

USEFUL COLONIAL PLANTS SHEET

NA = plants introduced by Native Americans (not found in Europe)

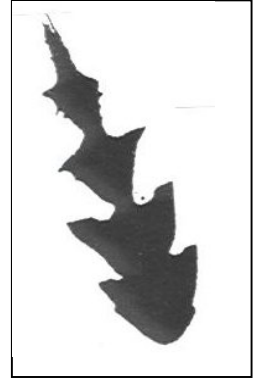
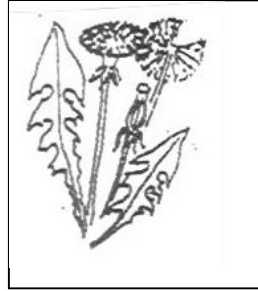
E = plants brought from Europe (not found in North America)

DANDELION E

Description: Leaves jagged; yellow flowers; fluffy seed heads

Uses: Greens for salads or cooked. Made into a tea for stomach upset. Used to cure warts. Roots ground to treat a snake bite. Roots roasted for a drink like coffee.

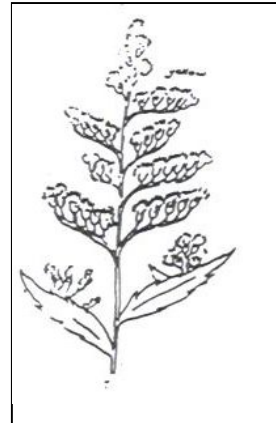
Comments: What do we think of dandelions today?



GOLDEN ROD NA

Description: Bright yellow flowers; many seeds

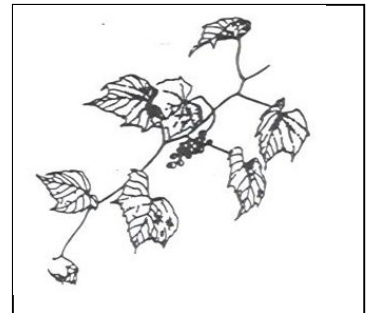
Uses: To dye cloth.



GRAPE VINE

Description: Climbs on other plants; tendrils fasten to other branches; tree grow in clumps.

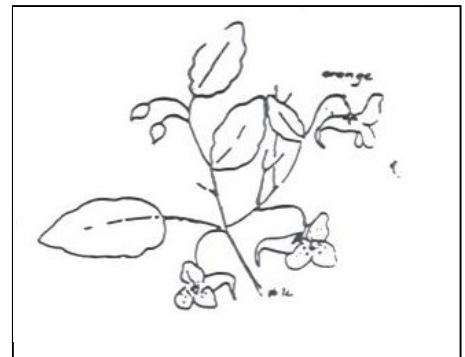
Uses: Eaten as fruit. Made into jelly. Made into juice drink.



JEWELWEED

Description: orange flowers; seed pods like small pea pods which explode when touched.

Uses: Rubbed on exposed skin to prevent poison ivy.

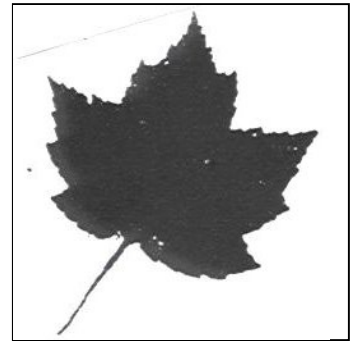
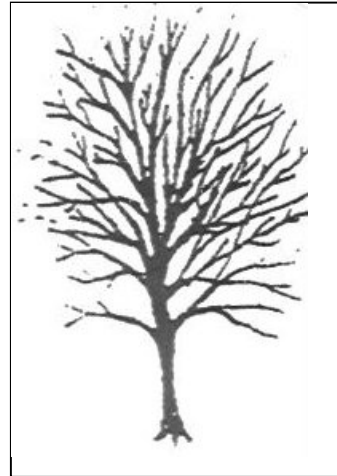


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RED MAPLE NA

Description: leaf stems red; maple keys (seeds) red and in bunches.

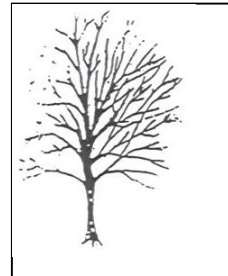
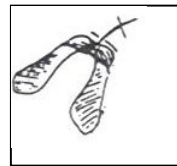
Uses: Wood used for furniture and fuel.
Not as good as sugar maple for fuel.



SUGAR MAPLE NA

Description: Look for maple keys (seeds) on the tree or on the ground.

Uses: Sap for sweet syrup and sugar.
Wood is valuable for furniture and fuel.

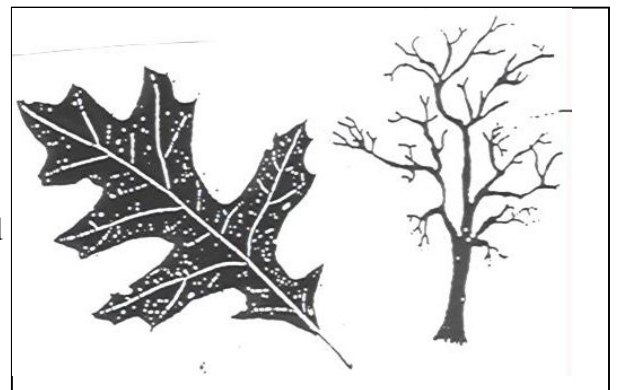


PIN OAK NA

(Type of 'red oak')

Description: look for acorns

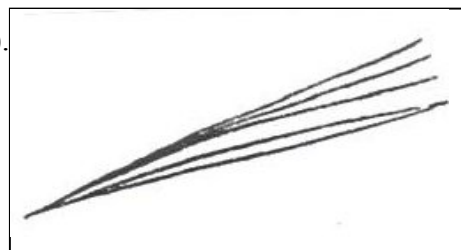
Uses: Wood used for building houses, furniture and fuel, but not as good as sugar maple or white oak for fuel.
Bark and leaves soaked in water to tan or soften deer and other animal skins.



WHITE PINE NA

Description: Evergreen; needles in clusters of 5

Uses: Wood used to build houses and furniture.
Tall straight trunks sold as masts for ships. Inner bark used to make cough syrup. Thin boards used for children's lessons at school (no paper).
Wood NOT a good fuel.

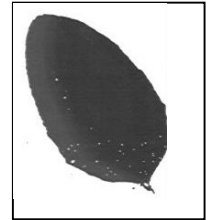


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PLANTAIN E

Description: Leaves in cluster close to ground; seed stalk 5-6 inches tall

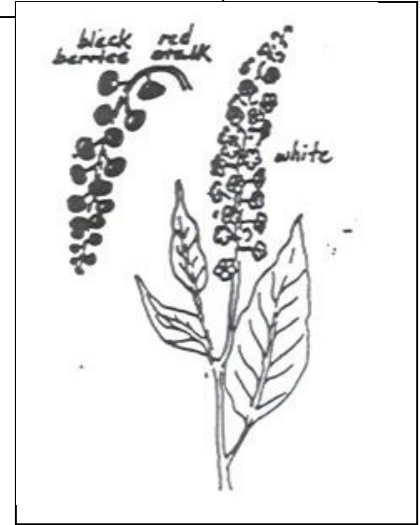
Uses: Leaves stop bleeding and help cuts to heal. Leaves relieve pain from mosquito bites.



POKEWEED NA

Description: Grows 2-3 ft high; white flowers; dark purple berries

Uses: Berries used for ink. First shoots in spring, up to 6" long, eaten as greens. All other parts are **POISONOUS!**



QUEEN ANNE'S LACE E

Description: seeds in form of "bird's nest"; leaves feathery but not as narrow as yarrow.

Uses: Ground roots used to ease pain of burns and sores. Tea made from all parts of the plant used for coughs and stomach aches. Tender roots dug the first year used in stews (Wild carrot, ancestor of today's carrot)

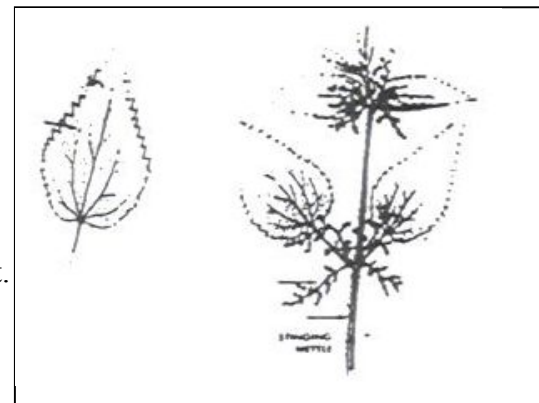


STINGING NETTLE E & NA

Description: stems and leaves prickly;

Uses: Young shoots gathered and cooked in early spring, before the stinging hairs on stems and leaves develop. Fibers from stalk used to weave cloth.

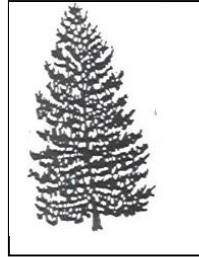
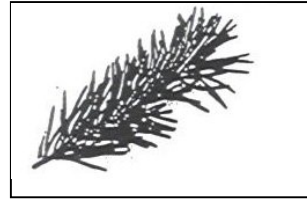
Comments: There is lots of stinging nettle at Bowman and it causes rash when touched. Children should learn to recognize it. How did the colonists pick the stems without getting a rash?



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SPRUCE

Description: Short needles with sharp pointed tips; evergreen

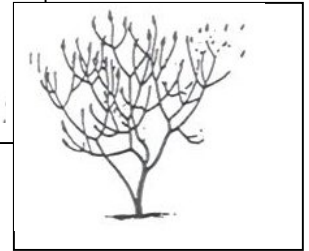
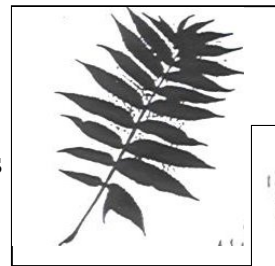


Uses: Wood used for building houses.

Leaves used to treat coughs & heal wounds and made into 'spruce beer,' which is high in vitamin C.

STAGHORN SUMAC NA

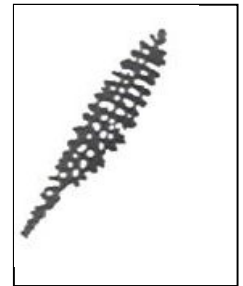
Description: Small tree; Many leaflets on 1 leaf; new shoots fuzzy; cluster of red berries.



Uses: Red berries used to make "lemonade. Hollow stems used to make flutes. Used to treat sore throats. Used to stop cut cuts from bleeding. Used to dye cloth

YARROW E

Description: narrow feathery leaves



Uses: Leaves used to stop bleeding and heal wounds. Used to relieve tooth-aches and ear-aches.

BLACKBERRY NA & E

Description: Small bush. Stems have thorns. Underside of leaves is light green. (Raspberry leaves are whitish underneath). Dried berries may still be seen. Blackberries have a stiff stem with thorns.



Uses:

Collected for food, dried for winter use.

Helpful as a medicine to treat diarrhea, stomach ache and tooth ache