

MIDDLE AND HIGH SCHOOL WAVE HILL NATIVE KNOWLEDGE LESSON EXTENSION

Plant Descriptions:

- White Cedar Tree
 - The white cedar is native to the northeastern US, as well as part of Canada. They are evergreen, coniferous trees in the cypress family, and widely used as ornamentals. They are closely related to the western red cedar, though do not grow as tall, averaging only about 49 feet.
 - The needles of the white cedar tree can be used to make a restorative tea, good for constipation and headaches. They are also rich in vitamin C, therefore an excellent cure for scurvy. Burning the needles or bark/branches is good for keeping away bad spirits or curing bad dreams. It can also be used as a cleansing incense for the home.
- Wild strawberry
 - The strawberry is the first edible berry to appear in the spring. It can be eaten as a blood purifier and can fight off sickness. The leaves of the strawberry plant can be chewed or dried, then applied to a burn as a curative. Strawberry roots can be chewed to bolster gum and tooth health or made into a tea to help with stomach issues.
- Blue skullcap
 - Skullcap is used to treat premenstrual cramps and for treatment of nervous disorders. It is also useful in aiding digestion. An infusion of the powdered roots keeps the throat clean and aids in disease prevention.
- Ephedra
 - Ephedra branches, prepared as an infusion, can be helpful for bloodflow and for cleansing the kidneys. It can also be used to aid digestion. Ephedra seeds make a delicious tea, and the charcoal created after burning ephedra is good for use as body decoration. Drying and powdering the roots can be used for applying to cuts and scrapes.
- Echinacea
 - Echinacea is a visually stunning flower with many unique properties, both for internal and external health. Chewing the roots soothes toothaches and throat infections, and ingesting the plant helps with coughs, colds, and stomach pain. Applying it externally to wounds, burns and insects bites helps soothe and heal. As a party trick, applying echinacea inside the mouth can help one withstand the heat of a hot coal (not recommended at home).
- Staghorn Sumac
 - Sumac is a vibrantly red flowering plant whose uses are many and varied. The berries can be used to make a red dye, chewed to help heal nausea, or as a snack. An infusion of the roots can be drunk to help with colds. It can also be used to make a sweet, tangy drink.
- Joe Pye-Weed
 - This purple-flowered plant has many different stories attached to it. The origin of its name is contentious, and it is not entirely clear who Joe Pye is, or if he was a real person. Some stories say that Joe Pye was an Indigenous man who helped

cure a white settler of typhus by using the Joe-Pye Weed. He then instructed the settler to scatter the weed's seeds throughout the land, so that he could follow the trail of the plant if he ever wanted to find the man again. The Joe Pye-Weed's history is also linked to its use in aiding urinary tract ailments and kidney stones.

White Cedar info: [Living Legends: Cedar is Life | Indigenous Tourism BC \(indigenoustourismbc.com\)](http://indigenoustourismbc.com)

Strawberry info: [The Wild Strawberry: a Sacred Purifier – GoodFood World](http://goodfoodworld.com)

Skullcap info: [Microsoft Word - Brock et al 2010 final author \(westminster.ac.uk\)](http://westminster.ac.uk) and: [Skullcap - American Botanical Council \(herbalgram.org\)](http://herbalgram.org)

Ephedra info: [BRIT - Native American Ethnobotany Database](http://brit.nativeamericanethnobotany.com) and: [California ephedra plant provided various benefits for early settlers - \(ethnoherbalist.com\)](http://ethnoherbalist.com)

Echinacea info: [\[History of a plant: the example of Echinacea\] - PubMed \(nih.gov\)](http://pubmed.ncbi.nlm.nih.gov)

Joe Pye-Weed info: [Layout 1 \(umich.edu\)](http://umich.edu)

Sumac info: [BRIT - Native American Ethnobotany Database](http://brit.nativeamericanethnobotany.com)