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FOOD PLANTS OF THE
NORTH AMERICAN INDIANS

By

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FOREWORD

This publication is a summary of the records of food plants used by the Indians of the United States and Canada which have appeared in ethnobotanical publications during a period of nearly 80 years. This compilation, for which all accessible literature has been searched, was drawn up as a preliminary to work by the Bureau of Chemistry and Soils on the chemical constituents and food value of native North American plants. In a compilation of this sort, in which it is impossible to authenticate most of the botanical identifications because of the unavailability of the specimens on which they were based, occasional errors are unavoidable. All the botanical names given have been reviewed in the light of our present knowledge of plant distribution, however, and it is believed that obvious errors of identification have been eliminated. The list finds its justification as a convenient summary of the extensive literature and is to be used subject to confirmation and correction. In every instance brief references are made to the original authorities for the information cited.

FREDERICK V. COVILLE,
Curator, United States National Herbarium.

INTRODUCTION

About 6 years ago the Carbohydrate Division of the Bureau of Chemistry and Soils undertook a systematic investigation of carbohydrates in plants. At the suggestion of C. A. Browne, attention was first given to plants used for food by the North American Indians (United States and Canada). As the study of these proceeded, the number of plants was found to be so great that it was suggested that

publication of the list itself might be of interest and real value to investigators in ethnobotany and plant chemistry. The original sources have therefore been gone over carefully to make the list as nearly complete as possible. It contains 1,112 species belonging to 444 genera of plants, distributed among 120 families. Communications pointing out omissions and errors in the compilation will be gratefully received.

Since the author is not a botanist, the preparation of this list would scarcely have been practicable without the cooperation of botanists. The author is especially grateful to Frederick V. Coville for his interest in the work, to S. F. Blake, senior botanist, for revising the scientific nomenclature, and to Oliver M. Freeman, assistant botanist, for providing the common names of the plants.

PLANTS

ALGAE

RHODOPHYCEAE

Porphyra laciniata (Lightf.) Ag.

Baked or chewed raw in California. Chesnut (8, p. 299).¹

Porphyra vulgaris Ag.

Cooked as greens on California coast. Palmer (37, p. 604); Rusby (53, p. 546).

PHAEOPHYCEAE

Alaria esculenta (L.) Grev.

Eaten by Indians of Alaska. Dall (14, p. 594).

FUNGI

AGARICACEAE

Agaricus campestris L.

Eaten in California and by Iroquois Indians, although some Indians are superstitious about it. Chesnut (8, p. 301); Waugh (72, p. 121).

Agaricus sp.

Eaten in British Columbia and Alaska. Dall (14, p. 594) (as *A. mutabilis*); Telt (69, p. 435).

Pleurotus almarinus Bull.

Young and tender fungus used by Dakota Indians. Gilmore (17, p. 61).

LYCOPERACEAE

Bovista plumbea Pers.

Young mushrooms used for food by Omaha Indians. Gilmore (17, p. 62).

Calvatia cyathiformis (Bosc) Morg.

Used by Omaha Indians. Gilmore (17, p. 62).

Lycoperdon gemmatum Batsch

Used fresh or roasted by Omaha Indians. Gilmore (17, p. 62).

Lycoperdon giganteum Batsch

Cooked, fried, and made into soup by Iroquois Indians. Waugh (72, p. 121).

Lycoperdon sp.

Eaten fresh or dried for winter use by Zuni of New Mexico. Stevenson (65, p. 69); Castetter (6, p. 33).

Fachyma cocos Fries

"Tuckahoe" or "Indian bread", a large fungus growing on the roots of trees; used for food in the Southern States. Palmer (35, p. 423) (as *Lycoperdon solidum*); Gore (18, p. 687); Harvard (24, p. 106); Willoughby (74, p. 86); Saunders (56, p. 39); Kephart (31, v. 2, p. 393).

¹ Italic numbers in parentheses refer to Literature Cited, p. 65.

POLYPORACEAE

Boletus sp.

A yellow and green fungus eaten in California. Chesnut (8, p. 301).

Polyporus farlowii Lloyd

The fungus is baked or boiled or stored for winter use in New Mexico. Casletter (6, p. 33).

Polyporus sp.

A fungus growing on the base of alder trees and on logs; eaten by Iroquois Indians, and also eaten in California. Chesnut (8, p. 300); Waugh (72, p. 121).

Polystictus versicolor (L.) Fr.

Boiled for food by Dakota Indians. Gilmore (17, p. 62).

USTILAGINACEAE

Ustilago maydis (DC) Cda.

Boiled for food by Omaha and Pawnee Indians. Gilmore (17, p. 62).

MORCELLACEAE

Morchella esculenta (L.) Pers.

Boiled for food in Nebraska, North Dakota, and South Dakota. Gilmore (17, p. 62).

Morchella sp.

Used for food by Iroquois Indians. Waugh (72, p. 121).

LICHENS

CLADONIAEAE

Cladonia rangiferina (L.) Web.

Boiled for food by Canadian Indians. Sturtevant (68, p. 117).

STICTACEAE

Sticta glomerulifera Del.

Cooked for food by Menominee and Ojibway Indians. Smith (58, p. 60; 60, p. 406).

PARMELIACEAE

Cetraria islandica (L.) Ach.

Used for food by various Indian tribes. Rusby (53).

Parmelia physodes (L.) Ach.

Cooked for soup in Wisconsin. Smith (61, p. 107).

USNEACEAE

Alectoria fremontii Tuckerm.

A famine food in Montana, Oregon, and California. Coville (11, p. 87); Chesnut (8, p. 299); Blankinship (3, p. 5).

Alectoria jubata (L.) Ach.

A lichen growing on pine or fir trees in the region of the Columbia River. Boiled to a jellylike mass; also boiled with camas roots; collected in heaps, sprinkled with water, and allowed to ferment, then rolled into large balls and baked in an oven; cooked in pits in the ground between layers of grass. Palmer (35, p. 424); Harvard (24, p. 113); Rusby (53); Wilson (75, p. 19); Anderson (1, p. 138); Telt (69, p. 483).

PTERIDOPHYTA

POLYPODIACEAE

Dryopteris dilatata (Hoffm.) Underw.

MOUNTAIN WOODFERN

Rootstocks collected early in the spring and cooked in a stone-lined hole in the ground by Alaska Indians. Gormau (19, p. 78) (as *Aspidium spinulosum dilatatum*).

Oncoclea sensibilis L.

SENSITIVE FERN

Rootstocks used by Iroquois Indians. Waugh (72, p. 113).

- Polystichum munitum* (Kaufl.) Presl. GIANT HOLLYFERN
Fleshy rhizomes eaten roasted in British Columbia. Anderson (1, p. 137)
(as *Aspidium munitum*).
- Pteridium aquilinum pubescens* Underw. BRACKEN
Rootstocks roasted over fire after the bark is removed; young sprouts used
for soup; California, Oregon, Washington, British Columbia, Alaska, and Wis-
consin. Brown (4, p. 380) (as *Pteris aquilina*); Palmer (35, p. 408) (as *P.*
aquilina); Coues (9, p. 822) (as *P. aquilina*); Havard (24, p. 115) (as *P.*
aquilina); Chesnut (8, p. 304); Blankinship (3, p. 20) (as *P. aquilina*); Rusby
(53); Sturtevant (68, p. 470) (as *P. aquilina*); Saunders (56, p. 114) (as
P. aquilina); Anderson (1, p. 137); Telt (69, p. 482); Smith (60, p. 408) (as
P. aquilina).

OSMUNDACEAE

- Osmunda cinnamomea* L. CINNAMON FERN
Young fronds boiled for soup by Menominee Indians. Smith (58, p. 70).

EQUISETACEAE

- Equisetum laevigatum* A. Br. HORSETAIL
Plant dried, ground, and made into mush in New Mexico. Castetter (6, p. 27).
- Equisetum pratense* Ehrh. HORSETAIL
Tubers eaten in Minnesota. Reagan (41, p. 248).

LYCOPODIACEAE

- Lycopodium inciduum* Michx. SHINING CLUBMOSS
Plant eaten by Chippewa Indians. Reagan (41, p. 246).
- Lycopodium selago* L. FIB CLUBMOSS
Plant eaten by Chippewa Indians. Reagan (41, p. 246).

CYCADACEAE

- Zamia floridana* A. DC. COONTIE
Large starchy roots used; starch extracted by primitive methods by Seminole
Indians. Rusby (52, p. 458); Stout (67, p. 55); Saunders (56, p. 28).
- Zamia pumila* L. ST. JOHN'S COONTIE
Used like *Z. floridana*; Florida. Saunders (56, p. 28).
- Zamia* sp.
Large starchy roots used extensively by Seminole Indians. As *Z. integrifolia*:
Palmer (37, p. 600); Havard (24, p. 107); Sturtevant (68, p. 607).

TAXACEAE

- Taxus brevifolia* Nutt. PACIFIC YEW
"Berries" eaten, but seeds considered poisonous; California. Chesnut
(8, p. 305).
- Taxodium californicum* (Torr.) Greene. CALIFORNIA-NUTMEG
Nuts, rich in oil, used in California. Chesnut (8, p. 305).

PINACEAE

- Abies grandis* Lindl. GREAT SILVER FIR
Cambium used by Indians of British Columbia. Telt (69, p. 483).
- Abies* sp.
Gum from needles, branches, and cones chewed in British Columbia. Telt
(69, p. 484).
- Juniperus californica* Carr. CALIFORNIA JUNIPER
Berries (fruit) eaten fresh, or dried, ground, and made into bread or mush;
California. Palmer (37, p. 593); Havard (24, p. 118); Saunders (56, p. 78).
- Juniperus communis* L. COMMON JUNIPER
Berries used for food; beverage prepared by boiling stems and leaves;
British Columbia. Sturtevant (68, p. 320); Telt (69, p. 494).
- Juniperus monosperma* (Engelm.) Sarg. CHERRYSTONE JUNIPER
Berries eaten and used for seasoning meats; gum chewed; New Mexico. Rob-
bins, Harrington, and Freire-Marreco (42, p. 40); Castetter (6, p. 31).

- Juniperus occidentalis** Hook. WESTERN JUNIPER
Sweet and nutritious berries eaten fresh or dried and made into bread; Washington, Oregon, California, Arizona, New Mexico, and Texas. Palmer (35, p. 411; 37, p. 593); Havard (24, p. 118); Barrows (2, p. 61). The records from east of California refer to one of the related species, probably *J. monosperma*.
- Juniperus pachyphloea** Torr. ALLIGATOR JUNIPER
Berries eaten fresh and stored for winter; Arizona, New Mexico, Texas. Palmer (37, p. 593); Havard (24, p. 118); Sturtevant (68, p. 320); Saunders (56, p. 73); Castetter (6, p. 32).
- Juniperus scopulorum** Sarg. COLORADO JUNIPER
Fruit eaten fresh or cooked; New Mexico. Castetter (6, p. 32).
- Juniperus utahensis** (Engelm.) Lemmon UTAH JUNIPER
Berries used in Utah and Nevada. As *J. californica*, var. *utahensis*: Palmer (37, p. 593); Chamberlin (7, p. 372); Saunders (56, p. 78).
- Larix laricina** (Du Roi) Koch AMERICAN LARCH
Tea made from roots by Ojibway Indians. Reagan (41, p. 244) (as *L. americana*).
- Larix occidentalis** Nutt. WESTERN LARCH
Exudation from trunk and branches used as chewing gum in British Columbia. Telt (69, p. 493).
- Picea mariana** (Mill.) B. S. P. BLACK SPRUCE
Spruce beer made from new shoots. Sturtevant (68, p. 434) (as *P. nigra*).
- Picea rubens** Sarg. RED SPRUCE
Infusion of leaves used as a beverage by Chippewa Indians. Denmore (15, p. 317) (as *P. rubra*).
- Pinus albicaulis** Engelm. WHITEBARK PINE
Nuts and cambium used for food; Montana, Idaho, Oregon, and British Columbia. Newberry (34, p. 35); Blankinship (3, p. 18); Telt (69, p. 492).
- Pinus brachyptera** Engelm. [P. scopulorum (Engelm.) Lemmon] ROCKY MOUNTAIN YELLOW PINE
Inner bark eaten or chewed in time of food shortage; New Mexico, Arizona. Castetter (6, pp. 41-42).
- Pinus contorta** Dougl. SHORE PINE
Sap collected in the spring; cambium eaten raw or cooked; Northwestern States, British Columbia, Alaska. Brown (4, p. 382); Palmer (35, p. 411); Rothrock (43, p. 433); Gorman (19, p. 69); Sturtevant (68, p. 436); Anderson (1, p. 136); Telt (69, p. 483).
- Pinus coulteri** D. Don. COULTER PINE
Seeds eaten in California. Palmer (35, p. 411); Newberry (34, p. 35); Havard (24, p. 118); Sturtevant (68, p. 437).
- Pinus edulis** Engelm. NUT PINE
Seeds eaten raw or roasted; Arizona, New Mexico, Utah, and Nevada. Palmer (35, p. 411); Newberry (34, p. 35); Havard (24, p. 117); Chamberlin (7, p. 377); Standley (64, p. 459); Stevenson (65, p. 70); Robbins, Harrington, and Freire-Marreco (42, p. 41); Sturtevant (68, p. 437); Saunders (56, p. 75); Castetter (6, p. 40).
- Pinus flexilis** James LIMBER PINE
Seeds and cambium used in Northwestern States and Arizona. Brown (4, p. 381); Newberry (34, p. 35); Blankinship (3, p. 18); Standley (64, p. 459); Sturtevant (68, p. 437); Castetter (6, p. 42).
- Pinus lambertiana** Dougl. SUGAR PINE
Large seeds eaten, also gummy exudation from the tree; California and Northwestern States. Brown (4, p. 381); Palmer (35, p. 411); Havard (24, p. 117); Coville (11, p. 88); Barrows (2, p. 63); Chesnut (8, p. 306); Sturtevant (68, p. 437); Saunders (56, p. 75).
- Pinus monophylla** Torr. and Frém. SINGLE-LEAF PINE
Seeds eaten raw or roasted; Utah, Nevada, Arizona, and California. Simmonds (57, p. 377); Palmer (35, p. 411; 37, p. 594); Newberry (34, p. 35); Coville (10, p. 352); Havard (24, p. 117); Hough (29, p. 143); Barrows (2, p. 63); Chamberlin (7, p. 377); Sturtevant (68, p. 438); Saunders (56, p. 75).

- Pinus monticola** Dougl. WESTERN WHITE PINE
Gummy substance from the trunk and branches used as chewing gum in British Columbia. Telt (69, p. 493).
- Pinus murrayana** Oreg. Comm. LODGEPOLE PINE
Sap collected in the spring; cambium eaten raw or cooked; Oregon, Montana, British Columbia, and Alaska. Gorman (19, p. 69); Coville (11, p. 89); Blankinship (3, p. 18); Rusby (44, p. 719); Anderson (1, p. 136); Telt (69, p. 483).
- Pinus ponderosa** Dougl. WESTERN YELLOW PINE
Seeds eaten raw or crushed and made into bread; mucilaginous inner bark, or gum, collected and chewed; Montana, Idaho, Oregon, California, and British Columbia. Newberry (34, p. 46); Coville (11, p. 89); Chesnut (8, p. 307); Spinden (63, p. 205); Anderson (1, p. 133); Telt (69, pp. 483-484, 491).
- Pinus quadrifolia** Parry PARRY PINE
Seeds eaten in California. As *P. parryana*: Palmer (35, p. 411); Newberry (34, p. 35) (also as *P. cembroides*); Havard (24, p. 117) (also as *P. cembroides*); Barrows (2, p. 63); Sturtevant (68, p. 436) (as *P. cembroides*); Saunders (56, p. 16) (also as *P. cembroides*).
- Pinus sabiniana** Dougl. DIGGER PINE
Oily, sweet nuts eaten; gummy exudation from the tree chewed; California: Palmer (35, p. 411); Newberry (34, p. 35); Havard (24, p. 117); Chesnut (8, p. 307); Sturtevant (68, p. 438); Saunders (56, p. 75).
- Pinus strobus** L. WHITE PINE
Bark used by Iroquois and Ojibway Indians. Waugh (72, p. 119); Smith (60, p. 408).
- Pinus torreyana** Parry TORREY PINE
Seeds eaten in California. Palmer (37, p. 594); Sturtevant (68, p. 438).
- Pseudotsuga mucronata** (Raf.) Sudworth DOUGLAS FIR
Young twigs and leaves used as substitute for coffee; cambium used for food; British Columbia and California. Chesnut (8, p. 309); Saunders (56, p. 150) (as *P. taxifolia*); Telt (69, pp. 483, 494).
- Thuja plicata** D. Don. GIANT ARBORVITAE
Cambium eaten fresh in the spring or dried for future use; Montana and Oregon. Palmer (35, p. 412) (as *T. gigantea*); Blankinship (3, p. 25); Sturtevant (68, p. 570) (as *T. gigantea*).
- Tsuga canadensis** (L.) Carr. CANADA HEMLOCK
Beverage prepared from the leaves; Maine, Minnesota, and Wisconsin. Sturtevant (68, p. 582); Saunders (56, p. 149); Densmore (15, p. 317); Smith (60, p. 408).
- Tsuga heterophylla** (Raf.) Sarg. WESTERN HEMLOCK
Cambium and sap pressed into cakes and eaten, or made into a coarse bread; Montana and British Columbia. Blankinship (3, p. 25); Anderson (1, p. 135).
- Tsuga mertensiana** (Bong.) Carr. MOUNTAIN HEMLOCK
Inner bark pressed into cakes, then baked or smoked; Alaska. Gorman (19, p. 68).

GNETACEAE

- Ephedra nevadensis** S. Wats. NEVADA JOINTFIR
Seeds roasted, ground into flour, and made into bread; beverage made by steeping the plant in hot water; California and New Mexico. Coville (10, p. 353); Stevenson (65, p. 67); Saunders (56, p. 158).

TYPHACEAE

- Typha angustifolia** L. NARROWLEAF CATTAIL
Used like *Typha latifolia*. Rusby (46, p. 203); Sturtevant (68, p. 582).
- Typha latifolia** L. COMMON CATTAIL
Young roots, shoots, bases of stems, flowering ends, and seeds eaten by various tribes; Oregon, California, Nevada, Utah, New Mexico, Montana, and British Columbia. Palmer (37, p. 604); Coville (11, p. 90); Chesnut (8, p. 310); Blankinship (3, p. 25); Rusby (46, p. 203); Chamberlin (7, p. 383); Sturtevant (68, p. 582); Saunders (56, p. 40); Kephart (31, p. 385); Telt (69, p. 482); Castetter (6, p. 53).

SPARGANIACEAE

Sparganium eurycarpum Engelm.

BURN REED

Sweetish tubers and bulbous expansion at base of stem eaten in Oregon. Coville (11, p. 90); Rusby (52, p. 458).

JUNCAGINACEAE

Triglochin maritima L.

ARROWGRASS

Seeds parched and ground for food, or roasted and used as substitute for coffee; Utah, Nevada, Montana, Oregon, and California. Coville (11, p. 90); Blankinship (3, p. 25); Rusby (47, p. 222); Chamberlin (7, p. 383).

ALISMACEAE

Sagittaria cuneata Sheldon

ARROWHEAD

White nutritious tubers, slightly bitter but of pleasant taste after roasting, used for food in Oregon, Montana, and Wisconsin. As *S. arifolia*: Coville (11, p. 90); Blankinship (3, p. 22); Smith (58, p. 61; 60, p. 396).

Sagittaria latifolia Willd.

COMMON ARROWHEAD

Palatable tubers eaten boiled or roasted by almost all Indian tribes; North-western States, California, Arizona, Nevada, Utah, Nebraska, North Dakota, South Dakota, Minnesota, Wisconsin, New York, and Atlantic States. Poreher (39, p. 536); Brown (4, p. 379); Palmer (55, p. 408) (as *S. variabilis*); Palmer (37, p. 600) (as *S. simplex*); Harris (22, p. 112); Coues (9, pp. 695, 824) (as *S. variabilis*); Harvard (24, p. 105) (also as *S. variabilis*); Coville (11, p. 90); Chesnut (8, p. 310); Spliden (63, p. 204); Parker (38, p. 105); Chamberlin (8, p. 380) (as *S. variabilis*); Stout (67, p. 54); Gilmore (17, p. 65); Saunders (56, p. 31) (as *S. variabilis*); Kephart (31, p. 374) (also as *S. variabilis*); Anderson (1, p. 134); Densmore (15, p. 319); Smith (59, p. 254; 61, p. 94).

Sagittaria sp.

Tubers boiled or roasted in Eastern States. Poreher (39, p. 536); Sturtevant (68, p. 518) (as *S. sagittifolia*).

POACEAE (GRAMINEAE)

Agropyron sp.

WHEATGRASS

Seeds used by Indians of Utah and Nevada. Chamberlin (7, p. 360) (as *A. repens*).

Agrostis sp.

BENTGRASS

Seeds used by Klamath Indians of Oregon. Coville (11, p. 97) (as *A. perennans*).

Aira caespitosa L.

TUFTED HAIRGRASS

Seeds used in Utah and Nevada. Chamberlin (7, p. 367) (as *Deschampsia caespitosa*).

Arundinaria macrosperma Miexh.

SOUTHERN CANE

Seeds used in Southern States. Sturtevant (68, p. 70).

Avena fatua L.

WILD OAT

Seeds parched and ground into flour by various California tribes. Palmer (35, p. 419); Chesnut (8, p. 311); Sparkman (62, p. 234); Saunders (56, p. 54).

Beckmannia erucaeformis (L.) Host

SLOUGHGRASS

Seeds used in Montana, Oregon, Utah, and Nevada. Coville (11, p. 91); Blankinship (3, p. 8); Chamberlin (7, p. 364); Sturtevant (68, p. 85).

Bromus carinatus Hook. and Arn.

CALIFORNIA BROME

Seeds eaten in California. Powers (40, p. 425) (as *B. virans*).

Bromus marginatus Nees

BIG MOUNTAIN BROME

Seeds used for pinole in Utah, Nevada, and California. Chesnut (8, p. 312); Chamberlin (8, p. 364) (as *B. brevistaratus*).

Bromus rigidus Roth

RIPGUT GRASS

Seeds eaten in California. Sparkman (62, p. 234) (as *B. maximus*).

Clana latifolia (Trevir.) Griseb.

DROOPING WOODREED

Seeds used for food in Utah and Nevada. Chamberlin (7, p. 366) (as *C. arundinacea*).

Echinochloa crusgalli (L.) Beauv.

BARNYARD GRASS

Seeds ground into flour, and made into bread or mush; Utah. Palmer (37, p. 602) (as *Panicum crusgalli*); Kephart (31, p. 376) (as *Panicum crusgalli*); Wissler (76, p. 15).

- Elymus canadensis** L. CANADA WILD-RYE
Seeds eaten in Utah and Nevada. Chamberlin (7, p. 368).
- Elymus condensatus** Presl. GIANT WILD-RYE
Seeds eaten in Montana and Oregon. Coville (11, p. 91); Blankinship (3, p. 11); Saunders (56, p. 55).
- Elymus glaucus** Buckl. BLUE WILD-RYE
Seeds used in Utah and Nevada. Chamberlin (7, p. 368) (as *E. sibiricus*).
- Elymus mollis** Trin. AMERICAN DUNEGRASS
Seeds eaten in California. Sturtevant (68, p. 253) (as *E. arcanarius*).
- Elymus triticoides** Buckl. BEARDESS WILD-RYE
Seeds used for pinole in California. Chesnut (8, p. 312); Saunders (59, p. 55).
- Eragrostis caroliniana** (Spreng.) Scribn.
Seeds ground to flour in Utah. Palmer (37, p. 602) (as *E. purshii*).
- Festuca octoflora** Walt. SIX-WEEKS FESCUE
Seeds eaten in Utah and Nevada. Chamberlin (7, p. 369) (as *F. tenella*).
- Festuca ovina** L. SHEEP FESCUE
Seeds eaten in Utah and Nevada. Chamberlin (7, p. 369).
- Hordeum jubatum** L. FOXTAIL BARLEY
Seeds used in Utah, Nevada, and Oregon. Brown (4, p. 382); Chamberlin (8, p. 372).
- Hordeum murinum** L. MOUSE BARLEY
Seeds used for pinole in California. Chesnut (8, p. 313).
- Hordeum vulgare** L. BARLEY
Seeds ground into flour for bread; parched seeds used as substitute for coffee; California. Chesnut (8, p. 313).
- Koeleria cristata** (L.) Pers. JUNEGRASS
(ground seeds made into bread or mush in New Mexico. Custetter (6, p. 32).
- Lolium temulentum** L. DARNEL
Seeds used for pinole in California, although considered poisonous by some. Chesnut (8, p. 314).
- Oryzopsis hymenoides** (Roem. and Schult.) Rieker INDIAN RICEGRASS
Seeds used in Montana, Utah, Nevada, California, Arizona, and New Mexico. Palmer (35, p. 419) (as *Eriocoma cuspidata*); Coville (10, p. 353) (as *O. membranacea*); Hough (28, p. 37; 29, p. 142) (as *E. membranacea*); Blankinship (3, p. 11) (as *E. cuspidata*); Chamberlin (7, p. 375) (as *O. cuspidata*); Stevenson (65, p. 67) (as *E. cuspidata*); Saunders (56, p. 56) (as *E. cuspidata*); Custetter (6, p. 27) (as *E. cuspidata*, *O. cuspidata*, *O. membranacea*).
- Panicularia borealis** Nash. NORTHERN MANNAGRASS
Seeds used in Utah and Nevada. Chamberlin (7, p. 370) (as *Glyceria aquatica*).
- Panicularia fluitans** (L.) Kuntze MANNAGRASS
Seeds used in Oregon. Coville (11, p. 91); Kephart (31, p. 376) (also as *Glyceria fluitans*).
- Panicularia nervata** (Willd.) Kuntze
Seeds used in Utah and Nevada. Chamberlin (7, p. 370) (as *Glyceria nervata*).
- Panicum capillare** L. WITCHGRASS
Seeds ground and mixed with corn meal in Arizona. Fewkes (16, p. 17); Custetter (6, p. 28).
- Panicum obtusum** H. B. K. VINE-MESQUITE
Seeds ground with corn meal by Hopi Indians. Hough (28, p. 37; 29, p. 142); Custetter (6, p. 33).
- Panicum urvilleanum** Kunth
Seeds used in southern California. Saunders (56, p. 56).
- Panicum** sp. PANICUM
Seeds ground, kneaded with water into cakes and dried in the sun; also used for gruel and mush; Arizona. Palmer (35, p. 419); Kephart (31, p. 376).
- Phragmites communis** Trin. COMMON REED
Stems containing sweet gum used for food; Utah, Nevada, and Oregon. Palmer (35, p. 423) (as *Arundo phragmites*); Palmer (37, p. 605) (as *Arundo*

phragmites); Coville (11, p. 91) (as *Phragmites phragmites*); Blankinship (3, p. 17); Rusby (46, p. 203) (as *Phragmites phragmites*); Chamberlin (7, p. 376); Sturtevant (68, p. 430).

Poa fendleriana (Steud.) Vasey MUTTON GRASS
Seeds eaten in Utah and Nevada. Chamberlin (7, p. 377) (as *P. californica*).

Poa scabrella (Thurb.) Benth. PINE BLUEGRASS
Seeds eaten by Goshute Indians. Chamberlin (7, p. 370) (as *P. tenuifolia*).

Puccinellia nuttalliana (Sebult.) Hitchc. NUTTALL ALKALI-GRASS
Seeds used in Utah and Nevada. Chamberlin (7, p. 370) (as *Glyceria distans*).

Sorghum vulgare Pers.
Used by Pima Indians of Arizona. Russell (54, p. 74).

Sporobolus airoides Torr. ALKALI SACATON
Seeds parched, ground, and eaten dry or made into mush; Utah. Palmer (37, p. 602).

Sporobolus asperifolius Nees and Mey.
Used like *S. airoides*; Utah. Palmer (37, p. 603) (as *Vilfa asperifolia*).

Sporobolus contractus Hitchc. SPIKE DROPSIED
Seeds ground with corn and made into cakes in New Mexico and Arizona. As *S. cryptandrus strictus*; Hough (28, p. 37; 29, p. 142); Castetter (6, p. 28).

Sporobolus cryptandrus (Torr.) A. Gray SAND DROPSIED
Seeds parched, ground, mixed with water or milk, and made into mush or biscuits; Utah. Palmer (37, p. 602); Kephart (31, p. 376).

Sporobolus flexuosus (Thurb.) Rydb. MESA DROPSIED
Seeds used in Arizona. Hough (28, p. 37; 29, p. 143) (as *S. cryptandrus flexuosus*).

Trisetum spicatum (L.) Richter SPIKE TRISETUM
Seeds eaten in Utah and Nevada. Chamberlin (7, p. 383) (as *T. subspicatum*).

Triticum aestivum L. WHEAT
Grain raised in large quantities by the Indians of Arizona, New Mexico, and Utah. Palmer (35, p. 424) (as *T. vulgare*); Russell (54, p. 76) (as *T. sativum*); Stevenson (65, p. 71) (as *T. vulgare*).

Zizania aquatica L. ANNUAL WILDRICE
One of the most important cereals among Indians; Nebraska, North Dakota, South Dakota, Minnesota, Wisconsin, Michigan, and New York. Porcher (59 p. 580); Palmer (35, p. 422); Newberry (34, p. 39); Stickney (66, p. 115); Jenks (30, p. 1019); Willoughby (74, p. 85); Gilmore (17, p. 67); Sturtevant (68, p. 620); Saunders (56, p. 45); Kephart (31, p. 379); Smith (58, p. 67; 59, p. 259); Reagan (41, p. 246); Hedrick (26, p. 33).

Zizania palustris L. COMMON WILDRICE
Chief cereal food of Chippewa and Ojibway Indians; prepared in a number of ways. Densmore (15, pp. 313, 318); Smith (60, p. 403; 61, p. 101).

Zea mays L. MAIZE, INDIAN CORN
Cultivated in America before advent of Columbus; prepared for food in many ways. Palmer (35, p. 419); Newberry (34, p. 32); Coues (9); Harvard (24, p. 99; 25, p. 34); Willoughby (73, p. 130); Russell (54, p. 72); Bushnell (5, p. 8); Parker (33); Stevenson (65, p. 73); Robbins, Harrington, and Frelre-Marteco (42, p. 78); Waugh (72); Gilmore (17, p. 67); Sturtevant (68, p. 608); Cushing (13); Mead (33, p. 409); Wissler (76, p. 15); Smith (58, p. 66; 59, p. 257; 60, p. 402; 61, p. 101); Densmore (15, p. 319); Hedrick (26, p. 31).

CYPERACEAE

Carex sp. SEDEGE
Stems stripped of leaves used for food, the tissue being filled with palatable sugary juice; also tuberous base of the stem eaten; Utah, Nevada, and Oregon. Coville (11, p. 92); Chamberlin (7, p. 365) (as *C. utriculata*).

Cyperus esculentus L. CHUFA
Small tubers eaten by Indians of Southeastern States. Harvard (24, p. 115); Saunders (56, p. 25).

Cyperus inflexus Muhl.
Tuberous roots used for food in New Mexico. Castetter (6, p. 25).

Cyperus rotundus L. NUTGRASS
 Similar to *C. esculentus*. Havard (24, p. 115); Saunders (56, p. 25).

Scirpus acutus Muhl. TULE
 Rootstocks eaten raw or used for making bread; seeds also used for food; young shoots eaten in the spring; Montana, Oregon, Utah, and Nevada. As *S. lacustris occidentalis*: Havard (24, p. 115); Coville (11, p. 92); Blankinship (3, p. 23); Rusby (44, p. 754); Chamberlin (7, p. 381).

Scirpus nevadensis S. Wats. NEVADA BULBUSH
 Rootstocks eaten raw by Cheyenne Indians. Grinnell (20, p. 170).

Scirpus paludosus A. Nees.
 Rootstocks eaten in Montana. Blankinship (3, p. 23) (as *S. campestris*.)

Scirpus validus Vahl GREAT BULBUSH
 Rootstocks eaten raw, or pounded into flour for making bread; pollen of the plant also used to make bread; New York, Wisconsin, Minnesota, North Dakota, South Dakota, Montana, Nebraska, Missouri, and California. Brown (4, p. 381) (as *S. lacustris*); Palmer (35, p. 408) (as *S. lacustris*); (37, p. 604); Havard (24, p. 115) (as *S. lacustris*); Rusby (44, p. 754); Parker (38, p. 105); Gilmore (17, p. 69); Sturtevant (68, p. 526) (as *S. lacustris*); Saunders (56, p. 25); Kephart (31, p. 375) (as *S. lacustris*); Densmore (15, p. 320).

PHOENICACEAE (PALMAE)

Glaucothea armata (S. Wats.) Cook BLUE PALM
 Fruit of the palm consumed fresh or dried for winter use; also bases of young leaves eaten; southern California. As *Brahca armata*: Palmer (37, p. 598); Rusby (53).

Inodes palmetto (Walt.) Cook CAROLINA PALMETTO
 The core of the tree boiled like cabbage in Southeastern States. As *Sabal palmetto*: Palmer (35, p. 423); Rusby (53); Sturtevant (68, p. 515); Saunders (56, p. 138).

Sabal glabra (Mill.) Sarg. BLUESTEM PALMETTO
 Soft interior of the stem eaten in Southern States. Sturtevant (68, p. 515); (as *S. adansoni*).

Serenoa serrulata (Michx.) Hook. f. SAW PALMETTO
 Fruit eaten in Southeastern States. Rusby (50, p. 535).

Washingtonia filifera (Linden) Wendl. CALIFORNIA WASHINGTON PALM
 Fruit eaten in California, also young bases of leaves and ground seeds. Palmer (37, p. 599) (as *Pritchardia filamentosa*); Rusby (50, p. 535) (as *Pritchardia filamentosa*); Sturtevant (68, pp. 454, 604) (also as *Pritchardia filifera*); Saunders (56, p. 112).

ARACEAE

Acorus calamus L. SWEETFLAG
 Rootstocks used for food by the Indians of New York State. Hedrick (24, p. 33).

Arisaema triphyllum (L.) Schott. JACK-IN-THE-PULPIT
 Iroquois breadroot or Indian turnip; the corm eaten. Harris (22, p. 110) (as *Arum triphyllum*); Havard (24, p. 106); Rusby (52, p. 453); Parker (38, p. 105); Sturtevant (68, p. 65) (as *A. atrovibens*); Saunders (56, p. 37); Kephart (31, p. 377) (also as *Arum triphyllum*); Hedrick (26, p. 32); Smith (61, p. 95).

Calla palustris L. WILD CALLA
 Rootstock used for food. Havard (24, p. 106); Sturtevant (68, p. 125); Kephart (31, p. 374).

Colocasia esculenta (L.) Schott ELEPHANTS-EAR, TARO, DASHEEN
 Corms eaten in Southern States. Havard (24, p. 106) (also as *C. antiquorum*).

Orontium aquaticum L. GOLDENCLUB
 Rootstocks and seeds used in New York, Pennsylvania, and Virginia; repeated boiling or roasting required to remove the acrid taste. Harris (22, p. 112); Havard (24, p. 102); Rusby (49, p. 450); Sturtevant (68, p. 398); Saunders (56, p. 36); Kephart (31, p. 375); Hedrick (26, p. 32).

Peltandra sagittifolia (Michx.) Morong REDFRUIT ARROW-ARUM
 Thick heavy roots used for food in Southeastern States. Havard (24, p. 106).

Peltandra virginica (L.) Kunth VIRGINIA ARROW-ARUM
Breadroot of New York, Virginia, and Pennsylvania Indians. Harris (22, p. 112) (as *Arum* or *Arisaema virginicum*); Havard (24, p. 106); Stout (67, p. 54); Saunders (56, p. 36); Kephart (31, p. 374) (also as *P. undulata* and *Arum virginicum*); Hedrick (26, p. 31).

Spathyema foetida (L.) Raf. SKUNKCABBAGE
Rootstocks used as emergency food, dried or baked to improve the taste; young leaves and shoots used for greens by Iroquois and Seneca Indians. Harris (22, p. 113) (as *Symplocarpus foetidus*); Rusby (52, p. 458); Parker (38, p. 109) (as *Symplocarpus foetidus*); Waugh (72, p. 118) (as *Symplocarpus foetidus*); Kephart (31, p. 391) (also as *Symplocarpus foetidus*).

COMMELINACEAE

Tradescantia occidentalis (Britton) Smyth
Tender shoots eaten without preparation. Castetter (6, p. 53).

Tradescantia sp.
Greens cooked for food in Arizona. Hough (29, p. 143) (as *T. virginiana*).

LILIACEAE

Aletris farinosa L. STARGRASS
Bitter bulbs eaten by Indians of Louisiana. Sturtevant (68, p. 30).

Allium acuminatum Hook.
Bulbs eaten in the spring and early summer in Utah, Nevada, and British Columbia. Chamberlin (7, p. 360); Anderson (1, p. 126); Telt (69, p. 482).

Allium biscepium S. Wats.
Bulbs eaten in Utah and Nevada. Chamberlin (7, p. 360).

Allium bolanderi S. Wats. BOLANDER ONION
Bulbs eaten in California. Chesnut (8, p. 322).

Allium canadense L. MEADOW GARLIC
Favorite food of Menominee and Meskwaki Indians; also used by Iroquois; mixed with other foods. Rusby (44, p. 719); Parker (38, p. 105); Sturtevant (68, p. 31); Kephart (31, p. 335); Smith (58, p. 69; 59, p. 262; 61, p. 104).

Allium cepa L. ONION
Bulbs eaten in California. Powers (40, p. 425); Sturtevant (68, p. 32).

Allium cernuum Roth NODDINO ONION
Bulbs cooked for food in Northwestern States and British Columbia. Rusby (44, p. 719); Sturtevant (68, p. 36); Telt (69, p. 481); Smith (60, p. 406); Castetter (6, p. 14).

Allium deserticola (Jones) Woot. and Standl.
Bulbs eaten by Navajo Indians. Castetter (6, p. 15).

Allium geyeri S. Wats. GEYER ONION
Onions steamed in pits by Apache and Nez Percé Indians. Spinden (63, p. 204); Castetter (6, p. 15).

Allium mutabile Michx.
Bulbs used in Nebraska. Gilmore (17, p. 71).

Allium nuttallii S. Wats.
Bulbs boiled with meat by Cheyenne Indians. Grinnell (20, p. 171).

Allium recurvatum Rydb.
Bulbs eaten raw and used for flavoring other foods by Blackfoot Indians, also by Tewa of New Mexico, and Hopi of Arizona. Robbins, Harrington, and Freire-Marreco (42, p. 53); McClintock (32, p. 324); Castetter (6, p. 15).

Allium sabulicola Osterh.
Bulbs used for seasoning foods by Pueblos of New Mexico. Castetter (6, p. 15).

Allium sibiricum L. SIBERIAN ONION
Bulbs used by Cheyenne Indians. Grinnell (20, p. 171).

Allium stellatum Ker.
Bulbs eaten in British Columbia. Telt (69, p. 481).

Allium textile Nees. and Macbr.
Bulbs eaten raw or cooked in the Northwestern States. As *A. reticulatum*: Brown (4, p. 380); Rusby (44, p. 719); Sturtevant (68, p. 33).

- Allium tricoccum* Alt. WOOD LEEK
Bulbs eaten raw or dried for winter use and for seasoning of other foods by Iroquois Indians and by Indians of Minnesota and Wisconsin. Parker (38, p. 105); Saunders (56, p. 17); Smith (58, p. 69; 59, p. 262; 60, p. 406; 61, p. 104); Hedrick (26, p. 31).
- Allium unifolium* Kell. ONE-LEAF ONION
Bulbs and bases of leaves fried for food in California and New Mexico. Chesnut (8, p. 323); Castetter (6, p. 15).
- Allium vineale* L. WILD GARLIC
Bulbs used in the Eastern States. Rusby (44, p. 719).
- Androstaphyllum coeruleum* (Scheele) Greene
Bulbs eaten in Texas. Rusby (44, p. 220) (as *A. violaceum*).
- Asparagus officinalis* L. GARDEN ASPARAGUS
Cooked for greens by Iroquois Indians, also used in New Mexico. Parker (38, p. 95); Castetter (6, p. 17).
- Bloomeria aurea* Kell. GOLDEN STARS
Bulbs eaten by the Luisenos of California. Sparkman (62, p. 234).
- Calliprora ixiolides* (Alt. f.) Greene
Small bulbs eaten in California. Powers (40, p. 425) (as *C. lutea*).
- Calochortus aureus* S. Wats. GOLDEN MARIPOSA
Bulbs eaten raw by Hopi and Navajo Indians. Fewkes (16, p. 18); Hough (28, p. 38; 29, p. 144); Castetter (6, p. 19).
- Calochortus elegans* Pursh
Roots eaten in Northwestern States. Sturtevant (68, p. 126).
- Calochortus gunnisonii* S. Wats. GUNNISON MARIPOSA
Cheyenne Indians boil the bulbs for food or pound the dry bulbs into flour and make mush or porridge; dried bulbs also preserved for winter use. Grinnell (20, p. 172).
- Calochortus luteus* Dougl. YELLOW MARIPOSA
Roots eaten in California and New Mexico. Palmer (35, p. 406); Sturtevant (68, p. 126); Castetter (6, p. 19).
- Calochortus macrocarpus* Dougl. SAOEBRUSH MARIPOSA
Cooked bulbs, similar to camas, eaten in California, Oregon, and British Columbia. Coville (11, p. 93); Anderson (1, p. 126); Telt (69, p. 481).
- Calochortus maweanus* Lechtl. COAST PUSSY-EARS
Corms eaten in California. Chesnut (8, p. 323).
- Calochortus nuttallii* Torr. and Gray SEGO-LILY
Bulbs eaten raw or dried for winter use; Utah, Nevada, and the Pacific States. Havard (25, p. 114); Chamberlin (8, p. 364); Saunders (56, p. 19).
- Calochortus pulchellus* Dougl. CANARY GLOBE-TULIP
Corms eaten raw or roasted in ashes; California. Chesnut (8, p. 323).
- Calochortus venustus* Dougl. WHITE MARIPOSA
Sweet bulbs eaten in California. Chesnut (8, p. 323); Saunders (56, p. 20).
- Calochortus* sp.
About fifty edible species known in Western States. Havard (24, p. 114); Chesnut (8, p. 322); Rusby (47, p. 220).
- Clistoyucca brevifolia* (Engelm.) Rydb. JOSHUA-TREE
Young flower buds roasted on hot coals; seeds ground fine and eaten raw or cooked into mush; California. As *Yucca brevifolia*: Palmer (37, p. 647); Coville (10, p. 555); Rusby (45, p. 546); Saunders (56, p. 106).
- Dasyliirion texanum* Scheele TEXAS SOTOL
Central portion of bud filled with sugary pulp used for food and drink in Texas. Newberry (34, p. 41); Havard (25, p. 43); Rusby (53, p. 546); Sturtevant (68, p. 231).
- Dasyliirion wheeleri* S. Wats. WHEELER SOTOL
Hearts of the plant roasted in mescal pits; also used for making beverage. Standley (64, p. 455); Castetter (6, p. 14).
- Dichelostemma californicum* (Torr.) Wood
Bulbs used for food in California. Powers (40, p. 424) (as *Brodiaea columbica*).

Dichelostemma capitatum (Benth.) Wood

Sweet bulbs eaten in California and Arizona. Palmer (37, p. 601) (as *Mula capitata*); Havard (24, p. 114) (as *Brodiaea capitata*); Chesnut (8, p. 323); Rusby (47, p. 222) (as *Brodiaea capitata*); Sparkman (62, p. 234) (as *Brodiaea capitata*); Saunders (56, p. 20) (as *Brodiaea capitata*).

Dichelostemma pulchellum (Salisb.) Heller

Bulbs eaten in California. As *Brodiaea congesta*: Powers (40, p. 424); Havard (24, p. 114).

Disporum trachycarpum (S. Wats.) Benth. and Hook.

FAIRYBELLS

Yellow berries eaten raw by Blackfoot Indians. McClintock (32, p. 324).

Erythronium albidum Nutt.

WHITE TROUTLILY

Bulbs eaten raw by children in Nebraska, North Dakota, and South Dakota. Gilmore (17, p. 71).

Erythronium grandiflorum Pursh

GLACIERLILY

Bulbs eaten in California, Northwestern States, and British Columbia. Brown (4, p. 380); Chesnut (8, p. 326) (as *E. giganteum*); Blankinship (3, p. 11); Wilson (75, p. 19); Telt (69, p. 481).

Erythronium mesochoreum Knerr

Bulbs eaten raw in Nebraska, North Dakota, and South Dakota. Gilmore (17, p. 71).

Erythronium parviflorum (S. Wats.) Goodding

Small bulbs eaten in British Columbia. Telt (69, p. 481) (as *E. grandiflorum parviflorum*).

Fritillaria kamschatensis (L.) Ker

Icelandic bulbs eaten raw or boiled or dried for future use in British Columbia and Alaska. Gorman (19, p. 78); Sturtevant (63, p. 283); Anderson (1, p. 126).

Fritillaria lanceolata Pursh

Used like *F. kamschatensis* in Northwestern States, British Columbia, and Alaska. Brown (4, p. 380); Anderson (1, p. 126); Telt (69, p. 481).

Fritillaria pudica (Pursh) Spreng.

YELLOW FRITILLARY

Used like *F. kamschatensis* in British Columbia, Montana, Utah, and Nevada. Blankinship (3, p. 12); Chamberlin (7, p. 370); Anderson (1, p. 126); Telt (69, p. 482).

Hesperocallis undulata A. Gray

Large bulbs eaten in Arizona. Havard (24, p. 114); Rusby (47, p. 220); Sturtevant (63, p. 302).

Hesperoscordum hyacinthinum Lindl.

Bulbs eaten raw or cooked in California. As *H. lacteum*: Powers (40, p. 425); Chesnut (8, p. 326).

Hesperoyucca whipplei (Torr.) Baker

CHAPARRAL YUCCA

Heads used for food; stalks eaten raw or roasted in a fire pit; flowers boiled for food; seeds ground into flour; California. As *Yucca whipplei*: Palmer (37, p. 647); Barrows, (2, p. 59); Rusby (50, p. 535); Sparkman (62, p. 234); Saunders (56, p. 137).

Hookera coronaria Salisb.

Bulbs eaten raw or roasted in Northwestern States and California. Brown (4, p. 380) (as *Brodiaea grandiflora*); Chesnut (8, p. 326); Sturtevant (63, p. 120) (as *Brodiaea grandiflora*); Saunders (56, p. 21) (as *Brodiaea grandiflora*).

Laothoe parviflora (S. Wats.) Greene

Small bulbous roots eaten in California. Powers (40, p. 426) (as *Chlorogalum divaricatum*); Sparkman (62, p. 234) (as *Chlorogalum parviflorum*).

Laothoe pomeridiana (DC.) Raf.

Bulbs used for food after roasting; young shoots consumed in the spring; sweet when roasted; California. As *Chlorogalum pomeridianum*: Havard (24, p. 114); Chesnut (8, p. 319).

Leucoerium montanum Nutt.

STABLYLY

Roots eaten by Crow Indians. Blankinship (3, p. 14).

Lilium columbianum Hanson

COLUMBIA LILY

Bulbs eaten raw or cooked in Northwestern States and British Columbia. Rusby (47, p. 222); Anderson (1, p. 126); Telt (69, p. 480).

- Lilium parviflorum* (Hook.) Holzinger PANTHER LILY
Bulbs eaten in British Columbia. Wilson (75, p. 19); Telt (69, p. 482).
- Lilium philadelphicum* L. ORANGECUP LILY
Bulbs eaten like potatoes in Minnesota and Wisconsin. Smith (59, p. 262).
- Lilium superbum* L. AMERICAN TURKSCAP LILY
Bulbs cooked in soups by Indians of Maine. Sturtevant (68, p. 336); Kephart (31, p. 378).
- Lilium* sp.
Bulbs eaten in Northwestern States. Brown (4, p. 380) (as *L. canadense*); Kephart (31, p. 378) (as *L. canadense*).
- Maianthemum canadense* Desf.
Berries eaten by Potawatami Indians. Smith (61, p. 105).
- Medeola virginiana* L. CUCUMBER-ROOT
Tubers eaten by Indians of Northeastern States. Havard (24, p. 114); Sturtevant (68, p. 357); Kephart (31, p. 386); Hedrick (26, p. 32).
- Nolina microcarpa* S. Wats.
Ground seeds made into bread or mush; New Mexico. Castetter (6, p. 34).
- Polygonatum biflorum* (Walt.) Ell. SMALL SOLOMONSEAL
Rootstocks used by Iroquois. Parker (38, p. 105); Sturtevant (68, p. 448) (as *P. multiflorum*); Kephart (31, p. 391).
- Polygonatum commutatum* (Roem. and Schult.) Dietr. GREAT SOLOMONSEAL
Rootstocks used by Iroquois. Parker (38, p. 105).
- Quamasia quamash* (Pursh) Coville [*Camassia esculenta* Lindl.] COMMON CAMAS
Perhaps the most widely used food roots of the Indians. The "roots" (bulbs) cooked in stone-lined pits in the ground to sweet molasses-like liquid; or dried, ground to flour, and made into bread; also eaten fresh or cooked in many different ways; Utah, Idaho, Montana, California, Oregon, Washington, British Columbia and Alaska. Simmonds (57, p. 376); Brown (4, p. 378); Palmer (35, p. 408; 37, p. 601); Newberry (34, p. 33); Coues (9, pp. 604, 627, 952, 999, 1014); Havard (24, p. 113); Coville (11, p. 93); Blankinship (3, p. 9); Rusby (46, p. 204); Spinden (63, p. 201); Chamberlin (7, p. 364); Stout (67, p. 55); Wilson (75, p. 18); Sturtevant (68, p. 128); Saunders (56, p. 23); McClintock (32, p. 325); Anderson (1, p. 125); Telt (69, p. 481).
- Quamasia leichtlinii* (Baker) Coville LEICHTLIN CAMAS
Bulbs used like those of *Q. quamash*; California, Oregon, British Columbia. Coues (9, p. 604) (as *Camassia leichtlinii*); Coville (11, p. 93); Chesnut (8, p. 326); Saunders (56, p. 25) (as *Camassia leichtlinii*); Anderson (1, p. 125) (as *Camassia leichtlinii*).
- Smilax beyrichii* Kunth
Tuberous rootstocks made into soup, bread, and jelly in Southern States. Havard (24, p. 114).
- Smilax bona-nox* L.
Used like *S. beyrichii*. Havard (24, p. 114); Kephart (31, p. 376).
- Smilax glauca* Walt.
Used like *S. beyrichii*. Havard (24, p. 114).
- Smilax herbacea* L. CARRIONFLOWER
Fruit eaten in Nebraska, Minnesota, and Wisconsin. Gilmore (17, p. 71); Smith (59, p. 262).
- Smilax laurifolia* L. LAUREL GREENBRIER
Young shoots eaten like asparagus, also starchy roots; Southeastern States. Porcher (39, p. 537); Bushnell (5, p. 8); Sturtevant (68, p. 538).
- Smilax pseudo-china* L.
Used like *S. beyrichii*; Southeastern States. Porcher (39, p. 537); Havard (24, p. 113); Sturtevant (68, p. 538); Saunders (56, p. 29); Kephart (31, p. 376).
- Smilax rotundifolia* L. BROADLEAF GREENBRIER
Used like *S. beyrichii*; Southeastern States. Havard (24, p. 114); Sturtevant (68, p. 538).
- Smilax tamnoides* L.
Starchy rootstocks used by Indians of Eastern States. Porcher (39, p. 537); Sturtevant (68, p. 538).

- Streptopus amplexifolius (L.) DC.** CLASPING TWISTEDSTALK
Berries eaten in British Columbia. Telt (69, p. 486).
- Triteleia grandiflora Lindl.**
Bulbs eaten in British Columbia. Telt (69, pp. 481, 482).
- Triteleia laxa Benth.**
Tasty bulbs eaten in California. Chesnut (8, p. 327).
- Triteleia peduncularis Lindl.**
Bulbs used for food in California. Chesnut (8, p. 329).
- Uvularia perfoliata L.** WOOD MERRYBELL
Rootstocks and young shoots eaten in Eastern States. Sturtevant (68, p. 585); Kephart (31, p. 382).
- Uvularia sessilifolia L.** LITTLE MERRYBELL
Young shoots used like asparagus in Eastern States. Sturtevant (68, p. 585).
- Vagnera amplexicaulis (Nutt.) Greene**
Hipe berries eaten in New Mexico. Robbins, Harrington, and Freire-Marreco (42, p. 70); Castetter (6, pp. 51, 53) (also as *Smllacina amplexicaulis*).
- Vagnera racemosa (L.) Morong** FALSE SOLOMONSEAL
Berries used in Oregon, British Columbia, and Wisconsin. Coues (9, p. 326) (as *Smllacina racemosa*); Sturtevant (68, p. 537) (as *S. racemosa*); Anderson (1, p. 126) (as *S. racemosa*); Telt (69, p. 486); Smith (60, p. 407) (as *S. racemosa*).
- Vagnera stellata (L.) Morong** STARRY FALSE SOLOMONSEAL
Berries eaten in British Columbia. Telt (69, p. 486).
- Yucca baccata Torr.** BANANA YUCCA
Fleshy bananalike fruit eaten fresh or cooked; unripe fruit roasted before eating; ground fruit pressed into cakes and dried in the sun preserved for winter use; flower buds roasted for food; fermented beverage made from the fruit; Arizona, California, and New Mexico. Palmer (35, p. 418; 37, p. 646); Harvard (24, p. 119; 25, p. 37); Fewkes (16, p. 17); Hough (28, p. 38; 29, p. 143); Rusby (50, p. 535); Russell (54, p. 72); Standley (64, p. 452); Stevenson (65, p. 72); Robbins, Harrington, and Freire-Marreco (42, p. 49); Sturtevant (68, p. 606); Saunders (56, p. 104); Castetter (6, p. 54).
- Yucca faxoniana Sarg.**
Fruit used like *Y. baccata*. Harvard (24, p. 120; 25, p. 37) (as *Y. macrocarpa*).
- Yucca filamentosa L.** COMMON YUCCA
Fleshy fruit eaten in Southwestern States. Sturtevant (68, p. 606).
- Yucca glauca Nutt.** SOAPWEED YUCCA
Stems and flowers eaten raw or cooked; seed pods boiled for food; Utah, New Mexico, and Arizona. Palmer (37, p. 647) (as *Y. angustifolia*); Stevenson (65, p. 73); Robbins, Harrington, and Freire-Marreco (42, p. 52); Sturtevant (68, p. 607); Castetter (6, p. 56).
- Yucca mohaveensis Sarg.** MOHAVE YUCCA
Green pods roasted on coals, the ripe ones eaten fresh; flowers boiled for food; California. Barrows (2, p. 59); Rusby (50, p. 535); Sparkman (62, p. 234).
- Yucca schottii Engelm.**
Fruit eaten in Arizona. Harvard (24, p. 120).
- Yucca treculeana Carr.** SPANISH-BAYONET
Fruit eaten or made into fermented beverage in Southwestern States. Harvard (24, p. 120; 25, p. 37).

AMARYLLIDACEAE

- Agave deserti Engelm.**
Bases of leaves roasted in "mescal pits" lined with stone, producing sweet juicy food, considered antiscorbutic; also a source for fermented and distilled liquor (mescal, pulque); the seeds pounded into flour; California. Palmer (37, p. 648); Harvard (24, p. 123); Barrows (2, p. 58).
- Agave palmeri Engelm.**
Arizona species used like *A. deserti*. Newberry (34, p. 40); Harvard (24, p. 123; 25, p. 34).
- Agave parryi Engelm.**
The hearts used like those of *A. deserti*; also the tender leaves eaten. Newberry (34, p. 40); Harvard (24, p. 123; 25, p. 34); Castetter (6, p. 10).

Agave shawii Engelm.

Sweet nectar in the base of flowers used in California. Palmer (37, p. 648).

Agave utahensis Engelm.

Utah and Nevada species used like *A. deserti*. Palmer (37, p. 647); Coville (10, p. 356); Sturtevant (68, p. 28).

Agave wislizeni Engelm.

Texas species used like *A. deserti*. Havard (24, p. 123); Sturtevant (68, p. 28).

Agave sp.

In New Mexico and Arizona. As *A. americana*: Palmer (35, p. 405); Newberry (34, p. 40); Havard (24, p. 122); Rusby (53, p. 546); Russell (64, p. 70); Standley (64, p. 455); Sturtevant (68, p. 27); Saunders (56, p. 133); Castetter (6, p. 13). (also as *A. mexicana*).

Atamosco atamosco (L.) Greene

ATAMASCO-LILY

Bulbs eaten by Creek Indians in time of scarcity of food. Sturtevant (68, p. 619) (as *Zephyranthes atamosco*).

ORCHIDACEAE

Cythera bulbosa (L.) House

CALYPSO

Small bulbs eaten raw or cooked in Northwestern States and Alaska. Rusby (49, p. 450) (as *Calypso bulbosa*).

Habenaria sparsiflora S. Wats.

Plant used for food in time of food shortage; New Mexico. Castetter (6, p. 30).

Peramium decipiens (Hook.) Piper

WESTERN RATTLESNAKE-PLANTAIN

Exudation of the plant used as chewing gum in British Columbia. Teit (69, p. 492).

SALICACEAE

Populus angustifolia James

NARROWLEAF COTTONWOOD

Inner bark considered good antiscorbutic food; Montana. Blankinship (3, p. 19).

Populus balsamifera L.

BALSAM POPLAR

Inner bark used in Montana. Blankinship (3, p. 19).

Populus grandidentata Michx.

LARGETOOTH ASPEN

Cambium boiled for food by Ojibway Indians. Smith (60, p. 410).

Populus monilifera Alt.

NORTHERN COTTONWOOD

Buds and seeds eaten by Chippewa Indians. Reagan (41, p. 243).

Populus sargentii Dode

SARGENT COTTONWOOD

Young sprouts and inner bark used in Nebraska, North Dakota, and South Dakota. Gilmore (17, p. 72).

Populus tremuloides Michx.

QUAKING ASPEN

Inner bark and the sap of the tree used in British Columbia, Montana, Minnesota, and Wisconsin. Blankinship (3, p. 19); Densmore (15, p. 320); Teit (69, p. 483).

Populus wislizeni (S. Wats.) Sarg.

Catkins eaten raw by Pueblos of New Mexico. Castetter (6, p. 43).

Populus sp.

Inner bark used in Arizona and Montana. As *P. deltoides*: Blankinship (3, p. 19); Russell (54, p. 69); Castetter (6, p. 43).

MYRICACEAE

Comptonia peregrina (L.) Coult.

SWEETFEEN

Fragrant drink prepared from the plant. Havard (25, p. 46) (as *Myrica asplenifolia*).

JUGLANDACEAE

Hicoria alba (L.) Britton [*Hicoria tomentosa* Nutt.]

MOCKERNUT

Nuts eaten in Southern States. As *Carya alba*: Palmer (35, p. 411); Sturtevant (68, p. 149).

Hicoria cordiformis (Waug.) Britton.

BITTERNUT

Nuts eaten by Iroquois Indians. Parker (38, p. 99) (as *Carya cordiformis*).

- Hicoria glabra** (Mill.) Britton PIGNUT
Nuts used in Eastern States. Sturtevant (68, p. 150) (as *Carya porcina*).
- Hicoria laciniosa** (Michx. f.) Sarg. SHELLBARK HICKORY
Nuts used in Pennsylvania and Central States. Sturtevant (68, p. 150) (as *Carya sulcata*); Hedrick (26, p. 32) (as *Carya laciniosa*).
- Hicoria microcarpa** (Nutt.) Britton LITTLENUT HICKORY
Nuts eaten in Eastern States. Sturtevant (68, p. 149) (as *Carya microcarpa*).
- Hicoria ovata** (Mill.) Britton SHAGBARK HICKORY
Nuts eaten in Louisiana, Nebraska, North Dakota, South Dakota, Minnesota, Wisconsin, and New York. Bushnell (5, p. 8) (as *Juglans squamosa*); Parker (38, p. 99) (as *Carya ovata*); Gilmore (17, p. 74); Smith (58, p. 68; 59, p. 259; 60, p. 405; 61, p. 103) (as *Carya ovata*); Hedrick (26, p. 32) (as *Carya ovata*).
- Hicoria pecan** (Marsh.) Britton PECAN
Nuts eaten in Southern States. As *Carya olivaeformis*: Palmer (35, p. 411); Sturtevant (68, p. 149).
- Juglans olivacea** L. BUTTERNUT
Nuts eaten fresh; also stored for winter use; Minnesota, Wisconsin, New York. Parker (38, p. 99); Sturtevant (68, p. 319); Smith (58, p. 68; 59, p. 259; 60, p. 405; 61, p. 103); Hedrick (26, p. 31).
- Juglans major** (Torr.) Heiler NOGAL
Nuts used in New Mexico. Standley (64, p. 459); Castetter (6, p. 31).
- Juglans nigra** L. BLACK WALNUT
Nuts eaten plain or with honey, or cooked into soup; Nebraska, North Dakota, South Dakota, Minnesota, Wisconsin, and New York. Palmer (35, p. 411); Parker (38, p. 99); Gilmore (17, p. 74); Sturtevant (68, p. 319); Smith (59, p. 259); Hedrick (26, p. 33).
- Juglans rupestris** Engelm. TEXAS WALNUT
Nuts used in New Mexico and Texas. Newberry (34, p. 46); Standley (64, p. 459); Sturtevant (68, p. 320).

BETULACEAE

- Alnus oregona** Nutt. RED ALDER
Cambium used in British Columbia. Telt (69, p. 483) (as *A. rubra*).
- Betula alba** L. EUROPEAN WHITE BIRCH
Infusion of leaves used as a beverage; sap made into vinegar; Maine. Sturtevant (68, p. 95).
- Betula lutea** Michx. f.
Sap added to maple sap and used as a beverage by Ojibway Indians. Smith (60, p. 397).
- Corylus americana** Walt. AMERICAN HAZEL
Nuts used fresh, or cooked with soup; also stored for winter use; Nebraska, North Dakota, South Dakota, Minnesota, Wisconsin, and New York. Palmer (35, p. 411); Rusby (51, p. 94); Parker (38, p. 99); Gilmore (17, p. 74); Smith (58, p. 63; 59, p. 256; 60, p. 397); Densmore (15, p. 289); Hedrick (26, p. 32).
- Corylus californica** (A. DC.) Rose CALIFORNIA HAZEL
Nuts used in Oregon, California, British Columbia. Coues (9, p. 660) (as *C. rostrata*); Coville (11, p. 94); Chesnut (8, p. 333); Rusby (51, p. 94); Sturtevant (68, p. 194) (as *C. rostrata*); Anderson (1, p. 132) (as *C. rostrata*); Telt (69, p. 491).
- Corylus rostrata** Ait. BEAKED HAZELNUT
Nuts used by Indians of Wisconsin and New York State. Hedrick (26, p. 32) (as *C. cornuta*); Smith (61, p. 97).

FAGACEAE

- Castanea dentata** (Marsh.) Borkh. AMERICAN CHESTNUT
Nuts eaten by Iroquois Indians; crushed nuts boiled with meat, the oil skimmed off and used separately. Rusby (51, p. 92); Parker (38, p. 99); Sturtevant (68, p. 152); Hedrick (26, p. 31).

- Castanea pumila* (L.) Mill. CHINQUAPIN
Smaller and sweeter nut than *C. dentata*; Pennsylvania to Texas. Rusby (51, p. 92); Sturtevant (68, p. 153).
- Castanopsis chrysophylla* (Hook.) A. DC. GIANT CHINQUAPIN
Nuts eaten by Indians of California and Oregon. Newberry (34, p. 46); Coville (11, p. 94); Chesnut (8, p. 333); Rusby (51, p. 92).
- Fagus grandifolia* Ehrh. AMERICAN BEECH
Nuts eaten fresh or stored for winter use; also swelling buds used for food in Maine and by Iroquois, Menominee, and Ojibway Indians. Rusby (45, p. 75) (as *F. americana*); Parker (38, p. 99); Waugh (72, p. 123); Sturtevant (68, p. 266) (as *F. ferruginea*); Smith (59, p. 66; 60, p. 401; 61, p. 100); Hedrick (26, p. 31).
- Lithocarpus densiflora* (Hook. and Arn.) Rehder TANOAK
Acorns valued for their oil; nuts have pleasant taste after the deleterious matter is leached out; California. Chesnut (8, p. 342) (as *Quercus densiflora*).
- Quercus agrifolia* Née CALIFORNIA LIVE OAK
Acorns used in California. Palmer (35, p. 409; 37, p. 596); Newberry (34, p. 38); Havard (24, p. 119); Barrows (2, p. 62); Sparkman (62, p. 233); Saunders (56, p. 73); Castetter (6, p. 47).
- Quercus alba* L. WHITE OAK
Acorns used by Iroquois Indians, and also used in Minnesota and Wisconsin. Rusby (51, p. 84); Waugh (72, p. 123); Sturtevant (68, p. 480); Smith (58, p. 66; 59, p. 257; 60, p. 402); Hedrick (26, p. 32).
- Quercus bicolor* Willd. SWAMP WHITE OAK
Acorns used by Iroquois Indians. Waugh (72, p. 123).
- Quercus borealis maxima* (Marsh.) Ashe COMMON RED OAK
Acorns used in Nebraska, North Dakota, South Dakota, and Wisconsin, and by the Iroquois Indians. As *Q. rubra*: Waugh (72, p. 123); Gilmore (17, p. 75); Smith (60, p. 402; 61, p. 100).
- Quercus chrysolepis* Liebm. CANYON LIVE OAK
Acorns used in California. Palmer (37, p. 596); Chesnut (8, p. 342); Sparkman (62, p. 233); Saunders (56, p. 73).
- Quercus douglasii* Hook. and Arn. BLUE OAK
Acorns used in California. Powers (40, p. 421); Chesnut (8, p. 342).
- Quercus dumosa revoluta* Sarg.
Acorns occasionally used in California. Barrows (2, p. 62); Chesnut (8, p. 343); Sparkman (62, p. 233); Castetter (6, p. 47).
- Quercus ellipsoidalis* E. J. Hill NORTHERN PIN OAK
Roasted and ground acorns used as a substitute for coffee in Wisconsin. Smith (58, p. 66).
- Quercus emoryi* Torr. EMORY OAK
Acorns used in Arizona. Palmer (35, p. 409; 37, p. 596); Havard (24, p. 119).
- Quercus engelmannii* Greene MESA OAK
Acorns used in California. Havard (24, p. 119); Barrows (2, p. 62); Sparkman (62, p. 233); Castetter (6, p. 47).
- Quercus gambellii* Nutt. GAMBEL OAK
Acorns used in New Mexico and California. Powers (40, p. 421); Castetter (6, p. 47).
- Quercus garryana* Dougl. OREGON OAK
Acorns used in California and British Columbia. Havard (24, p. 118); Chesnut (8, p. 343); Anderson (1, p. 132).
- Quercus kelloggii* Newberry CALIFORNIA BLACK OAK
Acorns used in California. Powers (40, p. 421) (as *Q. sonomensis*); Palmer (37, p. 596) (as *Q. sonomensis*); Chesnut (8, p. 342) (as *Q. californica*); Sparkman (62, p. 233) (as *Q. californica*); Saunders (56, p. 73) (as *Q. californica*).
- Quercus lobata* Née CALIFORNIA WHITE OAK
Acorns used in California. Palmer (35, p. 409) (also as *Q. hindii*); Powers (40, p. 421); Newberry (34, p. 38); Havard (24, p. 119); Barrows (2, p. 62); Chesnut (8, p. 343); Sturtevant (68, p. 481); Saunders (56, p. 73); Castetter (6, p. 47).

- Quercus macrocarpa* Michx. MOSSY OAK
Acorns used in Nebraska, North Dakota, South Dakota, Minnesota, and Wisconsin. Gilmore (17, p. 75); Densmore (15, p. 320); Smith (60, p. 402).
- Quercus montana* Willd. [*Q. prinus* Auct.] CHESTNUT OAK
Acorns used by Iroquois Indians. Waugh (72, p. 123).
- Quercus nigra* L. WATER OAK
Acorns used by Choctaw Indians of Louisiana. Bushnell (5, p. 8) (as *Q. aquatica*).
- Quercus oblongifolia* Torr.
Acorns used in Arizona and California. Palmer (35, p. 409); Havard (24, p. 119); Barrows (2, p. 62); Russell (54, p. 78); Castetter (6, p. 47).
- Quercus prinoides* Willd. DWARF CHINQUAPIN OAK
Acorns used in Eastern States. Havard (24, p. 119).
- Quercus prinus* L. [*Q. michauxii* Nutt.] SWAMP CHESTNUT OAK
Acorns used in Eastern States. Havard (24, p. 119); Sturtevant (68, pp. 481, 482); Saunders (56, p. 68).
- Quercus pungens* Liebm.
Acorns used in Rocky Mountain region. Havard (24, p. 119).
- Quercus undulata* Torr. WAVYLEAF OAK
Acorns used in Utah and Nevada. Palmer (37, p. 596); Havard (24, p. 119); Chamberlin (7, p. 378); Sturtevant (68, p. 482); Castetter (6, p. 47).
- Quercus utahensis* (A. DC.) Rydb. UTAH OAK
Acorns used in New Mexico. Robbins, Harrington, and Freire-Marreco (42, p. 44); Castetter (6, p. 47).
- Quercus velutina* Lam. BLACK OAK
Acorns used by Ojibway Indians. Smith (60, p. 402).
- Quercus virginiana* Mill. LIVE OAK
Acorns used in Eastern States; oil from the nuts used for cooking. Havard (24, p. 119).
- Quercus wislizeni* A. DC.
Acorns occasionally used in California. Powers (40, p. 421); Barrows (2, p. 62); Sparkman (62, p. 233); Castetter (6, p. 48).
- Quercus* sp.
Acorns extensively used for food by the North American Indians. To remove the astringent and bitter principles the acorns were dried and ground, and the meal was percolated with water until it tasted sweet. The sweet meal was prepared for food in many ways. Chesnut (8, p. 333); Hedrick (26, p. 32).

ULMACEAE

- Ulmus fulva* Michx. SLIPPERY ELM
Cambium layer used for food by the Indians of New York State. Hedrick (26, p. 32).

LORANTHACEAE

- Phoradendron californicum* Nutt.
Berries used for food in Arizona. Russell (54, p. 71); Castetter (6, p. 39).
- Phoradendron juniperinum* Engelm. JUNIPER MISTLETOE
Used as a substitute for coffee; Arizona. Hough (28, p. 37; 29, p. 142); Castetter (6, p. 39).

URTICACEAE

- Celtis occidentalis* L. HACKBERRY
Fruit with seeds pounded fine and used as a flavor for meat; or eaten mixed with parched corn and fat; Nebraska, North Dakota, South Dakota, Minnesota, Wisconsin, and New York. Gilmore (17, p. 76); Sturtevant (68, p. 155); Kephart (31, p. 396); Smith (59, p. 265); Hedrick (26, p. 32).
- Celtis reticulata* Torr. PALOBLANCO
Fruit eaten in New Mexico. Standley (64, p. 458); Robbins, Harrington, and Freire-Marreco (42, p. 39); Castetter (6, p. 21).
- Celtis* sp.
Fruit eaten by Pueblos of the Rio Grande Valley. Castetter (6, p. 21) (as *O. douglasii*).

Humulus lupulus L. COMMON HOP
Hops used in Wisconsin, Utah, and Nevada. Chamberlin (7, p. 372); Smith (60, p. 411).

Morus microphylla Buckl. LITTLELEAF MULBERRY
Fruit eaten in Southwestern States. Rusby (49, p. 438) (also as *M. celtidifolia*); Standley (64, p. 458).

Morus rubra L. RED MULBERRY
Fruit used by Iroquois Indians, also in Missouri and Kansas. Palmer (35, p. 417); Rusby (49, p. 438); Parker (58, p. 96); Waugh (72, p. 128); Sturtevant (68, p. 370); Hedrick (26, p. 32).

Urtica dioica L. BIG NETTLE
Nettle tops used by Iroquois Indians. Waugh (72, p. 118); Saunders (56, p. 127); Kephart (31, p. 368).

SANTALACEAE

Comandra pallida A. DC.
Small nutlike fruits eaten in Utah and Nevada. Palmer (37, p. 600); Chamberlin (7, p. 366).

ARISTOLOCHIACEAE

Asarum canadense L. CANADA WILDGINGER
Rhizomes and roots used for flavoring and seasoning by the Indians of Minnesota and Wisconsin. Sturtevant (68, p. 71); Denmore (15, p. 318); Smith (59, p. 204; 60, p. 397; 61, p. 96).

POLYGONACEAE

Eriogonum oorymbosum Benth.
Bolled leaves mixed with corn meal in Arizona. Fewkes (16, p. 21); Rusby (46, p. 203); Castetter (6, p. 29).

Eriogonum inflatum Torr. and Frém. DESERT-TRUMPET
Tender stems eaten raw in Utah. Palmer (37, p. 604); Rusby (50, p. 566); Saunders (56, p. 123).

Eriogonum latifolium J. E. Smith
Young stems eaten by children; California. Chesnut (8, p. 345).

Oxyria digyna (L.) Hill MOUNTAIN-SORREL
Raw or boiled leaves used for salads; Utah, Nevada, Montana, British Columbia, and Alaska. Blankinship (3, p. 17); Rusby (45, p. 67); Chamberlin (7, p. 376); Sturtevant (68, p. 403); Kephart (31, p. 392); Anderson (1, p. 135).

Polygonum aviculare L. KNOTWEED
Seeds used for pinole in California. Chesnut (8, p. 345).

Polygonum bistortoides Pursh AMERICAN BISTORT
Roots used in soups and stews by Cheyenne and Blackfoot Indians. Sturtevant (68, p. 449); Grinnell (20, p. 173) (as *Bistorta bistortoides*); McClintock (32, p. 324).

Polygonum douglasii Greene
Seeds parched and ground into meal in Montana and Oregon. Coville (11, p. 95); Blankinship (3, p. 18).

Polygonum muhlenbergii (Meisn.) S. Wats. BIGROOT LADYSTHUNS
Young shoots eaten in spring by Sioux Indians. Blankinship (3, p. 18) (as *P. emersum*).

Polygonum viviparum L.
Small starchy rhizomes eaten in Alaska and near Lake Superior. Rothrock (43, p. 437); Rusby (52, p. 458); Sturtevant (68, p. 449).

Rumex acetosa L. GARDEN SORREL
Plant eaten in Alaska. Sturtevant (68, p. 512).

Rumex acetosella L. SHEEP SORREL
Plant eaten raw by Iroquois Indians. Waugh (72, p. 118); Kephart (31, p. 392).

Rumex berlandieri Meisn.
Plant eaten with fruit of *Opuntia*; Arizona. Russell (54, p. 78); Castetter (6, p. 50).

Rumex crispus L. CURLY DOCK
Leaves used for greens, seeds for mush by Iroquois Indians, and in Montana, New Mexico, and California. Chesnut (8, p. 345); Blankinship (3, p. 22); Rusby (44, p. 752); Parker (38, p. 98); Waugh (72, p. 117); Saunders (56, p. 121); Kephart (31, p. 384); Castetter (6, p. 50).

Rumex hymenosepalus Torr. CANAIGBE
Stems, leaves, and roots used in Utah, Arizona, and New Mexico. Palmer (37, p. 653); Russell (54, p. 77); Standley (64, p. 460); Sturtevant (68, p. 513); Saunders (56, p. 121); Castetter (6, p. 50).

Rumex mexicanus Melsn.
Leaves and seeds eaten as greens in Montana, Oregon, and New Mexico. Castetter (6, p. 50); Coville (11, p. 95) (as *R. salicifolius*); Blankinship (3, p. 22) (as *R. salicifolius*).

Rumex occidentalis S. Wats. WESTERN DOCK
Young leaves and seeds eaten in Montana. Blankinship (3, p. 22).

Rumex paucifolius Nutt. [*R. geyeri* (Melsn.) Trel.]
Leaves and stems eaten fresh in Montana and Oregon. Coville (11, p. 95); Blankinship (3, p. 22).

Rumex venosus Pursh
Young stems used for food in New Mexico. Castetter (6, p. 50).

CHENOPODIACEAE

Allenrolfea occidentalis (S. Wats.) Kuntze PICKERBUSH
Seeds ground and made into bread or mush; Utah. Palmer (37, p. 603) (as *Halostachys occidentalis*).

Arthrocnemum subterminale (Pursh) Standl.
Seeds crushed into meal for food in California. Barrows (2, p. 57) (as *Salicornia subterminalis*).

Atriplex argentea Nutt.
Leaves used as greens or boiled with fat and meats in Arizona and New Mexico. Fewkes (16, p. 21); Hough (28, p. 37; 29, p. 142); Castetter (6, p. 18).

Atriplex bracteosa S. Wats.
Boiled with other foods for flavor; Arizona. Russell (54, p. 69); Castetter (6, p. 19).

Atriplex californica Moq.
Dried seeds ground into flour for mush or bread; California. Palmer (37, p. 603).

Atriplex canescens (Pursh) James FOURWING SALTBUSH
Seeds eaten in Utah, Nevada, and Arizona. Palmer (37, p. 603); Chamberlin (7, p. 363); Saunders (56, p. 54).

Atriplex confertifolia (Torr. and Frém) S. Wats. SHADSCALE
Water in which leaves are boiled used for corn pudding; seeds used for bread and mush; Arizona, Utah, and Nevada. Palmer (37, p. 603); Fewkes (16, p. 20); Hough (28, p. 38; 29, p. 144); Chamberlin (7, p. 363); Saunders (56, p. 54); Castetter (6, p. 18).

Atriplex coronata S. Wats.
Used like *A. bracteosa* in Arizona. Russell (54, p. 69); Castetter (6, p. 19).

Atriplex elegans D. Dietrich
Used like *A. bracteosa* in Arizona. Russell (54, p. 69); Castetter (6, p. 19).

Atriplex expansa S. Wats.
Used like *A. californica* in Arizona and California. Palmer (37, p. 603).

Atriplex lentiformis S. Wats. BIG SALTBUSH
Seeds used in Utah, Nevada, Arizona, and California. Palmer (37, p. 603); Barrows (2, p. 65); Russell (54, p. 78); Saunders (56, p. 54); Castetter (6, p. 18).

Atriplex nuttallii S. Wats.
Stems boiled with wheat in Arizona. Russell (54, p. 77); Castetter (6, p. 18).

Atriplex powellii S. Wats.
Seeds and young plants eaten in Utah, New Mexico, Arizona, and California. Palmer (37, p. 603); Stevenson (65, p. 66); Saunders (56, p. 54); Castetter (6, p. 18); (also as *A. philonitrus*).

Atriplex saccaria S. Wats.

Young plants boiled alone or with other foods; New Mexico. Castetter (6, p. 18) (as *A. cornuta*).

Atriplex trunoata (Torr.) A. Gray

Seeds eaten in Utah and Nevada. Chamberlin (7, p. 363).

Atriplex sp.

SALTBUSH

Seeds dried, parched, and ground; used for pinole or eaten dry; Arizona. Russell (54, p. 73).

Chenopodium album L.

LAMBQUARTERS

Young leaves used for greens or boiled with fat; seeds ground to flour and made into bread or mush; New Mexico, Arizona, California, Utah, Montana, Minnesota and Wisconsin. Palmer (35, p. 419); Fewkes (16, p. 18); Hough (28, p. 38; 29, p. 144); Chesnut (8, p. 346); Blankinship (3, p. 9); Rusby (46, p. 203); Sparkman (62, p. 233); Waugh (72, p. 117); Sturtevant (68, p. 160); Saunders (56, p. 119); Kephart (31, p. 386); Reagan (41, p. 240); Smith (61, p. 98); Castetter (6, p. 21).

Chenopodium ambrosioides L.

MEXICAN-TEA

Seeds used in Virginia. Willoughby (74, p. 83).

Chenopodium californicum S. Wats.

Seeds used for food in California. Sparkman (62, p. 233).

Chenopodium capitatum (L.) Aschers

STRAWBERRY-BLITE

Seeds used in Utah and Nevada; leaves used for greens. Chamberlin (7, p. 366); Sturtevant (68, p. 161); Kephart (31, p. 392) (also as *Bittum capitatum*).

Chenopodium cornutum (Torr.) Benth. and Hook.

Flowers eaten in Arizona; seeds mixed with corn meal. Fewkes (16, p. 18); Hough (28, p. 37; 29, p. 142); Castetter (6, p. 21).

Chenopodium fremontii S. Wats.

DESERT LAMBQUARTERS

Seeds and leaves used in Arizona, California, and Oregon. Fewkes (16, p. 18); Coville (11, p. 95); Barrows (2, p. 57); Saunders (56, p. 52).

Chenopodium leptophyllum Nutt.

NARROWLEAF LAMBQUARTERS

Seeds mixed with corn meal and salt; plants eaten raw or cooked; Utah, Nevada, and New Mexico. Fewkes (16, p. 18); Chamberlin (7, p. 366); Stevenson (65, p. 66); Saunders (56, p. 52); Castetter (6, p. 21).

Chenopodium murale L.

Parched and ground seeds used in Arizona. Russell (54, p. 73); Castetter (6, p. 24).

Chenopodium rubrum L.

Seeds used in Utah and Nevada. Chamberlin (7, p. 366).

Cycloloma atriplicifolium (Spreng.) Coult.

Seeds ground and mixed with corn meal by Zuni Indians of New Mexico. Stevenson (65, p. 67); Castetter (6, p. 15).

Dondia californica (S. Wats.) Heller

Seeds used in California. Palmer (37, p. 653) (as *Suaeda californica*).

Dondia depressa (S. Wats.) Britton

Seeds used in Utah and Nevada. Chamberlin (7, p. 383) (as *Suaeda depressa*).

Dondia suffrutescens (S. Wats.) Heller

Leaves boiled for greens in Arizona and California. As *Suaeda suffrutescens*; Barrows (2, p. 66); Russell (54, p. 73); Castetter (6, p. 53).

Dondia sp.

Plant used as flavoring with other greens and cactus fruit; small seeds ground fine and made into mush or biscuits; California, Arizona. Palmer (37, p. 653) (as *Suaeda diffusa*); Russell (54, p. 78) (as *Suaeda arborescens*); Castetter (6, p. 53) (as *Suaeda arborescens*).

Monolepis nuttalliana (Schultes) Greene

Washed roots cooked with fat and salt; seeds used for pinole; Arizona. Russell (54, p. 70) (as *M. chenopoides*); Castetter (6, p. 34) (also as *M. chenopoides*).

Salsicornia rubra A. Nels.

WESTERN GLASSWORT

Seeds ground to meal and cooked in Utah and Nevada. Chamberlin (7, p. 300) (as *S. herbacea*).

Sarcobatus vermiculatus (Hook.) Torr. GRASSWOOD
Twigs used for greens; seeds also eaten; Western States. Palmer (37, p. 603); Blankinship (3, p. 23); Rusby (50, p. 564).

AMARANTHACEAE

Acanthositon wrightii Torr.

Cooked as greens with meats by the Hopi Indians of Arizona. Hough (28, p. 37; 29, p. 142); Castetter (6, p. 10).

Amaranthus blitoides S. Wats.

SPREADING AMARANTH

Eaten as potherb, seeds used for pinole, also dried for future use; New Mexico, Arizona, California, Oregon, and Montana. Fewkes (16, p. 18); Coville (11, p. 96); Hough (28, p. 38; 29, p. 144); Blankinship (3, p. 6); Stevenson (65, p. 65); Robbins, Harrington, and Freire-Marreco (42, p. 53); Saunders (56, p. 53); Castetter (6, p. 15).

Amaranthus diacanthus Raf.

Leaves used like spinach in Louisiana. Sturtevant (68, p. 43).

Amaranthus graecizans L.

Young plants used for greens in New Mexico. Castetter (6, p. 15).

Amaranthus hybridus L.

SLIM AMARANTH

Young plants used for greens in New Mexico. Castetter (6, p. 15).

Amaranthus palmeri S. Wats.

Young and tender plants used as a vegetable in the Southwestern States. Saunders (56, p. 128); Castetter (6, p. 15).

Amaranthus powellii S. Wats.

Bread made from the meal of the seeds; Utah. Palmer (37, p. 603).

Amaranthus retroflexus L.

REDBOOT AMARANTH

Seeds boiled or dried by Tewa of New Mexico; used for pinole in California; leaves eaten by Iroquois Indians. Chesnut (8, p. 546); Robbins, Harrington, and Freire-Marreco (42, p. 53); Waugh (72, p. 117); Sturtevant (68, p. 44); Kephart (31, p. 389); Castetter (6, p. 15).

Amaranthus torreyi Benth.

Leaves boiled and eaten with meat; seeds also eaten; Arizona. Fewkes (16, p. 18); Rusby (46, p. 203); Castetter (6, p. 16).

Amaranthus sp.

Bread made from the meal of the seeds by Utah Indians. Palmer (37, p. 603) (as *A. leucocarpus*).

NYCTAGINACEAE

Abronia fragrans Nutt.

Roots ground and mixed with corn meal; New Mexico. Castetter (6, p. 10).

Abronia latifolia Esch.

YELLOW SANDVEEBENA

Roots eaten by Chinook Indians. As *A. arenaria*: Brown (4, p. 381); Sturtevant (68, p. 17).

PHYTOLACCACEAE

Phytolacca americana L.

COMMON FOKEBERRY

Leaves and stalks used for food by Iroquois Indians; roots and seeds are poisonous. As *P. decandra*: Rusby (45, p. 66); Parker (38, p. 93); Saunders (56, p. 119); Kephart (31, p. 390).

AIZOACEAE

Mesembryanthemum acinaciforme L.

Fruit, which resembles a strawberry, eaten in Southern California. Palmer (37, p. 598).

Mesembryanthemum aequilaterale Haw.

Fruit eaten in California. Sparkman (62, p. 232).

PORTULACACEAE

Calandrinia caulescens H. B. K.

Plant used for greens when tender; seeds also eaten; California. Sparkman (62, p. 232).

Calandrinia caulescens menziesii (Hook.) A. Gray

REDMAIDS

Jet black seeds used for pinole in California. Chesnut (8, p. 546) (as *C. elegans*); Saunders (56, p. 131).

Claytonia lanceolata Pursh

Small tubers eaten raw, boiled, or roasted; British Columbia, Montana, Idaho, Utah, and Nevada. Palmer (37, p. 601); Blankinship (3, p. 16); Rusby (48, p. 204); Spinden (63, p. 204); Chamberlin (7, p. 366) (as *C. caroliniana sessilifolia*); Wilson (75, p. 19); McClintock (32, p. 324); Anderson (1, p. 134); Teit (69, p. 482).

Claytonia megarrhiza (A. Gray) Parry

Roots found at the summits of the Rocky Mountains. Havard (24, p. 107); Spinden (63, p. 204).

Claytonia multiscapa Rydb.

Roots used like those of *C. lanceolata*. Blankinship (3, p. 16) (as *C. multicaulis*).

Claytonia perfoliata Donn.

MINERS-LETTUCE

The plant eaten raw or cooked with salt and pepper; tuberous roots also eaten; Montana and California. Powers (40, p. 425); Chesnut (8, p. 364); Blankinship (3, p. 16) (as *Montia perfoliata*); Rusby (45, p. 68); Sparkman (62, p. 232) (as *Montia perfoliata*); Sturtevant (68, p. 177); Saunders (56, p. 129) (as *Montia perfoliata*); Kephart (31, p. 386).

Claytonia virginica L.

VIRGINIA SPRINGBEAUTY

Roots used in Eastern States. Simmonds (57, p. 371) (also as *C. acutiflora*); Havard (24, p. 107); Wagh (72, p. 120); Saunders (56, p. 16).

Claytonia sp.

Greens used for salads, roots also eaten; California. Rusby (45, p. 68) (as *C. arctica*).

Lewisia brachycalyx Engelm.

Similar to *L. rediviva*. Havard (24, p. 111).

Lewisia columbiana (Howell) Robinson

Roots eaten in British Columbia. Teit (69, p. 480).

Lewisia pygmaea (A. Gray) Robinson

Roots eaten in British Columbia. Teit (69, p. 479).

Lewisia rediviva Pursh

BITTERROOT

"Spatulum" or "Chitah" of Indians. The bitter but nutritious roots a very important article of Indian diet, the bitterness being eliminated on cooking; the roots also boiled to a pink jelly; Western States from Rocky Mountains to Pacific Ocean. Brown (4, p. 381); Palmer (35, p. 407); Coues (9, p. 543); Havard (24, p. 111); Blankinship (3, p. 14); Rusby (53); Spinden (63, p. 203); Chamberlin (7, p. 373); Wilson (75, p. 19); Sturtevant (68, p. 355); Saunders (56, p. 14); McClintock (32, p. 324); Anderson (1, p. 133); Teit (69, pp. 478, 479).

Montia asarifolia (Bong.) Howell

Eaten raw like lettuce; Montana. Blankinship (3, p. 16).

Montia exigua (Torr. and Gray) Jepson

Used as a potherb in California. Sturtevant (68, p. 177) (as *Claytonia exigua*).

Montia parviflora (Dougl.) Howell

Eaten raw in Montana. Blankinship (3, p. 16).

Montia sibirica (L.) Howell

Eaten raw or cooked in Alaska. Sturtevant (68, p. 178) (as *Claytonia sibirica*).

Portulaca grandiflora Hook.

COMMON PORTULACA

Seeds ground and made into bread or mush; leaves used for salads; California. Rusby (50, p. 564).

Portulaca oleracea L.

COMMON PURSLANE

Used like *P. grandiflora* by Iroquois Indians, and in California, New Mexico, and Utah. Palmer (37, p. 602); Rusby (50, p. 564); Sparkman (62, p. 232); Standley (64, p. 458); Robbins, Harrington, Freire-Marreco (42, p. 59); Wagh (72, p. 118); Sturtevant (68, p. 450); Saunders (56, p. 129); Kephart (31, p. 391); Castetter (6, p. 43).

Portulaca retusa Engelm.

Used like *P. grandiflora*; Arizona and New Mexico. Fewkes (16, p. 15); Hough (28, p. 58; 29, p. 143); Rusby (50, p. 564); Standley (64, p. 458); Robbins, Harrington, and Freire-Marreco (42, p. 59); Sturtevant (68, p. 451); Castetter (6, p. 43).

Tallnum aurantiacum Engelm.

Roots cooked for food; Texas, New Mexico, and Arizona. Havard (24, p. 107); Rusby (45, p. 68).

NYMPHAEACEAE

Castalia ampla (DC.) Small

Farinaceous rootstocks eaten. Sturtevant (68, p. 389) (as *Nymphaea ampla*).

Castalia odorata (Ait.) Woodville and Wood AMERICAN WATERLILY
Buds eaten by Ojibway Indians. Smith (60, p. 407).

Nelumbo lutea (Willd.) Pers.

AMERICAN LOTUS

Roasted tubers, which have a pleasant taste, boiled with meat or dried for winter use; seeds shelled and cooked with meat for soup; leaves used as greens; Connecticut, New York, Ohio, Michigan, Wisconsin, Minnesota, North Dakota, South Dakota, Nebraska, and Iowa. Newberry (34, p. 39); Havard (24, p. 102); Gilmore (17, p. 79); Sturtevant (68, p. 382); Saunders (56, p. 34); Kephart (31, p. 378); Smith (59, p. 262; 60, p. 407; 61, p. 105).

Nymphaea advena Ait.

SPATTERDOCK

Thick, fleshy tubers eaten raw, roasted, or boiled with meat; seeds ground into meal and used for thickening soup; Montana, North Dakota, South Dakota, Wisconsin, and Eastern States. Brown (4, p. 382) (as *Nuphar advena*); Palmer (35, p. 407) (as *N. advena*); Havard (24, p. 120); Blankinship (3, p. 17) (as *N. advena*); Parker (38, p. 105); Gilmore (17, p. 79); Sturtevant (68, p. 389) (as *N. advena*); Kephart (31, p. 378) (also as *N. advena*); Smith (58, p. 69).

Nymphaea polysepala (Engelm.) Greene

WOKAS

Tubers used like those of *Nymphaea advena*; seeds eaten raw, or roasted and eaten dry or ground and made into bread and porridge; Cheyenne Indians, Montana, Oregon, and California. Newberry (34, p. 37) (as *Nuphar polysepala*); Havard (24, p. 120); Coville (11, p. 96); Chesnut (8, p. 347); Blankinship (3, p. 17) (as *N. polysepala*); Stout (67, p. 57); Sturtevant (68, p. 389) (as *N. polysepala*); Saunders (56, p. 49) (as *N. polysepala*); Grinnell (20, p. 173).

RANUNCULACEAE

Aquilegia sp.

COLUMBINE

Roots eaten in Northwestern States. Brown (4, p. 380) (as *A. canadensis*).

Caltha palustris L.

MARSHMARI GOLD

Leaves and stems boiled for greens; irritating in raw state; used by Iroquois Indians, and in Minnesota, Wisconsin, and Eastern States. Rusby (44, p. 752); Parker (38, p. 93); Vaughn (72, p. 117); Sturtevant (68, p. 127); Kephart (31, p. 387); Smith (58, p. 70; 60, p. 408).

Paeonia brownii Dougl.

Roots have taste like licorice; California. Palmer (37, p. 652).

Ranunculus californicus Benth.

Seeds ground to a meal and used for baking in California. Powers (40, p. 425); Rusby (45, p. 69).

Ranunculus elsenii Kellogg

Seeds parched to remove acrid principle; California. Chesnut (8, p. 347).

Ranunculus inamoenus Greene

Roots eaten in New Mexico. Castetter (6, p. 48).

Ranunculus sp.

Entire plant used for food; boiled to remove acrid principle; Utah and Nevada. Chamberlin (7, p. 379) (as *R. aquatilis*).

BERBERIDACEAE

Berberis aquifolium Pursh

OREGON HOLLYGRAPE

Berries used in natural state and also for making soft drinks; Northwestern States and British Columbia. Palmer (35, p. 413; 37, p. 650); Newberry (34, p. 45); Havard (25, p. 45); Sturtevant (68, p. 86); Saunders (56, p. 97); Anderson (1, p. 132); Telt (69, p. 490).

Berberis canadensis Mill.

ALLEGHENY BARBERRY

Berries used in Eastern States. Havard (25, p. 45); Sturtevant (68, p. 87); Saunders (56, p. 97).

Berberis fendleri A Gray

COLORADO BARBERRY

Small red berries eaten by Indians of New Mexico. Castetter (6, p. 19).

- Berberis haematocarpa* Wootton RED HOLLYGRAPE
Berries eaten in New Mexico. Standley (64, p. 457); Castetter (6, p. 19).
- Berberis nervosa* Pursh LONGLEAF HOLLYGRAPE
Berries eaten in Oregon and British Columbia. Sturtevant (68, p. 87); Anderson (1, p. 132); Telt (69, p. 490).
- Berberis pinnata* Lag. CLUSTER HOLLYGRAPE
Berries eaten in California and New Mexico. Newberry (34, p. 45); Sturtevant (68, p. 88).
- Berberis repens* Lindl. CREEPING HOLLYGRAPE
Berries used in British Columbia, Montana, Utah, Nevada, New Mexico. Havard (25, p. 45); Blankinship (3, p. 8); Chamberlin (7, p. 364); Standley (64, p. 457); Anderson (1, p. 132).
- Berberis trifoliolata* Moric. AGARITA
Berries used in Texas. Havard (25, p. 45); Sturtevant (68, p. 88).
- Podophyllum peltatum* L. COMMON MAYAPPLE
Fresh fruit eaten raw or cooked; used by Iroquois Indians and the Indians of Minnesota and Wisconsin. Parker (38, p. 95); Waugh (72, p. 129); Sturtevant (68, p. 447); Saunders (56, p. 99); Kephart (31, p. 396); Smith (58, p. 62; 59, p. 256).
- CALYCANTHACEAE**
- Calycanthus floridus* L. COMMON SWEETSHRUB
Aromatic bark used as substitute for cinnamon. Sturtevant (68, p. 127).
- ANNONACEAE**
- Asimina triloba* Dunal PAPAW
Fruit eaten by Iroquois Indians and in Southeastern and Central States. Rusby (50, p. 535); Waugh (72, p. 129); Sturtevant (68, p. 71); Saunders (56, p. 100); Kephart (31, p. 396).
- LAURACEAE**
- Benzoin aestivale* (L.) Nees SPICEBUSH
Leaves used as substitute for tea. As *Lindera benzoin*: Havard (25, p. 46); Sturtevant (68, p. 337); Saunders (56, p. 145); Hedrick (26, p. 33).
- Sassafras varifolium* (Salish.) Kuntze COMMON SASSAFRAS
Leaves used for soups and as substitute for tea; Eastern and Southern States. Bushnell (5, p. 8) (as *Laurus sassafras*); Sturtevant (68, p. 523) (as *S. officinale*); Hedrick (26, p. 33).
- Umbellularia californica* (Hook. and Arn.) Nutt. CALIFORNIA-LAUREL
Both the flesh and the kernel of ripe fruit used for food, the acrid taste being removed by parching; the bark of the root used sometimes as coffee substitute; California. Chesnut (8, p. 349); Saunders (56, p. 139).
- PAPAVERACEAE**
- Eachscholzia californica* Cham. COMMON CALIFORNIA-POPPY
Leaves used for greens either boiled or roasted on hot stones; California. Powers (40, p. 425); Chesnut (8, p. 351) (as *E. douglasii*); Rusby (45, p. 68); Sparkman (62, p. 232).
- Platystemon californicus* Benth. CREAMCUPS
Leaves eaten for greens in California. Chesnut (8, p. 351).
- FUMARIACEAE**
- Dicentra canadensis* (Goldie) Walp. SQUIRRELCORN
Tubers used for food by the Indians of New York State. Hedrick (26, p. 33).
- BRASSICACEAE (CRUCIFERAE)**
- Brassica campestris* L.
Young leaves used for greens in California. Chesnut (8, p. 352); Sturtevant (68, p. 100).
- Brassica nigra* (L.) Koch BLACK MUSTARD
Used for greens by the Luisenos of California. Sparkman (62, p. 232).
- Bursa bursa-pastoris* (L.) Britton SHEPHERDS-PURSE
Seeds used for pinole in California; plant used as salad. Chesnut (8, p. 352); Kephart (31, p. 391).

- Cakile edentula** (Bigel.) Hook. SEA-ROCKET
Powdered root mixed with flour in time of scarcity of bread; Canada. Sturtevant (68, p. 125) (as *C. maritima*).
- Campe barbara** (L.) W. F. Wight. BITTER WINTERCRESS
Plant used for salad. Saunders (56, p. 124) (as *Barbarea vulgaris*); Kephart (31, p. 383) (as *Barbarea barbarea* and *B. vulgaris*).
- Campe verna** (Mill.) Heller EARLY WINTERCRESS
Plant used for salad. As *Barbarea praecox*: Saunders (56, p. 125); Kephart (31, p. 384).
- Cardamine rotundifolia** Michx.
Leaves used for greens. Sturtevant (68, p. 141).
- Caulanthus crassicaulis** (Torr.) S. Wats.
Young plants when repeatedly cooked in water taste like cabbage; seeds pounded into flour and made into mush; Utah, Nevada, and California. Palmer (37, p. 604); Coville (10, p. 354); Rusby (45, p. 68); Sturtevant (68, p. 154); Saunders (56, p. 126).
- Dentaria diphylla** Michx. CRINKLEROOT
Roots eaten by Iroquois Indians either raw with salt, or boiled. Waugh (72, p. 120); Sturtevant (68, p. 141) (as *Cardamine diphylla*).
- Dentaria laciniata** Muhl. CUT TOOTHWORT
Used like *D. diphylla* by Iroquois Indians. Waugh (72, p. 120).
- Dentaria maxima** Nutt. BIG CRINKLEROOT
Pungent and acrid roots allowed to ferment for several days, then boiled with corn; Wisconsin. Smith (58, p. 65; 60, p. 399).
- Lepidium fremontii** S. Wats.
Seeds ground and made into bread or mush, or used for flavoring other foods. Palmer (37, p. 603).
- Lepidium intermedium** A. Gray
Seeds used like those of *L. fremontii*. Palmer (37, p. 603).
- Lepidium nitidum** Nutt.
Seeds used for food; leaves eaten as greens; California. Sparkman (62, p. 232).
- Lepidium** sp.
Leaves eaten for greens in Louisiana. Sturtevant (68, p. 331) (as *L. diffusum*).
- Radicula palustris** (L.) Moench MARSHCRESS
Plant used for food in Utah, Nevada, and Alaska. As *Nasturtium palustre*: Chamberlin (7, p. 375); Sturtevant (68, p. 331).
- Sisymbrium nasturtium-aquaticum** L. WATERCRESS
Plant eaten raw with salt by Iroquois Indians, and in California. Chesnut (8, p. 352) (as *Roripa nasturtium*); Sparkman (62, p. 232) (as *Nasturtium officinale*); Waugh (72, p. 118) (as *Radicula nasturtium-aquaticum*); Sturtevant (68, p. 381) (as *N. officinale*); Saunders (56, p. 124) (as *N. officinale*); Kephart (31, p. 383) (as *Roripa nasturtium* and *N. officinale*).
- Sisymbrium officinale lelocarpum** DC.
Seeds parched, ground, and made into soup or stew; New Mexico. Castetter (6, p. 50).
- Sophia halictorum** Cockerell
Tender plants cooked for food by Pueblos of New Mexico. Castetter (6, p. 52).
- Sophia incisa** (Engelm.) Greene TANSYMUSTARD
Seeds parched and ground for food in Montana and Oregon. As *Sisymbrium incisum*: Coville (11, p. 96); Blankinship (3, p. 24).
- Sophia parviflora** (Lam.) Standl.
Seeds used in bread making and for mush; Western States. Palmer (37, p. 603) (as *Sisymbrium sophia*); Castetter (6, p. 52) (as *Sophia sophia*).
- Sophia pinnata** (Walt.) Howell
Seeds cooked with water to mush and eaten with salt; leaves boiled, or roasted between hot stones; Utah, Nevada, Arizona, California, and Oregon. Palmer (37, p. 603) (as *Sisymbrium canescens*); Fewkes (16, p. 15) (as *S. canescens*); Barrows (2, p. 65) (as *S. canescens*); Rusby (47, p. 222) (as *S. incanum*); Russell (54, p. 77); Chamberlin (8, p. 382) (as *S. canescens*); Sturtevant (68, p. 536) (as *S. canescens*); Castetter (6, p. 53).

Stanleya albescens Jones

INDIANCABBAGE

Leaves boiled and eaten in the spring in Arizona. Fewkes (16, p. 15); Hough (28, p. 38; 29, p. 143); Castetter (6, p. 53).

Stanleya elata Jones

Leaves and young stems washed with cold and boiling water several times before being eaten; California. Coville (10, p. 354); Rusby (45, p. 68).

Stanleya pinnata (Pursh) Britton

Used like *S. elata*; also seeds ground and made into mush; Arizona, California, and Utah. Palmer (37, p. 604) (as *S. pinnatifida*); Coville (10, p. 354); Hough (29, p. 143) (as *S. integrifolia*); Rusby (45, p. 68) (as *S. pinnatifida*); Saunders (56, p. 126) (as *S. pinnatifida*); Castetter (6, p. 53).

Stanleya wrightii (A. Gray) Rydb.

Tender plants cooked for food by Pueblos of New Mexico. Castetter (6, p. 53).

Thysanocarpus elegans Fisch. and Mey.

LACEPOD

Seeds used for pinole in California. Chesnut (8, p. 352).

CAPPARIDACEAE

Cleome serrulata Pursh

Boiled leaves and flowers used in New Mexico and Arizona. Castetter (6, p. 24). As *C. integrifolia*; Fewkes (16, p. 16); Hough (28, p. 37; 29, p. 142); Rusby (46, p. 203). As *Peritoma serrulatum*; Standley (64, p. 458); Stevenson (65, p. 69); Robbins, Harrington, and Freire-Marreco (42, p. 58).

Isomeris arborea Nutt.

Little pods cooked with hot stones in a small hole in the ground; California. Barrows (2, p. 66).

Polanisia trachysperma Torr. and Gray

Tender plants cooked for food in New Mexico. Castetter (6, p. 42).

CRASSULACEAE

Cotyledon edulis (Nutt.) Brewer

Young leaves eaten in California. Sturtevant (68, p. 195).

Cotyledon lanceolata (Nutt.) Brewer and Wats.

Tender leaves eaten raw in the spring; California. Powers (40, p. 425) (as *Echeveria lanceolata*); Palmer (37, p. 604); Rusby (45, p. 63) (as *Dudleya lanceolata*).

Cotyledon pulverulenta (Nutt.) Brewer and Wats.

Tender leaves eaten in California. Palmer (37, p. 604).

HYDRANGEACEAE

Philadelphus microphyllus A. Gray

LITTLELEAF MOCKORANGE

Fruit eaten in New Mexico. Castetter (6, p. 39).

GROSSULARIACEAE

Grossularia californica (Hook. and Arn.) Coville and Britton

HILLSIDE GOOSEBERRY

Berries eaten fresh in California. Chesnut (8, p. 353) (as *Ribes californicum*).

Grossularia cynosbati (L.) Mill.

PASTURE GOOSEBERRY

Berries eaten fresh, cooked, or preserved; Minnesota and Wisconsin. Sturtevant (68, p. 495) (as *Ribes gracile*); Kephart (31, p. 395) (as *Ribes cynosbati* and *R. gracile*); Smith (58, p. 71; 59, p. 264; 60, p. 410; 61, p. 109) (as *Ribes cynosbati*).

Grossularia divaricata (Dougl.) Coville and Britton

COAST GOOSEBERRY

Berries eaten in California and Northwestern States. As *Ribes divaricatum*; Brown (4, p. 384); Chesnut (8, p. 353); Sturtevant (68, p. 495).

Grossularia hirtella (Michx.) Spach

WEDGELEAF GOOSEBERRY

Berries eaten fresh or dried; New York, Wisconsin, Minnesota, and Oregon. Palmer (35, p. 414) (as *Ribes hirtellum*). As *Ribes oxycanthoides saxosum*; Coville (11, p. 97); Spinden (63, p. 204); Sturtevant (68, p. 497); Rengan (41, p. 236); Smith (60, p. 410); Hedrick (26, p. 32).

- Grossularia inermis** (Rydb.) Coville and Britton. WHITESTEM GOOSEBERRY
Berries eaten in New Mexico. Castetter (6, p. 49) (also as *Ribes inermis*).
- Grossularia irrigua** (Dougl.) Coville and Britton ROCK GOOSEBERRY
Berries eaten fresh in British Columbia. Anderson (1, p. 131) (as *Ribes irriguum*); Telt (69, p. 489).
- Grossularia leptantha** (A. Gray) Coville and Britton BUCKSHOT GOOSEBERRY
Berries eaten in New Mexico. Castetter (6, p. 49) (also as *Ribes leptanthum*).
- Grossularia lobbii** (A. Gray) Coville and Britton PIONEER GOOSEBERRY
Berries eaten in British Columbia. Anderson (1, p. 131) (as *Ribes lobbii*).
- Grossularia menziesii** (Pursh) Coville and Britton FOG GOOSEBERRY
Fruit scalded before being eaten; California. As *Ribes menziesii*; Palmer (37, p. 599); Sturtevant (68, p. 496).
- Grossularia missouriensis** (Nutt.) Coville and Britton MISSOURI GOOSEBERRY
Berries eaten fresh in Nebraska, North Dakota, and South Dakota. Gilmore (17, p. 84).
- Grossularia nivea** (Lindl.) Spach SNOW GOOSEBERRY
Berries eaten in Northwestern States. Brown (4, p. 384) (as *Ribes niveum*).
- Grossularia pinetorum** (Greene) Coville and Britton ORANGE GOOSEBERRY
Fruit agreeable to taste, but densely covered with spines; New Mexico. Standley (64, p. 457).
- Grossularia setosa** (Lindl.) Coville and Britton REDSHOOT GOOSEBERRY
Berries eaten fresh or cooked by Cheyenne Indians. Blankinship (3, p. 21) (as *Ribes setosum*); Grinnell (20, p. 175); Sturtevant (68, p. 502) (as *R. setosum*).
- Ribes americanum** Mill. AMERICAN BLACK CURRANT
Berries eaten by Iroquois Indians, and in Montana, Minnesota, Wisconsin, and New York. As *Ribes floridum*; Blankinship (3, p. 21); Waugh (72, p. 128); Sturtevant (68, p. 494); Kephart (31, p. 395); Reagan (41, p. 236); Smith (59, p. 264; 60, p. 410); Hedrick (26, p. 31).
- Ribes aureum** Pursh GOLDEN CURRANT
Berries eaten fresh or pounded into cakes and dried; Montana, Colorado, Utah, Nevada, Wyoming, Arizona, California, Oregon, and British Columbia. Palmer (35, p. 414); Coville (11, p. 97); Blankinship (3, p. 21); Spinden (63, p. 204); Chamberlin (7, p. 379); Sturtevant (68, p. 495); Kephart (31, p. 395); Grinnell (20, p. 175); Anderson (1, p. 131).
- Ribes bracteosum** Dougl. STINK CURRANT
Berries eaten fresh, or mixed and boiled with other berries; British Columbia and Alaska. Gorman (19, p. 71); Sturtevant (68, p. 495); Anderson (1, p. 131).
- Ribes cereum** Dougl. WAX CURRANT
Berries used in Arizona, Montana, Oregon, and British Columbia. Fewkes (16, p. 16); Coville (11, p. 97); Hough (28, p. 38; 29, p. 143); Blankinship (3, p. 21); Anderson (1, p. 131); Telt (69, p. 487); Castetter (6, p. 49).
- Ribes glandulosum** Grauer SKUNK CURRANT
Black fruit eaten in Alaska. Sturtevant (68, p. 497) (as *R. prostratum*).
- Ribes hudsonianum** Richards. HUDSON BAY CURRANT
Berries eaten in Minnesota, British Columbia, and Alaska. Sturtevant (68, p. 496); Kephart (31, p. 395); Reagan (41, p. 236); Telt (69, p. 489).
- Ribes inebrians** Lindl. SQUAW CURRANT
Berries eaten fresh or dried or crushed and pressed into cakes and dried; used for making intoxicating beverages; leaves eaten with mutton or deer fat; New Mexico and Cheyenne Indians. Standley (64, p. 457); Stevenson (65, p. 70); Robbins, Harrington, and Freire-Marreco (42, p. 48); Grinnell (20, p. 175); Castetter (6, p. 49).
- Ribes lacustre** (Pers.) Poir. PRICKLY CURRANT
Berries eaten fresh or dried; Utah, Wyoming, Montana, and Alaska. Gorman (19, p. 72); Blankinship (3, p. 21); Chamberlin (7, p. 379); Sturtevant (68, p. 496); Kephart (31, p. 396); Grinnell (20, p. 175).
- Ribes petiolare** Dougl. WESTERN BLACK CURRANT
Berries used in Montana. Blankinship (3, p. 21).
- Ribes sanguineum** Pursh WINTER CURRANT
Berries used in British Columbia. Anderson (1, p. 131); Telt (69, p. 487).

- Ribes sativum* (Reichenb.) Syme GARDEN CURRANT
Berries eaten by Chippewa Indians. As *R. rubrum*: Kephart (31, p. 395); Reagan (41, p. 236).
- Ribes triste* Puli. DROOPING CURRANT
Berries used by Iroquois, Ojibway, and Chippewa Indians. Waugh (72, p. 128); Densmore (15, p. 321); Smith (60, p. 410).
- Ribes viscosissimum* Pursh STICKY CURRANT
Berries used in Montana and British Columbia. Blankinship (3, p. 21); Teit (69, p. 489).

HAMAMELIDACEAE

- Hamamelis virginiana* L. COMMON WITCH-HAZEL
Seeds used in Northeastern States. Sturtevant (68, p. 297).

ROSACEAE

- Amelanchier alnifolia* Nutt. SASKATOON
Sweet and pleasant-tasting "berries" (fruit) used fresh and dried, and for pemmican; tea made from dry leaves; Alaska, British Columbia, Oregon, Montana, Nevada, California, Utah, Wyoming, North Dakota, South Dakota, and Nebraska. Palmer (37, p. 599); Coues (9, p. 828); Gorman (19, p. 71); Coville (11, p. 97); Chesnut (8, p. 355); Blankinship (3, p. 6); Rusby (49, p. 437); Chamberlin (7, p. 361); Gilmore (17, p. 87); Sturtevant (68, p. 44); Kephart (31, p. 397); Grinnell (20, p. 176); Anderson (1, p. 128); Teit (69, pp. 485-490).
- Amelanchier bartramiana* (Tausch) Roem. BARTRAM SHADBLOW
Fruit used by Blackfoot Indians. Rusby (49, p. 437) (as *A. oligocarpa*).
- Amelanchier canadensis* (L.) Medic. DOWNY SHADBLOW
Used like *A. alnifolia*; also boiled and eaten with meat; made into paste and dried for winter use; Iroquois Indians, Minnesota, Wisconsin, Northwestern States. Brown (4, p. 384); Palmer (35, p. 413); Newberry (34, p. 43); Rusby (49, p. 437); Waugh (72, p. 128); Sturtevant (68, p. 44); Kephart (31, p. 397); Densmore (15, p. 307); Reagan (41, p. 236); Hedrick (26, p. 32).
- Amelanchier cusickii* Fernald.
Fruit used in British Columbia. Rusby (49, p. 437); Wilson (75, p. 17).
- Amelanchier florida* Lindl.
Fruit eaten in British Columbia. Wilson (75, p. 17).
- Amelanchier huronensis* Wiegand
Fruit used in Wisconsin. Smith (58, p. 70).
- Amelanchier laevis* Wiegand ALLEGHENY SHADBLOW
Fresh or dried fruit eaten by Ojibway Indians. Smith (60, p. 408).
- Amelanchier oblongifolia* (Torr. and Gray) Roem. THICKET SHADBLOW
Fruit used by Blackfoot Indians. McClinton (32, p. 323).
- Amelanchier pallida* Greene
Fruit eaten in Arizona. Hough (29, p. 143); Castetter (6, p. 16).
- Amelanchier prunifolia* Greene
Fruit eaten in New Mexico. Castetter (6, p. 16).
- Amelanchier spicata* (Lam.) C. Koch GARDEN SHADBLOW
Fruit used in Wisconsin and New York State. Rusby (49, p. 437); Kephart (31, p. 397); Smith (61, p. 107).
- Amygdalus persica* L. PEACH
Eaten by Iroquois Indians. As *Prunus persica*: Parker (38, p. 95); Waugh (72, p. 129); Sturtevant (68, p. 462).
- Aronia arbutifolia* (L.) Ell. RED CHOKEBERRY
Fruit used in preparation of pemmican; Northeastern States. As *Pyrus arbutifolia*: Rusby (49, p. 437); Sturtevant (68, p. 472).
- Crataegus aestivalis* Torr. and Gray
Fruit eaten. Sturtevant (68, p. 197).
- Crataegus chrysocarpa* Ashe
Fruit eaten in time of shortage of food; Nebraska, North Dakota, and South Dakota. Gilmore (17, p. 87).
- Crataegus coccinea* L. THICKET HAWTHORN
Fruit eaten fresh, or pressed into cakes with other berries for winter use; Minnesota and Eastern States. Palmer (35, p. 413); Sturtevant (68, p. 197); Kephart (31, p. 397); Reagan (41, p. 236).

- rataegus columbiana* Howell
Fruit used like *C. coccinea*; Montana and British Columbia. Blankinship (3, p. 11); Anderson (1, p. 129); Teit (69, p. 487).
- Crataegus douglasii* Lindl. BLACK HAWTHORN
Ripe fruit dried for winter use by Cheyenne Indians, and in British Columbia. Blankinship (3, p. 11); Sturtevant (68, p. 197); Saunders (56, p. 92); Grinnell (20, p. 176); Anderson (1, p. 129) (as *C. brevispina*); Teit (69, p. 486).
- Crataegus flava* Ait
Fruit eaten in Southern States. Sturtevant (68, p. 197); Saunders (56, p. 92).
- Crataegus mollis* (Torr. and Gray) Scheele DOWNY HAWTHORN
Fruit eaten in Eastern and Central States. Saunders (56, p. 92); Kephart (31, p. 396).
- Crataegus pruinosa* (Wendl.) C. Koch FROSTED HAWTHORN
Fruit eaten by Iroquois Indians. Waugh (72, p. 128).
- Crataegus rivularis* Nutt. RIVER HAWTHORN
Fruit eaten in Utah, Nevada, and California. Chesnut (8, p. 355); Chamberlin (7, p. 367).
- Crataegus submollis* Sarg. QUEBEC HAWTHORN
Fruit eaten by Iroquois Indians. Waugh (72, p. 128).
- Crataegus uniflora* Moench. ONE-FLOWER HAWTHORN
Fruit eaten. Sturtevant (68, p. 198) (as *C. parviflora*).
- Crataegus* sp. HAWTHORN
Fruit squeezed by hand, made into cakes and stored for winter; New York, Minnesota, and Wisconsin. Rusby (50, p. 534); Sturtevant (68, p. 198) (as *C. tomentosa*); Kephart (31, p. 397) (as *C. tomentosa*); Densmore (15, p. 321); Smith (59, p. 263) (as *C. tomentosa*), (60, p. 409); Hedrick (26, p. 32) (as *C. tomentosa*).
- Cydonia oblonga* Mill. COMMON QUINCE
Fruit eaten by Iroquois Indians. Parker (38, p. 95) (as *C. vulgaris*).
- Fragaria bracteata* Heller
Fruit eaten in New Mexico. Castetter (6, p. 29).
- Fragaria californica* Cham. and Schlecht. CALIFORNIA STRAWBERRY
Berries eaten fresh in California and British Columbia. Chesnut (8, p. 354); Teit (69, p. 488).
- Fragaria canadensis* Michx.
Berries eaten in Northern States. Rusby (46, p. 202); Kephart (31, p. 397).
- Fragaria chiloensis* (L.) Duchesne CHILOE STRAWBERRY
Fresh berries eaten in Northwestern States. Brown (4, p. 384); Sturtevant (68, p. 281).
- Fragaria glauca* (S. Wats.) Rydb.
Berries eaten by Cheyenne Indians. Grinnell (20, p. 176).
- Fragaria vesca* L. ALPINE STRAWBERRY
Fresh berries used by Iroquois Indians, and in Wisconsin, Utah, Nevada, and Northwestern States. Brown (4, p. 384); Rusby (46, p. 202); Chamberlin (7, p. 370); Waugh (72, p. 127); Smith (61, p. 107).
- Fragaria vesca americana* Porter. AMERICAN STRAWBERRY
Berries eaten fresh; beverage made from the leaves; New York, Nebraska, North Dakota and South Dakota, and British Columbia. Rusby (46, p. 202) (as *F. americana*); Gilmore (17, p. 84) (as *F. americana*); Kephart (31, p. 397) (as *F. americana*); Teit (69, p. 487); Hedrick (26, p. 33) (as *F. americana*).
- Fragaria virginiana* Duchesne VIRGINIA STRAWBERRY
Berries eaten fresh, or boiled to jam for winter use; tea-like drink made from the leaves; Kansas, Nebraska, North Dakota, South Dakota, Minnesota, Wisconsin, New York, and Northwestern States. Brown (4, p. 384); Palmer (35, p. 413); Coville (11, p. 98); Rusby (46, p. 202); Waugh (72, p. 127); Gilmore (17, p. 84); Sturtevant (68, p. 282); Kephart (31, p. 397); Smith (58, p. 71; 59, p. 263; 60, p. 409); Densmore (15, p. 321); Hedrick (26, p. 33).
- Fragaria virginiana illinoensis* Prince
Berries eaten in Minnesota. Reagan (41, p. 235).
- Geum rivale* L.
Decoction of fragrant rootstock used as beverage; Northern States and Canada. Saunders (56, p. 161).

Geum triflorum Pursh

Roots boiled to make a beverage; British Columbia. Telt (69, p. 493).

Malus coronaria (L.) Mill.

WILD SWEET CRAB

Fruit eaten in Northern and Eastern States. As *Pyrus coronaria*: Palmer (35, p. 414); Parker (38, p. 94); Waugh (72, p. 129); Sturtevant (68, p. 474); Reagan (41, p. 236).

Malus fusca (Raf.) Schneider

OREGON CRAB

Fruit eaten raw or boiled, or put away in oil for winter use; Northwestern States, British Columbia, and Alaska. Brown (4, p. 383) (as *Pyrus rivularis*); Rothrock (43, p. 435) (as *P. rivularis*); Coues (9, p. 826) (as *Pyrus rivularis*); Gorman (19, p. 70) (as *M. rivularis*); Rusby (50, p. 534) (as *M. rivularis*); Sturtevant (68, p. 478) (as *P. rivularis*); Anderson (1, p. 129) (as *M. rivularis* and *P. rivularis*); Telt (69, p. 487).

Malus sp.

Fruit used in Western States. Sturtevant (68, p. 472) (as *Pyrus angustifolia*).

Osmaronia cerasiformis (Torr. and Gray) Greene

OSOBERBY

Fruit occasionally eaten in British Columbia. Anderson (1, p. 129) (as *Nuttallia cerasiformis*).

Photinia salicifolia Presl.

CHRISTMASBERRY

Sour fruit eaten fresh, also dried, ground, and made into mush; California. Powers (40, p. 423) (as *P. arbutifolia*); Palmer (37, p. 599) (as *P. arbutifolia*); Rusby (50, p. 534) (as *Heteromeles arbutifolia*); Sparkman (62, p. 232) (as *H. arbutifolia*).

Potentilla anserina L.

SILVERWEED

Roots taste like sweetpotatoes; Montana and British Columbia. Blankinship (3, p. 19); Rusby (52, p. 458); Sturtevant (68, p. 451); Kephart (31, p. 380); Telt (69, p. 480).

Potentilla glandulosa Lindl.

A beverage made by boiling leaves or the whole plant in water; British Columbia. Telt (69, p. 494).

Prunus americana Marsh.

AMERICAN PLUM

Fruit used fresh, cooked, or dried; New York, Nebraska, North Dakota, South Dakota, Wisconsin, Minnesota, Montana, and Wyoming. Havard (24, p. 103); Blankinship (3, p. 19); Rusby (49, p. 436); Waugh (72, p. 128); Gilmore (17, p. 87); Sturtevant (68, p. 456); Kephart (31, p. 396); Grinnell (20, p. 177); Deansmore (15, p. 321); Reagan (41, p. 235); Smith (59, p. 263); Hedrick (26, p. 32); Castetter (6, p. 46).

Prunus andersonii A. Gray

Fruit eaten in California. Barrows (2, p. 61).

Prunus angustifolia Marsh.

CHICKASAW PLUM

Fruit eaten in Southern States. Havard (26, p. 103); Rusby (49, p. 436); Sturtevant (68, p. 459) (as *P. chicensis*); Kephart (31, p. 396).

Prunus besseyi Bailey

BESSEY CHERRY

Fruit eaten fresh or dried; Nebraska, Wyoming, and Montana. Gilmore (17, p. 88); Kephart (31, p. 395); Grinnell (20, p. 177).

Prunus capuli Cav.

Fruit used in New Mexico. Standley (64, p. 458) (as *Padus capuli*).

Prunus demissa (Nutt.) D. Dietr.

WESTERN CHOCHEERRY

Fruit eaten fresh or dried, also used for pemmican; Utah, Nevada, Idaho, Montana, Oregon, California, and British Columbia. Palmer (35, p. 414) (as *Cerasus virginiana*); Palmer (37, p. 598) (as *C. demissa*); Coville (11, p. 98); Barrows (2, p. 61); Chesnut (8, p. 356) (as *C. demissa*); Blankinship (3, p. 19); Rusby (49, p. 437) (as *Padus demissa*); Sparkman (62, p. 232); Spalden (63, p. 204); Chamberlin (7, p. 378); Wilson (75, p. 18); Kephart (31, p. 395); McClintock (32, p. 324); Anderson (1, p. 130); Telt (69, p. 490).

Prunus emarginata (Dougl.) Walp.

BITTER CHERRY

Bitter fruit eaten occasionally in Northwestern States and British Columbia. Brown (4, p. 383) (as *Cerasus mollis*); Coville (11, p. 99); Rusby (49, p. 437); Anderson (1, p. 130); Telt (69, p. 488).

Prunus hortulana Bailey

HORTULAN PLUM

Fruit used in Mississippi region. Havard (24, p. 103); Rusby (49, p. 436); Kephart (31, p. 396).

- Prunus ilicifolia** (Nutt.) Walp. HOLLYLEAF CHERRY
 Reddish yellow fruit eaten fresh or dried in the sun; kernels crushed or ground into flour and made into bread or "atole"; California. Palmer (37, p. 598) (as *Cerasus ilicifolia*); Barrows (2, p. 60); Rusby (49, p. 437) (as *Padus ilicifolia*); Sparkman (62, p. 232) (as *C. ilicifolia*); Sturtevant (68, p. 460); Saunders (56, p. 57).
- Prunus maritima** Wang. BEACH PLUM
 Fruit eaten in Eastern States. Rusby (49, p. 436); Sturtevant (68, p. 461); Kephart (31, p. 396).
- Prunus melanocarpa** (A. Nels.) Rydb. BLACK WESTERN CHOKECHERRY
 Fruit used fresh and dried and used for pemmican; New Mexico, Nebraska, Wyoming, Montana, North Dakota, and South Dakota. Standley (64, p. 458) (as *Padus melanocarpa*); Robbins, Harrington, and Freire-Marreco (42, p. 47) (as *Padus melanocarpa*); Gilmore (17, p. 89) (as *Padus melanocarpa*); Grinnell (20, p. 177); Castetter (6, p. 46) (also as *Padus melanocarpa*).
- Prunus nigra** Ait. CANADA PLUM
 Fruit eaten and used for making plum butter by Iroquois Indians, and in Minnesota and Wisconsin. Havard (24, p. 103); Rusby (49, p. 436); Waugh (72, p. 128); Kephart (31, p. 396); Smith (59, p. 263; 60, p. 409); Hedrick (26, p. 27).
- Prunus pennsylvanica** L. f. PIN CHERRY
 Fruit eaten in Northern and Eastern States. Rusby (49, p. 437); Waugh (72, p. 128); Sturtevant (68, p. 462); Kephart (31, p. 395); Reagan (41, p. 235); Smith (60, p. 409; 61, p. 108); Hedrick (26, p. 31).
- Prunus pumila** L. SAND CHERRY
 Fruit eaten fresh or preserved; Northern States. Rusby (49, p. 437); Sturtevant (68, p. 465); Kephart (31, p. 395); Smith (58, p. 71; 60, p. 409).
- Prunus rivularis** Scheele
 Fruit eaten in Texas. Sturtevant (68, p. 465).
- Prunus serotina** Ehrh. BLACK CHERRY
 Fruit eaten fresh or dried; infusion of twigs used as beverage; used by Iroquois Indians, and in Minnesota and Wisconsin. Waugh (72, p. 128); Kephart (31, p. 395); Densmore (15, pp. 317, 321); Reagan (41, p. 235); Smith (58, p. 71; 60, p. 409; 61, p. 108).
- Prunus subcordata** Benth. PACIFIC PLUM
 Fruit eaten fresh or dried in Oregon and California. Coville (11, p. 99); Chesnut (9, p. 356); Sturtevant (68, p. 466).
- Prunus umbellata** Ell.
 Fruit eaten fresh or preserved; Georgia and Florida. Rusby (49, p. 436); Sturtevant (68, p. 466).
- Prunus virginiana** L. COMMON CHOKECHERRY
 Fruit eaten fresh and dried, and used for pemmican; bark and twigs used as substitute for tea; Nebraska, North Dakota, South Dakota, Minnesota, Wisconsin, and Iroquois Indians. Rusby (49, p. 437) (as *Padus virginiana*); Waugh (72, p. 128); Gilmore (17, p. 88) (as *Padus nana*); Sturtevant (68, p. 466); Kephart (31, p. 395); Smith (58, p. 71; 59, p. 263; 60, p. 409; 61, p. 108); Densmore (15, pp. 317, 321); Reagan (41, p. 235); Hedrick (26, p. 31).
- Pyrus ioensis** (Wood) Bailey PRAIRIE CRAB
 Fruit eaten raw or made into jelly by Meskwaki Indians. Smith (59, p. 263).
- Rosa acicularis** Lindl. PRICKLY ROSE
 Fruit used in Montana. Blankinship (3, p. 21); Sturtevant (68, p. 503).
- Rosa acicularis bourgeauliana** Crép. BOURGEAU ROSE
 Fruit used in Montana. Blankinship (3, p. 21) (as *R. sayi*).
- Rosa californica** Cham. and Schlecht. CALIFORNIA WILD ROSE
 Fruit used in California. Chesnut (8, p. 354).
- Rosa cinnamomea** L. CINNAMON ROSE
 Tender shoots eaten in the spring, also fruit; Northwestern States and Alaska. Brown (4, p. 385) (as *R. fraziniifolia*); Palmer (35, pp. 414-415) (also as *R. fraziniifolia*); Sturtevant (68, p. 504) (also as *R. fraziniifolia*).
- Rosa gymnocarpa** Nutt. BALD-HIP ROSE
 Fruit eaten; beverage made by boiling young leaves and stalks; British Columbia. Teit (69, p. 493).

- Rosa nutkana** Presl NUTKA ROSE
Fruit considered harmful by some and very healthful by others; Montana and Alaska. Harvard (24, p. 122); Blankinship (3, p. 21); Rusby (44, p. 718).
- Rosa pratincola** Greene
Fruit eaten in time of food scarcity; Nebraska. Gilmore (17, p. 85).
- Rosa virginiana** Mill. VIRGINIA ROSE
Buds eaten by Chippewa Indians. Reagan (41, p. 236) (as *R. lucida*).
- Rosa woodsii** Lindl. WOODS ROSE
Fruit eaten in Montana. Blankinship (3, p. 21).
- Rosa woodsii fendleri** (Crép.) Rydb. FENDLER ROSE
Fruit eaten in Oregon, Montana, Wyoming, Utah, Nevada, and New Mexico. Coville (11, p. 99); Chamberlin (7, p. 379); Standley (64, p. 458); Grinnell (20, p. 177); Castetter (6, p. 49).
- Rubus allegheniensis** Porter ALLEGHENY BLACKBERRY
Fruit eaten fresh and dried; New York, Minnesota, and Wisconsin. Kephart (31, p. 394); Smith (58, p. 71; 59, p. 264; 60, p. 409; 61, p. 108); Hedrick (26, p. 31).
- Rubus arcticus** L.
Fruit eaten in Alaska. Sturtevant (68, p. 505).
- Rubus arizonicus** (Greene) Rydb.
Fruit eaten by Navajo Indians. Castetter (6, p. 49).
- Rubus canadensis** L. THORNLESS BLACKBERRY
Fruit eaten by Iroquois Indians, and in Kansas. Palmer (35, p. 415); Waugh (72, p. 127); Sturtevant (68, p. 506); Kephart (31, p. 394).
- Rubus chamaemorus** L.
Fruit eaten in Canada and Alaska. Gorman (19, p. 74); Sturtevant (68, p. 506); Kephart (31, p. 396).
- Rubus cuneifolius** Pursh SAND BLACKBERRY
Fruit used in Eastern States. Sturtevant (68, p. 506); Kephart (31, p. 394).
- Rubus deltoideus** Torr. BOULDER RASPBERRY
Fruit eaten in Colorado. Sturtevant (68, p. 506).
- Rubus flagellaris** Willd.
Fruit eaten by Indians of New York State. Hedrick (26, p. 31).
- Rubus frondosus** Bigel.
Fruit used by Chippewa Indians. Densmore (15, p. 321).
- Rubus hispida** L. SWAMP DEWBERRY
Fruit sometimes eaten. Sturtevant (68, p. 507); Kephart (31, p. 394).
- Rubus leucodermis** Dougl. WHITERASP RASPBERRY
Fruit, fresh or dried and boiled, eaten with meat; also young shoots eaten; California, Nevada, Utah, Montana, Oregon, and British Columbia. Brown (4, p. 384); Coville (11, p. 99); Chesnut (8, p. 355); Blankinship (3, p. 22); Chamberlin (7, p. 380); Willson (75, p. 18); Sturtevant (68, p. 508); Telt (69, pp. 483, 487).
- Rubus melanolasius** Focke WESTERN RED RASPBERRY
Fruit eaten by Cheyenne Indians. Grinnell (20, p. 177).
- Rubus occidentalis** L. COMMON BLACKCAP
Fruit eaten fresh and dried; young shoots and sprouts eaten like rhubarb; leaves and bark of the root used for making tea-like beverage; Nebraska, Wyoming, Montana, North Dakota, South Dakota, Minnesota, Wisconsin, and New York. Waugh (72, p. 127); Gilmore (17, p. 84); Sturtevant (68, p. 509); Kephart (31, p. 396); Grinnell (20, p. 177); Smith (58, p. 71; 59, p. 264); Hedrick (26, p. 33).
- Rubus odoratus** L. FLOWERING RASPBERRY
Fruit used by Iroquois Indians. Parker (38, p. 96); Waugh (72, p. 127); Sturtevant (68, p. 509); Kephart (31, p. 397); Hedrick (26, p. 33).
- Rubus parviflorus** Nutt. WHITEFLOWERING RASPBERRY
Fruit eaten fresh, or pressed into cakes and dried; tender shoots of the plant eaten in spring; Wyoming, Utah, Nevada, New Mexico, Northwestern States, and British Columbia. Brown (4, p. 384) (as *R. nutkanus*); Palmer (35, p. 415) (as *R. nutkanus*); Blankinship (3, p. 21) (as *R. nutkanus*); Sparkman (62, p. 232); Chamberlin (7, p. 380) (as *R. nutkanus*); Standley (64, p.

456); Sturtevant 68, p. 509) (as *R. nutkanus*); Kephart (31, p. 397); Anderson (1, p. 129) (as *R. nutkanus*); Telt (69, p. 488); Castetter (6, p. 19) (as *Bossekia parviflora*).

Rubus parviflorus velutinus (Brewer) Greene
Fruit eaten fresh in California. Chesnut (8, p. 354).

Rubus pedatus J. E. Smith
Small fruits eaten in Alaska. Sturtevant (68, p. 510).

Rubus pubescens Raf.
Fruit used by Iroquois Indians. As *R. triflorus*: Waugh (72, p. 127); Sturtevant (68, p. 511).

Rubus spectabilis Pursh SALMONBERRY
Fruit used; also young shoots of the plant peeled and eaten in spring; Northwestern States, British Columbia, and Alaska. Brown (4, p. 384); Palmer (35, p. 415); Newberry (34, p. 45); Gorman (19, p. 74); Spinden (63, p. 204); Wilson (75, p. 18); Sturtevant (68, p. 510); Anderson (1, p. 129); Telt (69, pp. 482, 486).

Rubus strigosus Michx. COMMON RED RASPBERRY
Fruit eaten fresh and dried; fresh shoots peeled and eaten; leaves and twigs used for making tealike beverage; Nebraska, North Dakota, South Dakota, Minnesota, Wisconsin, and Iroquois Indians. Waugh (72, pp. 119, 127) (as *R. idaeus aculeatissimus*); Gilmore (17, p. 84); Sturtevant (68, p. 511); Kephart (31, p. 397); Smith (58, p. 71) (as *R. idaeus aculeatissimus*); Densmore (15, pp. 317, 321); Reagan (41, p. 235); Smith (60, p. 410; 61, p. 109) (as *R. idaeus aculeatissimus*); Hedrick (26, p. 33) (as *R. idaeus*).

Rubus trivialis Michx. SOUTHERN DEWBERRY
Fruit used in Eastern States. Sturtevant (68, p. 511); Kephart (31, p. 394).

Rubus villosus Alt.
Fruit eaten by Iroquois Indians, and in Missouri, Texas, California, and Minnesota. Palmer (35, p. 415); Parker (38, p. 96); Sturtevant (68, p. 511); Kephart (31, p. 394).

Rubus vitifolius Cham. and Schlecht. CALIFORNIA DEWBERRY
Fruit eaten fresh and dried; British Columbia, Idaho, Oregon, and California. Coues (9, p. 837) (as *R. ursinus*); Coville (11, p. 99); Chesnut (8, p. 355); Sparkman (62, p. 232); Spinden (63, p. 204) (as *R. macropetalus*); Sturtevant (68, p. 511) (as *R. ursinus*); Telt (69, p. 487) (as *R. macropetalus*).

Sericotheca discolor (Pursh) Rydb.
Small dry fruit eaten in California. Barrows (2, p. 61) (as *Holodiscus discolor*).

Sericotheca dumosa (Nutt.) Rydb.
Small dry fruit eaten in New Mexico. Robbins, Harrington, and Freire-Marreco (42, p. 49); Castetter (6, p. 50) (also as *Holodiscus dumosus*).

Sorbus sambucifolia (Cham. and Schlecht.) Roem.
Fruit eaten by Chippewa Indians. Reagan (41, p. 236) (as *Pyrus sambucifolia*).

Sorbus sitchensis Roem.
Fruit eaten in British Columbia. Telt (69, p. 488) (as *Pyrus sitchensis*).

Spiraea pyramidata Greene PYRAMID SPIREA
Beverage made by boiling stems, leaves, and flowers; British Columbia. Telt (69, p. 494).

MIMOSACEAE

Acacia greggii A. Gray
Pods pounded into coarse meal and made into porridge or cakes; eaten by the Indians of Arizona and California; Barrows (2, p. 60); Rusby (50, p. 564); Russell (54, p. 76); Castetter (6, p. 46).

Pithecolobium flexicaule (Benth.) Coult. [*Acacia flexicaulis* Benth.]
Seeds boiled for food in Texas. Sturtevant (68, p. 19).

Prosopis chilensis (Molina) Stuntz
Pods contain pulpy sweet nutritious material; whole pods ground and made into bread and cakes, or mush and porridge; used also for making sweet drink (atole) or fermented to beer; Texas, New Mexico, and Arizona. As *P. juliflora*: Palmer (37, p. 595); Coville (10, p. 355); Harvard (24, p. 120; 25, p. 37); Rusby (50, p. 535); Sturtevant (68, p. 455); Saunders (56, p. 62).

Prosopis glandulosa Torr.**MESQUITE**

Used like *P. chilensis*; Utah, Nevada, California, Arizona, New Mexico, and Texas. Palmer (35, p. 410) (as *Algarobia glandulosa*); Palmer (37, p. 595) (as *A. glandulosa*); Havard (23, p. 451); Newberry (34, p. 38); Barrows (2, p. 56) (as *P. juliflora*); Sparkman (62, p. 231) (as *P. juliflora*); Stout (67, p. 58); Castetter (6, p. 43).

Prosopis velutina Wooton

Used like *P. chilensis*; Arizona. Russell (54, p. 74); Castetter (6, p. 44).

Strombocarpa odorata (Torr. and Frém.) Torr.**SCREWBEAN**

Screwbean or "tornillo"; used like *Prosopis chilensis*; Utah, New Mexico, Arizona, and California. Palmer (35, p. 412) (as *Strombocarpus pubescens*); Havard (24, p. 121; 25, p. 37) (as *Prosopis pubescens*); Barrows (2, p. 56) (as *P. pubescens*); Rusby (50, p. 564) (as *P. pubescens*); Russell (54, p. 75) (as *P. pubescens*); Sparkman (62, p. 231) (as *P. pubescens*); Standley (64, p. 458) (as *Strombocarpa pubescens*); Sturtevant (68, p. 455) (as *P. pubescens*); Saunders (56, p. 66) (as *P. pubescens*); Castetter (6, p. 45) (as *P. pubescens* and *S. pubescens*).

CAESALPINIACEAE**Cercidium torreyanum (S. Wats.) Sarg.**

Beans ground into meal and made into cakes; also used for making beverages; Arizona and California. As *Parkinsonia torreyana*; Barrows (2, p. 60); Rusby (50, p. 564); Russell (54, p. 75); Castetter (6, p. 38).

Cercis occidentalis Torr.**CALIFORNIA REDBUD**

Pods roasted and seed eaten by Navajo Indians. Castetter (6, p. 21).

Gleditsia triacanthos L.**COMMON HONEYLOCUST**

Pulpy pods contain sugar; beer made by fermenting sweet pods; Mississippi region. Sturtevant (68, p. 291).

Gymnocladus dioica (L.) C. Koch**KENTUCKY COFFEETREE**

Roasted seeds eaten like nuts; or ground and used as substitute for coffee; Kentucky, Minnesota, Wisconsin, and New York. Sturtevant (68, p. 296) (as *G. canadensis*); Saunders (56, p. 148) (as *G. canadensis*); Smith (59, p. 260); Hedrick (26, p. 27) (as *G. canadensis*).

Hoffmannseggia densiflora Benth.

Tubers cooked like ordinary potatoes in Arizona, New Mexico, and Texas. Rusby (52, p. 458) (as *H. stricta*); Standley (64, p. 460); Sturtevant (68, p. 306) (as *H. stricta*); Castetter (6, p. 30).

Hoffmannseggia falcata Cav.

Tubers roasted for food in Arizona. Russell (54, p. 78); Castetter (6, p. 30).

Parkinsonia microphylla Torr.

Beans eaten fresh or ground and mixed with mesquite meal in Southwestern States. Russell (54, p. 75); Castetter (6, p. 38).

FABACEAE (LEGUMINOSAE)**Amorpha canescens Pursh****LEADPLANT**

Infusion of leaves used as beverage; Nebraska. Gilmore (17, p. 93).

Astragalus aboriginum Richards.

Roots eaten by Cree and Stone Indians. Brown (4, p. 381) (as *Phaca abortivum*).

Astragalus carolinianus L.

Roots gathered in spring or fall and eaten raw or boiled by Blackfoot Indians. McClintock (32, p. 324).

Astragalus caryocarpus Ker.

Plumlike pods eaten raw or boiled; Montana. Blankinship (3, p. 7); Sturtevant (68, p. 74).

Astragalus diphysus A. Gray

Peas hulled and boiled for food; pods eaten fresh or boiled, or dried for winter use; New Mexico. Stevenson (65, p. 66); Castetter (6, p. 17).

Astragalus pictus filifolius A. Gray

Roots, dug after a rain, eaten as sweets by Hopi Indians of Arizona. Fewkes (16, p. 16); Hough (28, p. 38; 29, pp. 142, 145); Castetter (6, p. 17).

Baptisia tinctoria (L.) R. Br.**YELLOW WILD-INDIGO**

Shoots of the plant used like asparagus; Northeastern States. Sturtevant (68, p. 82).

Cicer arietinum L.

CHICKPEA

Peas used in Arizona. Russell (54, p. 73).

Falcata comosa (L.) Kuntze

HOGPEANUT

Underground fruits eaten raw or boiled; Eastern States, Nebraska, North Dakota, South Dakota, Minnesota, and Wisconsin. Harvard (24, p. 121); Rusby (50, p. 564); Gilmore (17, p. 95); Sturtevant (68, p. 46) (as *Amphicarpa monoica*); Saunders (56, p. 61) (as *A. monoica*); Kephart (31, p. 379) (also as *Glycine comosa*); Densmore (15, p. 320); Smith (59, p. 259) (as *A. monoica*).

Falcata pitcheri (Torr. and Gray) Kuntze

Used like *F. comosa*. Rusby (50, p. 564); Smith (60, p. 405) (as *Amphicarpa pitcheri*).

Glycine aplos L.

POTATOBEAN

Tubers eaten raw or boiled (sometimes with maple sugar) or roasted; Nebraska, Wyoming, Montana, North Dakota, South Dakota, Minnesota, Wisconsin, and Eastern States. Simmonds (57, p. 371) (also as *Aplos tuberosa*); Palmer (35, p. 405) (as *A. tuberosa*); Palmer (37, p. 600) (as *A. tuberosa*); Newberry (34, p. 34) (as *A. tuberosa*); Harris (22, p. 108); Havard (24, p. 101) (as *A. aplos*); Rusby (52, p. 458) (as *A. tuberosa*); Willoughby (74, p. 85) (as *A. tuberosa*); Parker (38, p. 105) (as *A. tuberosa*); Stout (67, p. 53) (as *A. aplos*); Waugh (72, p. 120) (as *A. tuberosa*); Gilmore (17, p. 94); Sturtevant (68, p. 54) (as *A. tuberosa*); Saunders (56, p. 2) (as *A. tuberosa*); Kephart (31, p. 377) (as *A. tuberosa* and *A. aplos*); Grinnell (20, p. 179); Smith (58, p. 68; 59, p. 260; 61, p. 103) (as *A. tuberosa*); Hedrick (26, p. 31) (as *A. tuberosa*).

Glycyrrhiza lepidota Pursh

LICORICE

Rootstocks eaten or chewed raw, or added to some other food; New Mexico, Wyoming, Northwestern States, and Alaska. Palmer (35, p. 407); Coues (9, pp. 711, 739, 824); Havard (24, p. 108); Blankinship (3, p. 12); Rusby (53); Standley (64, p. 460); Grinnell (20, p. 178).

Lathyrus decaphyllus Pursh

The whole pod utilized for food; New Mexico. Castetter (6, p. 32).

Lathyrus maritimus (L.) Bigel.

Fresh stalks and sprouts eaten raw or cooked by Iroquois Indians. Parker (38, p. 93).

Lathyrus ochroleucus Hook.

Peas used by Chippewa and Ojibway Indians. Reagan (41, p. 235); Smith (60, p. 406).

Lathyrus ornatus Nutt.

Pods roasted for food in Nebraska. Gilmore (17, p. 98).

Lathyrus palustris L.

Peas used in Minnesota. Reagan (41, p. 235).

Lathyrus watsonii White

Plant used for greens in California. Chesnut (8, p. 357).

Lotus strigosus (Nutt.) Greene

Used for greens in California. Sparkman (62, p. 231).

Lupinus carnosulus Greene

Roasted leaves used for greens in California. Chesnut (8, p. 357).

Lupinus littoralis Dougl.

Long tapering roots roasted for food in Washington and Oregon. Brown (4, p. 380); Havard (24, p. 108); Sturtevant (68, p. 342).

Lupinus luteolus Kellogg

Tops eaten for greens in California. Chesnut (8, p. 358).

Medicago lupulina L.

BLACK MEDICK

Seeds eaten in California. Palmer (35, p. 419).

Medicago sativa L.

ALFALFA

Seeds ground and cooked into mush or gruel; tender branches cooked for greens; Utah. Palmer (37, p. 604).

Oryza tesota A. Gray

TESOTA

The seeds eaten raw or roasted in Arizona. Palmer (35, p. 411); Rusby (50, p. 564); Russell (54, p. 70); Castetter (6, p. 34).

- Oxytropis lamberti** Pursh CRAZYWEED
 Roots eaten in Arizona. As *Spiesia lamberti*: Hough (29, p. 143); Castetter (6, p. 52).
- Parosela lanata** (Spreng.) Britton
 Roots scraped and eaten as sweets by Hopi Indians. As *Dalea lanata*: Fewkes (16, p. 16); Hough (28, p. 37; 29, p. 142); Castetter (6, p. 38) (also as *P. lanata*).
- Parosela lasianthera** (Gray) Heller
 Roots chewed by children of Zuñil Indians. Stevenson (65, p. 69); Castetter (6, p. 38).
- Petalostemum candidum** Michx. WHITE PRAIRIECLOVER
 Roots chewed or eaten raw; tealike drink made from leaves; Nebraska. Gilmore (17, p. 94).
- Petalostemum oligophyllum** Torr.
 Sweet roots eaten or chewed in New Mexico. Robbins, Harrington, and Freire-Marreco (42, p. 58); Castetter (6, p. 38).
- Petalostemum purpureum** (Vent.) Rydb.
 Roots chewed; tealike beverage made from leaves; Missouri River region. Gilmore (17, p. 94).
- Pterilia scoparia** A. Gray
 Small tuberous rootstocks eaten in New Mexico. Sturtevant (68, p. 415).
- Phaseolus acutifolius latifolius** G. F. Freeman TEPARY
 A staple crop of Papago Indians, who cultivate many varieties of these beans. Freeman (16-a, pp. 573-619).
- Phaseolus diversifolius** Pers.
 Boiled and mashed roots used for food in Louisiana. Bushnell (5, p. 8).
- Phaseolus lunatus** L. CIVET BEAN
 One of many varieties of beans cultivated by the Indians. Sturtevant (68, p. 418); Smith (59, p. 260; 60, p. 406).
- Phaseolus metcalfei** Woot. and Standl. METCALFE BEAN
 Beans eaten in Southwestern States. Rusby (49, p. 452) (as *P. retusus*).
- Phaseolus nanus** L.
 Beans grown in Virginia. Willoughby (74, p. 83).
- Phaseolus vulgaris** L. COMMON BEAN, KIDNEY BEAN, HARICOT BEAN
 Cultivated by the Indians before discovery of America; grown everywhere. Newberry (34, p. 32); Havard (24, p. 99); Willoughby (73, p. 130; 74, p. 83); Russell (54, p. 76); Freeman (16-a, p. 576); Stevenson (65, p. 69); Sturtevant (68, p. 422); Wissler (76, p. 15); Smith (59, p. 260; 60, p. 406; 61, p. 104); Hedrick (26, p. 31).
- Phaseolus** sp.
 Beans, either green or dried, were eaten by Apaches. Kephart (31, p. 381) (as *P. polystachys*).
- Psoralea argophylla** Pursh.
 Roots used like those of *P. esculenta*. Simmonds (57, p. 373).
- Psoralea californica** S. Wats.
 Roots used for food. Havard (24, p. 108).
- Psoralea canescens** Michx.
 Roots used in Southern States. Havard (24, p. 108).
- Psoralea castorea** S. Wats.
 Large roots used raw or cooked; also ground and made into bread or mush; Arizona and Nevada. Palmer (37, p. 601); Havard (24, p. 108).
- Psoralea cuspidata** Pursh
 Roots used like those of *P. esculenta*. Simmonds (57, p. 373).
- Psoralea esculenta** Pursh INDIAN BREADROOT
 White, farinaceous, and wholesome roots, eaten fresh and cooked; also dried, ground to flour, and made into cakes; Eastern States, Kansas, Missouri, Nebraska, North Dakota, South Dakota, and Montana. Simmonds (57, p. 373); Porcher (39, p. 177); Palmer (35, p. 408); Newberry (34, p. 33); Harris (22, p. 114); Havard (24, p. 107); Rusby (52, p. 458); Blankinship (3, p. 20); Gilmore (17, p. 92); Sturtevant (68, p. 469); Saunders (56, p. 7); Kephart (31, p. 379).

Psoralea hypogaea Nutt.

Roots eaten fresh or dried; west of Mississippi. Havard (24, p. 108); Rusby (52, p. 458); Saunders (56, p. 7); Grinnell (20, p. 178).

Psoralea lanceolata Pursh

Roots used by Cheyenne Indians. Simmonds (57, p. 375); Grinnell (20, p. 178).

Psoralea mephitica S. Wats.

Roots used raw or cooked, or ground to flour and made into bread or mush; Utah. Palmer (37, p. 601); Havard (24, p. 108).

Psoralea orbicularis Lindl.

Plant used for greens in California. Sparkman (62, p. 231).

Psoralea subcaulis Torr. and Gray

Roots used in Tennessee. Havard (24, p. 108).

Robinia neomexicana A. Gray

NEW MEXICAN LOCUST

Pink flowers eaten without preparation; New Mexico. Castetter (6, p. 49).

Robinia pseudoacacia L.

COMMON LOCUST

Oily seeds boiled for food; Pennsylvania. Sturtevant (68, p. 503).

Sophora secundiflora (Orteg.) Lag.

MESCALBEAN

Infusion of red beanlike seeds used alone, or added to other drinks, for irritant and narcotic action; Texas. Havard (25, p. 39).

Sophora sericea Nutt.

Sweet root chewed as delicacy by Pueblos of New Mexico. Castetter (6, p. 52).

Trifolium bifidum decipiens Greene

Plant and seeds used in California. Chesnut (8, p. 360).

Trifolium ciliatum Nutt.

Plant eaten raw or cooked; seeds eaten also; California. Chesnut (8, p. 360); Sparkman (62, p. 231).

Trifolium cyathiferum Lindl.

CUP CLOVER

Plant eaten in California. Chesnut (8, p. 361).

Trifolium dichotomum Hook. and Arn.

Young leaves eaten; seeds used for pinole in California. Chesnut (8, p. 361).

Trifolium fucatum Lindl.

PUFF CLOVER

Plant eaten in California. Sturtevant (68, p. 575).

Trifolium gracilentum Torr. and Gray

PINPOINT CLOVER

Eaten raw and cooked in California. Sparkman (62, p. 231).

Trifolium involucreatum Orteg.

Flowers and leaves eaten in California. Chesnut (8, p. 362) (as *T. worms-kjoldii*); Sturtevant (68, p. 575).

Trifolium microcephalum Pursh

PINHEAD CLOVER

Plant cooked for food in California. Sparkman (62, p. 231).

Trifolium obtusiflorum Hook.

Plant washed and cooked before being eaten; California. Chesnut (8, p. 361); Sparkman (62, p. 231); Saunders (56, p. 140).

Trifolium tridentatum Lindl.

TOMCAT CLOVER

Plant eaten raw or cooked; seeds also used; California. Sparkman (62, p. 231).

Trifolium variegatum Nutt.

WHITETIP CLOVER

Used for green food in California. Chesnut (8, p. 361).

Trifolium virescens Greene

Herbage, flowers, and seed pods eaten in California. Chesnut (8, p. 361); Saunders (56, p. 139).

Trifolium sp.

CLOVER

Roots eaten dried or smoked; plant cooked between layers of hot stones; seeds also used; Arizona, California, and British Columbia. Palmer (35, p. 423); Chesnut (8, p. 359); Kephart (31, p. 383); Anderson (1, p. 127).

Vicia americana Muhl.

AMERICAN VETCH

Young stems baked or cooked for greens in California and New Mexico. Chesnut (8, p. 362); Castetter (6, p. 53).

Viola gigantea Hook.

GIANT VETCH

Seeds eaten in Northwestern States. Brown (4, p. 382).

GERANIACEAE

Erodium cicutarium (L.) L'Hér.

ALFILERIA

Young plants, either raw or cooked, eaten in Northwestern States. Brown (4, p. 385); Palmer (35, p. 422); Rusby (45, p. 68); Sturtevant (68, p. 256); Kephart (31, p. 392).

Erodium moschatum (L.) L'Hér.

COMMON HERONBILL

Used like *E. cicutarium*. Rusby (45, p. 68).

OXALIDACEAE

Oxalis acetosella L.

COMMON WOODSORREL

Cooked with sugar for dessert; Wisconsin. Smith (61, p. 106).

Oxalis corniculata L.

CREEPING OXALIS

Leaves eaten by Iroquois Indians. Waugh (72, p. 118).

Oxalis stricta L.

COMMON YELLOW OXALIS

Leaves, flowers, and bulbs used in Nebraska. Gilmore (17, p. 98) (as *Xanthoxalis stricta*).*Oxalis violacea* L.

VIOLET WOODSORREL

Leaves, flowers, and bulbs eaten by children; Nebraska. Gilmore (17, p. 98) (as *Ionoxalis violacea*); Sturtevant (68, p. 402).

LINACEAE

Linum lewisii Pursh

PRAIRIE FLAX

Seeds used for food and for flavoring other foods; Nebraska, North Dakota and South Dakota. Gilmore (17, p. 98).

RUTACEAE

Ptelea tomentosa Raf.

Young fruit eaten by children; New Mexico. Castetter (6, p. 47).

EUPHORBIACEAE

Croton corymbulosus Engelm.

Infusion of flowering tops used as beverage in Texas. Havard (25, p. 46); Saunders (56, p. 159).

Euphorbia serpyllifolia Pers.

Roots chewed by women, and then mixed with corn meal; leaves used for chewing; Zuni Indians of New Mexico. Stevenson (65, p. 67); Castetter (6, p. 29).

Beverohonia arenaria A. Gray

Sweet berries eaten in Arizona. Hough (28, p. 37; 29, p. 143); Castetter (6, p. 48).

BUXACEAE

Simmondsia chinensis (Link) SchneiderOily nuts used in California. As *S. californica*: Palmer (37, p. 599); Russell (54, p. 78); Sturtevant (68, p. 535); Saunders (56, pp. 78, 160); Castetter (6, p. 50).

EMPETRACEAE

Empetrum nigrum L.

CROWBERRY

Berries eaten fresh or dried for winter in Northwestern States and Alaska. Palmer (35, p. 413); Gorman (19, p. 79); Sturtevant (68, p. 253); Kephart (31, p. 395); Reagan (41, p. 243).

ANACARDIACEAE

Rhus copallina L.

SHINING SUMAC

Crushed fruit made into cooling drink; Eastern States. Havard (25, p. 44); Sturtevant (68, p. 493); Saunders (56, p. 154).

Rhus glabra L.

SMOOTH SUMAC

Fruit eaten, also used for making cooling drinks; fresh roots peeled and eaten raw; Utah, Nevada, Minnesota, Wisconsin, and Eastern States. Havard (25, p. 44); Parker (38, p. 96); Chamberlin (7, p. 379); Waugh (72, p. 119); Sturtevant (68, p. 493); Saunders (56, p. 154); Smith (59, p. 255; 60, p. 397); Hedrick (26, p. 33).

Rhus hirta (L.) Sudw.

STAGHORN SUMAC

Fruit used for making cooling beverage, also dried for winter use; New York, Wisconsin, and Minnesota. Havard (25, p. 44); Sturtevant (68, p. 494) (as *R. typhina*); Saunders (56, p. 154) (as *R. typhina*); Smith (58, p. 62; 60, p. 397; 61, p. 95) (as *R. typhina*); Hedrick (26, p. 33) (as *R. typhina*).

Rhus integrifolia (Nutt.) Benth. and Hook.

Fruit used for making cooling beverage; California. Havard (25, p. 44); Sturtevant (68, p. 494); Saunders (56, p. 154).

Rhus microphylla Engelm.

Fruit eaten in New Mexico. Castetter (6, p. 48).

Rhus ovata S. Wats.

Fruit used in California. Havard (25, p. 44); Saunders (56, p. 154).

Rhus trilobata Nutt.

LEMONADE SUMAC

Fruit used fresh or dried; also for making cooling beverage; Montana, Utah, New Mexico, Arizona, and California. Palmer (37, p. 597) (as *R. aromatica*); Fewkes (16, p. 16); Hough (29, p. 143); Barrows (2, p. 64); Blankinship (3, p. 21); Sparkman (62, p. 231); Standley (64, p. 458) (as *Schmalzia trilobata*); Robbins, Harrington, and Freire-Marreco (42, p. 49) (as *S. bakeri*); Sturtevant (68, p. 493) (as *R. aromatica*); Saunders (56, p. 154); Castetter (6, p. 48).

AQUIFOLIACEAE

Ilex cassine L.

DAHOON

Leaves roasted and used as substitute for tea by Creek Indians. Porcher (39, p. 393); Hale (21); Sturtevant (68, p. 312); Hedrick (26, p. 33).

Ilex glabra (L.) A. Gray

INKBERRY

Leaves used as tea substitute; Eastern States. Sturtevant (68, p. 312); Saunders (56, p. 164).

Ilex opaca Ait.

AMERICAN HOLLY

Leaves used as tea substitute; Southeastern States. Sturtevant (68, p. 312) (as *I. quercifolia*).

Ilex verticillata (L.) A. Gray

COMMON WINTERBERRY

Leaves used as tea substitute. Sturtevant (68, p. 312); Saunders (56, p. 164).

Ilex vomitoria Ait.

YAUPON

Infusion of leaves used as stimulating and intoxicating drink. Porcher (39, p. 393); Havard (25, p. 40); Safford (53, p. 416); Saunders (56, p. 162).

Nemopanthus mucronata (L.) Trel.

MOUNTAIN-HOLLY

Berries eaten by Potawatami Indians. Smith (61, p. 95).

CELASTRACEAE

Celastrus scandens L.

AMERICAN BITTERSWEET

The inner bark and twigs sweet and palatable after boiling, although considered poisonous by some Indians; Minnesota and Wisconsin. Palmer (35, p. 422); Rusby (44, p. 752); Gilmore (17, p. 102); Smith (58, p. 63; 60, p. 398; 61, p. 97).

STAPHYLEACEAE

Staphylea trifolia L.

AMERICAN BLADDERNUT

Oily seeds eaten in Eastern States. Sturtevant (68, p. 557).

ACERACEAE

Acer interius Britton

Sugar made from the sap of the tree; Montana, Utah, and Nevada. As *Negundo aceroides*; Blankinship (3, p. 16); Chamberlin (7, p. 375); Sturtevant (68, p. 331).

Acer negundo L.

BOXELDER

Used for sugar making and food seasoning in Northern and Western States. Brown (4, p. 386) (as *Negundo fraziniifolium*); Havard (25, p. 43); Gilmore (17, p. 101); Smith (60, p. 394).

Acer rubrum L.

RED MAPLE

Sap used for making sugar; bark dried, pounded, and made into bread; Eastern and Northern States and Canada. Havard (25, p. 42); Waugh (72, p. 119); Sturtevant (68, p. 21).

Acer saccharinum L.

SILVER MAPLE

Sap used for making sugar and for flavoring foods; bark used for making bread; Northern States. Palmer (35, p. 412); Henshaw (27, p. 341); Havard (25, p. 42); Waugh (72, p. 119); Gilmore (17, p. 100); Sturtevant (68, p. 21) (also as *A. dasycarpum*); Reagan (41, p. 234).

Acer saccharum Marsh.

SUGAR MAPLE

Sap used for making sugar and for seasoning foods; pounded bark made into bread; Northern and Eastern States. Havard (25, p. 42); Waugh (72, p. 119); Gilmore (17, p. 100); Smith (58, p. 61; 59, p. 255; 60, p. 394; 61, p. 92); Densmore (15, p. 286); Hedrick (26, p. 32).

AESCULACEAE

Aesculus californica (Spach) Nutt.

CALIFORNIA BUCKEYE

Nuts consumed in large quantities in California. To remove the disagreeable taste the nuts are boiled with large amount of water, the water being changed several times; the resulting gruel valued as good food; nuts sometimes roasted before leaching. Brown (4, p. 382); Palmer (35, p. 405); Chesnut (8, p. 366); Rusby (51, p. 86) (as *A. glabra*); Sturtevant (68, p. 26); Saunders (56, p. 81).

RHAMNACEAE

Ceanothus americanus L.

JERSEY-TEA

Dried leaves used as substitute for tea; Nebraska, North Dakota, South Dakota, Minnesota, Wisconsin, and New York. Porcher (39, p. 109); Havard (25, p. 45); Gilmore (17, p. 102); Sturtevant (68, p. 154); Saunders (56, p. 142); Smith (58, p. 70; 59 p. 240); Hedrick (26, p. 32).

Ceanothus fendleri Gray

FENDLER CEANOETHUS

Berries used for food in New Mexico. Castetter (6, p. 21).

Ceanothus integerrimus Hook. and Arn.

Seeds used for pinole in California. Chesnut (8, p. 368).

Condalia obovata Hook.

Fruit used in Texas. Sturtevant (68, p. 188).

Condalia parryi (Torr.) Weberb.

PARRY JUJUBE

Fruit pounded into meal for making atole; California. Barrows (2, p. 60) (as *Zizyphus parryi*).

Condalia spathulata A. Gray

Fruit used in Texas and New Mexico. Standley (64, p. 457); Sturtevant (68, p. 188).

Rhamnus crocea Nutt.

Fruit eaten with meat by Apaches. Palmer (35, p. 414; 37, p. 247); Saunders (56, p. 91).

Rhamnus purshiana DC.

CASCARA BUCKTHORN

Purple fruit eaten by Indians. Sturtevant (68, p. 489).

Zizyphus lycioides A. Gray.

SOUTHWESTERN JUJUBE

Fruit used in Texas, New Mexico, and Arizona. Russell (34, p. 76); Standley (64, p. 457); Sturtevant (68, p. 622); Castetter (6, p. 56).

VITACEAE

Parthenocissus quinquefolia (L.) Planch.

VIRGINIA CREEPER

Fruit eaten raw; stalks peeled and boiled for food; Wisconsin, Minnesota, and Montana. Blankinship (3, p. 6) (as *Ampelopsis quinquefolia*); Densmore (15, p. 320); Smith (60, p. 411) (as *Pedera quinquefolia*).

Vitis arizonica Engelm.

CANYON GRAPE

Berries eaten fresh or dried; Utah, New Mexico, Arizona, and California. Palmer (35, p. 416; 37, p. 599); Havard (24, p. 104); Standley (64, p. 458); Sturtevant (68, p. 599); Castetter (6, p. 106).

Vitis berlandieri Planch.

WINTER GRAPE

Berries eaten in Texas. Sturtevant (68, p. 599).

Vitis californica Benth.

CALIFORNIA GRAPE

Berries eaten fresh or dried, or made into jelly; California. Palmer (35, p. 415; 37, p. 599); Chesnut (8, p. 369).

Vitis candicans Engelm.

MUSTANG GRAPE

Berries eaten in Southwestern States. Sturtevant (68, p. 599).

- Vitis cinerea* Engelm. SWEET WINTER GRAPE
Fresh or dried fruit eaten in Nebraska, North Dakota, and South Dakota; sap of the tree used for beverage. Gilmore (17, p. 102); Kephart (31, p. 396).
- Vitis cordifolia* Michx. FROST GRAPE
Fruit eaten fresh or dried, or made into jellies and preserves; tealike beverage prepared from the twigs; Minnesota and Wisconsin. Sturtevant (68, p. 600); Kephart (31, p. 396); Smith (58, p. 72; 59, pp. 252, 265); Densmore (15, p. 321).
- Vitis girdiana* Munson VALLEY GRAPE
Cooked fruit eaten in California. Sparkman (62, p. 231).
- Vitis labrusca* L. FOX GRAPE
Fruit eaten by Indians of New York State. Hedrick (26, p. 32).
- Vitis leontiana* House BLUELEAF GRAPE
Berries eaten in Eastern States. As *V. bicolor*: Sturtevant (68, p. 599); Kephart (31, p. 396).
- Vitis vulpina* L. RIVERBANK GRAPE
Berries eaten fresh or dried; sap of the tree used as beverage; Nebraska, North Dakota, South Dakota, Wisconsin, Wyoming, and Montana. Gilmore (17, p. 102); Kephart (31, p. 396); Grinnell (20, p. 180); Smith (60, p. 411).

TILIACEAE

- Tilia americana* L. AMERICAN LINDEN
Sweetish sap next to the bark used by Chippewa Indians. Densmore (15, p. 321).

MALVACEAE

- Callirhoe digitata* Nutt.
Pleasant-tasting root eaten in Southern States. Havard (24, p. 111).
- Callirhoe involucrata* A. Gray LOW POPPY-MALLOW
Roots eaten in Northwestern States. Sturtevant (68, p. 126).
- Callirhoe pedata* A. Gray TALL POPPY-MALLOW
Parsnip-shaped roots eaten in Texas. Palmer (55, p. 406); Havard (24, p. 111); Rusby (45, p. 69); Sturtevant (68, p. 126).
- Gossypium* sp. COTTON
Seeds used in Arizona. Russell (54, p. 77).
- Malva* sp. MALLOW
Plant boiled in water and the liquid used in making pinole in time of famine; Arizona. Russell (54, p. 76).
- Sidalcea* sp. PRAIRIEMALLOW
Plant used as greens in Utah, Nevada, and California. As *S. malvaeflora*: Sparkman (62, p. 231); Chamberlin (7, p. 381).
- Sphaeralcea angustifolia* (Cav.) Don.
Stems used for chewing gum by Hopi Indians. Castetter (6, p. 52).

COCHLOSPERMACEAE

- Amoreuxia palmatifida* DC. (*Amoreuria schiedeana* Planch.)
Roots eaten by Indians of Arizona; when roasted taste like carrots and parsnips. Palmer (37, p. 601); Havard (24, p. 111); Rusby (45, p. 68).

VIOLACEAE

- Viola pedunculata* Torr. and Gray YELLOW PANSY VIOLET
Leaves used for greens in California. Sparkman (62, p. 230).

PASSIFLORACEAE

- Passiflora incarnata* L. MAYPOE
Fruit eaten in Southern States. Havard (24, p. 104); Willoughby (74, p. 83); Saunders (56, p. 101); Kephart (31, p. 396).

LOASACEAE

- Mentzella albicaulis* Dougl.
Seeds parched and ground into meal; Montana, Oregon, and Arizona. Fewkes (16, p. 20); Coville (11, p. 100); Hough (28, p. 38; 29, p. 144); Blankinship (3, p. 15); Sturtevant (68, p. 361); Castetter (6, p. 34).

CACTACEAE

- Ariocarpus fissuratus** (Engelm.) K. Schum. LIVING-ROCK
Used for chewing; produces a delirious intoxication ("dry whiskey"); Texas and Mexico. Havard (24, p. 117; 25, p. 38) (as *Anhalonium fissuratum*); Sturtevant (68, p. 352) (as *Mamillaria fissurata*).
- Carnegiea gigantea** (Engelm.) Britton and Rose GIANT CACTUS
Figlike fruit valued as food in Arizona and California; rind, pulp, and seeds eaten; expressed juice, both fresh and fermented, used as beverage; perhaps the main use is in preparation of sweet sirup and preserves by Papago Indians. As *Cereus giganteus*: Palmer (35, p. 416); Newberry (34, p. 37); Havard (24, p. 116; 25, p. 36); Rusby (48, p. 348); Russell (54, p. 71); Sturtevant (68, p. 158); Saunders (56, p. 110); Thackery and Leding (70-a, p. 412); Castetter (6, p. 19) (also as *C. gigantea*).
- Coryphantha vivipara** (Nutt.) Britton and Rose
Red fruit eaten in Missouri. Havard (24, p. 116) (as *Cactus viviparus*).
- Echinocactus polycephalus** Engelm. and Bigel. COTTONTOP CACTUS
Seeds of fruit used by Panamint Indians of California. Coville (10, p. 353).
- Echinocactus** sp.
The pulp of the stem contains watery juice used for quenching thirst. Havard (25, p. 43) (as *E. visnaga*).
- Echinocereus coccineus** Engelm.
Fruit eaten fresh or preserved; New Mexico. Castetter (6, p. 26).
- Echinocereus dasyacanthus** Engelm.
Greenish-purple fruit, of fine flavor, used in Texas and New Mexico. As *Cereus dasyacanthus*: Newberry (34, p. 37); Rusby (48, p. 348); Sturtevant (68, p. 157).
- Echinocereus dubius** (Engelm.) Rümpler
Fruit eaten in Texas. Sturtevant (68, p. 157) (as *Cereus dubius*).
- Echinocereus engelmanni** (Parry) Rümpler
Fruit eaten in Southwestern States. Sturtevant (68, p. 157) (as *Cereus engelmanni*).
- Echinocereus enneacanthus** Engelm.
Fruit eaten in Southwestern States. Sturtevant (68, p. 158) (as *Cereus enneacanthus*).
- Echinocereus fendleri** (Engelm.) Rümpler
Fruit eaten in New Mexico; roasted stems used for food. Sturtevant (68, p. 158) (as *Cereus fendleri*); Castetter (6, p. 26).
- Echinocereus genacanthus** (Engelm.) Rümpler
Roasted stems used for food in New Mexico. Castetter (6, p. 26).
- Echinocereus stramineus** (Engelm.) Rümpler
Fruit, which has strawberry flavor, eaten in Texas and New Mexico. As *Cereus stramineus*: Newberry (34, p. 37); Havard (24, p. 116); Rusby (48, p. 348).
- Echinocereus triglochidiatus** Engelm.
Fruit eaten fresh or preserved; New Mexico. Castetter (6, p. 26).
- Echinocereus** sp.
Fruit and fleshy part of the stem eaten in Texas and New Mexico. Sturtevant (68, pp. 157-158) (as *Cereus caespitosus* and *C. polyacanthus*).
- Ferocactus acanthodes** (Lemalre) Britton and Rose.
Small fruit eaten; succulent interior of the plant relieves thirst of desert travelers; California. As *Echinocactus cylindraceus*: Barrows (2, p. 68); Saunders (56, p. 157).
- Ferocactus hamatacanthus** (Mühlenpfordt) Britton and Rose
Fruit eaten in Texas. As *Echinocactus longehamatus*: Newberry (34, p. 37); Rusby (48, p. 348).
- Ferocactus viridescens** (Torr. and Gray) Britton and Rose
Fruit eaten in California. Sturtevant (68, p. 249) (as *Echinocactus viridescens*).

***Ferocactus wislizeni* (Engelm.) Britton and Rose**

The pulp of the stem is used for its watery, thirst-relieving juice; the seeds ground and made into bread or gruel; Southwestern States. As *Echinocactus wislizeni*: Havard (25, p. 43); Coville (12, p. 503) (also as *E. emoryi*); Russell (54, p. 77) (as *E. wislizeni*); Sturtevant (68, p. 249); Saunders (56, p. 157) (also as *E. emoryi*); Thackery and Leding (70-a, p. 408); Castetter (6, p. 26).

***Lemaireocereus thurberi* (Engelm.) Britton and Rose**

Large fruit eaten in great quantities along the Mexican border of Arizona and California; also used for making wines and sirups; seeds dried and powdered. As *Cereus thurberi*: Palmer (35, p. 416); Havard (24, p. 116); Rusby (48, p. 348); Sturtevant (68, p. 158); Saunders (56, p. 111); Thackery and Leding (70-a, p. 407).

***Lophophora williamsii* (Lemaire) Coult.**

PEYOTE

Plant possesses intoxicating properties when chewed or added to beverages; Texas and Mexico. Havard (24, p. 117; 25, p. 38) (as *Anhalonium lewini*); Safford (55, p. 399).

***Neobesseyia missouriensis* (Sweet) Britton and Rose**

Ripe fruit eaten by Crow Indians. Blankinship (3, p. 15) (as *Mamillaria missouriensis*).

***Neomamillaria meiacantha* (Engelm.) Britton and Rose**

Fruit eaten in Texas. Sturtevant (68, p. 352) (as *Mamillaria meiacantha*).

***Neomamillaria* sp.**

Red fruit eaten, also the entire plant after burning off the spines; California and New Mexico. Havard (24, p. 116) (as *Cactus heyderi*); Robbins, Harrington, and Freire-Marreco (42, p. 62) (as *Mamillaria* sp.); Castetter (6, p. 35) (as *Mamillaria* sp.).

***Opuntia basilaris* Engelm. and Bigel.**

BEAVERTAIL CACTUS

In the spring, joints, buds, and blossoms broken off and prepared for food by steaming in a pit in the ground; California and New Mexico. Coville (10, p. 354); Barrows (2, p. 67); Saunders (56, p. 132).

***Opuntia camanchica* Engelm.**

Fruit eaten in New Mexico, Arizona, and California. Palmer (35, p. 417); Robbins, Harrington, and Freire-Marreco (42, p. 62); Sturtevant (68, p. 395); Castetter (6, p. 37).

***Opuntia clavata* Engelm.**

Stems and fruit roasted for food in time of food shortage; New Mexico. Castetter (6, p. 37).

***Opuntia engelmannii* Salm-Dyck**

Fruit eaten raw or cooked; leaves sometimes fried; New Mexico, Arizona, and California. Palmer (35, p. 417); Havard (24, p. 115; 25, p. 43); Russell (54, p. 75); Sturtevant (68, p. 395); Saunders (56, p. 107); Castetter (6, p. 37).

***Opuntia ficus-indica* (L.) Mill.**

Fruit eaten raw, stewed, and preserved. Havard (25, p. 43); Rusby (48, p. 348); Saunders (65, p. 108).

***Opuntia fragilis* (Nutt.) Haw.**

Plant roasted in ashes; British Columbia. Anderson (1, p. 135).

***Opuntia humifusa* Raf.**

Fruit eaten fresh or stewed, also dried for winter use; Nebraska, North Dakota, and South Dakota. Gilmore (17, p. 104).

***Opuntia imbricata* (Haw.) DC.**

WALKINGSTICK CACTUS

Fruit eaten raw or cooked in New Mexico and Arizona. As *O. arborescens*: Russell (54, p. 71); Standley (64, p. 449); Robbins, Harrington, and Freire-Marreco (42, p. 62); Castetter (6, p. 35).

***Opuntia laevis* Coult.**

Fruit eaten. Saunders (56, p. 107).

***Opuntia lindheimeri* Engelm.**

Fruit abundant in southern California. Saunders (56, p. 108).

***Opuntia occidentalis* Engelm. and Bigel.**

Fruit eaten in California. Palmer (35, p. 417).

Opuntia polyacantha Haw.

Fruit eaten raw or cooked; Wyoming, Montana, and British Columbia. Blankinship (3, p. 17); Grinnell (20, p. 180); Teit (69, p. 480); Castetter (6, p. 37).

Opuntia versicolor Engelm.

Fruit eaten raw or cooked in Arizona. Russell (54, p. 78); Castetter (6, p. 37).

Opuntia whipplei Engelm. and Bigel.

Fruit eaten raw or stewed, also dried for later use; New Mexico. Stevenson (65, p. 69); Castetter (6, p. 37).

Opuntia sp. [*O. rafinesquii*, *O. tuna*, *O. vulgaris*]

PRICKLYPEAR

Fruit eaten fresh, cooked, or dried; seeds ground into meal; stems eaten boiled in time of scarcity of food; Utah, Nevada, New Mexico, Arizona, and California. Palmer (35, p. 417); Havard (24, p. 115; 25, p. 43); Fewkes (16, p. 17); Hough (28, p. 38; 29, p. 143); Rusby (48, p. 346); Sparkman (62, p. 230); Chamberlin (7, p. 375) (as *O. rutila*); Sturtevant (68, p. 395); Saunders (56, pp. 107, 108); Kephart (31, p. 390); Teit (69, p. 484).

Peniocereus greggii (Engelm.) Britton and Rose

DEERHORN CACTUS

Fruit eaten in Texas. Sturtevant (68, p. 158) (as *Cereus greggii*).

ELAEAGNACEAE

Elaeagnus commutata Bernh.

SILVERBERRY

Fruit eaten raw or used for soup by Blackfoot Indians. As *E. argentea*: Newberry (34, p. 45); Blankinship (3, p. 11); Sturtevant (68, p. 250); Saunders (56, p. 85); McClintock (32, p. 324).

Lepargyrea argentea (Pursh) Greene

SILVER BUFFALOBERRY

Fruit, with large seeds, used fresh and dried for winter use; British Columbia, Oregon, Montana, Nebraska, Colorado, Utah, Nevada, and New Mexico. Palmer (35, p. 415) (as *Shepherdia argentea*), (37, p. 599) (as *S. argentea*); Newberry (34, p. 45) (as *S. argentea*); Coues (9, p. 176) (as *S. argentea*); Havard (24, p. 121; 25, p. 45) (as *S. argentea*); Blankinship (3, p. 23) (as *S. argentea*); Chamberlin (7, p. 381) (as *S. argentea*); Standley (64, p. 457); Gilmore (17, p. 106); Sturtevant (68, p. 533) (as *S. argentea*); Saunders (56, p. 84); (as *S. argentea*); Kephart (31, p. 397); Anderson (1, p. 132) (as *S. argentea*); Teit (69, p. 489).

Lepargyrea canadensis (L.) Greene

RUSSET BUFFALOBERRY

Fruit eaten fresh, made into preserves, or dried for winter use, also used for making foaming drinks; Wyoming, Montana, British Columbia, and Alaska. Havard (24, p. 122; 25, p. 45) (as *Shepherdia canadensis*); Gorman (19, p. 79); Blankinship (3, p. 24) (as *S. canadensis*); Chamberlin (7, p. 381) (as *S. canadensis*); Sturtevant (68, p. 535) (as *S. canadensis*); Grinnell (20, p. 181); Anderson (1, p. 131) (as *S. canadensis*).

MYRTACEAE

Eugenia dichotoma DC.

Small fruit eaten. Sturtevant (68, p. 260).

Eugenia longipes Berg

Small red fruit eaten in Florida. Sturtevant (68, p. 261).

ONAGRACEAE

Boisduvalia densiflora (Lindl.) S. Wats.

Seeds used for pinole and bread in California. Chesnut (8, p. 370).

Epilobium angustifolium L.

BLOOMING SALLY

Gelatinous contents of the stalks eaten in Northwestern States and Canada. Rusby (45, p. 67) (as *E. spicatum*); Sturtevant (68, p. 255); Anderson (1, p. 134); Teit (69, p. 483).

Epilobium sp.

Used for making bread; Arizona, Utah, and Nevada. As *E. coloratum*: Hough (28, p. 37); Chamberlin (7, p. 368); Castetter (6, p. 27).

Godetia albescens Lindl.

Seeds used for pinole in California. Chesnut (8, p. 370).

Oenothera albicaulis Pursh

Fruit eaten by Apache Indians. Castetter (6, p. 17) (as *Anogra albicaulis*).

Oenothera brevipes A. Gray

GOLDEN EVENING-PRIMROSE

Seeds eaten in California. Coville (10, p. 353).

Oenothera sp.

Seeds eaten in Utah and Nevada. As *O. biennis*: Chamberlin (7, p. 375); Sturtevant (68, p. 392); Kephart (31, p. 390).

ARALIACEAE

Aralia nudicaulis L.

WILD SASSAPARILLA

Fruit used in British Columbia. Telt (69, p. 489).

Aralia racemosa L.

AMERICAN SPIKENARD

Roots eaten with wild onions, gooseberries, and maple sugar by Menominee Indians; young tips cooked for soup (Potawatami). Smith (58, p. 62; 61, p. 96).

Echinopanax horridum (J. E. Smith) Decaisne and Planch.

DEVILSCLUB

Roots and young succulent stems eaten in Alaska. Palmer (35, p. 407) (as *Panax horridum*); Gorman (19, p. 72) (as *Fatsia horrida*).

APIACEAE (UMBELLIFERAE)

Angelica sp.

ANGELICA

Fresh young sprouts eaten raw in California; roots boiled for food by Chinook Indians. Powers (40, p. 425); Chesnut (8, p. 371); Rusby (45, p. 69).

Aulospermum longipes (S. Wats.) Coult. and Rose

Leaves boiled for food in Utah and Nevada. Chamberlin (7, p. 367) (as *Cymopterus longipes*).

Aulospermum purpureum (S. Wats.) Coult. and Rose

Used by Navajo Indians as potherb to season soup or mush. Havard (24, p. 110) (as *Cymopterus purpureus*).

Carum gairdneri (Hook. and Arn.) A. Gray

YAMPA

One of the favorite farinaceous foods; eaten raw, the roots have a pleasant nutty flavor; when cooked, they resemble carrots; also preserved for winter use; found in practically all States west of Rocky Mountains, particularly along the Snake River (Yampah River). Simmonds (57, p. 376) (as *Anethum graveolens*); Brown (4, p. 380) (as *Edosmia gairdneri*); Palmer (35, pp. 405, 407) (as *A. graveolens* and *E. montana*); Palmer (37, p. 600); Coues (9, pp. 552, 1014); Havard (24, p. 108); Coville (11, p. 101); Blankinship (3, p. 9); Rusby (45, p. 69; 49, p. 450); Spinden (63, p. 204); Chamberlin (7, p. 365); Sturtevant (68, pp. 145, 415) (also as *Peucedanum graveolens*); Saunders (56, p. 13); Anderson (1, p. 128).

Carum kelloggii A. Gray

Roots similar to those of *C. gairdneri*; eaten raw or cooked; used for pinole in California. Havard (24, p. 109); Chesnut (8, p. 372); Rusby (49, p. 450); Sturtevant (68, p. 146); Saunders (56, p. 13).

Carum oreganum S. Wats.

EPPAW

Oregon species eaten fresh or dried for later use. Havard (24, p. 109); Coville (11, p. 101); Rusby (49, p. 450).

Celeriac graveolens (L.) Britton

CELEBY

Used for greens in California. As *Aptium graveolens*: Sparkman (62, p. 230); Sturtevant (68, p. 55).

Cogswella ambigua (Nutt.) Jones

Roots ground to flour and made into cakes; Northwestern States. Brown (4, p. 381) (as *Eulophus ambiguus*); Havard (24, p. 110) (as *Peucedanum ambiguum*); Blankinship (3, p. 15) (as *Lomatium ambiguum*); Rusby (45, p. 69) (as *P. ambiguum*); Saunders (56, p. 11) (as *P. ambiguum*).

Cogswella canbyi (Coult. and Rose) Jones

Roots similar to those of *C. ambigua*. As *Peucedanum canbyi*: Havard (24, p. 109); Coville (11, p. 102); Rusby (45, p. 69); Saunders (56, p. 10).

Cogswella cous (S. Wats.) Jones

Roots eaten; when dug in the spring, roots taste like parsnip; also dried and made into flour; Western States. Coues (9, pp. 1000, 1014, 1022) (as *Peucedanum cous*); Havard (24, p. 110) (as *Peucedanum cous*); Blankinship (3, p. 15) (as *Lomatium cous*); Spinden (63, p. 202) (as *L. cous*); Saunders (56, p. 11) (as *P. cous*).

Cogswella farinosa (Hook.) Jones

Roots used like those of *C. ambigua*. As *Peucedanum farinosum*: Havard (24, p. 109); Rusby (45, p. 69).

Cogswellia foeniculacea (Nutt.) Coult. and Rose

Roots used like those of *C. ambigua*. Brown (4, p. 380) (as *Peucedanum foeniculaceum*).

Cogswellia geyeri (S. Wats.) Jones

Roots used like those of *C. ambigua*. As *Peucedanum geyeri*: Havard (24, p. 110); Saunders (56, p. 11).

Cogswellia macrocarpa (Nutt.) Jones

Roots used like those of *C. ambigua*. Havard (24, p. 109) (as *Peucedanum eurycarpum*); Rusby (45, p. 69) (as *P. eurycarpum*); Saunders (56, p. 10) (as *P. eurycarpum*); Telt (69, p. 479) (as *P. macrocarpum*).

Cogswellia montana (Coult. and Rose) Jones

Roots used like those of *C. ambigua*. Blankinship (3, p. 15) (as *Lomatium montanum*).

Cogswellia nudicaulis (Pursh) Jones

Green stems eaten in the spring; infusion of leaves, stems, and flowers used as beverage; roots also eaten; Northwestern States and British Columbia. Brown (4, p. 385) (as *Peucedanum leucocarpum*); Sturtevant (68, p. 416) (as *P. nudicaule*); Telt (69, pp. 479-484) (as *P. leucocarpum*).

Cogswellia platycarpa (Torr.) Jones

Roots used like those of *C. ambigua*. Blankinship (3, p. 15) (as *Lomatium platycarpum*).

Cogswellia triternata (Pursh) Jones

NINELEAF BISCUIT-ROOT

Roots used like those of *C. ambigua*. Blankinship (3, p. 15) (as *Lomatium triternatum*); Sturtevant (68, p. 417) (as *Peucedanum triternatum*).

Cogswellia utriculata (Nutt.) Jones

Young leaves and sprouts eaten as greens; California and British Columbia. As *Lomatium utriculatum*: Chesnut (8, p. 373); Anderson (1, p. 128).

Cogswellia sp.

About 50 closely related species, many of which are edible, west of Rocky Mountains. Roots roasted or baked, ground into flour, and made into bread or cakes. As *Peucedanum* sp.: Havard (24, p. 109); Rusby (45, p. 68); Telt (69, pp. 479, 482).

Coriandrum sativum L.

CORIANDER

Leaves used as salad and condiment; roots powdered and used as condiment with meat; Arizona and New Mexico. Fewkes (16, p. 20); Hough (28, p. 38; 29, p. 144); Stevenson (65, p. 66).

Cymopterus acaulis (Pursh) Rydb.

Pleasant-tasting roots used for food by Indians of Rocky Mountain region; plant eaten as greens in New Mexico. As *C. glomeratus*: Havard (24, p. 110); Sturtevant (68, p. 226); Castetter (6, p. 25).

Cymopterus fendleri A. Gray

Aromatic roots used in New Mexico for flavoring meat; plant eaten as greens. Havard (24, p. 110); Rusby (45, p. 69); Sturtevant (68, p. 225); Castetter (6, p. 25).

Cymopterus globosus S. Wats.

Roots used like those of *C. acaulis*. Havard (24, p. 110).

Daucus pusillus Michx.

Roots eaten raw or boiled by Nez Percé and Navajo Indians. Spinden (63, p. 204); Castetter (6, p. 26).

Heracleum lanatum Michx.

COMMON COW-PARSNIP

Young flower and leaf stems eaten; cooked roots taste like rutabaga: Wisconsin, Minnesota, Montana, California, Oregon, British Columbia, and Alaska. Brown (4, p. 381); Coues (9, p. 982); Gorman (19, p. 76); Coville (11, p. 102); Chesnut (8, p. 373); Blankinship (3, p. 13); Rusby (45, p. 69); Chamberlin (7, p. 371); McClintock (32, p. 324); Anderson (1, p. 127); Reagan (41, p. 237); Smith (59, p. 265); Telt (69, p. 482).

Leptotaenia dissecta Nutt.

Roots dried and cooked; British Columbia. Telt (69, p. 480).

Leptotaenia multifida Nutt.

INDIAN-BALSAM

Seeds and young sprouts eaten in Montana, Utah, and Nevada, although considered poisonous by some people. Blankinship (3, p. 14); Chamberlin (7, p. 369) (as *Ferula multifida*).

Ligusticum sp.

Green stems and roots eaten, the latter either raw or cooked are sweet and nutritious; Northwestern States and British Columbia. As *L. scoticum*: Brown (4, p. 385); Sturtevant (68, p. 335); Anderson (1, p. 127).

Musineon divaricatum (Pursh) Coult. and Rose

Roots eaten raw by Blackfoot Indians. McClintock (32, p. 325).

Musineon hookeri (Torr. and Gray) Nutt.

Roots eaten by Crow Indians. Blankinship (3, p. 16).

Oenanthe sarmentosa Presl

Black tubers contain white farinaceous substance having sweet creamlike taste when boiled; Oregon. Palmer (35, p. 407) (as *Helosciadium californicum*); Spinden (63, p. 204).

Osmorhiza claytoni (Michx.) Clarke.

Roots and branches eaten to gain weight; Wisconsin. Smith (58, p. 72).

Osmorhiza sp.

Roots eaten in British Columbia. Telt (69, p. 480) (as *O. nuda*).

Pastinaca sativa L.

PARSNIP

Parsnips cultivated in Massachusetts, western New York, and Virginia. Sturtevant (68, p. 416) (as *Peucedanum sativum*).

Pheopteris bulbosus (A. Nels.) Coult. and Rose

Plant eaten as greens in New Mexico. Castetter (6, p. 39).

Pheopteris montanus Nutt.

Roots peeled, baked, and ground to meal; New Mexico. Castetter (6, p. 39).

Pheopteris sp.

Roots, seeds, and leaves used in Utah, Nevada, and New Mexico. As *Cymopterus montanus*: Havard (24, p. 110); Rusby (45, p. 69); Chamberlin (7, p. 367); Sturtevant (68, p. 226); Castetter (6, p. 39).

Pimpinella anisum L.

ANISE

Used for flavoring pinole; New Mexico. Castetter (6, p. 40).

Pseudocymopterus aletifolius Rydb.

Leaves eaten fresh or cooked for greens; New Mexico. Castetter (6, p. 47).

Sanicula tuberosa Torr.

Small roots eaten raw in California. Powers (40, p. 424); Chesnut (8, p. 374); Rusby (45, p. 69).

Slum laeve Walt.

Herbage eaten in Montana and Oregon; also rootstocks in British Columbia. Telt (69, p. 482). As *S. cicutaeifolium*: Coville (11, p. 102); Blankinship (3, p. 24); Rusby (50, p. 566); Chamberlin (7, p. 382);

CORNACEAE

Cornus amomum Mill.

SILKY DOGWOOD

Fruit eaten in Louisiana. Sturtevant (68, p. 192).

Cornus canadensis L.

BUNCHBERRY

Red fruit eaten fresh in New York, Wisconsin, Minnesota, British Columbia, and Alaska. Gorman (19, p. 76); Sturtevant (68, pp. 192-193) (also as *C. suecica*); Anderson (1, p. 132); Densmore (15, p. 321); Smith (61, p. 98).

Cornus pubescens Nutt.

White fruit, bitter and acid, eaten raw in British Columbia. Anderson (1, p. 132); Telt (69, p. 490).

Cornus stolonifera Michx.

RED-OSIER DOGWOOD

Bitter fruit eaten in the region of Missouri River and in British Columbia. Sturtevant (68, p. 193); Telt (69, p. 490).

LENNOACEAE

Ammobroma sonorae Torr.

SANDROOT

Fleshy roots and stems eaten raw, boiled, or roasted; when boiled they have the taste of sweetpotato; also ground together with mesquite beans for pinole; a good source of water in the desert; Arizona and Southern California. Torrey (71, p. 51); Palmer (35, p. 424); Havard (24, p. 123; 25, p. 44); Rusby (53, p. 546); Sturtevant (68, p. 45); Saunders (56, p. 39).

Pholisma arenarium Nutt.

Stems eaten in southern California. Private communication from F. A. Thackery, United States Department of Agriculture, Indio, Calif.

ERICACEAE

- Andromeda glaucophylla** Link BOO-ROSEMARY
Tender leaves and tips of plant boiled for beverage by Ojibway Indians. Smith (60, p. 400).
- Arbutus menziesii** Pursh PACIFIC MADRONE
Fruit eaten in California. Palmer (35, p. 413); Chesnut (8, p. 374); Rusby (50, p. 535); Sturtevant (68, p. 61).
- Arbutus xalapensis** H. B. K. MEXICAN MADRONE
Fruit eaten in Texas. Rusby (50, p. 535).
- Arctostaphylos glauca** Lindl. GREAT MANZANITA
Fruit eaten fresh, or dried and ground into flour; California. Brown (4, p. 385); Barrows (2, p. 64); Rusby (50, p. 534); Sturtevant (68, p. 63).
- Arctostaphylos manzanita** Parry
Fruit eaten raw or cooked, or dried, ground, and made into bread or mush; juice used for making cooling drinks and cider; California. Havard (24, p. 120; 25, p. 45); Chesnut (8, p. 375); Saunders (56, p. 94).
- Arctostaphylos nevadensis** A. Gray PINEMAT
Fruit used in Oregon. Coville (11, p. 102).
- Arctostaphylos parryana** Lemmon.
Fruit used in California. Sparkman (62, p. 230).
- Arctostaphylos patula** Greene GREENLEAF MANZANITA
Fruit used in Oregon. Coville (11, p. 102).
- Arctostaphylos tomentosa** (Pursh) Lindl. WOOLLY MANZANITA
Fruit used in Northwestern States and California. Brown (4, p. 385); Palmer (35, p. 413; 37, p. 599); Havard (24, p. 120; 25, p. 45); Chesnut (8, p. 377).
- Arctostaphylos uva-ursi** (L.) Spreng. BLARBERRY
Fruit (kinnikinnick) used like that of *A. manzanita*; also used for seasoning meats; Wyoming, Minnesota, Montana, Oregon, and British Columbia. Palmer (35, p. 413); Coues (9, pp. 674, 729, 827); Coville (11, p. 103); Blankinship (3, p. 7); Rusby (50, p. 534); Sturtevant (68, p. 63); Anderson (1, p. 130); Densmore (15, p. 318); Telt (69, pp. 486, 493).
- Chamaedaphne calyculata** (L.) Moench. LEATHERLEAF
Fresh or dried leaves used by Ojibway Indians for preparation of tealike beverage. Smith (60, p. 400).
- Chimaphila umbellata occidentalis** (Rydb.) Blake COMMON PIPSISSEWA
Stems and roots boiled to prepare a tealike beverage; British Columbia. Telt (69, p. 494).
- Chiogenes hispidula** (L.) Torr. and Gray BIRCHBERRY
Infusion of leaves sweetened with maple sugar used as beverage in Maine, Minnesota, and Wisconsin. Sturtevant (68, p. 162) (as *C. serpyllifolia*); Densmore (15, p. 317).
- Gaultheria humifusa** (Graham) Rydb. WESTERN WINTERGREEN
Small dark-red fruit eaten in Oregon and British Columbia. As *G. myrsinites*: Newberry (34, p. 44); Sturtevant (68, p. 288); Anderson (1, p. 131).
- Gaultheria procumbens** L. WINTERGREEN
Spicy fruit eaten in Michigan, Wisconsin, and Eastern States; infusion of leaves used as beverage. Palmer (35, p. 414); Newberry (34, p. 44); Havard (25, p. 46); Waugh (72, p. 128); Sturtevant (68, p. 288); Saunders (56, pp. 102, 147); Densmore (15, p. 317); Reagan (41, p. 239); Smith (60, p. 400); Hedrick (26, pp. 31, 33).
- Gaultheria shallon** Pursh SALAL
Fruit eaten fresh or cooked with grease, also pressed into cakes and dried for winter use; Northwestern States, Canada, and Alaska. Brown (4, p. 384); Newberry (34, p. 44); Coues (9, pp. 731, 739, 791, 825); Gorman (19, p. 78); Rusby (50, p. 535); Wilson (75, p. 18); Sturtevant (68, p. 288); Saunders (56, p. 102); Anderson (1, p. 131); Telt (69, p. 490).
- Gaylussacia baccata** (Wang.) C. Koch BLACK HUCKLEBERRY
Sweet fruit eaten in Eastern States. Newberry (34, p. 44) (as *G. resinosa*); Rusby (48, p. 344) (as *G. resinosa*); Parker (38, p. 96); Waugh (72, p. 128); Sturtevant (68, p. 288); Kephart (31, p. 394) (as *G. resinosa*); Reagan (41, p. 238) (as *G. resinosa*); Hedrick (26, p. 32).

Gaylussacia dumosa (Andr.) Torr. and Gray

Fruit less palatable than that of *G. baccata*. Rusby (48, p. 344); Kephart (31, p. 395).

Gaylussacia frondosa (L.) Torr. and Gray

DANGLEBERRY

Fruit eaten in Southern States. Rusby (48, p. 344); Sturtevant (68, p. 288); Kephart (31, p. 395).

Ledum groenlandicum Oeder

TRUE LABRADOR-TEA

Infusion of leaves used as beverage in Northern States and Canada. Harvard (25, p. 46) (also as *L. palustre*); Sturtevant (68, p. 331) (as *L. palustre*); Saunders (56, p. 144); Densmore (15, p. 317); Smith (60, p. 401; 61, p. 99); Hedrick (26, p. 32).

Moneses uniflora (L.) A. Gray

WOODNYMPH

Fruit used for food in Montana and Alaska. Palmer (35, p. 414); Blankinship (3, p. 16).

Oxycoccus macrocarpus (Ait.) Pers.

CRANBERRY

Berries cooked by Iroquois and Chippewa Indians. Palmer (35, p. 415) (as *Vaccinium macrocarpon*); Coues (9, p. 826) (as *V. macrocarpon*); Waugh (72, p. 128) (as *V. macrocarpon*); Sturtevant (68, p. 402); Kephart (31, p. 395); Densmore (15, p. 321); Reagan (41, p. 238) (as *V. macrocarpon*); Hedrick (26, p. 31) (as *V. macrocarpon*).

Oxycoccus palustris Pers.

SMALL CRANBERRY

Berries eaten raw or cooked by Iroquois Indians, and in Wisconsin and British Columbia. Newberry (34, p. 44) (as *Vaccinium oxycoccus*); Waugh (72, p. 128) (as *V. oxycoccus*); Sturtevant (68, p. 402); Smith (58, p. 65) (as *V. oxycoccus*); Anderson (1, p. 130) (as *V. oxycoccus*); Smith (60, p. 401; 61, p. 99) (as *V. oxycoccus*); Hedrick (26, p. 31) (as *V. oxycoccus*).

Oxydendrum arboreum (L.) DC.

SOUBWOOD

Young leaves used for salads in Southeastern States. Rusby (45, p. 67).

Polycodum melanocarpum (C. Mohr) Small

Berries eaten in Southern States. Rusby (48, p. 346).

Polycodum stamineum (L.) Greene

DEERBERRY

Berries eaten in Michigan and Wisconsin. Palmer (35, p. 415) (as *Vaccinium stamineum*); Rusby (48, p. 346); Sturtevant (68, p. 587) (as *V. stamineum*).

Vaccinium angustifolium Ait.

LOWBUSH BLUEBERRY

Berries eaten fresh, or dried and smoked for winter use; used by Iroquois Indians, and in Wisconsin and Minnesota. Palmer (35, p. 415) (as *V. pennsylvanicum*); Newberry (34, p. 44) (as *V. pennsylvanicum*); Waugh (72, p. 128) (as *V. pennsylvanicum*); Sturtevant (68, p. 587) (as *V. pennsylvanicum*); Kephart (31, p. 394) (as *V. pennsylvanicum*); Smith (58, p. 66) (as *V. pennsylvanicum*); Densmore (15, 231); Reagan (41, p. 238) (as *V. pennsylvanicum*); Smith (60, p. 401) (as *V. pennsylvanicum*).

Vaccinium caespitosum Michx.

DWARF WHOETLEBERRY

Berries eaten in Northeastern States and Alaska. Gorman (19, p. 73) (as *V. arbuscula*); Sturtevant (68, p. 585); Kephart (31, p. 394).

Vaccinium canadense Kalm

CANADA BLUEBERRY

Berries eaten in Wisconsin and Minnesota. Kephart (31, p. 394); Reagan (41, p. 238); Smith (61, p. 99).

Vaccinium corymbosum L.

HIGHBUSH BLUEBERRY

Berries eaten in Northeastern States. Newberry (34, p. 44); Waugh (72, p. 128); Sturtevant (68, p. 585); Kephart (31, p. 394); Hedrick (26, p. 31).

Vaccinium erythrocarpum Michx.

DINGLEBERRY

Berries eaten in Georgia. Sturtevant (68, p. 586).

Vaccinium membranaceum Dougl.

BIG WHOETLEBERRY

Berries eaten fresh or dried for winter use; British Columbia, Montana, and Oregon. Coville (11, p. 103); Blankinship (3, p. 25); Splinden (63, p. 204); Kephart (31, p. 394); Teit (69, p. 490).

Vaccinium occidentale A. Gray

WESTERN BOG BLUEBERRY

Berries eaten in Oregon. Newberry (34, p. 44).

Vaccinium oreophilum Rydb.

ROCKY MOUNTAIN WHOETLEBERRY

Berries eaten in New Mexico and Rocky Mountain region. Palmer (35, p. 415) (as *V. myrtilus*); Newberry (34, p. 44) (as *V. myrtilus*); Standley (64, p. 456); Teit (69, p. 436).

- Vaccinium ovalifolium* J. E. Smith BLUE WHORTLEBERRY
Berries eaten fresh or dried in Northwestern States and Alaska: Brown (4, p. 384); Gorman (19, p. 73); Kephart (31, p. 394).
- Vaccinium ovatum* Pursh BOX BLUEBERRY
Berries eaten in Northwestern States, California, and British Columbia. Coues (9, p. 836); Chesnut (8, p. 377); Teit (69, p. 487).
- Vaccinium parvifolium* J. E. Smith RED WHORTLEBERRY
Berries eaten fresh or dried for winter use; British Columbia and Alaska. Gorman (19, p. 73); Sturtevant (68, p. 587); Anderson (1, p. 130); Teit (69, p. 490).
- Vaccinium scoparium* LeiberG ROUSE WHORTLEBERRY
Berries eaten fresh or dried in Oregon. Coville (11, p. 103).
- Vaccinium uliginosum* L.
Dried berries eaten in Alaska. Sturtevant (68, p. 587) (as *V. salicinum*).
- Vaccinium vacillans* Kaim DRYLAND BLUEBERRY
Berries eaten in Northeastern States. Sturtevant (68, p. 588); Kephart (31, p. 394).
- Vaccinium vitis-idaea* L. MOUNTAIN CRANBERRY
Berries eaten in Maine and Canada. Sturtevant (68, p. 588); Kephart (31, p. 394).

PRIMULACEAE

- Dodecatheon hendersonii* A. Gray HENDERSON SHOOTINGSTAR
Roots and leaves roasted in ashes for food; California. Chesnut (8, p. 378).

SAPOTACEAE

- Bumelia lanuginosa* (Michx.) Pers.
Fruit eaten in Southern States. Sturtevant (68, p. 122); Kephart (31, p. 394).
- Bumelia recinata* Vent.
Fruit eaten in Southwestern States. Sturtevant (68, p. 122).

EBENACEAE

- Diospyros virginiana* L. COMMON PERSIMMON
Ripe fruit eaten in Arkansas. Palmer (35, p. 417); Sturtevant (68, p. 244); Kephart (31, p. 396).

OLEACEAE

- Fraxinus pennsylvanica* Marsh. RED ASH
Cambium cooked for food by Ojibway Indians. Smith (60, p. 407).

GENTIANACEAE

- Frasera speciosa* Dougl.
Roots prepared for food by Apache Indians. Castetter (6, p. 29).

ASCLEPIADACEAE

- Asclepias eriocarpa* Benth. WOOLLYPOD MILKWEED
Chewing gum made from the sap of the stems; California. Sparkman (62, p. 230).
- Asclepias galioides* H. B. K.
Young buds eaten by boys of Zuni Indians of New Mexico; roots and pods eaten raw by Pueblos. Stevenson (65, p. 65); Castetter (6, p. 17).
- Asclepias incarnata* L. SWAMP MILKWEED
Buds made into soup with deer broth; added to corn-meal mush; also dried and stored for winter use by Menominee Indians. Smith (58, p. 62).
- Asclepias involucrata* Engelm.
Plant used for food in New Mexico. Stevenson (65, p. 65).
- Asclepias mexicana* Cav. MEXICAN MILKWEED
Young blossoms eaten, although considered poisonous by some tribes; California. Chesnut (8, p. 380).
- Asclepias speciosa* Torr.
Leaves and young shoots boiled with meat by Hopi Indians of Arizona; flowers eaten raw or boiled in Montana and California; buds boiled for soup or with meat; seeds eaten raw, also inner part of fruit; Wisconsin, Minnesota, Montana, and Wyoming. Fewkes (16, p. 18); Blankinship (3, p. 7); Saunders (56, p. 119); Grinnell (20, p. 184).

***Asclepias syriaca* L.**

COMMON MILKWEED

Flowers stewed by Chippewa Indians; young sprouts, buds, and young green fruit eaten by Iroquois Indians, and in Nebraska, North Dakota, South Dakota, Minnesota, and Wisconsin. Parker (38, p. 93); Gilmore (17, p. 109); Sturtevant (68, p. 71); Saunders (56, p. 119); Kephart (31, p. 387) (also as *A. cornuta*); Smith (58, p. 62; 59, p. 256; 60, p. 397; 61, p. 96); Densmore (15, p. 320).

***Asclepias tuberosa* L.**

BUTTERFLYWEED

Roots boiled by Sioux Indians; seed pods boiled with buffalo meat; tender shoots used as greens, boiled like asparagus by Delaware Indians; buds dried for winter use. Palmer (35, p. 405); Rushy (45, p. 67; 50, p. 566); Sturtevant (68, p. 71); Kephart (31, p. 390).

***Asclepiodora decumbens* (Nutt.) A. Gray**

Chewing gum made from the sap of the plant; Utah and Nevada. Chamberlin (7, p. 363).

***Philibertia heterophylla* (A. Gray) Jepson**

Plant eaten raw with salt; California. Sparkman (62, p. 230).

APOCYNACEAE

***Apocynum angustifolium* Wooton**

Gummy latex mixed with clay for chewing purposes; New Mexico. Castetter (6, p. 17).

CONVOLVULACEAE

***Ipomoea leptophylla* Torr.**

Big roots roasted in time of famine by Indians of Montana and Wyoming. Palmer (35, p. 407); Blankinship (3, p. 13).

***Ipomoea pandurata* (L.) G. F. W. Mey.**

BIGROOT MORNING-GLORY

Roots used like those of *I. leptophylla*. Rusby (52, p. 458); Saunders (56, p. 10).

CUSCUTACEAE

***Cuscuta curta* Engelm.**

Seeds parched, ground, and made into soup or stew; New Mexico. Castetter (6, p. 25).

***Cuscuta umbellata* H. B. K.**

Used like *C. curta*; New Mexico. Castetter (6, p. 25).

POLEMONIACEAE

***Gilia staminea* Greene**

Seeds used for food in California. Sparkman (62, p. 230).

HYDROPHYLLACEAE

***Hydrophyllum appendiculatum* Michx.**

Young shoots eaten as salad; Kentucky. Sturtevant (68, p. 309).

***Hydrophyllum canadense* L.**

Roots eaten in time of scarcity of other food. Sturtevant (68, p. 310).

***Hydrophyllum occidentale* A. Gray**

Roots cooked for food in British Columbia. Teit (69, p. 480).

***Hydrophyllum virginianum* L.**

Leaves and young plants eaten as greens; Iroquois Indians, Minnesota and Wisconsin. Waugh (72, p. 117); Sturtevant (68, p. 310); Kephart (31, p. 393); Smith (58, p. 68).

***Phacelia ramosissima* Dougl.**

Plant used for greens in California. Sparkman (62, p. 230).

BORAGINACEAE

***Amsinckia lycopsoides* Lehm.**

Fresh juicy shoots eaten in California. Chesnut (8, p. 382).

***Amsinckia tessellata* A. Gray**

Seeds eaten in Utah. Chamberlin (7, p. 361).

***Cynoglossum grande* Dougl.**

Cooked roots eaten in California. Chesnut (8, p. 382).

Ehretia elliptica A.DC.

Fruit eaten in Texas. Sturtevant (68, p. 249).

Lithospermum angustifolium Michx.

Roots cooked for food in British Columbia. Teit (69, p. 480).

Lithospermum linearifolium Goldie

Roots boiled or roasted by Blackfoot Indians. McClintock (32, p. 324).

Lithospermum sp.

Leaves eaten in Arizona. Russell (54, p. 77); Castetter (6, p. 33).

GROMWELL

Flagiobotrys campestris Greene

Crisp tender shoots eaten; seeds used for pinole; California. Chesnut (8, p. 382).

VERBENACEAE

Verbena hastata L.

BLUE VERVAIN

Seeds used for pinole in California; infusion of leaves used as beverage by Omaha' Indians. Chesnut (8, p. 385); Gilmore (17, p. 111).

MENTHACEAE [LABIATAE]

Agastache anethiodora (Nutt.) Britton

Infusion of leaves used as beverage in Nebraska, Wyoming, Montana, North Dakota, and South Dakota. Gilmore (17, p. 115); Grinnell (20, p. 186).

Agastache neomexicana (Briq.) Standl.

Leaves used for flavoring foods; New Mexico. Castetter (6, p. 10).

Agastache urticifolia (Benth.) KuntzeSeeds used in Utah and Nevada. Chamberlin (7, p. 374) (as *Lophanthus urticifolius*).*Hedeoma drummondii* Benth.

Infusion of flowering tops used as beverage in Texas. Havard (25, p. 46).

Hedeoma nana (Torr.) Greene

Leaves chewed in New Mexico. Castetter (6, p. 30).

Koelia virginiana (L.) MacM.

VIRGINIA MOUNTAIN-MINT

Flowers and buds used for seasoning meat or broth by Chippewa Indians. Densmore (15, p. 318).

Lycopus asper Greene

Rootstocks dried and boiled; Minnesota and Wisconsin. Densmore (15, p. 320).

Lycopus uniflorus Michx.

Rootstocks cooked for food in British Columbia. Teit (69, p. 480).

Mentha canadensis L.

AMERICAN WILD MINT

Infusion of leaves used as beverage; leaves eaten as relish; Wisconsin, Oregon, Montana, Wyoming, Utah, Nevada, and Arizona. Fewkes (16, p. 19); Coville (11, p. 104); Chamberlin (7, p. 375); Sturtevant (68, p. 360); Grinnell (20, p. 186); McClintock (32, p. 324); Smith (60, p. 405) (as *M. arvensis canadensis*); Castetter (6, p. 33).*Micromerla chamissonis* (Benth.) GreeneDried leafy vines used as substitute for tea; California. Chesnut (8, p. 383); Sparkman (62, p. 229) (as *M. douglasii*); Saunders (56, p. 150) (as *M. douglasii*).*Monarda citriodora* Cerv.

Plant boiled and eaten with hares by the Hopi Indians of Arizona. Fewkes (16, p. 19); Hough (28, p. 38; 29, p. 144); Rusby (50, p. 566); Castetter (6, p. 34).

Monarda didyma L.

OSWEGO BEEDALM

Leaves used as substitute for tea by Oswego Indians. Sturtevant (68, p. 366).

Monarda menthaefolia Graham

WILDBERGAMOT

Plant cooked with meat in New Mexico; leaves used for chewing. Robbins, Harrington, and Freire-Marreco (42, p. 57); Castetter (6, p. 34).

Monarda pectinata Nutt.

Leaves used for seasoning foods; New Mexico. Castetter (6, p. 34).

Monardella lanceolata A. Gray

Plant used as tea substitute in California. Sparkman (62, p. 229).

Monardella sheltonii Torr.

Leaves used as substitute for tea in California. Chesnut (8, p. 384).

Nepeta cataria L.

CATNIP

Leaves used as tea substitute by Ojibway Indians. Smith (60, p. 405).

Pogogyne parviflora Benth.

Seeds used as aromatic ingredient of pinole; leaves used as substitute for tea; California. Chesnut (8, p. 384).

Pollomintha incana A. Gray

Leaves boiled or dipped in salt and eaten; flowers used for flavoring; Arizona. Fewkes (16, p. 19); Hough (28, p. 37; 29, p. 143); Castetter (6, p. 42).

Prunella vulgaris L.

SELFHEAL

Cold-water infusion of plant used as beverage in British Columbia. Teit (69, p. 494).

Ramona incana (Benth.) Dougl.

Seeds ground to meal in Southwestern States. Rusby (47, p. 224) (as *Audibertia incana*).

Ramona polystachya (Benth.) Greene

WHITE BEE-SAGE

Tops of stems eaten; seeds also used for food; California. Sparkman (62, p. 229) (also as *Audibertia polystachya*); Saunders (56, p. 54) (as *A. polystachya*).

Ramona stachyoides (Benth.) Briq.

Seeds used in California. Sparkman (62, p. 229).

Salvia ballotiflora Benth.

Infusion of flowering tops used as beverage in Texas. Havard (25, p. 46).

Salvia carduacea Benth.

THISTLE SAGE

Seeds roasted and ground into meal, also used for making cooling beverage; California. Havard (25, p. 44); Sparkman (62, p. 229); Saunders (56, p. 43).

Salvia columbariae Benth.

Seeds used for making soups and beverages; California and Arizona. Palmer (37, p. 604); Havard (25, p. 44); Chesnut (8, p. 384); Russell (54, p. 77); Sparkman (62, p. 229); Sturtevant (68, p. 520); Saunders (56, p. 43).

Salvia sp.

Seeds used for making beverage. Havard (25, p. 44) (as *S. polystachya* and *S. tiliaefolia*).

Stachys scopulorum Greene

Seeds used for food in Utah and Nevada. As *S. palustris*: Chamberlin (7, p. 383); Sturtevant (68, p. 556).

SOLANACEAE

Chamaesaracha coronopus (Dunal) A. Gray

Berries eaten by the Hopi Indians of Arizona. Hough (28, p. 37; 29, p. 142); Castetter (6, p. 21).

Datura meteloides DC.

SACRED DATURA

Stupefying beverage made from leaves and roots; fruit ground with clay and eaten; Colorado, New Mexico, Arizona, and California. Palmer (37, p. 650); Havard (25, p. 39); Sparkman (62, p. 229); Safford (55, p. 405); Castetter (6, p. 26).

Datura quercifolia H. B. K.

Used like *D. meteloides*; Texas. Havard (25, p. 39).

Lycium andersonii A. Gray

Red berries eaten fresh, or dried and made into soup or mush in Arizona and California. Palmer (37, p. 598); Coville (10, p. 354); Saunders (56, p. 86).

Lycium berlandieri Dunal

Red berries eaten in Arizona. Palmer (37, p. 598).

Lycium fremontii A. Gray

Red berries boiled for food in Arizona. Russell (54, p. 75); Castetter (6, p. 33).

Lycium pallidum Miers

PALE WOLFBERRY

Berries eaten fresh or boiled, or dried for future use; Arizona and New Mexico. Palmer (37, p. 598); Fewkes (16, p. 19); Hough (28, p. 37; 29, p. 142); Standley (64, p. 458); Stevenson (65, p. 68); Robbins, Harrington, and Freire-Marreco (42, p. 47); Saunders (56, p. 86); Castetter (6, p. 33).

***Lycium torreyi* A. Gray**

Berries eaten in New Mexico. Standley (64, p. 458).

***Physalis fendleri* A. Gray**

Fruit boiled and crushed and used as condiment by Zuñil Indians. Stevenson (65, p. 70); Castetter (6, p. 39).

***Physalis heterophylla* Nees**

Fruit eaten raw or made into sauce: Nebraska, North Dakota, South Dakota, Minnesota, and Wisconsin. Rusby (49, p. 448); Gilmore (17, p. 113); Smith (59, p. 264).

***Physalis lanceolata* Michx.**

Fruit used in Eastern and Southeastern States. Sturtevant (68, p. 432).

***Physalis longifolia* Nutt.**

Fruit eaten fresh or boiled and ground with raw onions, chile, and coriander seeds by Indians of Arizona and New Mexico. Stevenson (65, p. 70); Hough (29, p. 143); Saunders (56, p. 87); Castetter (6, p. 39).

***Physalis neomexicana* Rydb.**

Berries eaten raw or cooked in New Mexico. Standley (64, p. 457); Robbins, Harrington, and Freire-Marreco (42, p. 59); Castetter (6, p. 39).

***Physalis obscura* Michx.**

Fruit eaten in Eastern States. Sturtevant (68, p. 432).

***Physalis philadelphica* Lam.**

Fruit used in Pennsylvania, and in Central States. Sturtevant (68, p. 432).

***Physalis pubescens* L.**

COMMON GROUNDCHERRY

Fruit eaten in Eastern and Central States. Sturtevant (68, p. 433).

***Physalis virginiana* Mill.**

Ripe fruit eaten by Meskwaki Indians. Sturtevant (68, p. 433); Smith (59, p. 264).

***Physalis viscosa* L.**

Berries eaten in Eastern States. Sturtevant (68, p. 433); Saunders (56, p. 87).

***Solanum boreale* (A. Gray) Bitter**

Tubers used in Texas, New Mexico, and Arizona. As *S. tuberosum boreale*: Havard (24, p. 112); Saunders (56, p. 9).

***Solanum douglasii* Dunal**

Leaves used for greens in California. Sparkman (62, p. 229).

***Solanum elaeagnifolium* Cav.**

Berries used by Pima and Zuñil Indians for curdling goat's milk. Russell (54, p. 78); Stevenson (65, p. 70); Castetter (6, p. 51).

***Solanum fendleri* A. Gray**

Tubers eaten raw with clay in New Mexico. Palmer (35, p. 409); Rusby (52, 458); Standley (64, p. 460); Stevenson (65, p. 71); Castetter (6, p. 51).

***Solanum jamesii* Torr.**

Tubers eaten raw or boiled (with clay) in Arizona and New Mexico. Fewkes (16, p. 19); Hough (28, p. 38; 29, p. 143); Rusby (52, p. 457); Standley (64, p. 460); Robbins, Harrington, and Freire-Marreco (42, p. 73); Saunders (56, p. 10); Castetter (6, p. 51).

***Solanum nigrum* L.**

BLACK NIGHTSHADE

Ripe berries used for food; green fruit considered poisonous; California. Chesnut (8, p. 387); Sturtevant (68, p. 544); Kephart (31, p. 389).

***Solanum triflorum* Nutt.**

Ripe fruit eaten raw in New Mexico, or boiled, ground, mixed with chile and salt, and eaten with mush or bread by Zuñil Indians. Stevenson (65, p. 71); Castetter (6, p. 52).

***Solanum tuberosum* L.**

POTATO

Tubers cultivated by many Indian tribes. Chamberlin (7, p. 382); Waugh (72, p. 120); Sturtevant (68, p. 545); Smith (58, p. 72; 59, p. 264; 60, p. 410).

SCROPHULARIACEAE

***Mimulus geyeri* Torr.**

Tender shoots eaten as salad; New Mexico. Castetter (6, p. 34).

***Mimulus guttatus* DC.**

Leaves used like lettuce in California. Chesnut (8, p. 387).

- Mimulus lewisii* Donn. GOLDEN MONKEYFLOWER
Leaves used as greens in California and the Southwestern States. As *M. luteus*: Powers (40, p. 425); Rusby (45, p. 67).
- Moldavica parviflora* (Nutt.) Britton DRAGONHEAD
Seeds used in Utah and Nevada. Chamberlin (7, p. 367) (as *Dracocephalum parviflorum*).
- Pedicularis canadensis* L. EARLY WOODBETONY
Greens cooked like spinach by Iroquois Indians. Waugh (72, p. 118).
- Pedicularis lanceolata* Michx. SWAMP WOODBETONY
Greens cooked like spinach by Iroquois Indians. Waugh (72, p. 118).
- Pentstemon confertus* Dougl.
Tealike beverage made by boiling dried stems and leaves; British Columbia. Teit (69, p. 493).
- Pentstemon confertus caeruleo-purpureus* A. Gray
Used like *P. confertus*. Teit (69, p. 493).

MARTYNIACEAE

- Martynia fragrans* Lindl. SWEET UNICORNPLANT
Half-grown succulent pods cooked by Apache Indians. Palmer (35, p. 422) (as *M. violacea*).
- Martynia louisiana* Mill. COMMON UNICORNPLANT
Used like *M. fragrans* by Apache Indians. Rusby (50, p. 566) (as *M. proboscidea*); Kephart (31, p. 393) (also as *M. proboscidea*).

OROBANCHACEAE

- Orobanche californica* Cham. and Schlecht.
Succulent underground stems used for food and to quench thirst; Nevada and California. As *Aphyllon californicum*: Palmer (37, p. 605); Rusby (53).
- Orobanche fasciculata* Nutt.
Entire plant eaten in Utah and Nevada. Chamberlin (7, p. 361) (as *Aphyllon fasciculatum*).
- Orobanche ludoviciana* Nutt.
Yellow or white, tender rootstocks roasted in the coals; Utah, Nevada, and California. As *Aphyllon ludovicianum*: Palmer (37, p. 605); Barrows (2, p. 66); Rusby (53); Kephart (31, p. 375) (also as *A. ludovicianum*).
- Orobanche tuberosa* (A. Gray) Heller
Roots used for food in California. Sparkman (62, p. 229).

PLANTAGINACEAE

- Plantago major* L.
Young leaves used for food in New Mexico. Castetter (6, p. 42).

RUBIACEAE

- Mitchella repens* L. PARTRIDGEBERRY
Red berries eaten in Texas, and in the Eastern States. Rusby (44, p. 719); Waugh (72, p. 128); Sturtevant (68, p. 366); Hedrick (26, p. 32).

CAPRIFOLIACEAE

- Lonicera ciliosa* (Pursh) Poir.
Berries eaten in Oregon and Alaska. Palmer (35, p. 414) (as *L. ciliosa*).
- Lonicera involucrata* Banks BEARBERRY HONEYSUCKLE
Pleasant-tasting fruit eaten fresh, or dried and stored for winter use; Northwestern States, British Columbia, and Alaska. Palmer (35, p. 414); Blankinship (3, p. 15); Chamberlin (7, p. 373); Teit (69, p. 489).
- Sambucus caerulea* Raf. BLUEBERRY ELDER
Berries eaten fresh, dried, or cooked; California, Nevada, Utah, Montana, Oregon, and British Columbia. Palmer (37, p. 598) (as *S. glauca*); Newberry (34, p. 45) (as *S. glauca*); Coville (11, p. 104) (as *S. glauca*); Chesnut (8, p. 388) (as *S. glauca*); Blankinship (3, p. 23) (as *S. glauca*); Rusby (49, p. 448) (as *S. glauca*); Sparkman (62, p. 229) (as *S. glauca*); Chamberlin (7, p. 380) (as *S. glauca*); Sturtevant (68, p. 521); Teit (69, p. 490).

Sambucus canadensis L.**AMERICAN ELDER**

Berries eaten fresh or cooked; beverage made by steeping blossoms in hot water; Iroquois Indians, Nebraska, North Dakota, South Dakota, Montana, Minnesota, and Wisconsin. Newberry (34, p. 45); Rusby (49, p. 438); Waugh (72, p. 128); Gilmore (17, p. 115); Sturtevant (68, p. 521); Kephart (31, p. 395); Smith (59, p. 256); Hedrick (26, p. 32).

Sambucus melanocarpa A. Gray**BLACKBEAD ELDER**

Boiled fruit eaten in British Columbia. Anderson (1, p. 132).

Sambucus mexicana Presl**MEXICAN ELDER**

Berries eaten in New Mexico. Rusby (49, p. 448); Standley (64, p. 457); Sturtevant (68, p. 521).

Sambucus microbotrys Rydb.**BUNCHBERRY ELDER**

Berries eaten in New Mexico. Standley (64, p. 457); Castetter (6, p. 50).

Sambucus pubens Michx.**SCARLET ELDER**

Berries eaten raw or boiled, tea-like drink made from the roots of the plant; California, British Columbia, Alaska, and Eastern States. As *S. racemosa*: Palmer (37, p. 498); Newberry (34, p. 45); Gorman (19, p. 71); Rusby (49, p. 448); Rengan (41, p. 237); Teit (69, p. 489).

Symphoricarpos albus (L.) Blake**COMMON SNOWBERRY**

Berries eaten in Oregon, Washington, and British Columbia. Palmer (35, p. 415) (as *S. racemosus*); Teit (69, p. 489).

Symphoricarpos occidentalis Hook.**WESTERN SNOWBERRY**

Fruit eaten by Sioux Indians. Blankinship (3, p. 24).

Viburnum lentago L.**NANNYBERRY**

Fresh fruit eaten by Iroquois Indians, and in Nebraska, North Dakota, South Dakota, Minnesota, and Wisconsin. Parker (38, p. 96); Waugh (72, p. 128); Gilmore (17, p. 115); Sturtevant (68, p. 592); Smith (58, p. 63; 60, p. 398).

Viburnum pauciflorum Raf.**RAYLESS CRANBERRYBUSH**

Fruit eaten fresh, dried, or preserved in oil; Minnesota, Wisconsin, British Columbia, and Alaska. Gorman (19, p. 71); Anderson (1, p. 132); Densmore (15, p. 294); Teit (69, p. 487).

Viburnum prunifolium L.**BLACKHAW**

Fruit eaten raw or cooked by Meskwaki Indians. Sturtevant (68, p. 592); Kephart (31, p. 396); Smith (59, p. 256).

Viburnum trilobum Marsh.**AMERICAN CRANBERRYBUSH**

Fruit eaten fresh or cooked by Iroquois Indians, and in Minnesota, Wisconsin, and British Columbia. Parker (38, p. 96) (as *V. opulus americanum*); Waugh (72, p. 128) (as *V. opulus americanum*); Sturtevant (68, p. 592) (as *V. opulus*); Kephart (31, p. 395) (as *V. opulus*); Smith (58, p. 63) (as *V. opulus americanum*); Anderson (1, p. 132) (as *V. opulus americanum*); Rengan (41, p. 237) (as *V. opulus*); Teit (69, p. 487).

VALERIANACEAE**Valeriana edulis Nutt.****TORACCO-ROOT**

Roots cooked in stone-lined pits in the ground, or made into soup or bread; have exceedingly unpleasant taste and odor and considered poisonous when raw; seeds also used for food; Northwestern States and Canada. Simmonds (57, p. 376); Palmer (35, p. 409); Coville (11, p. 105); Blankinship (3, p. 26); Rusby (59); Spinden (63, p. 204); Chamberlin (7, p. 384); Sturtevant (68, p. 589); Kephart (31, p. 381).

CUCURBITACEAE**Citrullus vulgaris Schrad.****WATERMELON**

Cultivated in Arizona, Nebraska, North Dakota, South Dakota, Minnesota, and Wisconsin. Russell (54, p. 75); as *C. citrullus*: Gilmore (17, p. 120); Smith (59, p. 257).

Cucumis melo L.**MELON**

Melons raised in Arizona. Russell (54, p. 77).

Cucumis sativus L.**CUCUMBER**

Cultivated by various Indian tribes. Sturtevant (68, p. 208); Smith (60, p. 399).

Cucurbita foetidissima H. B. K.

BUFFALO GOURD

The fruit cooked in various ways or dried for winter use; seeds made into mush; Arizona, California, and New Mexico. Palmer (37, p. 651) (as *O. percnia*); Russell (54, p. 70); Sparkman (62, p. 229); Standley (64, p. 458); Robbins, Harrington, and Freire-Marreco (42, p. 100).

Cucurbita maxima Duchesne

SQUASH

Used in Virginia and Central States. Willoughby (73, p. 130; 74, p. 83); Sturtevant (68, p. 211); Densmore (15, p. 289); Smith (60, p. 399); Hedrick (26, p. 31).

Cucurbita moschata Duchesne

CUSHAW

Used by Pima and Chippewa Indians. Russell (54, p. 71); Sturtevant (68, p. 211); Densmore (15, p. 289); Hedrick (26, p. 31).

Cucurbita pepo L.

PUMPKIN

Pumpkins boiled, baked in ashes, used in bread making, dried, etc. Havard (24, p. 110); Willoughby (73, p. 130; 74, p. 83) (as *C. polymorpha*); Russell (54, p. 71); Parker (38, p. 90); Stevenson (65, p. 66); Waugh (72, p. 111); Glimore (17, p. 116); Sturtevant (68, p. 212); Wissler (76, p. 15); Smith (58, p. 65; 59, p. 257; 60, p. 400; 61, p. 98); Densmore (15, p. 289); Hedrick (26, p. 31).

Lagenaria vulgaris Ser.

Young gourds eaten by Ojibway Indians. Smith (60, p. 400).

ASTERACEAE [COMPOSITAE]

Achyrochaena mollis Schauer

"Seeds" (achenes) gathered in May or June and roasted; California. Chesnut (8, p. 392).

Actinea odorata (DC.) Kuntze [*Actinella odorata* A. Gray]

Infusion of flowering tops used as beverage in Texas. Havard (25, p. 46.)

Actinea richardsoni (Hook.) Kuntze

Skin of roots made into chewing gum in New Mexico. As *Hymenoxys florbunda*; Robbins, Harrington, and Freire-Marreco (42, p. 56); Castetter (6, p. 31).

Agoseris aurantiaca (Hook.) Greene

Leaves used for food in Utah and Nevada. Chamberlin (7, p. 383) (as *Troximon aurantiacum*).

Agoseris villosa Rydb.

The solidified juice of the stem used as chewing gum in British Columbia. Teit (69, p. 493).

Antennaria sp.

Gum of stalks used for chewing in British Columbia. Teit (69, p. 492).

Aplopappus parishii (Greene) Blake

"Seeds" used for food in California. Sparkman (62, p. 228) (as *Chrysoma parishii*).

Arctium lappa L.

BIG BURDOCK

Eaten as greens by Iroquois Indians; roots cooked for soup, also dried and stored for winter use. Parker (38, p. 93); Waugh (72, pp. 118, 120); Kephart (31, p. 382).

Artemisia biennis Willd.

"Seeds" used in Utah and Nevada. Chamberlin (7, p. 362).

Artemisia discolor Dougl.

"Seeds" eaten in Utah and Nevada. Chamberlin (7, p. 362).

Artemisia dracunculoides Pursh

FALSE TARRAGON

Oily "seeds" eaten in Utah and Nevada; leaves baked between hot stones and eaten with salt water; Arizona and California. Palmer (37, p. 652); Fewkes (16, p. 19); Hough (28, p. 33; 29, p. 144); Rusby (52, p. 456); Sparkman (62, p. 228); Chamberlin (7, p. 363); Castetter (6, p. 17).

Artemisia ludoviciana Nutt.

LOUISIANA WORMWOOD

"Seeds" eaten in Utah. Palmer (37, p. 652).

Artemisia tridentata Nutt.

BIG SAGEBRUSH

Wormwood "seeds" pounded for pinole in California. Barrows (2, p. 65); Chamberlin (7, p. 363).

- Artemisia tripartita** Rydb. THREETIP SAGEBRUSH
 "Seeds" eaten in Utah and Nevada. Chamberlin (7, p. 362) (as *A. trifida*).
- Artemisia wrightii** A. Gray WRIGHT SAGEBRUSH
 "Seeds" ground with water, made into balls, and steamed; New Mexico. Stevenson (65, p. 65); Castetter (6, p. 17).
- Aster maorophyllus** L. BIGLEAF ASTER
 Young and tender leaves eaten by Ojibway Indians. Smith (60, p. 398).
- Aster** sp. ASTER
 Leaves boiled and eaten with fish by Chippewa Indians. Densmore (15, p. 320).
- Balsamorhiza deltoidea** Nutt.
 "Seeds" pounded and made into bread; young sprouts eaten raw; roots sweet after cooking; Oregon and British Columbia. Coville (11, p. 106); Anderson (1, p. 134).
- Balsamorhiza hookeri** Nutt.
 "Seeds" used in Utah, Nevada, and Idaho. Spinden (63, p. 204); Chamberlin (7, p. 363).
- Balsamorhiza incana** Nutt.
 Roots eaten by Nez Percé Indians. Palmer (35, p. 406); Blankinship (3, p. 7).
- Balsamorhiza sagittata** (Pursh) Nutt. ARROWLEAF BALSAMROOT
 In the spring stems and leaves boiled or eaten as salad; "seeds" roasted and ground into flour; roots eaten raw or cooked; British Columbia, Washington, Oregon, Idaho, Montana, Utah, and Nevada. Palmer (35, p. 406) (as *B. helianthoides*); Coville (11, p. 106); Blankinship (3, p. 8); Spinden (63, p. 204); Chamberlin (7, p. 363); Sturtevant (68, p. 81); Anderson (1, p. 134); Telt (69, pp. 480, 484, 491, 492).
- Balsamorhiza** sp.
 "Seeds", young stalks, and roots after bark is peeled, used by Indians of Northwestern States. Havard (24, p. 110).
- Berlandiera lyrata** Benth.
 Flowers used for seasoning foods. Castetter (6, p. 19).
- Bidens bigelovii** A. Gray
 Infusion of flowering tops used as beverage in Texas. Havard (25, p. 46).
- Blennosperma nanum** (Hook.) Blake
 Parched "seeds" made into flour in California. Powers (40, p. 425) (as *B. californicum*).
- Carthamus tinctorius** L. SAFFLOWER
 Flowers used for coloring bread; Arizona. Castetter (6, p. 21).
- Chrysothamnus confinis** Greene DOUGLAS RABBITBUSH
 Flower buds eaten with salt in New Mexico. Castetter (6, p. 24).
- Chrysothamnus viscidiflorus** (Hook.) Nutt. [*Bigelovia douglasii* A. Gray]
 Chewing gum made from roots; Utah and Nevada. Chamberlin (7, p. 364).
- Cirsium drummondii** Torr. and Gray
 Stalks and roots eaten in Wyoming, Montana, Utah, and Nevada. As *Cnicus drummondii*: Havard (24, p. 110); Chamberlin (7, p. 366).
- Cirsium eatoni** (A. Gray) Robinson
 Stems eaten in Utah and Nevada. Chamberlin (7, p. 366) (as *Cnicus eatoni*).
- Cirsium edule** Nutt.
 Soft and sweet peeled stem greatly relished by Cheyenne Indians; roots eaten in Northwestern States and British Columbia. Coues (9, pp. 733, 739, 740, 821) (as *Cnicus edulis*); Havard (24, p. 110) (as *C. edulis*); Rusby (45, p. 67) (as *C. edulis*); Grinnell (20, p. 191); Telt (69, p. 479).
- Cirsium hookerianum** Nutt.
 Roots cooked for food in British Columbia. Telt (69, p. 480).
- Cirsium occidentale** (Nutt.) Jepson
 Roots have pleasant taste and flavor after prolonged boiling; Northwestern States. As *Cnicus occidentale*: Palmer (37, p. 600); Rusby (45, p. 67).
- Cirsium scopulorum** (Greene) Cockerell
 Roots eaten raw or cooked with meat; stalks also used; Montana. Blankinship (3, p. 10) (as *Cnicus eriocephalus*).

Cirsium undulatum Nutt.

Stems eaten in Utah and Nevada; roots cooked for food in British Columbia. Chamberlin (7, p. 366) (as *Cnicus undulatus*); Telt (69, p. 480).

Cirsium virginianum (L.) Michx.

Roots eaten in Eastern States. Simmonds (57, p. 376) (also as *Carduus virginianus*); Sturtevant (68, p. 180) (as *Cnicus virginianus*).

Coleosanthus californicus (A. Gray) Kuntze CALIFORNIA BRICKELLBUSH
Leaves used as substitute for tea in California. Chesnut (8, p. 393).

Coreopsis cardaminefolia (DC.) Torr. and Gray

Plant used for making beverage by Zuni Indians. Stevenson (65, p. 66).

Crepis glauca (Nutt.) Torr. and Gray

Leaves eaten in Utah and Nevada. Chamberlin (7, p. 367).

Dicoria brandegei A. Gray

Flowers and "seeds" ground for food in Arizona. Hough (28, p. 37; 29, p. 142); Castetter (6, p. 26).

Encelia farinosa A. Gray

WHITE BRITTLEBUSH

Gum used for chewing in Arizona. Russell (54, p. 78); Castetter (6, p. 27).

Grindelia sp.

Leaves used for chewing and as substitute for tea; California. Chesnut (8, p. 394).

Helianthus annuus L.

COMMON SUNFLOWER

"Seeds" eaten raw, also dried, roasted, ground, made into cakes, and cooked with grease; Colorado, Wyoming, Utah, New Mexico, Nevada, Idaho, Montana, California, and Virginia. Newberry (34, p. 34); Coues (9, p. 552); Blankinship (3, p. 12); Willoughby (74, p. 84); Sparkman (62, p. 228); Chamberlin (7, p. 371); Sturtevant (68, p. 298); Saunders (56, p. 49); Hedrick (26, p. 28); Castetter (6, p. 30).

Helianthus doricoides Lam.

Tubers eaten in Central States. Havard (24, p. 100); Sturtevant (68, p. 299).

Helianthus giganteus L.

GIANT SUNFLOWER

"Seeds" ground to flour and mixed with corn flour for making bread; Choctaw Indians. Havard (24, p. 100); Sturtevant (68, p. 299).

Helianthus lenticularis Dougl.

Oil "seeds" eaten in Utah, also parched, ground, and made into cakes. Palmer (37, p. 602).

Helianthus maximiliani Schrad.

MAXIMILIAN SUNFLOWER

Tubers eaten by Sioux Indians and other tribes. Blankinship (3, p. 13).

Helianthus petiolaris Nutt.

Used like *H. lenticularis*. Palmer (37, p. 602).

Helianthus tuberosus L.

JERUSALEM-ARTICHOKE

Tubers eaten raw or boiled; New England, New York, Wisconsin, Minnesota, North Dakota, South Dakota, Montana, Wyoming, Colorado, Oklahoma, and Nebraska. Palmer (35, p. 407); Newberry (34, p. 34); Coues (9, p. 544); Havard (24, p. 100); Willoughby (73, p. 131); Rusby (52, p. 456); Parker (38, p. 105); Waugh (72, p. 120); Sturtevant (68, p. 299); Saunders (56, p. 4); Kephart (31, p. 386); Wlassier (76, p. 15); Grinnell (20, p. 189); Deansmore (15, p. 319); Smith (59, p. 256; 61, p. 98); Hedrick (26, p. 31).

Hemizonia fasciculata (DC.) Torr. and Gray

Plant boiled to thick tarry liquid and eaten in time of famine; California. Palmer (37, p. 605).

Hemizonia luzulaefolia DC.

"Seeds", slightly bitter but of good taste after roasting, used for pinole in California. Chesnut (8, p. 394).

Hieracium sp.

HAWKWEED

Green plant or the coagulated milky juice from it used for chewing in British Columbia. Telt (69, p. 492).

Hymenopappus filifolius Hook.

Roots used as chewing gum in New Mexico. Stevenson (65, p. 68); Castetter (6, p. 30).

Laciniaria punctata (Hook.) Kuntze

Roots eaten by Tewa Indians of New Mexico. Robbins, Harrington, and Freire-Marreco (42, p. 57); Castetter (6, p. 32) (also as *Liatris punctata*).

Lactuca pulchella (Pursh) DC.

LARKSPUR LETTUCE

Gum of roots used for chewing in New Mexico. Stevenson (65, p. 68); Castetter (6, p. 32).

Lactuca scariola integrata Gren. and Godr.

Young plants eaten as greens; New Mexico. Castetter (6, p. 32) (as *L. integrata*).

Lactuca sp.

Leaves eaten in Utah and Nevada. Chamberlin (7, p. 373) (as *L. ludoviciana*).

Lasthenia glabrata Lindl.

Dark elongated seeds powdered to flour and eaten dry in California. Barrows (2, p. 65).

Layia glandulosa (Hook.) Hook. and Arn.

"Seeds" used in California. Sparkman (62, p. 223) (also as *Blepharipappus glandulosa*).

Layia platyglossa (F. and M.) A. Gray

"Seeds" used for pinole in California. Chesnut (8, p. 393) (as *Blepharipappus platyglossus*).

Leontodon taraxacum L.

DANDELION

Leaves used as greens, cooked with water, vinegar, or with meat; roots also used for salads; Eastern States, Wisconsin, Minnesota, Utah, Nevada, Arizona, and California. Palmer (35, p. 425) (as *Taraxacum dens-leonis*); Parker (38, p. 93) (as *T. officinale*); Chamberlin (7, p. 383) (as *T. officinale*); Robbins, Harrington, and Frelre-Marreco (42, p. 61) (as *T. taraxacum*); Waugh (72, p. 118) (as *T. officinale*); Sturtevant (68, p. 563) (as *T. officinale*); Kephart (31, p. 384) (as *T. taraxacum* and *T. officinale*); Smith (58, p. 65; 59, p. 257; 60 p. 399; 61, p. 98) (as *T. officinale*); Castetter (6, p. 53) (as *T. officinale*).

Lygodesmia grandiflora (Nutt.) Torr. and Gray

Leaves boiled with meats by Hopi Indians of Arizona. Fewkes (16, p. 19); Hough (28, p. 38; 29, p. 144); Rusby (50, p. 566); Castetter (6, p. 33).

Madia densifolia Greene

"Seeds" used for food in California. Chesnut (8, p. 395).

Madia dissitiflora (Nutt.) Torr. and Gray

Ritch oily "seeds" used for pinole in California. Chesnut (8, p. 395).

Madia elegans D. Don

"Seeds" ground into flour and made into cakes; California. Palmer (37, p. 605).

Madia glomerata Hook.

"Seeds" eaten in Oregon. Coville (11, p. 106).

Madia sativa Molina

Oil extracted from "seeds"; California. Chesnut (8, p. 395); Sturtevant (68, p. 548); Saunders (56, p. 56).

Malacothrix californica DC.

"Seeds" eaten in California. Sparkman (62, p. 223).

Mirosotis nutans (Geyer) A. Gray

Small roots eaten raw in Northwestern States. Palmer (35, p. 409) (as *Scorzonella ptilophora*); Havard (24, p. 111); Blankinship (3, p. 16); Rusby (53); Spinden (63, p. 204) (as *Scorzonella nutans*).

Mirosotis procerca A. Gray

Roots eaten; milky juice, which gums on exposure, used as chewing gum; California. Chesnut (8, p. 391) (as *Scorzonella marina*).

Peotis angustifolia Torr.

Leaves and young shoots eaten in Arizona and New Mexico, and used for seasoning food. Hough (28, p. 37; 29, p. 142); Standley (64, p. 458); Castetter (6, p. 38).

Pectis papposa Harv. and Gray

Flowers used for seasoning meat in New Mexico. Stevenson (65, p. 69); Castetter (6, p. 38).

Petasites palmatus (Ait.) A. Gray

Ash of the plant used as salt by western Indians. Chesnut (8, p. 395); Saunders (56, p. 232); Kephart (51, p. 401).

Ratibida columnaris (Sims) D. Don.

Leaves and cylindrical heads used as substitute for tea; Dakota Indians. Gilmore (17, p. 131).

Rudbeckia laciniata L.

CUTLEAF CONEFLOWER

Young stems used for food in New Mexico. Castetter (6, p. 50).

Solidago canadensis L.

CANADA GOLDENROD

"Seeds" eaten in Utah and Nevada. Chamberlin (7, p. 382).

Solidago missouriensis Nutt.

Leaves eaten as salad in Arizona. Hough (23, p. 37; 29, p. 142); Rusby (50, p. 566); Castetter (6, p. 52).

Solidago nana Nutt.

"Seeds" eaten in Utah and Nevada. Chamberlin (7, p. 382) (as *S. nemoralis*).

Solidago spectabilis A. Gray

NEVADA GOLDENROD

"Seeds" eaten in Utah and Nevada. Chamberlin (7, p. 382).

Solidago suaveolens Schoepf.

FRAGRANT GOLDENROD

Leaves used as substitute for tea. As *S. odora*: Havard (25, p. 46); Sturtevant (68, p. 551); Saunders (56, p. 147).

Sonchus asper (L.) Ait.

PRICKLY BOWTHISTLE

Used as greens in California. Sparkman (62, p. 228).

Thelesperma gracile (Torr.) A. Gray

Infusion of leaves used as beverage in Arizona and New Mexico. Fewkes (16, p. 15); Robbins, Harrington, and Freire-Marreco (42, p. 61).

Thelesperma trifidum (Poir.) Britton

Used like *T. gracile*; New Mexico. Robbins, Harrington, and Freire-Marreco (42, p. 61).

Tragopogon porrifolius L.

VEGETABLE-OYSTER

Coagulated milky juice of plant used as chewing gum in British Columbia. Teit (69, p. 484).

Tragopogon sp.

Coagulated juice used as chewing gum. Teit (69, p. 495).

Vigulera multiflora (Nutt.) Blake

"Seeds" used in Utah and Nevada. Chamberlin (7, p. 371) (as *Gymnolomia multiflora*).

Wyethia amplexicaulis Nutt.

Roots eaten after being heated and allowed to ferment; seeds also used; Montana, Utah, and Nevada. Blankinship (3, p. 26); Chamberlin (7, p. 384).

Wyethia helianthoides Nutt.

WHITE MULE-EARS

Roots used like those of *W. amplexicaulis*; Montana. Blankinship (3, p. 26).

Wyethia longicaulis A. Gray

Fresh leaves and stems eaten; "seeds" used for pinole; California. Chesnut (8, p. 396).

Wyethia robusta Nutt.

"Seeds" eaten in Oregon and California. Newberry (34, p. 34).

Wyethia sp.

Roots eaten raw or cooked; also young stalks and seeds; Rocky Mountains to Pacific Ocean. Havard (24, p. 110).

Xanthium commune Britton

COCKLEBUR

"Seeds" ground, mixed with corn meal, made into cakes or balls, and steamed; New Mexico. Stevenson (65, p. 71); Castetter (6, p. 54).

TABLE 1.—Summary of families, with number of genera and species of each

Family	Genera	Species	Family	Genera	Species
Cryptogams:			Phanerogams—Continued.	Number	Number
Algae:	<i>Number</i>	<i>Number</i>	Crassulaceae.....	1	3
Rhodophyceae.....	1	2	Hydrangeaceae.....	1	1
Phaeophyceae.....	1	1	Grossulariaceae.....	2	26
Fungi:			Hamamelidaceae.....	1	1
Agaricaceae.....	2	3	Rosaceae.....	18	102
Lycoperdaceae.....	4	6	Mimosaceae.....	4	6
Polyporaceae.....	3	4	Caesalpinaceae.....	6	7
Ustilaginaceae.....	1	1	Fabaceae (Leguminosae).....	22	69
Helvellaceae.....	1	2	Geraniaceae.....	1	2
Lichens:			Oxallidaceae.....	1	4
Cladoniaceae.....	1	1	Linaceae.....	1	1
Silicaceae.....	1	1	Rutaceae.....	1	1
Farmeliaceae.....	2	2	Euphorbiaceae.....	3	3
Uvaeursae.....	1	2	Buxaceae.....	1	1
Pteridophyta:			Empetraceae.....	1	1
Polypodiaceae.....	4	4	Anacardiaceae.....	1	7
Osmundaceae.....	1	1	Aquifoliaceae.....	2	6
Equisetaceae.....	1	2	Celastraceae.....	1	1
Lycopodiaceae.....	1	2	Staphyleaceae.....	1	1
Phanerogams:			Aceraceae.....	1	5
Cycadaceae.....	1	3	Aesculaceae.....	1	1
Taxaceae.....	2	2	Rhamnaceae.....	4	9
Pinaceae.....	8	33	Vitaceae.....	2	11
Gnetaceae.....	1	1	Tiliaceae.....	1	1
Typhaceae.....	1	2	Malvaceae.....	5	7
Sparganiaceae.....	1	1	Cochlospermaceae.....	1	1
Juncaginaceae.....	1	1	Violaceae.....	1	1
Alismaceae.....	1	3	Passifloraceae.....	1	1
Poaceae (Gramineae).....	27	47	Loasaceae.....	1	1
Cyperaceae.....	3	8	Cactaceae.....	12	40
Phoenicaceae (Palmae).....	5	6	Elaeagnaceae.....	2	3
Araceae.....	7	8	Myrtaceae.....	1	2
Commelinaceae.....	1	2	Onagraceae.....	4	7
Liliaceae.....	31	90	Araliaceae.....	2	3
Amaryllidaceae.....	2	8	Apiaceae (Umbelliferae).....	20	42
Orchidaceae.....	3	3	Cornaceae.....	1	4
Salicaceae.....	1	8	Lennoaceae.....	2	2
Myricaceae.....	1	1	Ericaceae.....	14	41
Juglandaceae.....	2	11	Primulaceae.....	1	1
Betulaceae.....	3	6	Sapotaceae.....	1	2
Fagaceae.....	5	32	Ebenaceae.....	1	1
Ulmaceae.....	1	1	Oleaceae.....	1	1
Loranthaceae.....	1	2	Gentianaceae.....	1	1
Urticaceae.....	4	7	Asclepiadaceae.....	3	10
Santalaceae.....	1	1	Apocynaceae.....	1	1
Artstolochiaceae.....	1	1	Convolvulaceae.....	1	2
Polygonaceae.....	4	18	Cuscutaceae.....	1	2
Chenopodiaceae.....	9	33	Polemoniaceae.....	1	1
Amaranthaceae.....	2	10	Hydrophyllaceae.....	2	5
Nyctaginaceae.....	1	2	Boraginaceae.....	5	8
Phytolaccaceae.....	1	1	Verbenaceae.....	1	1
Alzooaceae.....	1	2	Menthaceae.....	15	28
Portulacaceae.....	6	20	Solanaceae.....	5	26
Nymphaeaceae.....	3	5	Scrophulariaceae.....	4	9
Ranunculaceae.....	4	7	Martyniaceae.....	1	2
Berberidaceae.....	2	9	Orobanchaceae.....	1	4
Calycanthaceae.....	1	1	Plantaginaceae.....	1	1
Annonaceae.....	1	1	Rubiaceae.....	1	1
Lauraceae.....	3	3	Caprifoliaceae.....	4	14
Papaveraceae.....	2	2	Valerianaceae.....	1	1
Fumariaceae.....	1	1	Cucurbitaceae.....	4	8
Brassicaceae (Cruciferae).....	13	27	Asteraceae (Compositae).....	45	92
Capparidaceae.....	3	3			
			Total (120 families).....	444	1, 112

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