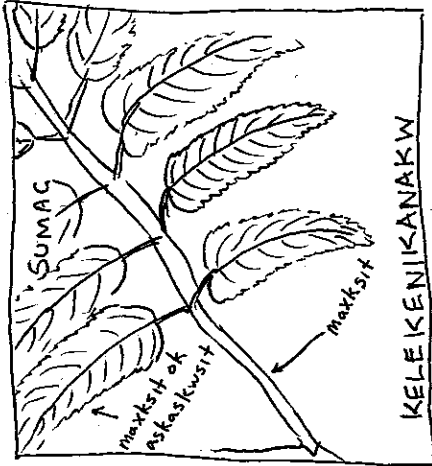


FREE!

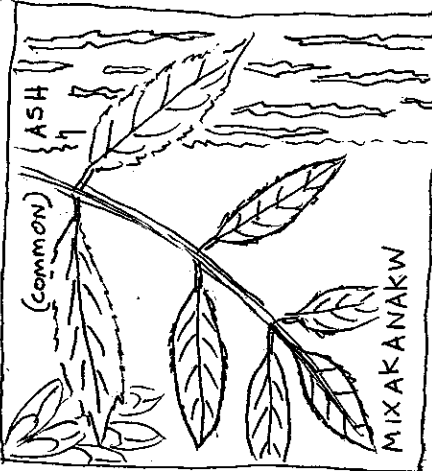
CHILDREN'S
GUIDE TO COMMON
EDIBLE AND
MEDICINAL WILD
PLANTS OF
SE PENNSYLVANIA



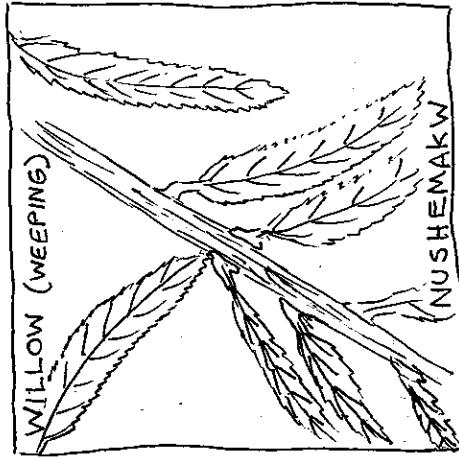
A PROJECT FOR THE
LENAPE NATION OF PENNSYLVANIA



KELEKENIKANAKW



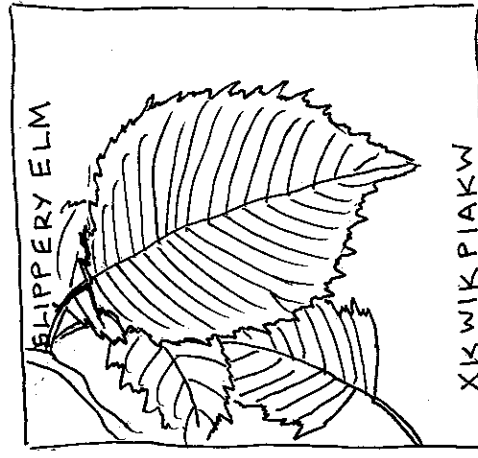
MIXAKANAKW



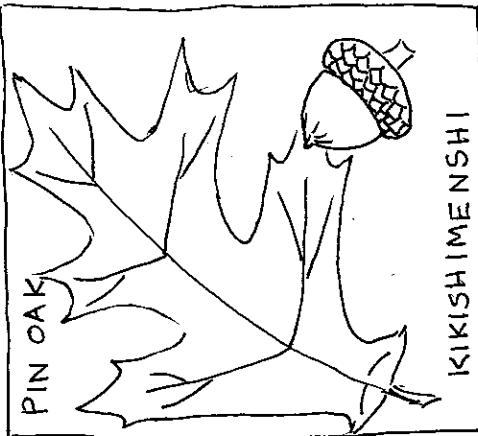
NUSHEMAKW



ANSIKEMES



XKWIKPIAKW



KIKISHIMENSHI

TABLE OF CONTENTS

MULBERRY 3

RASPBERRY & BLACKBERRY 4

BLACK CHERRY 5

ELDERBERRY 6

BLACK WALNUT 7

HICKORY NUT 8

WHITE OAK 9

WILD ONION 10

CATTAIL 11

MILKWEED 12

MUSTARDS 13

BURDOCK 14

GOLDENROD 15

WILD LETTUCE 16

SASSAFRAS 17

WHITE PINE 18

ADDITIONAL PLANTS TO KNOW 19

POISONOUS PLANTS 20

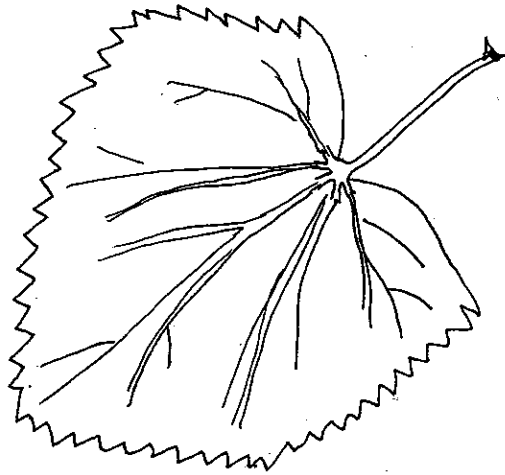
PLANT TERMS IN LENAPE 21

Most of these plants, including those listed as poisonous, have uses that are beyond the scope of a resource intended for children. For a more thorough education in wild food and medicine, this book should be used in conjunction with other field guides and under the guidance of more experienced folk.

③

ÖKHATIMËNSHI

kempakw



Ökhatim



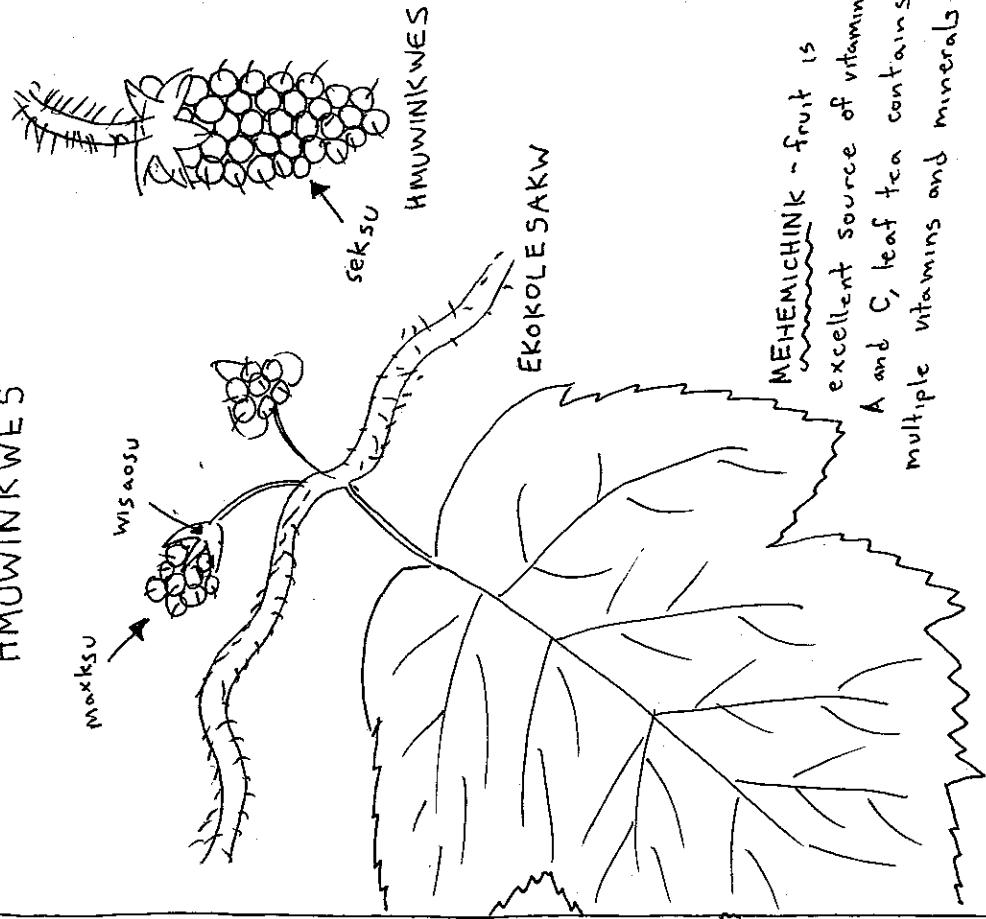
seke shitta
maxke

Mehemichink - fruit are called Ökhatim

- eat when ripe (black-seke)
- leaves, bark, and unripe fruit are poisonous (hallucinogenic)
- fruit is good raw, or in pies and Jellies

④

EKOKLESAKW OK HMUWINKWES



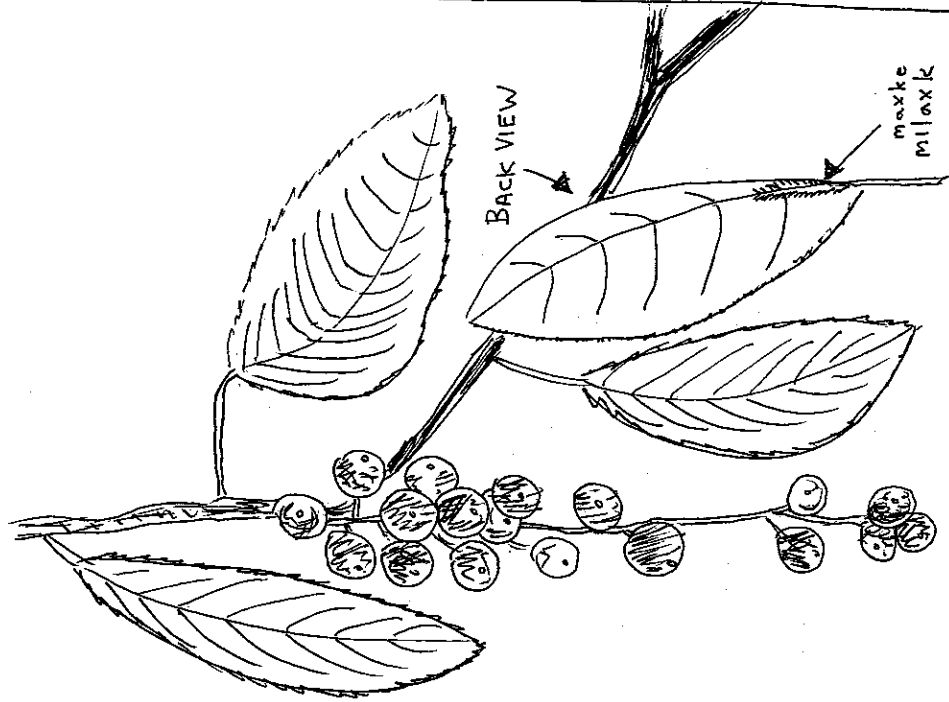
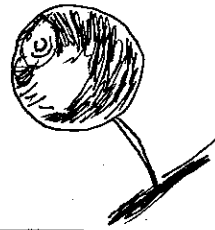
MEHEMICHINK - fruit is
excellent source of vitamins
A and C, leaf tea contains
multiple vitamins and minerals

MPISUN - leaf tea is an astringent and can be used
to treat diarrhea (if drunk as tea) or sore mouth
or throat (if used as mouthwash or gargle). the
leaf tea can also be used to wash cuts, stop
bleeding, and soothe irritated skin

⑤

MWIMENSHI

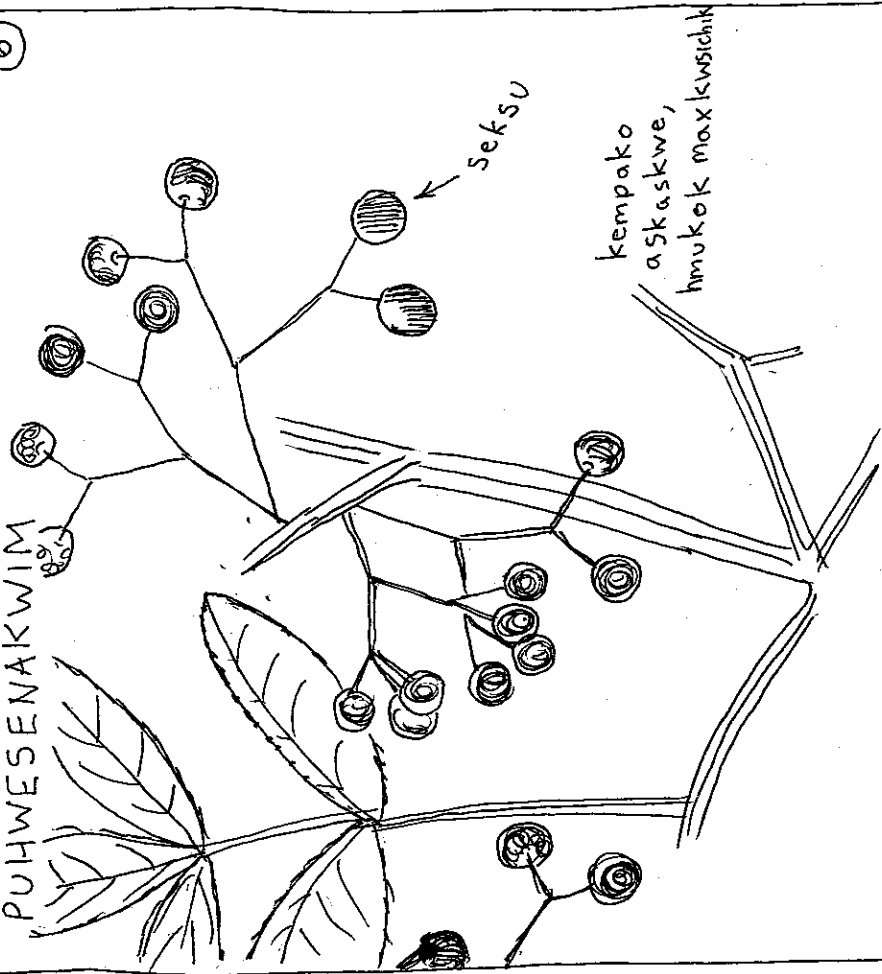
chêlis



Mehemichink - fruit is good cooked into pies or jams,
but is more sour than sweet cherries

⑥

PUHWESENAKWIM



WARNING! The elderberry bush - puhweseanakw - contains cyanide. Only use the berries.

Mehemichink - berries are good cooked into jams or syrups (flowers are also good as syrup). always cook - seeds are toxic in large amounts.

Mpisun - Elderberry juice is good for the flu. stew the berries with water and a little sugar or honey, mashing the berries as they cook. strain and drink hot or cold

⑦

TUKWIMENSHI



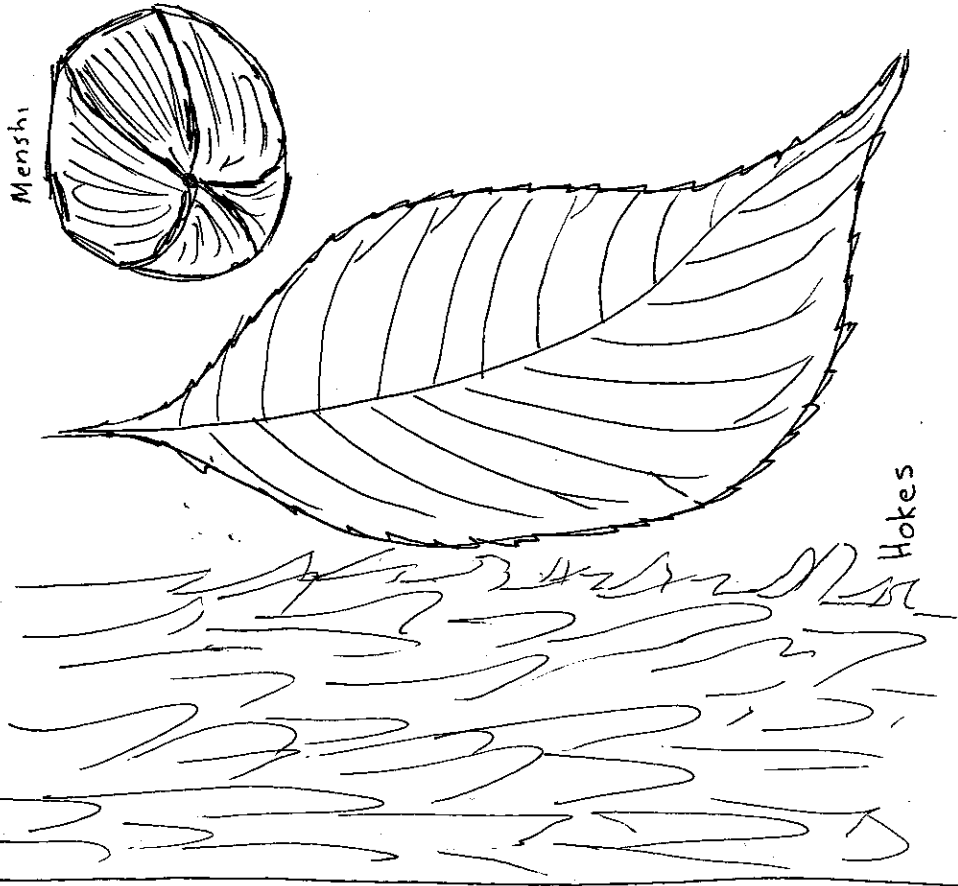
wisaeso

Mehemichink - nuts are excellent source of protein and fats. harvest fruits while yellow/green, and remove husks with a hammer or rock. husks produce a brown dye that will stain skin. crack open nut and toast lightly in an oven.

Meisun - husks contain tannins, which can be extracted by pounding the husks in hot water. use as a wash for scrapes, cuts, and irritated skin. Soaking feet in tannin wash will toughen them against blisters

SHIMENSHI

⑧

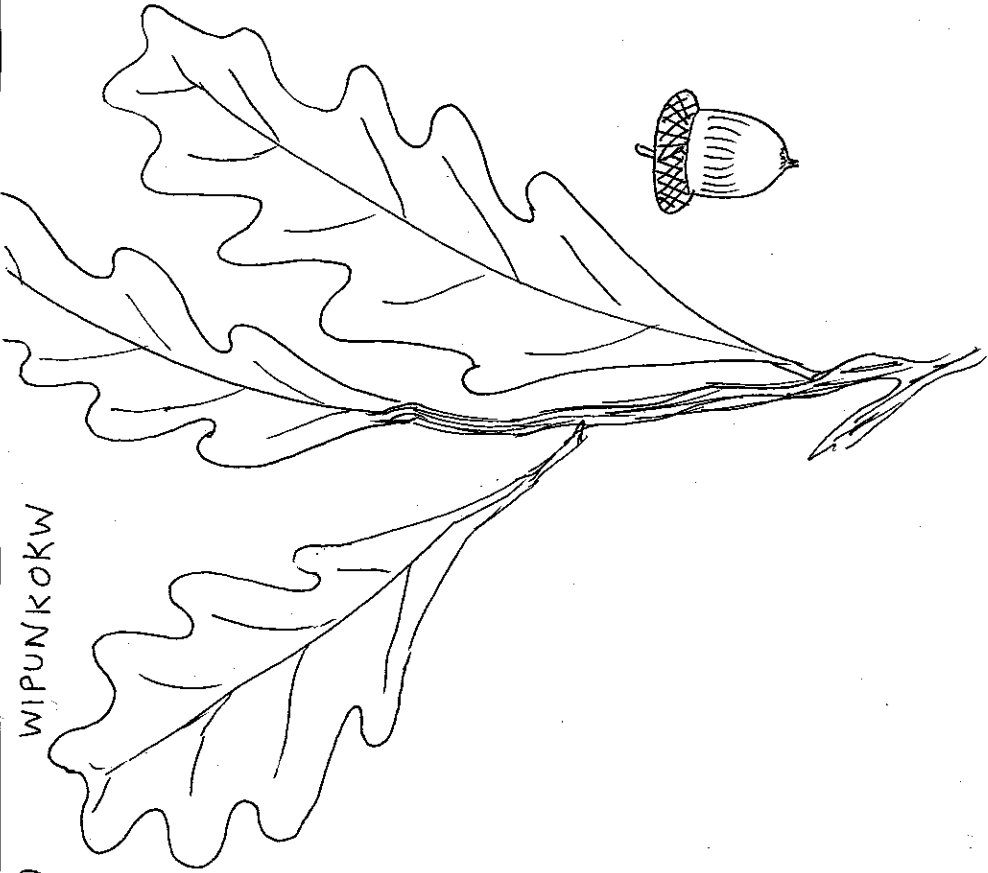


Menshi

Hokes

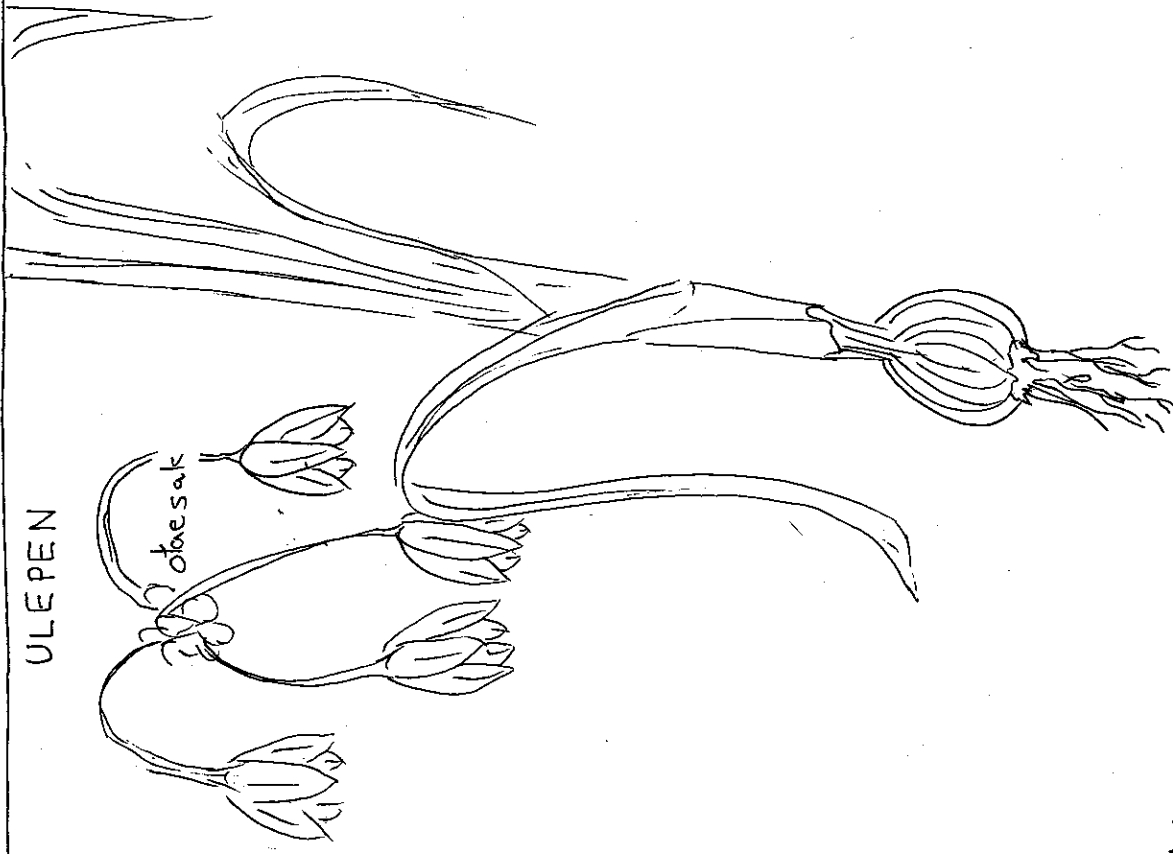
Mehemichink - nuts are sweet and edible and can be used in the same way as pecans. bark can be boiled in syrup (maple syrup is good for this) to give it a bitter, smoky flavor. the wood is excellent for smoking meat and fish

97 WIPUNKOKW



Mehemichink - gather acorns when ripe, but before caps have fallen off. shell and allow to dry, then grind well with stones. leach with water (put meal in a cloth-lined colander) until sweet. cook with water to make a mush or add to breads

98 ULEPEN



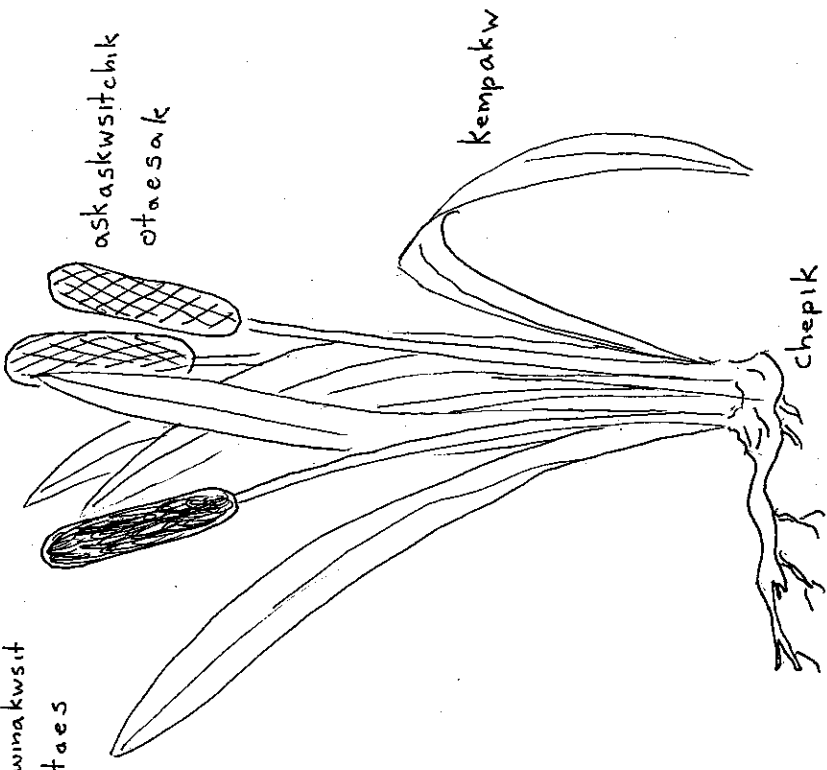
Mehemichink - use young shoots and bulbs to flavor food

Mpisun - juice from bulbs is an antiseptic

11

AHPAWIAK

siskwina kwsit
ot aes

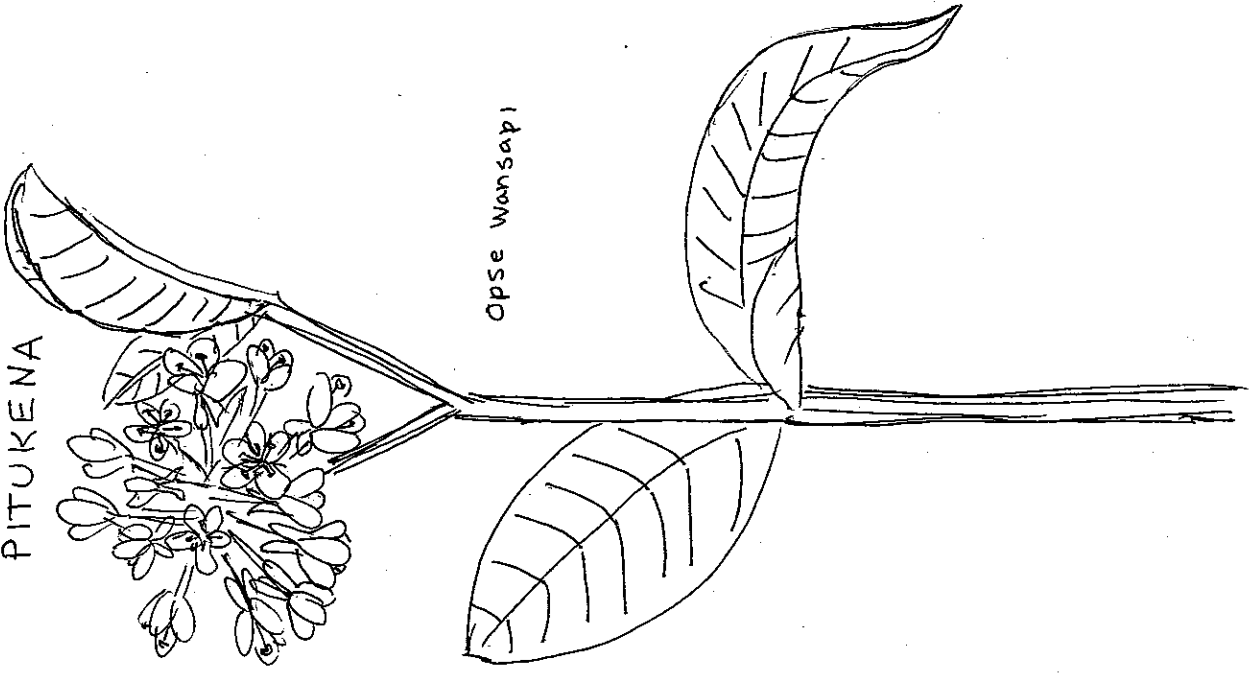


Mechemichink - rhizome (underground stem) - cook as root vegetable. starchy food must be scraped from fibers
 white parts of leaves - eat as vegetable, raw or cooked
 flower (green) - eat like corn on the cob
 flower (brown) - collect pollen for flour (lukat)

Mpisun - boil and mash roots for sores, boils, rashes, and cuts

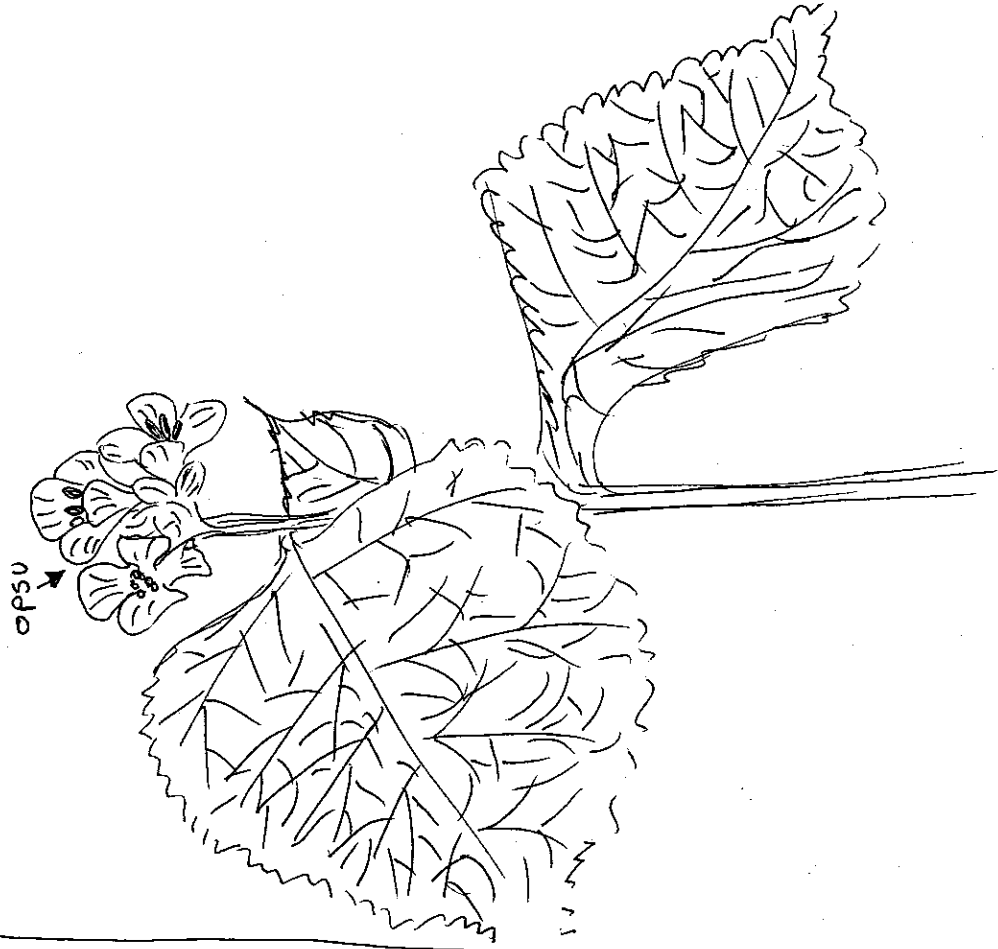
12

PITUKENA



Mpisun - leaf poultice is a good remedy for
 poison ivy

MASTEL (garlic mustard)



Mehemichink - leaves and flowers are edible. use whole
in salads or as a herb

Plant is an invasive species and grows almost
anywhere

SAKES

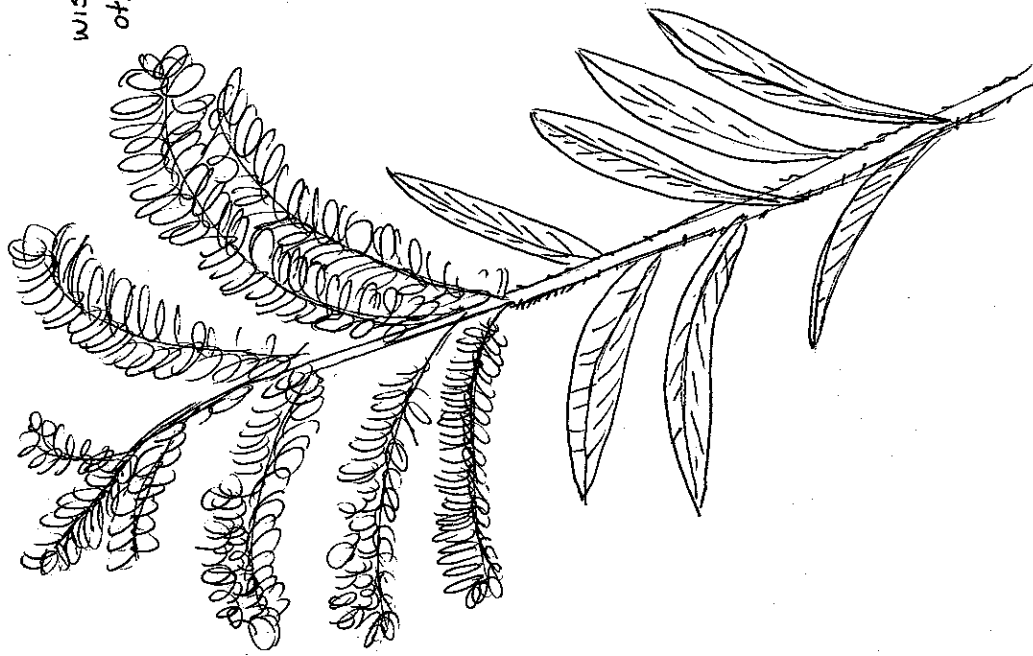


Mehemichink - root, young flowers, and leaves can all be
eaten, stalks are eaten breaded and fried

Majisun - leaves make an excellent poultice for wounds,
especially burns

WISAOTAEK

15

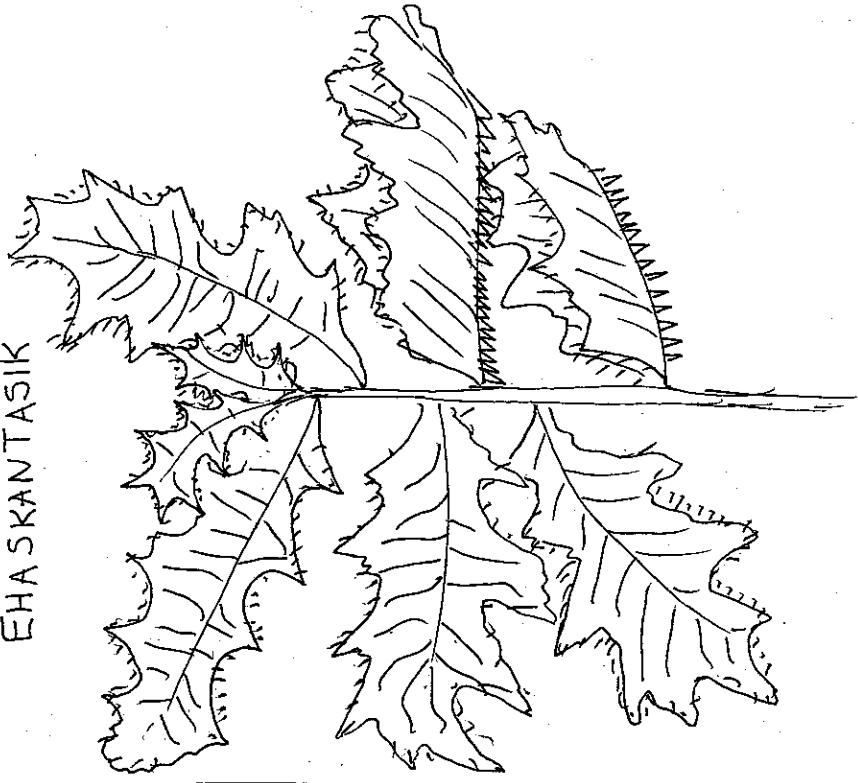


wisaesitchik
otaestetak

Mpison - Leaf tea is a diuretic. Leaves can also be chewed for toothache or applied to cuts as an antiseptic.

EHA SKANTASIK

16



Mehemichink - leaves can be eaten in salad or boiled as a vegetable.

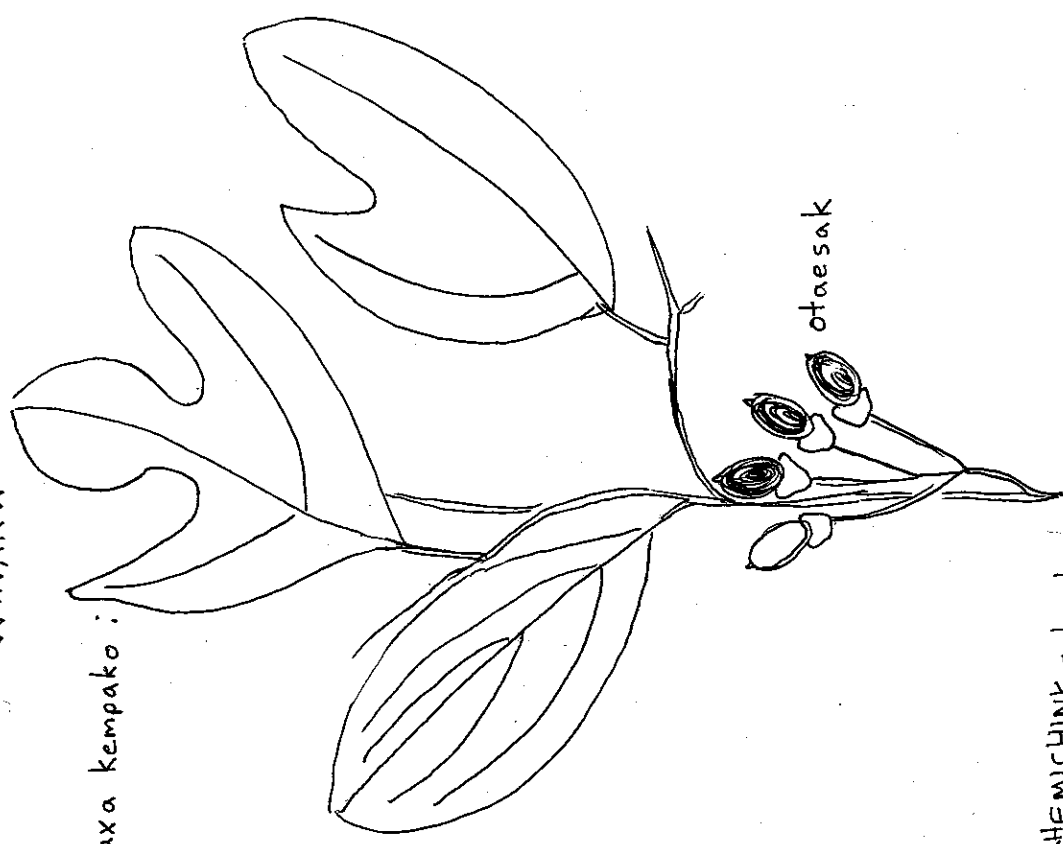
Mpison - stem contains a milky sap which should not be used without further guidance.

* Latin name is *Lactuca scariola*. Don't confuse with the more purple *Lactuca virosa*, which causes severe drowsiness if sap from the stem is ingested. Leaves are also edible, but more bitter than in *Lactuca scariola*.

17

WINAKW

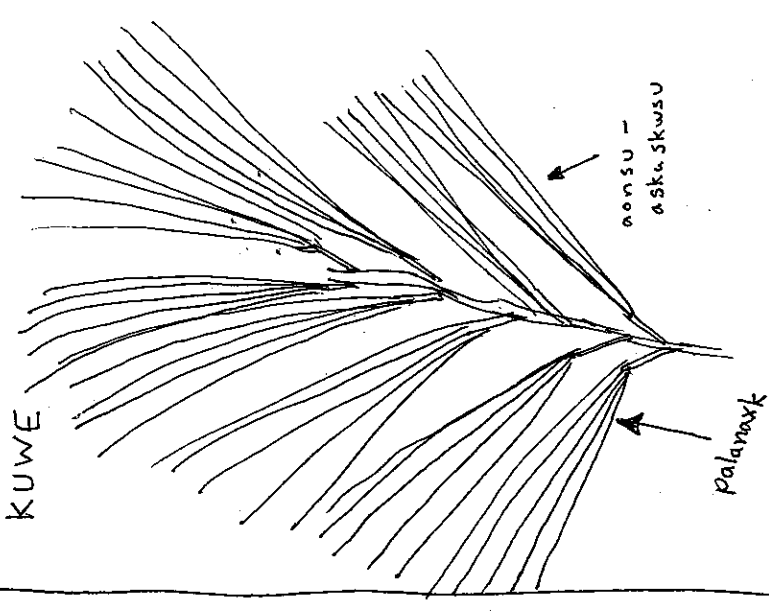
Naxa kempako :



otaesak

MEHEMICHINK - dry leaves and grnd to use as thickener/
 seasoning in stews, use fresh leaves to make
 tea. root tea can be sweetened and drunk
 cold (it will taste like root beer, but flat)

KUWE

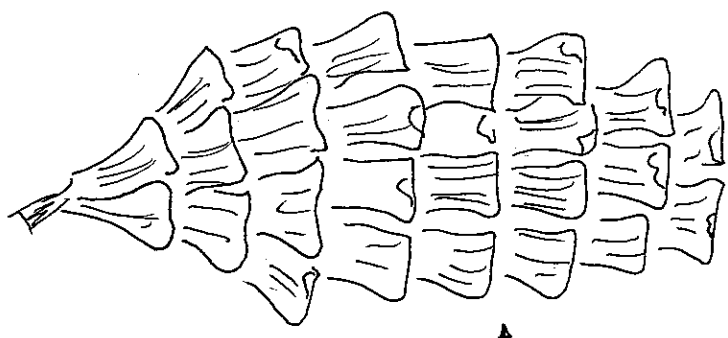


nonsu -
asku skwsu

Palanark

3-6 inches
long

Needles feel rough



18

MeheMichink - needles can be made into Vitamin C-rich tea
 - inner bark is edible (but harvesting it will
 harm the tree - use only in emergencies). dry and grind into
 flour

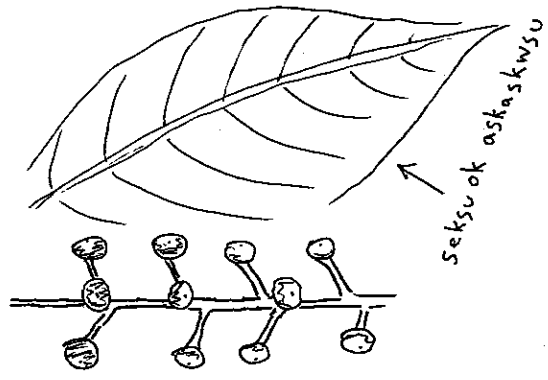
- Young pollen cones can be stewed and eaten
 - seeds from female cones are edible

Mpison - sap kills bacteria - chew for mouth sores or apply to
 cuts

- use needle tea for coughs and sore throats

POISONOUS PLANTS

CHÄINKWĒM (pokeweed)



seksuok askaskwsu

all parts can cause severe stomach cramps, vomiting, internal bleeding, slowed breathing, spasms, and death. the tubers are the most toxic

PEKON (bloodroot)

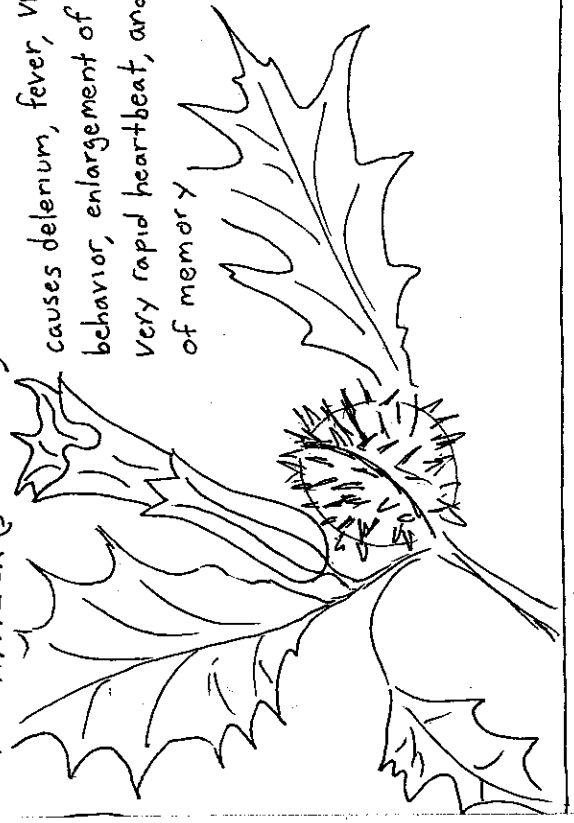


opsit ataes

destroys skin and flesh, causing it to die and drop off, leaving large scabs. open wounds may be quite severe. also causes vomiting and hallucinations

LOKWENATECK (jimson weed)

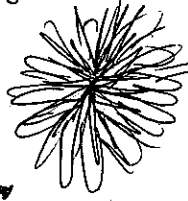
causes delerium, fever, violent behavior, enlargement of pupils, very rapid heartbeat, and loss of memory



19 OTHER IMPORTANT PLANTS TO KNOW

these plants grow almost anywhere and are useful both as food and medicine

wisaosu



DANDELION

young leaves are good as salad. leaf tea is good for treating an upset stomach.

AMARANTH

grain is excellent food

6 feet tall

CHICORY

onsu

use tea for menstrual cramps, diarrhea, and indigestion

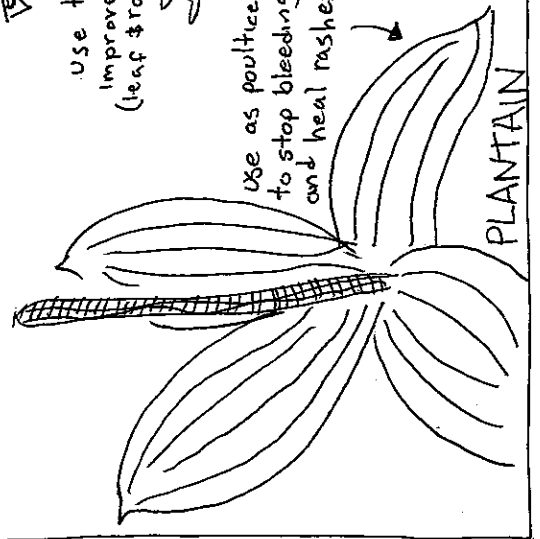
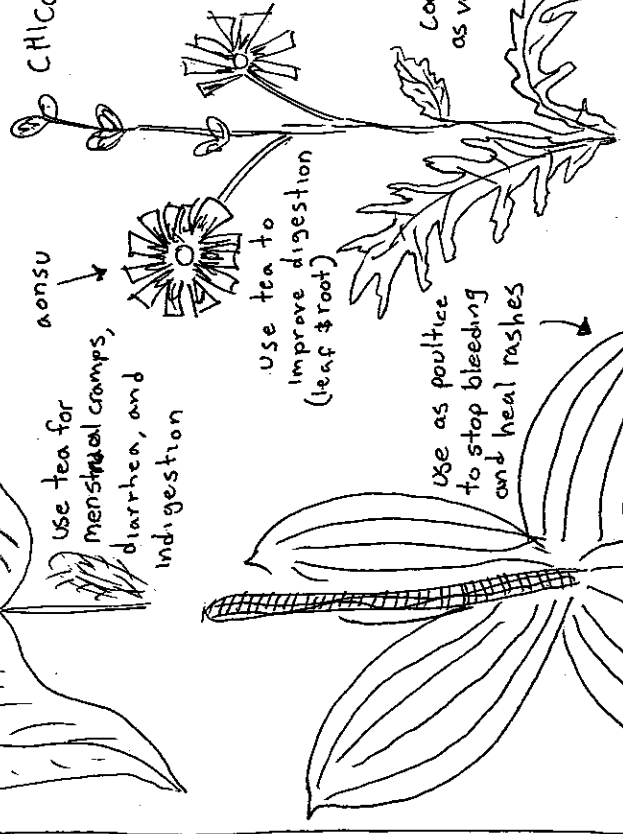
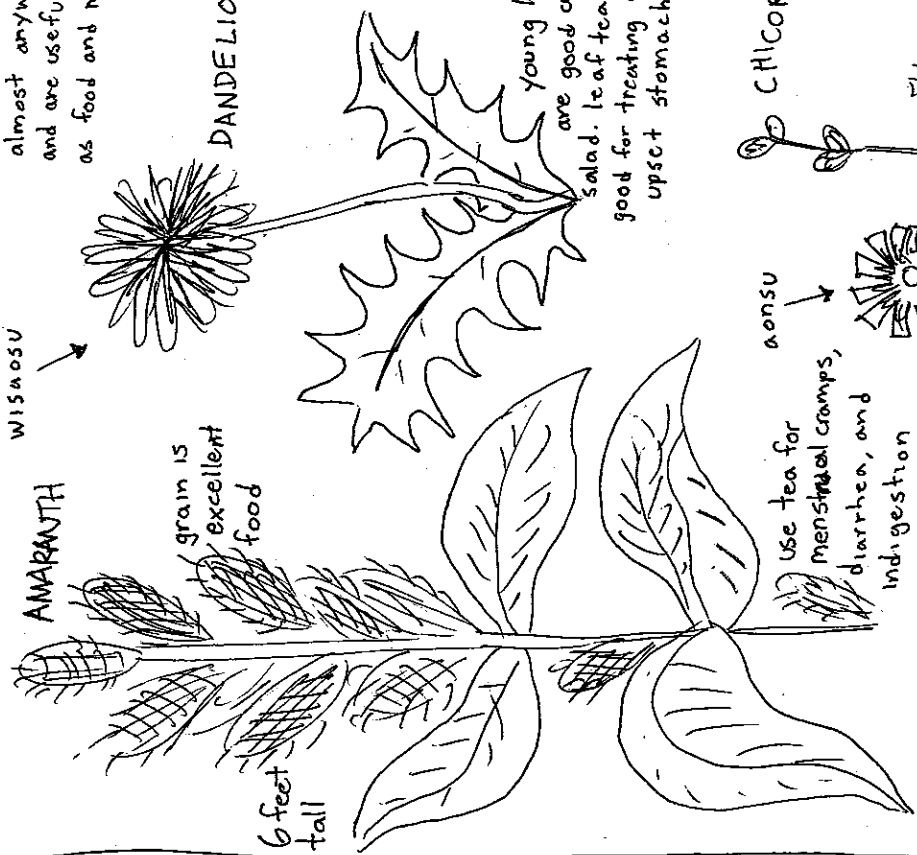
use tea to improve digestion (leaf & root)

cook leaves as vegetable

use as poultice to stop bleeding and heal rashes

roast roots as substitute for coffee (kapi)

PLANTAIN



(21)

PLANT TERMS IN LENAPE

- tree bark - hokes/hokesak
- tree branch - tuhon/tuhonak
- herb - hatsuken/hatsukenak
- leaf - kempakw/kempako
- root - chephik/chephika
- twig - hitkwetet/hitkweteta
- tree - hitkw/hitkuk

Sap - wansapi

flour - lukat

tea - ti

flower - otaes/otaesak

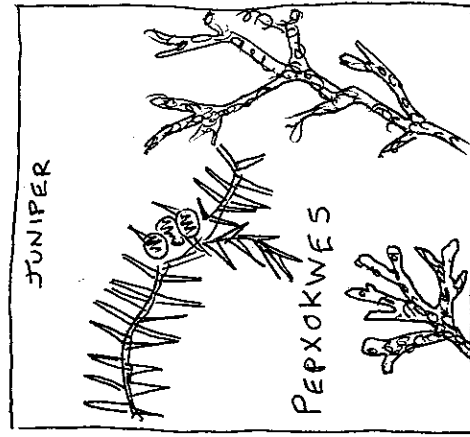
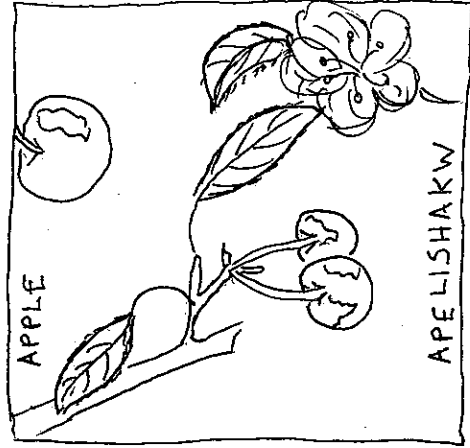
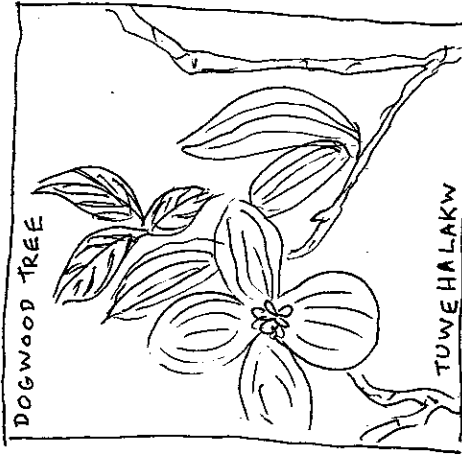
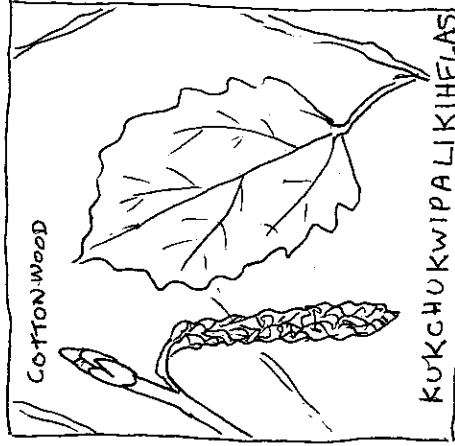
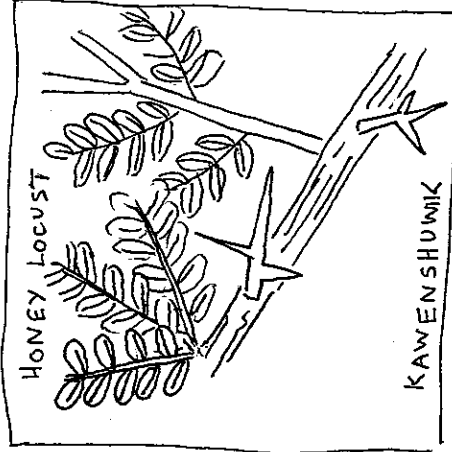
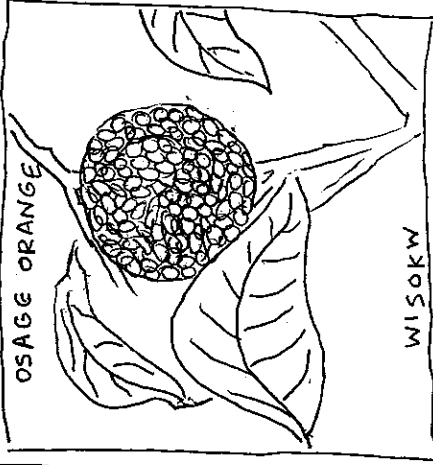
herbalist - nentpikes/nentpikesak

For teas/infusions - steep 1 handful of leaves in boiling water for 10 minutes

For poultices, crush leaves and bind to skin with a bandage

(22)

HITKUK TREES ARE ANIMATE



MANY THANKS TO SHELLEY DePAUL,
SWARTHMORE COLLEGE, AND THE
LENAPE NATION OF PENNSYLVANIA.

WANISHI!

MAIL TO:



TSUGA-HAUS
PUBLICATIONS