

SOUTHWEST REGION INDIGENOUS AND WILD PLANTS

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Midwest Region includes:

Arizona, Arkansas, Louisiana, New Mexico, Oklahoma, Texas, Utah

This work was supported by the U.S. Department of Agriculture, Office of Tribal Relations, Indigenous Food Sovereignty Initiative

»» Cattail (*Typha latifolia*)

- Cattails are commonly found at the edge of water (lakes, streams, ponds).
- The shoots, pollen, roots, and the female flower (when green) are all edible parts of the cattail.
- Gather cattail shoots in early spring; gather cattail pollen and immature flower stalks in late spring and early summer; gather the rhizomes in fall.



»» Yucca (*Yucca Glauca*)

- Also known as small soapweed, narrowleaf yucca, plains yucca and beargrass.
- Perennial evergreen plant, adapted to dry growth and high elevation conditions.
- In the early summer, ivory flowers bloom at the tips of its long, fibrous stalks, these are edible and are delicious! Other yucca root uses include pulverized roots mixed with water to drink for stomachache, poulticed root on inflammations and to stop bleeding, soapy juice from root used on rash of poison ivy, soak hair in root solution to kill lice or cure dandruff and baldness.



»» Bee Balm aka Wild Bergamot (*Monarda fistulosa* perianth)

- Blooms throughout the Southwest and US between May through September.
- Grows in dry open woods, fields, wet meadows, and ditches, and at the edges of woods and marshes in the eastern part of Texas.
- This highly fragrant plant has many beneficial uses: leaf tea for colic, abdominal pain, menstrual pain, whooping cough, flatulence, colds, respiratory issues, fevers, sore throat, stomach aches, nosebleeds, insomnia, & heart trouble. Oil from this plant used to dry up pimples and help with dry skin conditions and rashes. Infuse as a tea to relieve nausea, flatulence, menstrual pain, and insomnia.



»» Cottonwood Tree (*Populus deltoides wislizeni*)

- Found in woodland riparian areas.
- Their catkins (flowers) are used for food and leaves can be used for toothaches or for skin abrasions.
- The fluff from Cottonwood seeds has been used as a chewing gum when mixed with the white sap from Milkweeds.
- Buds are collected in late winter to early Spring.



»» Cota Tea (*Thelesperma megapotamicum*)

- Also known as Indian Tea, Navajo Tea, Greenthread and Hopi Tea.
- Can be found in various areas of the southwest including dry/grassy plains and roadsides.
- Benefits (Tea)
 - Helpful with kidneys and stomachaches.



»» Globe Mallow aka Yerba De La Negrita (*Sphaeralcea coccinea*)

- This plant has bright little orange flowers that look like hollyhock flowers and red flowers in early to late summer.
- Yerba de la negrita is a member of the Malvaceae plant family.
- Benefits
 - Helps with dry and irritated skin
 - Use on the hair and scalp.



»» Wild Rose

- Also known as Mountain Rose & Woods' Rose (*Rosa woodsii*) - a native Rosacea. Five of the native wild roses in the US are found in New Mexico. They are drought intolerant as well as being pest and disease resistant and can grow almost anywhere, in the sun or shade. Harvest in early summer.
- It's blossom are pink and fragrant and come up around late spring. After the blossom bloom small, apple-like red hips follow in late summer to early fall.
- Harvest hips in late winter to early spring. Hips have Vitamins A and C, and high in Omega 3 & 6 fatty Acids
- Blossoms and leave are good for tea to help with sleeplessness and stomachaches. Rose Hips help with collagen in skin as well as rashes and general appearance of the skin.



»» Bear Root (*Ligusticum porteri*)

- Also known as Porter's Licorice-root, Porter's Lovage, Mountain lovage, Indian Parsley, Osha Root, Wild Lovage, Loveroot, Bear Medicine, Bear Root, Colorado Cough Root, Indian Root, Indian Parsley, Mountain Carrot.
- Found in mountainous wooded areas and meadows of the US and Mexico.
- Has white flowers that appear during late summer. Roots can be harvested once the leaves have turned yellow and the flowers have lost their seeds.
- Benefits
 - Helps with colds, flu, and respiratory health
 - Has been used for aches, pains, digestion, and wounds/skin infections.
- Important Note: Make sure to get accurate identification of this plant as other members of the carrot family can be toxic.



»» Juniper Tree (*Juniperus deppeana*)

- Also known as Alligator Juniper, Checkerbark Juniper, Western Juniper, Oakbark Cedar, Thickbark Cedar, Mountain Cedar, Tascate, Tacate, Tlascal. Part of the Cypress Family.
- Found in the Southwestern states of the US including, New Mexico, Arizona and Texas, as well as parts of Mexico.
- Berries have been used for flavoring gin/liquors, sauces, as well as also in a tea.
- Benefits (Tea)
 - Menstrual cramps, colds, respiratory health, and helping to flush excess fluids from the body.
 - Juniper ash is used in ceremonies and for nixtamalizing corn.



» Sage (*Artemisia ludoviciana*)

- Also known as Louisiana Artemisia, Louisiana Sage, White Sage, Prairie Sage, Silver Sage, White Sagebrush, Louisiana Wormwood, Silver Wormwood, Louisiana Sagewort, Gray Sagewort, Cudweed Sagewort, Mugwort Wormwood
- Found throughout the Southwest, US and Canada.
- Tea from leaves for stomach troubles, respiratory issues. Tea of roots for laxative, inability to urinate and difficulty in childbirth. Crushed leaf as snuff for sinus attacks, nosebleed, and headaches. Strong tea as wash for eczema, deodorant and antiperspirant for underarms and feet.
- Other Uses: Smoke for ceremonial uses and for cleansing negative energies. Tea from leaves for ceremonial bathing. Cut stalks used for fragrant wreaths and floral arrangements aka sage bundles or smudge sticks.

