

2020 Traditional Plants and Herbs  
Comprehensive Plant List - Tewa, Navajo (Dine), and Plains Apache

	Family	Species	Common Name	Tewa Name	Use(s)
1	Cupressaceae	<i>Juniperus scopulorum</i>	Rocky Mountain juniper	Khu	Food - Used to make tea.
2	Agaricaceae	<i>Calvatia</i>	puffball	Tey	Food - Gathered and eaten.
3	Agavaceae	<i>Yucca baccata</i>	banana yucca	Phaamu	Other - Leaf blades processed and twinned into cordage.
4	Amaranthaceae	<i>Amaranthus hybridus</i>	amaranth	Suu	Food - Seeds gathered, roasted, ground, and cooked as a gruel.
5	Amaranthaceae	<i>Chenopodium album</i>	lambsquarters	Kisuu	Food - Leaves boiled and eaten.
6	Amaryllidaceae	<i>Allium geyeri</i>	wild Onion	Si	Food - Stems and roots gathered to use as a condiment.
7	Anacardiaceae	<i>Rhus trilobata</i>	three-leaf sumac	Ojohey beh	Food - Berries eaten or used for tea.
8	Apiaceae	<i>Ligusticum porteri</i>	Porter's lovage/osha	Osa	Medicinal - Roots chewed or made into tea to cure sore throats or respiratory issues.
9	Apiaceae	<i>Cymopterus acaulis</i>	Fendler's spring parsley,	tsimaha	Food - Leaves gathered and used as a condiment in stews.
10	Asteraceae	<i>Chrysothamnus nauseosus</i>	rabbit brush/chamisa	Phung	Other - Stems used to make baskets.
11	Asteraceae	<i>Helianthus annuus</i>	sunflower	Beni anyi	Food - Seeds eaten
12	Asteraceae	<i>Thelesperma megapotamicum</i>	Navajo Tea/cota	Depheh	Food - Leaves and stems used to make tea.
13	Cactaceae	<i>Echinocereus triglochidiatus</i>	claret cup	Sabeweh Povi	Food - Flowers eaten as a snack.
14	Cactaceae	<i>Cylindropuntia imbricata</i>	cane cholla	Jo	Medicinal - Fruit roasted and eaten, used as a pain killer.
15	Cactaceae	<i>Escobaria vivipara</i>	spiny star	Wansaveh waek'u	Food - Roasted and eaten.
16	Chenopodiaceae	<i>Atriplex canescens</i>	four-wing saltbush	Taʔanyae	Food - Seeds roasted and ground to make gruel.
17	Cleomaceae	<i>Cleome serrulata</i>	Rocky Mountain beeplant	Whae	Other - Pods boiled into paint for pottery.
18	Fabaceae	<i>Lathyrus eucosmus</i>	bush vetchling	Ovin pheh povi	Food - Leaves boiled and eaten.
19	Fabaceae	<i>Psoraleidium lanceolatum</i>	lemon scurfpea	Pogonpheh	Food - Stems eaten as a snack.
20	Fabaceae	<i>Robinia neomexicana</i>	New Mexico locust	Muusa pheh	Other - Branches used to make bow staves.
21	Fagaceae	<i>Quercus gambelii</i>	gambel oak	Kwae	Other - Branches used to make digging sticks.
22	Lamiaceae	<i>Monarda pectinata</i>	pony beebalm	P'in tsuʔtsegi	Food - Leaves used as a condiment and added into blood sausage.
23	Oxalidaceae	<i>Oxalis violacea</i>	Violet wood sorrel	Ojohey pheh	Food - Leaves eaten as a snack.
24	Pinaceae	<i>Pinus edulis</i>	pinon pine	T'o	Food - Nuts collected, roasted, and eaten.
25	Pinaceae	<i>Pseudotsuga menziesii</i>	Douglas fir	Tsey	Ceremonies - Branches used in ceremonies.
26	Plantaginaceae	<i>Penstemon barbatus</i>	beard-lip beardtongue	Thankhokhey povi	Food - Flowers eaten as a snack.
27	Rosaceae	<i>Fallugia paradoxa</i>	apache plume	Phonyi	Other - Shoots used to make arrows.
28	Rosaceae	<i>Fragaria ovalis</i>	Rocky Mountain strawberry	P'inpabeh	Food - Berries eaten.
29	Rosaceae	<i>Prunus virginiana</i>	chokecherry	Aveh	Food, Medicinal, other - clubs
30	Salicaceae	<i>Populus tremuloides</i>	quaking aspen	Nana	Other - Trunk hollowed out and used to make drums.
31	Solanaceae	<i>Lycium pallidum</i>	wolfberry	Sopa	Food - Berries eaten.
32	Solanaceae	<i>Physalis virginiana</i>	Virginia cherry/wild tomatilla	Tsigo otheh	Food - Fruit gathered and eaten.
33	Solanaceae	<i>Solanum jamesii</i>	wild potato	Sagobeh	Food - Tubers gathered, packed with clay, and baked.
34	Solanaceae	<i>Datura stramonium</i>	jimson weed	Pojo	Medicinal - Leaves mashed into a poultice and applied to topically as inflammation and pain medicine.
35	Solanaceae	<i>Nicotiana attenuata</i>	coyote tobacco	T'owa Saa	Other, Medicinal - Leaves gathered, dried, and smoked.
	<b>Family</b>	<b>Species</b>	<b>Common Name</b>	<b>Diné Name</b>	<b>Use(s)</b>
36	Agavaceae	<i>Yucca glauca</i>	soapweed yucca	Tsa'aszi'ts'ooz	Ceremonies, other - Roots used for soap; Roots used to wash hair and wash wool.
37	Amaranthaceae	<i>Amaranthus sp., A. retroflexus</i>	redroot amaranth	Naazkaadii	Food - Seeds ground and eaten; leaves and stems eaten like spinach.
38	Asclepiadaceae	<i>Asclepias sp.</i>	milkweed	Ch'ilabe'é	Food, Medicinal - Plant eaten raw or boiled; Infusion of crushed, dried leaves taken for stomach troubles.
39	Asteraceae	<i>Achillea millefolium</i>	western yarrow	Hazeiyiltsee'i	Medicinal - Infusion of plant used as a wash for cuts and saddle sores.
40	Asteraceae	<i>Hymenoxys richardsonii</i>	pinque rubberweed, bitterweed	Né'éshjaa' yilkee'é	Medicinal, ceremonies, food - Soothing lotion for red ant bites; used as emetic in the Evil Way ceremonies; root bark used for chewing gum
41	Asteraceae	<i>Zinnia grandiflora</i>	wild zinnia	Nii'ii'niintshahikííh	Medicinal - Plant used for throat and nose troubles.

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42	Berberidaceae	<i>Mahonia repens</i>	oregongrape	Tsech'iindtl'iziyilt'aa'i	Medicinal - Decoction of leaves and twigs taken for rheumatic stiffness.
43	Betulaceae	<i>Alnus incana</i>	mountain alder	K'ish	Other - Powdered bark used as reddish or brownish dye; branches used to make spears.
44	Brassicaceae	<i>Dimorphocarpa wislizeni</i>	spectaclepod	Nahasht'e'iidqá tíbahígíí	Medicinal - Used to treat itchy or irritated skin (chicken pox, measles, cold sores, sunburn, and insect bites).
45	Cactaceae	<i>Opuntia polyacantha</i>	plains pricklypear	Hosh niteelí	Food, other - Fruit eaten fresh or dried, cooked in stew with dried peaches; Juice used to adhere buckskin cuttings and trimmings to the buckskin war shirt.
46	Campanulaceae	<i>Campanula parryi</i>	Parry bellflower	Awéé'chí'í	Food, ceremonies - Eaten by pregnant woman who want a daughter; Used in Blessing Way ceremonies
47	Chenopodiaceae	<i>Atriplex confertifolia</i>	shadescale	Da'ák'oozh deeníní	Food, other - Used to add salty flavor to corn roasted in a pit; rubbed on horses to repel gnats in summertime.
48	Chenopodiaceae	<i>Salsola tragus</i>	prickly Russian thistle	Ch'il deeníní	Medicinal, ceremonies - Poultice of chewed plants applied to ant, bee and wasp stings; used as blakening in the Enemy Way and Evil Way ceremonies.
49	Chenopodiaceae	<i>Sarcobatus vermiculatus</i>	black greasewood	Díwózhiihshziin	Ceremonies, other - Used as 'mush sticks' to stir mush in the girls' puberty ritual called kinaaldá, and Navajo weddings; used in making red, yellow, and blue dyes.
50	Cupressaceae	<i>Juniperus monosperma</i>	oneseed juniper	Gad	Food, other - Berries eaten ripe; Bark and berries used as a green dye for wool; Wood used to make fence posts and hogan roofs; wood used for firewood; seeds for necklaces.
51	Ephedraceae	<i>Ephedra torreyana</i>	Torrey morman tea	T'oh azihii libáhígíí	Food - Branches used to make tea.
52	Ericaceae	<i>Arctostaphylos pringlei</i>	pringle manzanita	Dinastsoh	Food - Berries used to make beverage; berries eaten raw or cooked.
53	Grossulariaceae	<i>Ribes cereum</i>	wax currant, gooseberry	K'ínjíl'ahí	Ceremonies, food, other - Used in Evil Way, Night Way, and Moutaintop Way ceremonies; fruit and leaves eaten raw, or cooked, or ground with cornmeal and made into bread; wood used to make arrow shafts and the Navajo spinning stick.
54	Juncaceae	<i>Juncus sp.</i>	rush	Teelníyízí or altxí'tjik'aacih	Medicinal, other - used for stomach troubles, skin irritations, and poisonous insect bites; used as sandpaper to smooth bows.
55	Malvaceae	<i>Sphaeralcea coccinea</i>	scarlet globemallow	Azee' ntl'iní	Medicinal, ceremonies - Infusion of roots and leaves used to stop bleeding; drink made from plant for ceremonies.
56	Nyctaginaceae	<i>Mirabilis multiflora</i>	Colorado four o'clock	Tsédedééh	Medicinal - Plant used for rheumatism.
57	Pinaceae	<i>Pinus ponderosa</i>	ponderosa pine	Nídishchí'í	Ceremonies, other - Used in ceremonies; used to build hogans, corrals, sweathouses, fence, and cradleboards, and fuel fires.
58	Poaceae	<i>Bromus tectorum</i>	cheatgrass	Yé'iibe'ets'os	Ceremonies - Used in Night Way chant, as blackening in the Evil Way and Hand Trembling Way, and in medicine for the Night Way and Plume Way ceremonies.
59	Poaceae	<i>Muhlenbergia montana</i>	mountain muhly	Bé'ézhóó'	Other - Navajo fiber, used in making of brushes and brooms.
60	Poaceae	<i>Phragmites australis</i>	common reed	LÓK'aa'	Ceremonies - Reeds used to make prayersticks for the Mountain Chant Ceremony.
61	Poaceae	<i>Sporobolus cryptandrus</i>	sand dropseed	Tl'ohstohzhóó'	Food - Seeds ground to make dumplings, rolls, griddle cakes and tortillas.
62	Poaceae	<i>Zea mays</i>	corn	Naataa	Ceremonies, food - Pollen used in prayers and fruit is eaten.
63	Polygonaceae	<i>Eriogonum sp.</i>	wild buckwheat	Le'etsoh yiljaa'i	Medicinal - red root variety is used to treat blood poisoning, backache, sideache, venereal disease, and other internal injuries. Whole plant is infused in water.
64	Polygonaceae	<i>Rumex crispus</i>	curly-leaf dock	Ch'il bikétl' óól titsooígíí	Medicinal, ceremonies - Root and dried leaves used on sores; plant used to revive someone who has fainted. Used in Holy Way and Lightning Way emetic (causes vomiting).
65	Portulacaceae	<i>Portulaca oleracea</i>	little hogweed, common purslane	Tsegha' niichi'	Medicinal, food - Plant taken for stomachs and smoked to induce vomiting; Seeds used for food.
66	Rosaceae	<i>Cercocarpus montanus</i>	mountain mahogany	Tsé'ésdaazii	Medicinal, ceremonies - Root and leaves used to treat stomach problems; Used as an emetic in five- and nine-night ceremonies, used to make ceremonial materials and ceremonial medicine.
67	Rosaceae	<i>Purshia mexicana</i>	Mexican cliffrose	Awééts'áál	Other - Pounded branches and twigs used as an ingredient to make yellow, brown, or tan
68	Rosaceae	<i>Rosa woodsii</i>	Woods' rose	Chq̄q̄h	Food, other - Fruits eaten for food; Wood used to make needles for leather work.
69	Salicaceae	<i>Populus sp.</i>	cottonwood	T'iis bit'aa' niteelígíí	Ceremonial - Roots used to carve ceremonial figurines.

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70	Salicaceae	<i>Salix exigua</i>	coyote willow	K'ei'libáhi'	Food, other - Leaves used to make beverage; branches used in basketry, braided straps.
	Family	Species	Common Name	Plains Apache Name (Kiowa)	Use(s)
71	Asteraceae	<i>Ambrosia psilostachya</i>	cuman ragweed	tl'o'diich'i'ihí	Medicinal - Decoction of plant used as a wash for sores.
72	Asteraceae	<i>Artemisia ludoviciana</i>	sage	t'édidiigyoodee	Medicinal - Infusion of plant used for stomach troubles or for lungs to treat phlegm.
73	Asteraceae	<i>Echinacea angustifolia</i>	echinacea	yoochishshe'ize or 'izee'isóóhee	Medicinal - Roots used to numb sore teeth and to treat sore throats and coughs.
74	Asteraceae	<i>Liatris punctata</i>	blazing star	izétajijibije'ée	Food - Root edible
75	Asteraceae	<i>Silphium laciniatum</i>	compass plant	jáíichii	Food - sap used a chewing gum
76	Boraginaceae	<i>Lithospermum incisum</i>	puccoon	izefichihí	Medicinal - Roots used for stomach problems and diarrhea
77	Cactaceae	<i>Lophophora williamsii</i>	peyote	xosdíszhot'é	Medicinal - Poultice applied for rheumatic pains; decoction taken for colds/pneumonia/scarlet fever/tuberculosis/venereal disease.
78	Caprifoliaceae	<i>Viburnum rufidulum</i>	rusty blackhaw	dadát'i'sée	Food - Fruit edible
79	Cucurbitaceae	<i>Cucurbita foetidissima</i>	buffalo gourd	daachá'is'áąde	Other - Leaves, stems, roots remedy for screwworm in horses
80	Cupressaceae	<i>Juniperus virginiana</i>	Easter redcedar	gyad	Medicinal, other - Berries chewed for canker sores; needles used as fragrance when burned;
81	Ebenaceae	<i>Diospyros virginiana</i>	common persimmon	ts'iyiitzhijhijbije'e	Food - Fruit edible
82	Equisetaceae	<i>Equisetum hyemale</i>	horsetail	koyát'oh	Other - Hollow stems used by children for whistles
83	Fabaceae	<i>Prosopis glandulosa</i>	honey mesquite	nádiskaąde	Food, other - Fruit pounded for food; leaves used for fodder.
84	Fabaceae	<i>Lespedeza capitata</i>	roundhead lespedeza	dóba' ít'ąą or kótizhí de'ít'ą'	Medicinal - leaves made into a tea for colds
85	Hippocastanaceae	<i>Aesculus glabra</i>	Ohio buckeye	no apache name	Medicinal - Infusion of the inside of fruit taken as an emetic.
86	Juglandaceae	<i>Juglans nigra</i>	black walnut	chiishch'iida	Food - Nuts used for food.
87	Juglandaceae	<i>Carya illinoensis</i>	pecan	ch'ixashéé	Food - Seed edible
88	Lamiaceae	<i>Teucrium canadense</i>	Canada germander	tsí sdeekáshé'ize	Medicinal - Leaves made into a tea to treat fever
89	Malvaceae	<i>Callirhoe involucrata</i>	purple poppymallow	t'odi cheelebilaga 'ít chi	Food - Root edible
90	Moraceae	<i>Maclura pomifera</i>	osage orange	kq'étisowe	Other - Wood used to make bows.
91	Moraceae	<i>Morus rubra</i>	red mulberry	idákhah	Food - Fruit edible
92	Phytolaccaceae	<i>Phytolacca americana</i>	pokeweed	k'áábehíbéshee	Food - Young leaves and stems boiled and eaten
93	Poaceae	<i>Bouteloua curtipendula</i>	sideoats grama	no apache name	Other - Fodder; worn in battle by those who had killed an enemy with a lance.
94	Poaceae	<i>Hierochloa odorata</i>	vanillagrass	tl'o'shigolchii	Other - Fragrant leaves used as stuffing for pillows and mattresses; leaves used as incense
95	Poaceae	<i>Sorghum halepense</i>	johnsongrass	no apache name	Other - Used as fodder; stems and leaves used to make grass whistles by children.
96	Sapindaceae	<i>Sapindus saponaria</i>	Western soapberry	chishiitsowe	Other - Wood used for tent poles and fences
97	Typhaceae	<i>Typha sp.</i>	cattail	k'aazoł	Food - Rhizome edible
98	Ulmaceae	<i>Ulmus rubra</i>	slippery elm	ch'iijji	Medicinal, food, other - Inner bark used as masticatory; used to make tea; branches used for saddle frames.
99	Ulmaceae	<i>Celtis laevigata</i>	hackberry	tsédit'i'sée	Food - Fruit edible
100	Vitaceae	<i>Vitis vulpina</i>	frost grape	dalts'al	Food - Fruit edible
	1 - 35 Tewa; 36 -70 Diné; 71-100 - Plains Apache				