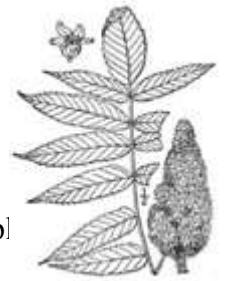


Plant ID Sheet For Students

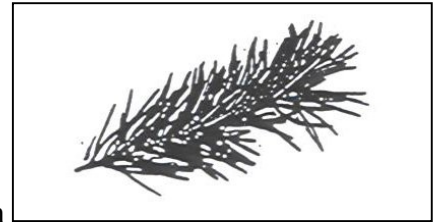
SUMAC
Uses:

- Berries used to make a cooling drink like lemonade.
- Hollow stems were used to make flutes and spiles (hollow tubes) to tap maple trees.



SPRUCE
Uses

- Leaves and inner bark used for medicine; treat coughs, heal wounds.
- Roots used for thread to sew.
- Sticky sap used to seal seams in baskets or canoes, and was even as chewing gum.



BLACKBERRIES
Uses

- Collected for food, dried for winter use.
- Helpful as a medicine to treat diarrhea, stomach ache and tooth ache.
- *Do you see any blackberries on the plants? When could you find loose blackberries? (Late summer.)*



GRAPES
Uses

- Collected for food, some dried for winter use.



Plant ID Sheet for Students

SUGAR MAPLE

Uses:

- Sap for sweet syrup and sugar.
- Wood used to make bows and handles for spears and stone axes.
- Wood used to carve bowls for eating



PIN OAK

Uses:

- Acorns ground for flour for bread and to thicken stews.
- Inner bark used as medicine to treat coughs.



CATTAILS

Uses: Many and diverse



WILD CUCUMBER

- NB: not known if used by Native Americans but interesting to observe



Plant ID Sheet for Students: harmful plants

POKE WEED

Although largely poisonous, the first green shoots of spring can be eaten.



STINGING NETTLES (USEFUL TOO)

- **Food:** young shoots and tender top leaves can be gathered (using gloves) and dried for a potherb. Boiling the nettle destroys the irritant quality.
- **Medicine:** Root and boiled leaf decoctions were used to sooth symptoms of rheumatism. A nettle tea helped clear the lungs.
- **Technology:** Stinging nettle plants are used to produce a tan dye. Fibers from the Slender nettle (*U. gracilis*) plant are used in making string. Fibers from the False Nettle (*Urticastrum divaricatum*) plant (that does not have stinging spines) are also used in making string.



POISON IVY

Harmful – no known uses

