NATIVE PLANT USES

• FLOWERS
• SEEDS
• LEAVES
• RESIN/SAP
• CAMBIUM – INNER BARK
• BARK
• ROOTS
• ASHES
• INSECT GALL GROWTHS
• MUSHROOMS FUNGUS
SWEETGUM

- Native
- Can grow over 100’ tall
- Alligator tree bark
- Adaptable regeneration specialist
- Seeds edible
- Leaves used as antiseptic, they were boiled in hot water and applied to wounds or insect bites
- Leaves were used to make teas for upset stomachs
- Produces sweet sticky resin called Storax that was used as chewing gum and perfume
- Combined the boiled roots with pennywort roots as a wash to injured areas
OAK
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- Native
- Can live for over 100 years
- “TREE of LIFE”
- Utensils, tools, structures, weapons, baskets, firewood
- Acorns are a healthy, plentiful food source
- Added to flour and pounded into Acorn Mash
- Bland taste but accompanies venison, fish, etc
- Cambium used to cure inedigestion, upset stomachs diarrhea
- Bark was used to treat infection and cover injuries
- Ashes made into antiseptic
- Galls (concentrated growth) boiled and used as eye wash
MAPLE

• Native
• Smooth gray bark
• Red Maple is most common tree in US
• Seeds boiled, wings removed and eaten hot
• Leaves eaten raw when young
• Sap is used to make syrup, though only half the sugar of sugar maple
• Cut slit in bark, used prop stick to collect, add heated stones until the sap boiled
• Inner Bark used for treatment of coughs and diarrhea
• Bark used as analgesic, eyewash and remedy for hives or muscle aches
PINES
PINES

- Native
- Fast growing and tall
- 2nd most common tree in the US
- Seeds are edible
- Pine gum used to caulk homes and boats
- Inner bark very nutritious eaten raw or boiled (Power bar) high calories
- Inner bark used to make Pine Bark Tea used to treat scurvy and internal disorders (Sacajawea-lewis/clark)
- Pine bark ground into flour and used in baking (Adirondack-bark eaters)
- Pine needles used for a tea
DANDELION
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• Native
• Spring bloom, leaves year round
• Full of vitamins, minerals and proteins but a bitter taste
• Flowers used to make teas and wine
• Leaves eaten raw or boiled
• Roots boiled and used to treat stomach problems and make coffee
• Helps with skin problems, stomach and kidney diseases, sore throats and general tonics
• Some people are allergic to the pollen