berries in sun than shade and likes dry and moist soils alike.
<b>Blooms</b>	June-August
<b>ID</b>	Low growing 3-5 in tall. Evergreen leaves. Bell-shaped flowers, similar to blueberries. Red edible berries. Shiny, simple leaves.
<b>Harvest</b>	Leaves throughout the growing season, fruits in August.

### How is This Plant Used?

1. New shoots, flower buds, leaves, and firm seed pods boiled or sautéed.
2. Milkweed oil from seeds converted into cinnamic acid to make a strong sunscreen.
3. Host plant for monarch butterflies.
4. Provides food for pollinators.
5. Fiber in stem for cordage.



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UNIVERSITY OF WISCONSIN-MADISON  
ASHLAND COUNTY

*This mini field guide provides general information only. Always seek the advice of an experienced adult or health professional before touching or eating any plant matter. The above organizations insist that you do not eat any wild edible plants, herbs, weeds, trees or bushes until you have verified with your health professional that they are safe for you.*

*Information provided is not designed to diagnose, prescribe, or treat any illness, or injury. Always consult a health care professional or medical doctor when suffering from any health ailment, disease, illness, or injury, or before attempting any traditional or folk remedies.*

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Information included in this Ojibwe Plant ID Mini-Field Guide was sourced from: *PRESERVING THE POWER OF PLANTS* by UW-Superior Research Institute from a grant provided by WiSys-Arc and collaborations between: Red Cliff Indian Reservation, Northern Great Lakes Visitor Center, Great Lakes Indian Fish and Wildlife Commission, and Gittigaan Ma'ishkaam.

And: *PLANTS USED BY THE GREAT LAKES OJIBWA* by James E. Meeker: Great Lakes Indian Fish and Wildlife Commission, Odanah, WI and Native American Studies, Northland College, Ashland, WI and Joan E. Elias: Trout Lake Biological Station, Center for Limnology, University of Wisconsin, Boulder Junction, WI and John A. Heim, Great Lakes Indian Fish and Wildlife Commission, Odanah, WI.

### How is This Plant Used?

1. Fresh or dried leaves used for mint teas, traditionally Earl Grey.
2. Flowers are edible.
3. Leaves can be used in salads or cooked as a flavoring.
4. Honey bees make a light, fragrant honey.
5. Used as a tea to treat cold and flu symptoms.



### How is This Plant Used?

1. Leaves and bulbs are edible raw or cooked.
2. Can be dried, frozen, or pickled for winter use.
3. Substitute in any recipe that calls for leeks, garlic, or onions.



### How is This Plant Used?

1. Fruits used to make jam, sauce, and liqueurs.
2. Leaves are used to make herbal tea.
3. Fruits delicious raw, cooked, frozen, and dehydrated.
4. Add to salads, desserts, and breakfast food.



312. *Fragaria vesca* L.  
Strawberry.

### How is This Plant Used?

1. Young shoots and leaves may be eaten raw or cooked.
2. Unopened flowers are edible in salads or stir-fries.
3. Young leaves were steeped as a tea.
4. Roots have a sweet taste and may be eaten raw, cooked, dried, or ground.
5. Many parts of the plant used to heal and relieve burns and cuts.



### How is This Plant Used?

1. Edible fruits with minty flavor.
2. Dried leaves and branches make an herbal tea, analgesic for pain and swelling.
3. Leaves used to make essential oil.
4. Important plant to wildlife, including white tail deer, turkey, grouse, red fox, black bear, and chipmunk.
5. Extract flavors, chewing gum, candies, and teas. Attracts birds.



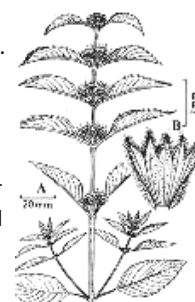
### How is This Plant Used?

1. Rhizomes used as a seasoning.
2. Host plant for the pipeline swallowtail butterfly.
3. Can be used as a flavoring for tea.
4. Substitute for culinary ginger (Zingiber officinale) in your favorite recipes.



### How is This Plant Used?

1. Leaves are edible raw or cooked.
2. Contains 0.2% essential oil, which can be used to flavor beverages.
3. Herbal tea made from fresh or dried leaves.
4. Good for digestion.
5. Insect and mouse repellent.
6. Leaves can be added to salad or used to spice up cooked dishes.







(*Matteuccia struthiopteris*) Ostrich Fern

<b>Habitat</b>	Swamps, lowland forest and thickets with partial shade to full shade in moist, cool, sandy soils.
<b>Fiddleheads</b>	Mid-April until late May/early June
<b>ID</b>	2-8 ft tall. Brown stemmed. Aggressive. Fertile fronds short & persistent through winter. Fiddleheads are smooth with a deep, U-shaped groove and brown papery coating.
<b>Harvest</b>	Fiddleheads in May when they're 10-20 inches tall and still furled.



**miinagaawanzh** (plant); **miinan** (berries)  
(*vaccinium angustifolium*) Lowbush Blueberry

<b>Habitat</b>	Sun to part or full shade. Dry and moist soils. Tolerates high acidity levels. Found in swampy areas and conifer forests. Enjoys sandy or rocky outcrops and old fields.
<b>Blooms</b>	May-June <b>Fruit:</b> mid-July-August
<b>ID</b>	6"-2' tall & wide. Foliage changes color with season- green in summer, maroon in fall/winter.
<b>Harvest</b>	Fruits in late July-August



**giba'ime nan**  
(*Comptonia peregrina*) Sweet Fern

<b>Habitat</b>	Sandy soils with dry, rocky woods. Thrives in poor soil.
<b>Blooms</b>	May <b>Fruit:</b> August-September
<b>ID</b>	Alternate, simple leaves. 3 ft tall. Stems sometimes hairy.
<b>Harvest</b>	Leaves throughout growing season (dry green leaves or harvest dry leaves from plants in fall for stronger flavor), harvest nutlets in September-October.



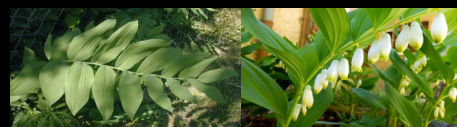
**odatagaagomin**  
(*rubus occidentalis*) Blackberry

<b>Habitat</b>	Grows in sun, partial shade, and shade. Prefers moist soil but will grow along roadsides, prairies, and upland pastures.
<b>Blooms</b>	May-June
<b>ID</b>	3-6 ft. tall, 6-12 ft. wide. White, 5 petal flowers. Dark purplish with distinct thorns.
<b>Harvest</b>	Fruits late-early August



**baakwaanaatig**  
(*Rhus typhina*) Staghorn Sumac

<b>Habitat</b>	Dry uplands, old fields, hardwood forest edges in full sun to full shade.
<b>Blooms</b>	July <b>Fruit:</b> better after first frost
<b>ID</b>	15-30 ft. tall. Colony forming of single sex. Large, pinnately-compound leaves. Yellow-green flowers become fuzzy, bright red berries that persist through winter.
<b>Harvest</b>	Flowering tops when they are bright red and ripe.



**naaniibide'oodegin**  
(*Polygonatum biflorum*) Solomon's Seal

<b>Habitat</b>	This plant is found in many habitat types from dry to moist woods, thickets, prairies, and along roadsides.
<b>Blooms</b>	Flowers May to July
<b>ID</b>	Tall plant (1 to 5 ft.) with an arching stem and alternate leaves. Beneath the leaves are greenish-yellow flowers which mature into blue-black berries.
<b>Harvest</b>	Roots can be harvested in the fall, do not eat berries.



**ginebigwashk**  
(*Plantago major*) Plantain

<b>Habitat</b>	Grows nearly everywhere. Lawns, cultivated or waste ground, sidewalks, & places with little to no sun.
<b>Blooms</b>	May-September
<b>ID</b>	Clumped perennial herb, 4 inches in height. Dense, standing, .5-12 in spikes with yellow stamens that stick out. Large flat leaves low to the ground.
<b>Harvest</b>	Leaves throughout growing season, more flavorful early on.



**animikiibag**  
(*Toxicodendron radicans*) Poison ivy

<b>Habitat</b>	Common. Around lakes, swamps, rivers, along roadsides and trails, in thickets, open woods, and old fields.
<b>Blooms</b>	May to July
<b>ID</b>	Clusters of three leaflets, alternate leaf arrangement, each group of leaflets grows on its own stem connected to a main vine. Changes color with season. Can produce white berries.
<b>Harvest</b>	<b>Do not touch, harvest, or burn.</b>



**miskomin**  
(*Rubus strigosus*) Raspberry

<b>Habitat</b>	Thickets, clearings and open woods. Wetland edges, fields, and along shores.
<b>Blooms</b>	May-June <b>Fruit:</b> July-August
<b>ID</b>	Bramble (shrub) with fine thorny canes; flowers have white petals with yellow center; leaves have three to five leaflets. Flowers are followed by bright red fruit in clusters.
<b>Harvest</b>	Leaves: throughout growing season. Fruit: July -August.

### How is This Plant Used?

1. Makes a strongly aromatic tea, which tastes even better with sugar and cream.
2. Nutlets are also edible.
3. Attracts butterflies.
4. Can be used to repel insects.
5. One of the few plants that fixes nitrogen in soil.



### How is This Plant Used?

1. Fruit is edible raw or cooked in muffins and pies.
2. Bumblebees use "buzz pollination" to pollinate the flowers.
3. Used in jams, jellies, syrups, sauces; can be canned or frozen.
4. Delicious raw, cooked, frozen, and dehydrated.



### How is This Plant Used?

1. Sprouts, known as fiddleheads, cooked/sautéed.
2. Fiddleheads can also be frozen, canned, and pickled to preserve for the winter.
3. Decorative garden plant.



### How is This Plant Used?

1. Traditionally roots used as a sedative, a cough remedy, and a physic.
2. Can help lower blood sugar.



### How is This Plant Used?

1. Lemonade-like drink can be prepared from crushed fruit.
2. Leaves and fruits boiled to make black ink.
3. Fruit, bark, leaves used to tan hides.
4. Good for honeybees, upland game birds, songbirds, and mammals.
5. Contains vitamin C.



### How is This Plant Used?

1. Berries used as flavorings in jellies, syrups, and baked goods.
2. Song birds, game birds, large and small mammals eat the berries.
3. Native bees, honeybees, and bumblebees all rely on blackberry flowers for pollen and nectar.



### How is This Plant Used?

1. Leaves can be used to make tea.
2. Berries can be eaten fresh, frozen, or in jellies, jams, or baked goods.
3. Birds, large and small mammals eat the berries.
4. Relies on bees and other pollinators to produce fruit.



### How is This Plant Used?

1. Poison ivy is a poisonous plant that can cause itching, irritating, and painful rashes in most people who touch it.
2. Learn to recognize and **avoid coming into contact with this plant.**
3. Use plantain to treat rash.

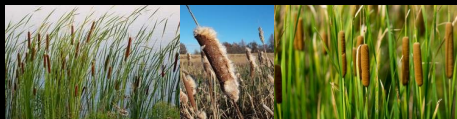


### How is This Plant Used?

1. Young leaves can be eaten raw, or in salads.
2. More mature leaves can be cooked and eaten.
3. Strong fibers were used for making thread, fishing line, and cloth.
4. Many medicinal purposes: treats sunburns, stings, rashes, burns, blisters and pain.







**apakway**  
(*Typha latifolia*) Common Cat-tail

<b>Habitat</b>	Grows in water 1-4 ft. deep along shorelines of marshes, lakeshores, river backwaters, and road ditches
<b>Blooms</b>	Flowers: May-July
<b>ID</b>	Stiff stems and long, thin blade-like leaves that have a "D" shape in cross section. Female flowers are in a tight cigar-shaped cluster near tip of stem. Male flowers are thinner and lighter brown.
<b>Harvest</b>	New shoots and roots in the spring, pollen midsummer.



**nookaadizhiiganzh**  
(*Verbascum thapsus*) Mullein

<b>Habitat</b>	Grows in dry, often disturbed soil. Full sun, rocky, soil.
<b>Blooms</b>	June-September
<b>ID</b>	4-8" tall w/ out flower, 2-6' yellow flower stalk blooms all the way up. Rosette of fuzzy blue green large simple leaves. Flowers bloom second year.
<b>Harvest</b>	Harvest only a few leaves from each plant, dry for tea.



**baasibagak**  
(*Prunella vulgaris*) Heal-All/Self Heal

<b>Habitat</b>	Lawns, roadsides, and old fields.
<b>Blooms</b>	Flowers: June-October
<b>ID</b>	Blue/purple flowers are arranged in a tight cylindrical spike and each flower has a hood and fringed lower lip. Leaves are oval slightly toothed and occur oppositely on the square stem.
<b>Harvest</b>	Entire plant midsummer to late summer.



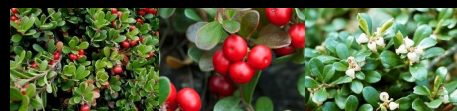
**oginiiminagaawanzh**  
(*Rosa virginiana*) Wild Rose

<b>Habitat</b>	Grows in moist or dry/sandy soils.
<b>Blooms</b>	Flowering: May-July. Fruits appear and persist into winter.
<b>ID</b>	The stems are covered with thick thorns, leaves are compound and oval. Flowers are large and pink, Rose Hip fruits are small, round, and bright red.
<b>Harvest</b>	Rose hip fruits persist through cold weather and are best when harvested after the first frost.



**makonagizh-ojiibik**  
(*Apocynum androsaemifolium*)  
Spreading Dogbane

<b>Habitat</b>	Grows in clonal clumps in old fields, next to the forests edge in a variety of soil types in mesic to dry conditions.
<b>Blooms</b>	June-August
<b>ID</b>	Shrub like plant that dies back each season. The Bell Shaped Flowers are light pink with deep red stripes on the inside of the bell shaped petals. Leaves are paired & slightly rounded.
<b>Harvest</b>	<b>**Watch out plant, do not eat!</b>



**miskwaabiimag**  
(*Arctostaphylos uva-ursi*) Bearberry

<b>Habitat</b>	Gravelly and/or sandy exposed sites, dry/rocky slopes/outcrops, forest margins and forest clearings.
<b>Blooms</b>	May-June
<b>ID</b>	Grows to form ground covering mats. Low growing shrub with paddle-shaped leaves; bell-shaped white flowers have five fused petals and grow in clusters, berries are red and shiny.
<b>Harvest</b>	Leaves can be picked throughout the Summer.



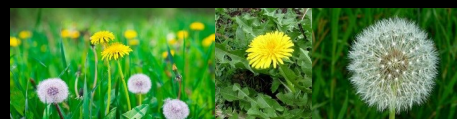
**mazaan**  
(*Urtica dioica*) Stinging Nettle

<b>Habitat</b>	Low, wet habitats and areas where humans have altered the landscape—e.g. old farm fields and rail roads.
<b>Blooms</b>	June-August
<b>ID</b>	1-6 ft. tall squarish stalks sparsely covered with bristles that physically and chemically irritate skin, leaves are 3-6 in long with large toothy edges and deep veins.
<b>Harvest</b>	Early spring and second period of new growth in the fall.



**gichi-mazaan**  
(*Arctium minus*) Common Burdock

<b>Habitat</b>	Many mixed sunny/shady habitats, including open woods, fields and altered landscapes
<b>Blooms</b>	July-September
<b>ID</b>	2-5 ft. hollow stalked plants, leaves closer to ground are heart shaped with wavy edges and coarse hairs; flowers are purple/white with hooked spines that dry when the flower is mature to catch and aid in spreading seeds.
<b>Harvest</b>	Main stalks and leaf stocks in summer; roots in fall.



**doodooshaaboojiibik / mindimooyenh**  
(*Taraxacum officinale*) Dandelion

<b>Habitat</b>	Sunny-partly shady lawns, road sides, and open woods.
<b>Blooms</b>	April-November
<b>ID</b>	Yellow flowers grow 2-18 in above a round cluster of leaves that are 6-8 inches long and have jagged edges; flower and leaf stalks are usually full of a bitter milky sap; mature flowers release seeds via a tuft of hairs that catch in the wind.

### How is This Plant Used?

1. Edible and can be used in salads, soups, stews.
2. Has been used to treat wounds, ulcers, and sores, respiratory problems.
3. Dry entire plant and crush for tea.



### How is This Plant Used?

1. Commonly used for its skin moisturizing and tissue constrictive properties.
2. Leaves can be made into teas that are used for bronchitis, asthma, dry coughs, congestion, cold/flu and more bronchial illnesses.
3. The flowers steeped in oil can be used as an effective treatment for earaches and ear infections.



### How is This Plant Used?

1. In the late fall and early winter roots can be harvested to make flour.
2. In the spring, the corns or young shoots of the plant can be cooked or eaten raw.
3. A cattail poultice can be used to treat insect bites, stings or scrapes.
4. Cattail can be used as tinder for fire.
5. Pollen gathered in June/early July can be harvested for high protein flour for baking.



### How is This Plant Used?

1. Dried leaves, stems and roots can be made into tea with diuretic, astringent, and antiseptic properties.
2. Dried leaves smoked or smudged in ceremony.
3. Dried leaves are a key ingredient in kinnickinnick.
4. Dried leaves also used in hide tanning process as they contain tannins.



### How is This Plant Used?

1. Watch out for this plant, it has historic medicinal uses but it has toxic effects if consumed.
2. **DO NOT TOUCH THIS PLANT!**
3. Often seen on forest edges and near blueberries.



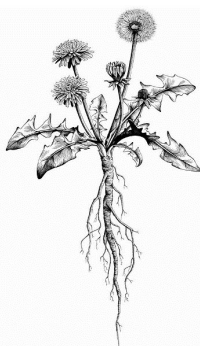
### How is This Plant Used?

1. Fresh Rose Hip is high in Vitamin C so many of its uses include preventing and treating colds, flu, and vitamin C deficiencies.
2. Rose hip can be ingested orally to help with stomach disorders including ulcers, diarrhea, constipation, and lower urinary tract disorders.
3. Topically Rose Hip is used for stretch marks.



### How is This Plant Used?

1. Root extracts used as blood medicine, to treat heartburn, and promote breastmilk flow.
2. Leaves harvested in early summer contain a lot of Vitamin A.
3. Add petals to salads.
4. Liver purifier and healer.



### How is This Plant Used?

1. Roots can be dug up and used as a vegetable—good for stomach pain.
2. Main Stalk, roots and leaf stalks are edible.
3. Stalks can be picked while still increasing in length, peeled, rinsed and eaten raw or cooked.



### How is This Plant Used?

1. Use care to avoid getting stung, but leaves can be cooked steamed or boiled.
2. Can be blanched and frozen, or dried for tea or soups.







(*Pteridium aquilinum*) Bracken Fern

<b>Habitat</b>	Swamps, lowland forest and thickets with partial shade to full shade in moist, cool, sandy soils.
<b>Fiddle-heads</b>	Mid-April until late May/early June
<b>ID</b>	2-7 ft. tall. Large, triangular fronds. Often forms dense thickets. Grows from a wide, creeping underground rootstock. Leaves bipinnately compound.
<b>Harvest</b>	Fiddleheads in May when they're 10-20 inches tall and still furled.



### bebaamooded

(*Parthenocissus quinquefolium*) Virginia Creeper

<b>Habitat</b>	Floodplain forests and along river banks, in partial shade to full sun exposure and well drained, sandy soil.
<b>Blooms</b>	July-August
<b>ID</b>	Five-lobed palmately compound leaves, the undersides of which are whitish. Grows as a climbing vine via pea-like tendrils. Dark berries are inedible. Leaves mistaken by some for poison ivy.
<b>Harvest</b>	Inner bark of stalks boiled and eaten all summer.



### zhoomin

(*Vitis riparia*) River-bank Grape

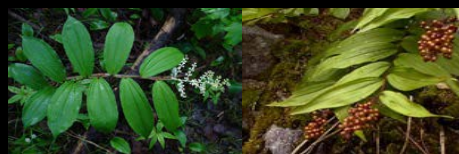
<b>Habitat</b>	Sandy river banks, shorelines, edges of woodlands, and thickets.
<b>Blooms</b>	July-August <b>Fruit:</b> Fall
<b>ID</b>	Climbing vine, with 3 lobed, large toothed, heart-shaped leaves and forked tendrils. Fleshy fruit has a waxy dark/blue violet coating.
<b>Harvest</b>	<b>Fruit:</b> August-October <b>Root:</b> May-October <b>Leaves:</b> Early Summer



### wiigobaatig

(*Tilia americana*) Basswood

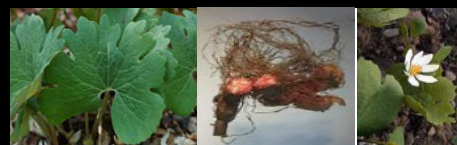
<b>Habitat</b>	Grows in multi-trunk clumps in rich, moist soil of deciduous forests. Often sprouts after fire or cutting over.
<b>Blooms</b>	June-July
<b>ID</b>	Straight-trunked tree that can reach 80 ft. tall. Dark gray bark is smooth and fibrous. Alternate, toothy heart-shaped leaves with unequal lobes. Among the largest leaved trees in the north woods.
<b>Harvest</b>	<b>Flowers and Leaves:</b> Early Spring <b>Inner Bark:</b> Spring <b>Fruit:</b> July-August



### agangosimizh

(*Smilacina racemosa*) False Solomon's Seal

<b>Habitat</b>	Moist woods, clearings, and banks.
<b>Blooms</b>	May-July <b>Fruit:</b> July-August
<b>ID</b>	16-32 inch tall arching stem with alternating oval, pointed leaves. Yellow-white flowers grow in a cluster at the tip of the stem. Fruit a whitish, berry that turns speckled brown then red.
<b>Harvest</b>	Use only when abundant <b>Shoots:</b> Early spring <b>Roots:</b> May-September



### miskojiibikak

(*Sanguinaria canadensis*) Bloodroot

<b>Habitat</b>	Northern mesic forests, in medium to rich soil
<b>Blooms</b>	April-May
<b>ID</b>	8-10 petaled, white flowers grow 3-12 inches tall. One, single lobed leaf wraps around the base of each flower. Roots and stems ooze orange-red juice when broken.
<b>Harvest</b>	<b>Root:</b> Late May-early June after Flowering Only when abundant



**CAUTION: sap can cause severe rashes/blisters**

### pigwe'wunusk

(*Pastinaca sativa*) Wild Parsnip

<b>Habitat</b>	Found in dry, mesic, and wet habitats. Invades oak savannas, prairies, fields, pastures, and roadsides.
<b>Blooms</b>	Late spring-early summer
<b>ID</b>	Pinnately compound leaves grow in rosettes from a long, thick taproot. Leaves look like celery. Leaf stalks wrap around the stem. Flower a yellow umbel composed of numerous small, 5 petaled florets.
<b>Harvest</b>	Taproot, if cautiously harvested, can be eaten July-August. Hand pull/shovel. Use brush cutter on larger populations before flowering.



### wiigwaasaatig

(*Betula papyrifera*) White Birch

<b>Habitat</b>	Occupies wide range of habitats, but especially following disturbance (e.g. fire, cutover)
<b>Blooms</b>	April-May
<b>ID</b>	40-70ft tall tree with finely double-toothed leaves. Bark is white easily peeled into thin layers. Inner surface of bright orange.
<b>Harvest</b>	<b>Bark:</b> Late Spring-Early Summer <b>Sap:</b> Spring



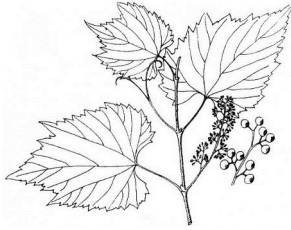
### ajidamoowaanow

(*Achillea millefolium*) Yarrow

<b>Habitat</b>	Roadsides, thickets, old fields, other disturbed ground.
<b>Blooms</b>	June-September
<b>ID</b>	1-3ft tall stalk with alternate, soft and aromatic fernlike leaves (Ojibwe name-squirrel tail). White florets are five-petaled and grow in flat topped clusters atop the stem.
<b>Harvest</b>	<b>Leaves:</b> Summer

### How is This Plant Used?

1. Fruit is sour, good for jellies & jam.
2. Slightly un-ripened fruit are an excellent source of pectin, used in thickening (especially in preserves).
3. Young leaves can be boiled for 10-15min and eaten as a green.
4. Leaves, before they've fully unfurled can be lightly boiled and used to wrap meats and rice before baking.



### How is This Plant Used?

1. Stalks can be boiled and then stripped to reveal sweet inner bark, which can be eaten.



### How is This Plant Used?

1. Sprouts, known as fiddleheads, cooked/sautéed.
2. Fiddleheads can also be frozen, canned, and pickled for longer term preservation.



### How is This Plant Used?

1. Juice of roots can be used in red dye.
2. Ingredient in many traditional medicines, to treat: fainting and fits, sore throat, blood cleanser, and venereal disease.



### How is This Plant Used?

1. Young shoots can be eaten in salad or as cooked greens, like asparagus.
2. Berries are also edible, but slightly cathartic.
3. Rootstalks, after being soaked overnight in lye then par-boiled, are prepared into traditional medicines. Extracts treat: headache, sore throat, and back pain.



### How is This Plant Used?

1. Dried flowers can be drunk as a tea.
2. Fruit can be made into jelly.
3. Inner bark soaked in water and twisted to turn into sinew/rope. Decoction of inner bark also used to treat dysentery, twigs for lung troubles.
4. Before leaves unfurl, make a tasty salad. Pulverized leaves used to treat scalds and burns.

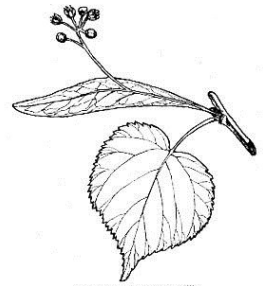


Fig. 227. *Tilia cordata* Mill.  
Portion of branchlet with leaf and flower-cluster, X ¼.

### How is This Plant Used?

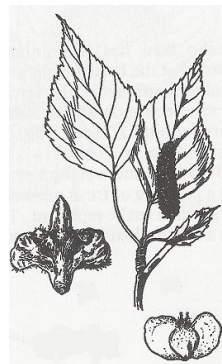
1. Steep dried leaves 10-15 min to make tea.
2. Flowers smoked ceremonially and put on hot coals as an inhalant to break a fever.
3. Root decoction used on skin sores.
4. Various plant parts used as stimulant.
5. Many traditional uses.



Drawing by Alimi Kamp

### How is This Plant Used?

1. Bark used for basket and canoe building, among many other purposes.
2. Infusion of inner bark is a traditional enema.
3. Decoration of bark used to treat blood diseases.



### How is This Plant Used?

1. This plant is an exotic invasive species. Care must be taken to safely prevent its continued proliferation. Pull or dig at night!
2. Hand pull, wearing gloves, long sleeves, and long pants. Or use sharp shovel to cut root 1-2 inches below soil surface.
3. Use a brush cutter on very low setting for larger populations.
4. Chemical controls are available.
5. Roots are edible, similar to cultivated parsnips, but must [avoid coming into contact with leaf sap](#) during harvest and preparation.

