



Blanketflower
Gaillardia aristata

Blanketflower commonly named gaillardia blooms from June through August. The true native plants have yellow petals. Native Americans used plant roots to make an eyewash, and a poultice was applied to skin disorders. The flower heads were used to waterproof rawhide bags.

Wood lily blooms from May through June in wet meadows. Native Americans cooked the bulbs in soups. Flowers were ground and applied to spider bites to relieve pain and swelling. Roots were used to treat coughs, fever, and sores.



Wood lily
Lilium philadelphicum

Blackeyed Susan is a biennial or short-lived perennial. Early settlers made a tea from the leaves to stimulate the kidneys. Native Americans made an infusion from the roots to treat children with worms. A yellow dye was made from the flower petals.



Blackeyed Susan
Rudbeckia hirta

Blue vervain, sometimes called swamp vervain, blooms from July to September. Native Americans made a beverage from the leaves and also a tea to treat stomach aches. Verbena nutlets were roasted and ground into meal. Leaves, seeds, and roots were used to treat early stages of fever.



Blue vervain
Verbena hastata



Dotted gayfeather
Liatris punctata

Slender beardtongue, also named lilac penstemon, flowers from June to July. It is common in native grasslands throughout the Great Plains. The Lakota used roots of slender beardtongue as a snake-bite medicine.



Slender beardtongue
Penstemon gracilis



Canada goldenrod
Solidago canadensis

Canada goldenrod blooms from mid July to September. Native Americans cooked the leaves for food. An antiseptic lotion was made from boiled stems and leaves. Teas were made from dried plant parts for various health benefits. Modern herbalists continue to use the plant.

Dotted gayfeather, also known as dotted blazingstar, blooms July through September. Native Americans ate fleshy roots in early spring, but ate mature roots only when food was scarce. The plant was used to treat venereal disease, heart pain, lack of appetite, and as a poultice.

Wildflowers of North Dakota and their Medicinal Uses

Part II



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"Helping People Help the Land"

Early Spring Flowers



Harebell

Campanula rotundifolia

Silverleaf scurfpea is a tap rooted legume. Dainty bluish purple flowers emerge in June and July. Roots were fed to fatigued horses to stimulate energy. Stem and leaf decoctions were used to wash wounds and relieve fever. Green stems were made into baskets to carry food.



Silverleaf scurfpea

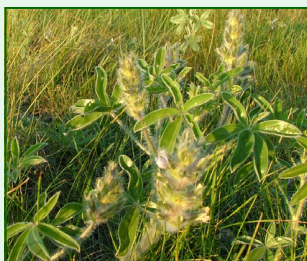
Pediomelum argophyllum



Violet woodsorrel

Oxalis violacea

Breadroot scurfpea is also known as prairie turnip, prairie potato, or Indian breadroot. It blooms in June. This was a major food source for Native Americans and settlers. Often traded for goods, the turnip tasting roots were eaten raw, boiled, roasted, pounded into meal and mixed with other foods.



Breadroot scurfpea

Pediomelum esculentum

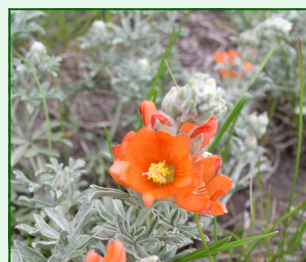
Late Spring Flowers



Blue lettuce

Lactuca tatarica

Scarlet globemallow is a low growing plant that blooms with bright orange flowers from June to August. Native Americans chewed the roots to make a paste that was rubbed on their hands to protect them from fire and boiling water. The root was also made into a poultice for burns and sores.



Scarlet globemallow

Sphaeralcea coccinea



Western wallflower

Erysimum asperum

False Solomon's seal flowers in May and June. The white delicate blooms produce a small red and cream striped berry. Native Americans made a poultice from the root to treat inflammations of the skin, relieve sunburn pain, and stop bleeding. The roots were also eaten in soups and stews.



False Solomon's seal

Maianthemum stellatum

Summer Flowers



Wild licorice

Glycyrrhiza lepidota

Wild licorice blooms July to August and produces bur-like pods with hooked prickles. Native Americans used the licorice tasting roots as a cooking spice and trail snack. Roots were also used to treat asthma, bronchitis, and urinary tract disorders.

Gumweed blooms July through September. Curved bracts around the flower secrete a sticky resin, giving the plant its name. Native Americans had a variety of medicinal uses for gumweed. A tea was made to treat TB, stomach aches, colic, coughs, bronchitis, pneumonia, asthma, and kidney trouble.



Curlycup gumweed

Grindelia squarrosa

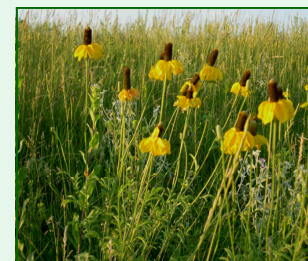


Common hops

Humulus lupulus

Common hops grow as a vine in moist wooded areas. It blooms from June through September. Native Americans and settlers steeped the fruit to make a liquid that was ingested to treat fevers and intestinal pain. Hops were used to make bread rise and used in the making of beer.

Yellow prairie coneflower blooms from July to September. Petal colors range from yellow to scarlet. Native Americans made teas to treat headaches, poison ivy and side aches. A poultice made from the flowers was used on wounds. Baby pacifiers were made from the flower cones.



Yellow coneflower

Ratibida columnifera