

Chapter Five

Plants Used by Russell Willier

Plants in Willier's Medicine Bundle

Scientific Name

Common English Name

Cree Name Used by Willier

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<i>Abies balsamea</i> Balsam Fir <i>napakâsita</i> Flat-needle Spruce	<i>Amelanchier alnifolia</i> Saskatoon <i>saskahtômina</i> Saskatoon Berry
<i>Achillea millefolium</i> Yarrow <i>wapanowask</i> Morning Flower	<i>Angelica genuflexa</i> Angelica <i>wacaskowiykomawask</i> Rat Smell Root
<i>Acorus americanus</i> Calamus, Sweet Flag, Flagroot <i>wiyikiyo</i> Rat Root	<i>Aralia nudicaulis</i> Wild Sarsaparilla <i>waposociyipiyk</i> Bear Root
<i>Alnus crispa</i> Green Alder <i>atôspi</i> Hill Willow	<i>Arbutus menziesii</i> Arbutus, Madrona, Pacific Madrone <i>None, as this is an import from the West Coast of Canada.</i> Arbutus

Russell Willier's Medicine Bundle

Artemisia frigida
Sage, Sagebrush, Prairie
Sagewort, Pasture Sage
mostoswiywaskwa
Buffalo Grass

Aster puniceus
Purple-stemmed Aster, Wild
Aster, Aster, Wild Blue Aster
*misiyistakiyowask, iskomaski-
yikéy*
Big Arrow, Morning Flower

Betula papyrifera
Paper Birch, White Birch
waskwiyi
Birch

Betula pumila or *B. nana*
Bog Birch, Dwarf Birch,
Swamp Birch
apistiwaskwayi
Small Birch

Castilleja raupii
Indian Paintbrush
or Red Paintbrush
okimawask
King Root

Cicuta maculata
Spotted Water Hemlock,
Cowbane
manitoskâtâsk
God's Carrot

Cornus stolonifera
Red Osier Dogwood
mikwapimakwa
Red Willow

Corylus cornuta
Hazelnut
pakanâhtihk
Peanut Willow

Dryopteris carthusiana
Narrow Spinulose Shield Fern
wiyinohwask
Fat Root

Elaeagnus commutata
Wolf Willow
soniyawniyipsi
Silver Willow

Epilobium angustifolium
(*Chamerion angustifolium*)
Fireweed
eskohtiyowaskwa, skohtiyôciyipihk
Fireweed

Fragaria virginiana
Wild Strawberry
ohtihmina
Heart Berry

Gaultheria hispidula
Creeping Wintergreen
apstepakosa
Tiny Leaves

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Geum aleppicum or
G. macrophyllum
 Yellow Avens, Large-leaved
 Yellow Avens
sakohtowask
 Love Root, Jealousy Root

Geum rivale
 Purple Avens, Water Avens
kiniyipikominanatihk
 Snake Root

Grindelia squarrosa
 Gumweed
kapikiyowapakwani
 Gum Flower

Haploporus odorus
 Diamond Willow Fungus
wikiyimakasikan
 Diamond Willow Fungus

Heracleum lanatum
 Cow Parsnip
pakwânâhtik
 Empty Stalk

Hierochloa odorata
 (*Anthoxanthum nitens*)
 Sweet Grass
wêkaskwa
 Sweet Grass

Larix laricina
 Tamarack
wakanakahn
 Bendable Stem

Ledum groenlandicum (*Rhododendrom groenlandicum*)
 Labrador Tea
maskihkohpakwa
 Muskeg Tea

Lonicera dioica
 Twining Honeysuckle
payipotakask
 Vine with a Hole in the Center

Mentha canadensis or *M. arvensis ssp. borealis*
 Wild Mint
amiskowiyikaskwa
 Mint, Beaver Ears Leaves,
 Beaver Roots

Mertensia paniculata
 Lungwort, Tall Bluebells
kasasiyoyakansiyohk
 King's Plant

Nuphar variegatum
 Yellow Pond Lily
waskwatamoh
 Water Lily

Parmelia sulcata
 Waxpaper Lichen
waskwiya
 Moss

Petasites sagittatus
 Arrow-leaved Coltsfoot
miyokatayinipiya
 Frog Leaves

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<i>Picea glauca</i> White Spruce <i>siyih tah</i> White Spruce	<i>Prunus virginiana</i> Choke Cherry, Circle Berry <i>tokwayiminana</i> Choke Cherry or Circle Berry
<i>Picea mariana</i> Black Spruce <i>minahyik</i> Black Spruce	<i>Ribes oxycanthoides</i> Northern Gooseberry <i>sapominahk</i> See-through Berry
<i>Pinus banksiana</i> Jack Pine <i>askatikos</i> Jack Pine	<i>Rosa woodsii</i> Wild Rose <i>okiniyi</i> Wild Rose
<i>Polygala senega</i> Seneca Snake Root, Milkwort, Seneca Root <i>miyinsiyikiysa</i> Bead Berry	<i>Rubus arcticus</i> Arctic Raspberry, Dwarf Raspberry <i>oskisikomina</i> Eye Berry
<i>Populus balsamifera</i> Black Poplar, Balsam Poplar <i>mayimiyitos</i> Black Poplar	<i>Rubus idaeus</i> or <i>R. strigosus</i> Raspberry <i>ayiskanahk</i> Raspberry
<i>Populus tremuloides</i> Trembling Aspen, Aspen Poplar <i>miyotohs</i> White Poplar	<i>Salix bebbiana</i> Diamond Willow <i>nêpisiyiwaskwôto</i> Diamond Willow
<i>Prunus pensylvanica</i> Pin Cherry <i>nipinimina</i> Summer Berry (Summer Willow)	<i>Sarracenia purpurea</i> Pitcher Plant <i>ayikitas</i> Frog Pants

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<i>Shepherdia canadensis</i> Buffalo Berry, Soapberry	<i>Trifolium pratense</i> Red Clover
<i>kinipiknipsi</i> Snake Willow	<i>mostosmetisowihn</i> Clover
<i>Smilacina racemosa</i> (<i>Maianthemum racemosum</i>) False Solomon's Seal	<i>Typha latifolia</i> Cattail
<i>kawawkanaht</i> Backbone Root	<i>ohtawaskwa</i> Ocean Plant
<i>Solidago canadensis</i> Canadian Goldenrod	<i>Urtica dioica</i> Stinging Nettle
<i>ohsawicëyipëyihk</i> Goldenrod	<i>masan</i> Thistle
<i>Sorbus americana</i> or <i>S. decora</i> American Mountain Ash	<i>Valeriana dioica</i> Northern Valerian, Marsh
<i>asiniyociyipiik</i> Mountain Ash	Valerian
	<i>apiscakowaskos</i> Small Arrow
<i>Sphagnum fuscum</i> Peat Moss,	<i>Viburnum opulus</i> (<i>V. opulus</i> var. <i>americanum</i>)
Sphagnum Peat Moss	High Bush Cranberry, Cramp
<i>maskwoskwa</i> Peat Moss	Bark
	<i>nêpiminana</i> High Bush Cranberry
<i>Taraxacum officinale</i> Dandelion	<i>Vicia cracca</i> Purple Vetch, Tufted Vetch
<i>osawciyipiikwa</i> Dandelion	<i>kiyiminkiyowask</i> Climbing Vine

Total: 61 plants