

NĀTIFS



ALL MIXED UP

PLANTS USED IN SMOKING AND
OFFERING MIXTURES.



TOBACCO

Latin: *Nicotiana spp.*

Dakota: caṅdi

Ojibwe: asemaa

_____ : _____

Used in moderation, *Nicotiana* species are considered “true” tobacco and all plant parts contain nicotine. Many species were used as offerings rather than being smoked. *Nicotiana* tobacco can be applied to bee stings and bug bites to relieve swelling and pain.





RED WILLOW

Latin: *Cornus sericea*

Dakota: caŋsàsà

Ojibwe: miskwaabiimizh

_____:

Red willow is not actually a willow, but a type of dogwood that grows in moist soils. Most Native peoples only harvest red willow in the very coldest months - after the first snow and before the first thunderstorm.

The inner bark is used as tobacco in both offering and smoking blends. A tea made from the red bark is a wonderful tonic, and is also effective in treating headaches and digestive issues.





BEARBERRY

Latin: *Arctostaphylos uva-ursi*

Dakota: canli ape

Ojibwe: apaakozigan

_____ : _____

Bearberry is a low-growing shrub that you'll find in shady forests. The leaves are one of the primary ingredients in many tobacco mixtures throughout North America and elsewhere.

The berries are edible and tasty. The leaves and berries also make an excellent tea for infections generally, and bladder infections specifically.





SUMAC

Latin: *Rhus spp.*

Dakota: caŋzi

Ojibwe: Opwagunatig

_____ : _____



There are a few species of sumac throughout North America and the leaves of almost all sumacs have been used in smoking and offering mixtures. Just make sure you stay away from poison ivy, which is related!

Sumac leaves have a wonderful aroma and citrusy flavor. The leaves and berries can be used to make a lemonade-like tea. An infusion of the leaves is also great for skin issues such as eczema.



COW PARSNIP

Latin: *Heracleum maximum*

Dakota: paŋgi taŋka

Ojibwe: chiibibigwewanashk

_____ : _____

Cow parsnip is a member of the carrot family with very aromatic seeds that are commonly used for smudging and tobacco mixtures.

The green stems are delicious after peeling, and the roots are eaten as a root vegetable. A tea made from the roots is used to treat asthma and other lung ailments.

ANISE HYSSOP



Latin: *Agastache foeniculum*

Dakota: wahpe yatapi

Ojibwe: wiizawanackwak

_____ : _____

Anise hyssop is a member of the mint family that has the flavor and aroma of black licorice. The leaves and flowers are commonly used in smoking mixtures.

The leaves of anise hyssop make a delicious tea that strengthens the lungs and improves digestion. The leaves are also chewed to freshen breath.





BERRIES

Dried berries are used to flavor all kinds of smoking mixtures. These are three of the most common. All of these fruits are anti-viral, immune boosting, and great for coughs and colds.



ELDERBERRY

Latin: *Sambucus canadensis*, Dakota: chaputahu, Ojibwe: bibigweminag,
_____:

CHOKECHERRY

Latin: *Prunus virginiana*, Dakota: canpa, Ojibwe: asasaweminagaawanzh,
_____:



BLUEBERRY

Latin: *Vaccinium angustifolium*, Dakota: waskuyeca to, Ojibwe: miinan,
_____:





BEAR ROOT

Latin: *Ligusticum porteri*

Dakota: mato tapejuta

Ojibwe: makwa ojiibik

_____:

Bear root is a member of the carrot family with an aromatic root. The dried root is ground into a powder and added to smoking and offering mixtures.

Bear root is also burned and the smoke is inhaled deeply through the nose to treat headaches and sinus issues. The root is also made to an infusion that helps to clear congestion from lungs, and is also used to treat various types of cancer.





CURLY DOCK

Latin: *Rumex crispus*

Dakota: wahpe skuya

Ojibwe: ginoozhawashk

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The mature seeds of the curly dock are added to smoking and offering mixtures.

The leaves are edible and delicious raw or cooked, and the seeds are ground into a tasty flour that is useful in making crackers, cakes, and breads. Curly dock root is also known as yellow dock root and makes an excellent tea for healing the liver. It's also a great tonic and is used to treat respiratory issues.

EVERGREENS



Many species of evergreens have been added to offering mixtures throughout North America and beyond. Besides cedar, the evergreens aren't often added to smoking mixtures, as they contain a lot of resin, but some tribes use them.

Cedar tea is great for healing infections and strengthening the lungs. Juniper tea is effective in easing coughs. An infusion of fir leaves is used as a wash to treat all kinds of wounds. A tea of fir is used to treat colds, flues, and kidney infections.



FLAT CEDAR

Latin: *Thuja occidentalis*,
Dakota: hãŋte, Ojibwe:
giizhik, _____:



JUNIPER

Latin: *Juniperus virginiana*,
Dakota: hãŋtesà, Ojibwe:
gaagaagiwaandag,
_____:



FIR

Latin: *Pesudotsuga menziesii*, Dakota:
wazisaka, Ojibwe: zhingob
_____:

COMPASS PLANT



Latin: *Silphium laciniatum*

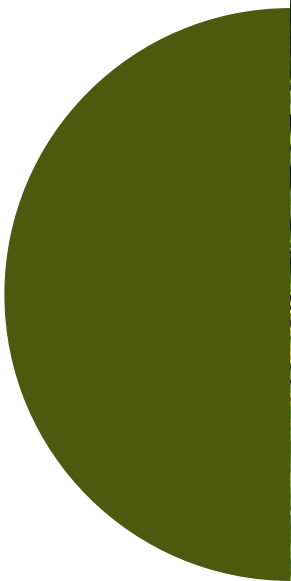
Dakota: caŋsiŋsiŋla

Ojibwe: asaasaawiiskuk

_____:

Compass plant is a tall plant in the sunflower family. The dried and ground root is resinous and it used for smudging as well as in various offering and smoking mixtures.

A tea made from the root is a powerful expectorant. The root can be burned and inhaled to treat stuffy sinuses as well.





WILD FOUR O'CLOCK

Latin: *Mirabilis nyctaginea*

Dakota: poipiye

Ojibwe: baagizidebag

_____ : _____

Wild Four O'clock leaves have been dried and ground to use in smoking mixtures very similarly to *Nicotiana* tobacco.

The whole plant is mashed up and used as a poultice on bruises and swellings. It effectively treats hangnails, ingrown toenails, and other injuries.





LOBELIA

Latin: *Lobelia inflata*

Dakota: canli toto

Ojibwe: ozhaawashkoasemaa

_____:

Lobelia is widely known as the original tobacco. Some accounts even say this variety was used well before *Nicotiana* tobacco. The leaves are cured and dried very much like *Nicotiana* species and are used in offering and smoking mixtures.

Lobelia tea is a powerful anti-spasmodic herb used in the treatment of asthma and muscle spasms. It's also effective in treating bronchitis. It should only be used under the advice of a knowledge holder, as it can cause nausea and other health issues.



MULLEIN

Latin: *Verbascum thapsus*

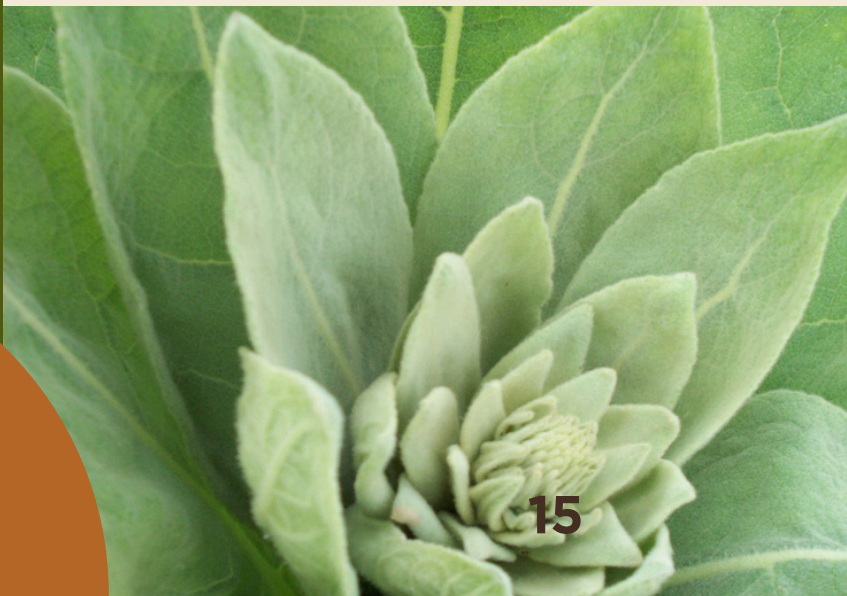
Dakota: ape hiqsma

Ojibwe: miishaabag

_____ : _____

Mullein is a very fuzzy flowering plant that grows throughout North America. Although the plant isn't Native, the dried leaves are used in smoking mixtures by peoples throughout North America.

Mullein is widely used as a remedy for various lung ailments such as bronchitis and pneumonia.





DISCLAIMER

This document is provided for educational and informational purposes only and does not constitute providing medical advice or professional services.

NOTE

The information contained herein is not all-encompassing or set in stone. Different nations, communities, and individuals have different relationships with the plants discussed here, and this information is from the perspective of the authors and their teachers, and does not diminish the relevancy of other ways of knowing and understanding plants and plant knowledge.

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