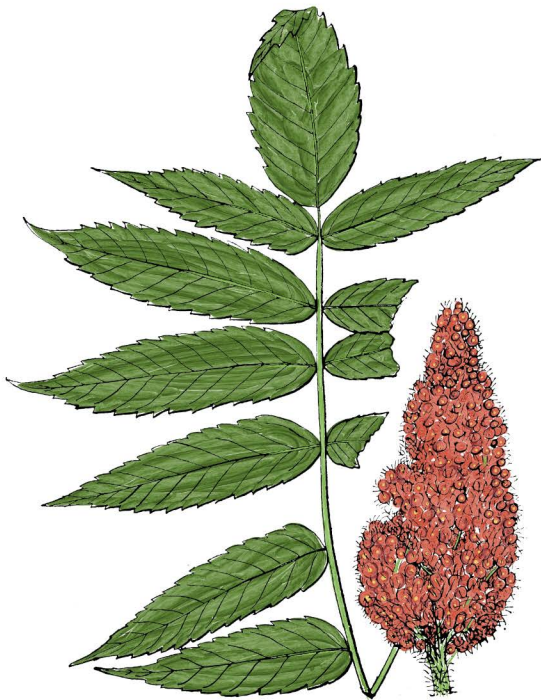


STAGHORN SUMAC

Rhus typhina



STAGHORN SUMAC

Dakota: čhanží

Anishinaabe: baakwaanaatig

ABOUT

Staghorn Sumac is a small tree or large shrub with bright green leaves that turn red, orange, and yellow in the fall. The tree produces cone-shaped clusters of fuzzy red berries that can be used for food and medicine. Staghorn Sumac thrives in dry, rocky, or sandy soil and spreads quickly by sending out new shoots from its roots. The berries provide food for small animals, while the dense branches offer shelter.

HARVEST / PREP

- Berries are best gathered in late summer/early fall
- Berries are dried for use in teas and dishes or ground for seasoning
- Bark and leaves can be dried for teas

BENEFITS

- Rich in Vitamin C and often used to boost immune system, soothe sore throat and colds