

Several Plants used by Apsáalooke, found across Montana

Common English name – Latin name – Apsáalooke name – Apsáalooke translation

Yarrow – achillea lanulosa – chihpachíiskisshe – prairie dog tail

Used as a poultice for wounds and leaves used to cure bug bites and stings.

Mint – mentha arvinus – shússhua

Brewed as a tea for sore throats colds and general wellness, used in the Sundance for dancers to breathe in aroma to soothe individual.

Chokecherry – prunus virginia – baáchuutaale: balápua – real berry, chokecherry tree

Fruit used in berry pudding, under bark used in a tea or chewed as a emetic, to help with constipation.

Sweet Grass – hierochloe odorata – bachúate – like sinew

Used as incense for purification.

Biscuit root – lomatium macrocarpum – iiséé – big root, also called bear root

Used ceremonially, and brewed as a tea for colds, congestion.

Bitterroot – lewisia redivia – baaisaaxaawé – one with branched body

Root used as a food.

Pineapple weed – matricia matricariodes – baauchpashúiliksshe – fragrant yellow flower

Used in pillows and in cradleboards.