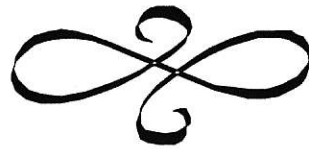


BOTANY TOUR

KAIBAB PAIUTES



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STANLEYA PINNATA, COMMON NAME - PRINCE'S PLUME. The fresh green leaves of the Prince's plume or Indian spinach are eaten as salad greens or boiled as spinach. The leaves are harvested in spring and can be stored for use throughout the year. The Paiute name for this plant is : (Tumar).

EPHEDRA NEVADENSIS, COMMON NAME - NEVADA INDIAN TEA. This species of Indian tea makes a strong tea used for cleaning out the kidneys. It has a different taste from other varieties of Ephedra. The dried stems are boiled, and can be stored for year-round use. The plant is still used today. The Paiute name for this plant is: (Tup, Tup).

EPHEDRA TORREYANA, COMMON NAME TORRY INDIAN TEA. Nevada Indian tea is a well-known medicinal tea among the Southern Paiute people. It is used for colds, for aches and pains, and as a general system cleanser. Women cannot use it during menstruation and at childbirth because at those times they must not have anything hot. The stems were dried in bundles and then boiled for tea when needed. The greener stems are fresher and have more power and would be gathered in sufficient quantities to last all year. Indian tea is also used simply as a beverage. Ephedra continues to be used today and is an important link both to the Earth and to the old ways of the Southern Paiutes. Mountain plants are purer and stronger. Stems should be picked from the east side of the plant. According to one representative, these plants were once told what to do and what they are good for. People have to talk to them and tell them what ails them; the plants grow to help the people and are still used today. The paiute name for this plant is: (U'Tup, Tupi).

SALVIA DORRII, COMMON NAME - PURPLE SAGE OR DESERT SAGE. Purple or Desert sage has ceremonial and medicinal functions. The stems and leaves of the plant are used for healing and purification, burned as incense, and in sweatlodges as part of Paiute ceremonies. Dried leaves are smoked as medicine as well as regular cigarettes. The flowers of the plant contain seeds that can be collected, stored, and replanted. Stems and leaves are harvested in spring and summer, and can also be stored for use throughout the year. As one representative commented, the knowledge has to be passed down and the plant has to be used or it will disappear. The Paiute name for this plant is: (Kanakakoap).

COWANIA MEXICANA, COMMON NAME - CLIFFROSE. Cliffrose is traditionally used for clothing construction, padding for the inside of moccasins and diapers for the babies.

SHAERALCEA AMBIGUA, COMMON NAME - DESERT GLOBEMALLOW. The flower buds of desert globmallow were used as food. The plant is no longer used. The Paiute name for this plant is: (Tupwiv).

NICOTIANA TRIGONOPHYLLA, COMMON NAME - DESERT TOBACCO. Indian tobacco is a traditional ceremonial plant that is still used today. It is used as regular tobacco in cigarettes. The tobacco is collected during the summer months, and enough is gathered to last through the winter. It is frequently mixed with sage, or red willow. It is sold and traded with other Indians. This type of Indian tobacco is said by some representatives, to not be normally used in ceremonies, but occasionally is used in that context. Harvesting techniques for Indian tobacco serve the management function of pruning.

RUMEX HYMENOSEPALUS, COMMON NAME: WILD RHUBARD OR DOCH. The stems of wild rhubarb are eaten fresh or boiled as greens with added sugar. They are harvested when the weather turns warm (spring) and the flowers and stalks of the plant turn red in color. The Paiute name for this plant is: (Ku'u).

LYCIUM PALLIDIUM, COMMON NAME: WOLFBERRY. Berries of this species of wolfberry are eaten and can be harvested by hand. In the past, Southern Paiute people would collect the berries by holding a basket under a branch and using a tool made out of willow to pull berries off the branch. The berries can be dried, ground with water mix into it and used as a jam or jelly over bread. They are preferred when fresh but can also be dried and stored. The dried berries are then boiled in water before they are eaten. Wolfberry is gathered and taken to ceremonies as well. The seeds are planted to increase availability. The Paiute name for this plant is: (U'up).



LARREA TRIDENTATA, COMMON NAME: CREOSOTE BUSH. Creosote bush, or "greasewood" as it is commonly referred to by Indian people, is a traditional Southern Paiute medicinal plant used for a variety of medicinal purposes. This important plant is still used today. To collect the shoots, leaves, stems and flowers, an individual must stand on the north side toward the sun to pray for it. Creosote is used for any kind of sickness, both inside and outside the body. The leaves, flowers, and young shoots can be boiled and drunk as a tea for stomach aches, cancer, or other ailments. It helps clean out the kidneys as well. The stem and leaves can be applied to skin sores, rashes, measles, small pox, or chicken pox. For infants, the entire body can be immersed in the solution. Athlete's foot is also treated with the solution. Creosote is also dried, ground into a powder and applied to skin wounds. It is also used in the sweat lodge. Sprinkley dry on the rocks helps with respiration. Harvest techniques for creosote are equivalent to the management unction of pruning, which encourages fresh new growth. The Paiute name for this plant is: (Yatump, yatumb).

PROSOPIS GLANDULOSA VAR. TORREYANA, COMMON NAME: TORREY MESQUITE. Mesquite is a food and fuel plant. The beans are extracted from the pod and eaten fresh, or mashed and ground into a juicy pulp that is consumed as a beverage. The beans can be dried and stored for use throughout the year. The wood is used as fuel and for construction. As most Americans are aware, mesquite wood makes a hot, slow burning coal in a fire, and Southern Paiute people prefer the wood of mesquite for this reason. The Paiute name for this plant is: (Opimp).

THAMNOSMA MONTANA, COMMON NAME: TURPENTINE BROOM. Turpentine broom is used as a medicine and deodorizer. The stems and leaves are boiled and drunk as tea to relieve pain and rheumatism. The young shoots, stems, flowers, fruit, and seeds can also be boiled with the vapors serving as an air freshener and antiseptic to kill

germs in the house. The powder is also mixed with water and sprinkled about the house as another method of deodorizing and killing germs in the home. The parts can be stored for use throughout the year. The Paiute name for this plant is (Kaivai Sixwana).

OPUNTIA PHAECANTHA, COMMON NAME: ENGELMANN PRICKLY PEAR. This species of prickly pear is a traditional food plant that is widely used in the spring. It is collected once or maybe twice a season. The fruit is first cutoff the plant. Gloves are used to pick up the fruit, and then a knife is used to scrape off the spines until the surface is smooth. The fruit is then rinsed and taken inside to bake. The plant continues to be used today. The Paiute name for this plant is (Manav).

FEROCACTUS ACANTHODES, COMMON NAME: CALIFORNIA BARREL CACTUS. Pulp pads of California barrel cactus are used as an emergency source of food and water, particularly for people lost in the desert or when water is in short supply. The cactus can grow to about three feet tall and provide water for five or six people. Today, the pads are also cooked in an oven. The Paiutes name for this plant is (Avatu Tash, Manav).

Books on this or related subjects are available at several local bookstores and the Interagency Information Center.



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