Chapter 4

Arapaho Ethnobotany

4.1 Introduction

The ethnological and ethnohistorical literature review documented approximately 175 plant resources acknowledged or used by the Arapaho. Twenty-nine plants were recorded as food resources. Fifty plants were listed as having medicinal value and 13 plants had explicit religious or spiritual value. Twenty-eight flora resources were used in the manufacture of material items. Of the complete plant inventory, the literature recorded 66 plants with no cultural use for the resource. Below are the plant resources listed by scientific name, although some plants could not be specifically or conclusively identified. These plants are listed as unidentified.¹

4.2 Ethnobotanical Resources

*Abies lasiocarpa*

*Abies spp.*

Subalpine Fir; Pinaceae

Tribal Nation: Arapaho

Indigenous Name: *Ni: 'ibo:ti*

*Ni: 'ibo:t-i*

Meaning: “Good Smell”

“It Smells Good”

Habitat/Ecological Zone: Mountain slopes, sub-alpine to alpine. Range extends from Yukon south to New Mexico
Plants Parts Harvested: Needles
Season Collected: Not given
Spiritual/Religious Use(s): The needles are used for ceremonial incense
Additional Commentary: Sub-alpine Fir is the prototypical species, although other *Abies* spp., *Picea engelmannii*, and *Pseudostuga menziesii* are referred by the same Arapaho terms.

References: 3

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*Acer negundo*
Box Elder; Aceraceae

Tribal Nation: Arapaho
Indigenous Name: *Hox(w)u*s
Meaning: “Concave/Pitted-out Bush”
Habitat/Ecological Zone: Found in moist, sheltered locations, the foothills to montane regions. The tree is distributed from central British Columbia, Canada to New Mexico
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: Hayden identifies the plant as *Negundo aceroides* along with the name *Ha-hu-is*. 4

References: 5

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*Achillea lanulosa*
*Achillea millefolium*
Yarrow; Asteraceae

Tribal Nation: Arapaho
Indigenous Name: *No’outihi:*
Meaning: “Squirrel’s Tail”
Habitat/Ecological Zone: Prairies, meadows, open woods, especially areas of mild disturbance. The plant thrives in dry to moderately moist soil, from valley floors to above the timberline

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Poultices for sores are made from the crushed fresh plant

References: 6

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*Achillea lanulosa*
*Achillea millefolium*
Yarrow; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *No’outihi:*
Meaning: “Squirrel’s Tail”

Habitat/Ecological Zone: Prairies, meadows, open woods, especially areas of mild disturbance. The plant thrives in dry to moderately moist soil, from valley floors to above the timberline

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Leaves make a green dye

References: 7

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*Achillea lanulosa*
*Achillea millefolium*
Yarrow; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *No’outihi:*
Meaning: “Squirrel’s Tail”
Habitat/Ecological Zone: Prairies, meadows, open woods, especially areas of mild disturbance. The plant thrives in dry to moderately moist soil, from valley floors to above the timberline

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): A tea serves as mild laxative

References: 8

_Acorus calamus_
Sweetflag; Acoraceae

Tribal Nation: Arapaho

Indigenous Name: Yeini:si:
Meaning: “Rose-bush”

Habitat/Ecological Zone: Marshes, seepy areas, and wet zones. Found in North and South Dakota in areas below springs.

Plants Parts Harvested: Bark

Season Collected: Not given

Medicinal Use(s): Rose bush bark is used for stomach ailments

References: 9

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_Agastache spp._
Giant Hyssop; Lamiaceae
Elk Mint

Tribal Nation: Arapaho

Indigenous Name: Woxu:wohoono
Waxuwahan
Meaning: “Elk Mint”

123
Allium spp.
Wild Onion; Liliaceae

Tribal Nation: Arapaho

Indigenous Name: Xoucen
Meaning: ‘Skunk Turnip’

Habitat/Ecological Zone: Moist to dry, open sites; plains to montane ecozones. Found from British Columbia, Canada into Alberta, Canada, south to New Mexico

Plants Parts Harvested: Root bulb
Season Collected: Not given

References: 11
Additional Commentary: Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh’owu* or “Sage Creek.”

References:  

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*Amelanchier alnifolia*
Serviceberry; Rosaceae
Sarvis berry;
Saskatoon;
June-berry;
Shadberry

Tribal Nation: Arapaho

Indigenous Name: *Heyowuwuno’*
Meaning: “Heavy Berries”

Habitat/Ecological Zone: Brushy hillsides, open woods, creek banks, usually in well drained soil. Occasionally found around bogs; Alaska to Colorado

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Ate the berries fresh and dried serviceberries also are added to elk, deer, or bison meat in the manufacture of pemmican.

References:  

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*Amelanchier alnifolia*
Serviceberry; Rosaceae
Sarvis berry;
Saskatoon;
June-berry;
Shadberry

Tribal Nation: Arapaho

Indigenous Name: *Heyowuwuno’*
Meaning: “Heavy Berries”
Habitat/Ecological Zone: Brushy hillsides, open woods, creek banks, usually in well drained soil. Occasionally found around bogs; Alaska to Colorado

Plants Parts Harvested: Bark

Season Collected: Not given

Food Use(s): A tea from the bark of the plant.

References: 15

Anaphalis margaritacea
Pearly Everlasting; Asteraeaceae

Tribal Nation: Arapaho

Indigenous Name: Ceinouhu:tono
Meaning: “Gums made for oneself”

Habitat/Ecological Zone: Open, moist to dry, often disturbed sites; foothills to sub-alpine; Alberta, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: 16

Angelica ampla
Angelica; Apiaceae

Tribal Nation: Arapaho

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Giant Angelica can be found in Colorado, New Mexico, and Wyoming.

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given

Medicinal Use(s): Plant was used medicinally in making decoctions

References: ¹⁷

________________________________________________________________________

Antennaria rosea
Antennaria parvifolia
Antennaria sordida
Nuttall’s Pussytoes; Asteraceae
Indian Tobacco;
Cat-paws;
Everlasting

Tribal Nation: Arapaho

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Grows in moderately dry sites in foothills and montane zones from British Columbia, Canada east into Alberta, Canada to New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Tiny leaves are stripped and then dried and mixed into kinnikinnik

References: ¹⁸

________________________________________________________________________

Arctostaphylos uva-ursi
Bear-berry; Ericaceae
Trailing Manzanita

Tribal Nation: Arapaho

Indigenous Name: Noh’uwunbi:se’
Meaning: “Smoke Plant Berries”

Habitat/Ecological Zone: Well-drained, open or wooded sites; foothills to alpine; Alaska to New Mexico. In the western United States typically associated with ponderosa
pine forests.

<table>
<thead>
<tr>
<th>Plants Parts Harvested</th>
<th>Berries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td>Artifacts</td>
<td>The berries produce a gray-brown dye</td>
</tr>
<tr>
<td>References</td>
<td>19</td>
</tr>
</tbody>
</table>

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*Arctostaphylos uva-ursi*
Bear-berry; Ericaceae
Trailing Manzanita

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name</td>
<td><em>Noh’uwunbi:se’</em></td>
</tr>
<tr>
<td>Meaning</td>
<td>“Smoke Plant Berries”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone</td>
<td>Well-drained, open or wooded sites; foothills to alpine; Alaska to New Mexico. In the western United States typically associated with ponderosa pine forests.</td>
</tr>
<tr>
<td>Plants Parts Harvested</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td>Artifacts</td>
<td>Use the leaves as an ingredient in their smoking tobacco mixture.</td>
</tr>
<tr>
<td>References</td>
<td>20</td>
</tr>
</tbody>
</table>

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*Artemisia spp.*
Sagebrush; Asteraceae

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name</td>
<td><em>No:kho:se</em></td>
</tr>
<tr>
<td>Meaning</td>
<td>“White shrub”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone</td>
<td>Dry, open sites, plains to montane; British Columbia into Alberta, Canada to New Mexico.</td>
</tr>
</tbody>
</table>
Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookooseii-koh’owu* or “Sage Creek.”

References. 

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*Artemesia campestris*
Northern Wormwood; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *Ciwoniino:kho:se*
Meaning: “Half Sage”

Habitat/Ecological Zone: Grows in dry, open sites in plains, foothills, and montane zones from Alaska to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Hayden identifies the plant as *Artemesia canadense*. Contemporary Arapaho do not recognize the plant. Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookooseii-koh’owu* or “Sage Creek.”

References. 

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*Artemisia ludovicana*
Meadow Sage; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *Ni:’kho:se*
Meaning: “White Sage”

Habitat/Ecological Zone: Dry, open sites, plains to montane; British Columbia into Alberta, Canada to New Mexico.
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Spiritual/Religious Use(s): Used ceremonially
Additional Commentary: Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh’owu* or “Sage Creek.”

References: 27

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*Artemisia ludovicana var. incompta*
Mountain Sweet Sage; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *Ni:i’ibo:ti*
Meaning: “Good Smelling Sage”

Habitat/Ecological Zone: Dry, open sites, plains to montane; British Columbia into Alberta, Canada to New Mexico.

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Spiritual/Religious Use(s): Used ceremonially
Additional Commentary: Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh’owu* or “Sage Creek.”

References: 28

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*Artemisia frigida*
Silver Sage; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *No:kho:se*
*Na-ko-ha-sait*
Meaning: “White Bush”

References: 29
Habitat/Ecological Zone: Dry, open sites; plains to montane eco-zones; Alaska to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh’owu* or “Sage Creek.”

References: 31

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*Artemisia frigida* Willd.
Fringed Sagewort; Asteraceae
Sweet Sage; Mt. Ball Sage

Tribal Nation: Arapaho

Indigenous Name: *Na-ko-ha-sait*
Meaning: Not given

Habitat/Ecological Zone: Dry, open sites, plains to sub-alpine; Alaska to New Mexico.

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Infusion of leaves taken as a cough medicine. The leaves are brewed in to tea for coughs.

Additional Commentary: The plant also is called mountain ball sage. Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh’owu* or “Sage Creek.”

References: 33

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*Artemisia frigida* Willd.
Fringed Sagewort
Sweet Sage  
Mt. Ball Sage; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: *Na-ko-ha-sait*  
Meaning: Not given

Habitat/Ecological Zone: Dry, open sites, plains to sub-alpine; Alaska to New Mexico.

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: A green dye is made from the leaves.

Additional Commentary: The plant also is called mountain ball sage. Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhoosei-koh'owu* or “Sage Creek.”

References: 35

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*Artemisia frigida* Willd.  
Fringed Sagewort; Asteraceae  
Sweet Sage;  
Mt. Ball Sage

Tribal Nation: Arapaho

Indigenous Name: *Na-ko-ha-sait*  
Meaning: Not given

Habitat/Ecological Zone: Dry, open sites, plains to sub-alpine; Alaska to New Mexico.

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Leaves are used to stop hemorrhages
Additional Commentary: The plant also is called mountain ball sage. Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh’owu* or “Sage Creek.”

References: 36

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*Artemisia frigida* Willd.
Fringed Sagewort; Asteraceae
Sweet Sage;
Mt. Ball Sage

Tribal Nation: Arapaho

Indigenous Name: *Na-ko-ha-sait*

Meaning: Not given

Habitat/Ecological Zone: Dry, open sites, plains to sub-alpine; Alaska to New Mexico.

Plants Parts Harvested: Whole plant

Season Collected: Not given

Spiritual/Religious Use(s): Whole plant used for “all” ceremonials

Additional Comment: Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhooseii-koh’owu* or “Sage Creek.”

References: 38

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*Artemisia ludoviciana*, Nutt.
White Sage; Asteraceae
Western Mugwort;
Prairie Sage

Tribal Nation: Arapaho

Indigenous Name: *Na-ko-ha-sait*

Meaning: Not given

Habitat/Ecological Zone: Dry, open sites; plains to montane; British Columbia and Alberta, Canada to New Mexico. Also found in semi-disturbed sites.
Plants Parts Harvested: Not given
Season Collected: Not given
Additional Commentary: Although not specifically identified by species, Ball Park in the Middle Park area, Colorado was called *Nookhoosei-koh'owu* or “Sage Creek.”

References: 40

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*Artiplex canescens*
*Artiplex spp.*
Four-winged Saltbush; Chenopodiaceae

Tribal Nation: Arapaho

Indigenous Name: *Woxu:ho:x-bi:Ohi:t*
Meaning: “Horse food”

Habitat/Ecological Zone: Native to dry areas of the western United States. The plant needs full sun and is very drought tolerant.

Plants Parts Harvested: Plant
Season Collected: Not given
Food Use(s): Used as horse and livestock fodder

References: 42

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*Asclepia speciosa*
Showy Milkweed; Asclepiadaceae

Tribal Nation: Arapaho

Indigenous Name: *HeΩebeihento:no*
Meaning: “Dog’s Feet”

Habitat/Ecological Zone: Moderately dry, open or shaded sites; plains to sub-alpine;
Montana to New Mexico

Plants Parts Harvested: Not specified in the literature
Asteraceae sp.  
Aster; Asteraceae

Tribal Nation: Arapaho  
Indigenous Name: Si:si:yeinoxu  
Meaning: “Snake Medicine”

Habitat/Ecological Zone: Dry to moist, open sites; foothills to alpine; extends from British Columbia, Canada to New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The root is mixed with snake scales and the berries of Rhus tribolata (“southern red berry) to cure rattlesnake bites

References: 43

Betula occidentalis
River Birch; Betulaceae
Water Birch;  
Mountain Birch

Tribal Nation: Arapaho  
Indigenous Name: Ni:yo: ’oeno  
Meaning: “Yellow Shrub Plant”

Habitat/Ecological Zone: Open to dense, dry to moist sites; foothills to sub-alpine;  
Alaska to Colorado

Plants Parts Harvested: Branches

Season Collected: Not given

References: 44
<table>
<thead>
<tr>
<th>Spiritual/Religious Use(s):</th>
<th>Used as one of the ceremonial digging sticks in the Sun Dance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Additional Commentary:</td>
<td>Earlier references referred to the plant as Howo”u:bi:s or “Praying Bush.”</td>
</tr>
<tr>
<td>References:</td>
<td>45</td>
</tr>
</tbody>
</table>

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**Betula occidentalis**  
River Birch; Betulaceae  
Water Birch; Mountain Birch

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Ni:yóː’oeno</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>“Yellow Shrub Plant”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Open to dense, dry to moist sites; foothills to sub-alpine; Alaska to Colorado</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Branches</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Spiritual/Religious Use(s):</td>
<td>Used to construct a sweatlodge to resist attack from buffalo. If buffalo would butt the lodge this wood would stick into the animal</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>Earlier references referred to the plant as Howo”u:bi:s or “Praying Bush.”</td>
</tr>
<tr>
<td>References:</td>
<td>47</td>
</tr>
</tbody>
</table>

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**Boletis edulis**  
King Bolete

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Boh’oo:nibee</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>“Thunder Excrement”</td>
</tr>
</tbody>
</table>
Habitat/Ecological Zone: Mycorrhizal with conifers, especially spruce, and (in some locations) with hardwoods; growing alone, scattered, or gregariously; summer and fall; widely distributed, but is more common from the Rocky Mountains westward.

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Food Use(s): The species is eaten
References: 49

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*Cactaceae* spp.
Cacti; Cactaceae

Tribal Nation: Arapaho

Indigenous Name: *Ho'yo:x*
Meaning: “Cactus”

Habitat/Ecological Zone: Widely distributed across the west, especially in dry soils

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given

References: 50

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*Calochortus gunnisonii*
Mariposa; Calochortaceae
Sego Lily

Tribal Nation: Arapaho

Indigenous Name: *Senei' oxu: Θe:’*
Meaning: “Nose/Facing” Plant

Habitat/Ecological Zone: Dry prairies and open sites, often rocky coniferous and deciduous forests. Found predominantly in the northwest prairie bio-region; Montana to New Mexico

Plants Parts Harvested: Not specified in the literature
<table>
<thead>
<tr>
<th>Season Collected:</th>
<th>Not given</th>
</tr>
</thead>
<tbody>
<tr>
<td>Additional Commentary:</td>
<td>Currently the Arapaho word is not recognized.</td>
</tr>
<tr>
<td>References:</td>
<td>51</td>
</tr>
</tbody>
</table>

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**Campanula rotundifolia**  
*Campanula spp.*  
Common Harebell; Campanulaceae

- **Tribal Nation:** Arapaho  
- **Indigenous Name:** *Ce:’eino:ni’*  
- **Meaning:** “Round Bells”  
- **Habitat/Ecological Zone:** Moist to dry locations, open to partly shaded areas; plains to sub-alpine from the southern Yukon, Canada south to New Mexico  
- **Plants Parts Harvested:** Not specified in the literature  
- **Season Collected:** Not given  
- **References:** 53

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**Castilleja, spp.**  
Red Paintbrush; Scrophulariaceae

- **Tribal Nation:** Arapaho  
- **Indigenous Name:** *Kouhuyo:’*  
- **Meaning:** “Sticky”  
- **Habitat/Ecological Zone:** Well drained, open wooded sites; foothills to montane; distributed from British Columbia, Canada south to New Mexico  
- **Plants Parts Harvested:** Blossoms  
- **Season Collected:** Not given  
- **Artifacts:** Blossoms are used to make a red-tan dye  
- **References:** 53
**Ceanothus americanus L**  
*New Jersey Tea*

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Rocky prairie hillsides, ravines, open woodlands. It also can be found along roadsides</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Plant</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Artifacts:</td>
<td>The Northern Arapaho made a beverage tea from the plant</td>
</tr>
<tr>
<td>References:</td>
<td>54</td>
</tr>
</tbody>
</table>

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**Ceanothus americanus L**  
*New Jersey Tea; Rhamnaceae Snowbrush*

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
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</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Plant</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>The tea was used for medical diagnosis as “certain results mean certain things. The patient breathes out a fresh odor”</td>
</tr>
<tr>
<td>References:</td>
<td>55</td>
</tr>
</tbody>
</table>
**Celtis occidentalis**
Hackberry; Ulmaceae

Tribal Nation: Arapaho

Indigenous Name: *Notoyeici:bi:s*
Meaning: “Hide Bush”

Habitat/Ecological Zone: A widespread species found in Kansas and Oklahoma.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: 56

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**Chenopodiaceae spp.**
Salt Brush; Chenopodiaceae

Tribal Nation: Arapaho

Indigenous Name: *Ni:co’-c-ute*
Meaning: “Salt Taste” Plant

Habitat/Ecological Zone: Disturbed, cultivated or waste ground; plains to montane; British Columbia, Canada south to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Food Use(s): Possible used as a source of salt

Additional Commentary: The Cheyenne use *Chenopodium alum* for the same purpose.

References: 58
Chrysothamnus spp.
Rabbitbush; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: No:kuhu:si
Meaning: “Rabbit-bushes”

Habitat/Ecological Zone: Dry, open sites; plains to montane; southern British Columbia, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given

Artifacts: Used as kindling to start fires.

References: 59

Cicuta maculata var. angustifolia
Poison Hemlock: Apiaceae
Water Hemlock

Tribal Nation: Arapaho

Indigenous Name: Ceceeecei
Meaning: Not given

Habitat/Ecological Zone: Wet depressions, often in standing water, plains to sub-alpine; southern Yukon, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given

Medicinal Use(s): Used to make people very active

References: 60

Cicuta maculata var. angustifolia
Poison Hemlock: Apiaceae
Water Hemlock

Tribal Nation: Arapaho

Indigenous Name: Cecececi
Meaning: Not given

Habitat/Ecological Zone: Wet depressions, often in standing water, plains to sub-alpine; southern Yukon, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Spiritual/Religious Use(s): Gave power to paralyze animals and people

References: 61

Cirsium spp.
Thistle; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: To:xu ‘ou’u
Meaning: “They are sharp”

Habitat/Ecological Zone: Disturbed areas and waste ground; introduced species from Europe; distributed from Alberta, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given

References: 62

Comandra umbellata ssp. pallida (A. DC.) Piehl
Comandra pallida
Pale Bastard Toadflax; Santalaceae
Sandalwood

Tribal Nation: Arapaho
Indigenous Name: Not Given
Meaning: “Lost Blue”

Habitat/Ecological Zone: Dry to moist areas, but well-drained sties; plains to foothills; British Columbia, Canada to New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Artifacts: Area next to the root bark is used as a blue dye.

Additional Commentary: This is said to be the “lost blue dye.” The plant was used as a source of blue dye. According to Murphey, “the Arapaho call it ‘The Lost Blue’ because all the Old People who know how to use it are gone.”

References: 64

---

*Cornus stolonifera*
Red-osier Dogwood; Cornel; Kinnikinnik

Tribal Nation: Arapaho

Indigenous Name: *Bo:’o:ceibi:s*
Meaning: “Red Rope-like Bush”

Habitat/Ecological Zone: Moist, wooded to open sites; plains to montane; Northwest territory, Canada to New Mexico

Plants Parts Harvested: Bark

Season Collected: Not given

Artifacts: The red-brown winter bark is peeled to make tobacco or kinnikinnik.

References: 65

---

*Cornus stolonifera*
Red-osier Dogwood
Cornel Kinnikinnik

Tribal Nation: Arapaho

Indigenous Name: Bo:o:ceibi:s
Meaning: “Red Rope-like Bush”

Habitat/Ecological Zone: Moist, wooded to open sites; plains to montane; Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Bark

Season Collected: Not given

Artifacts: Possibly used to make arrow shafts

References: 66

________________________________________________________________________

Cornus stolonifera
Red-osier Dogwood

Tribal Nation: Arapaho

Indigenous Name: Bo:o:ceibi:s
Qi:konibino
Meaning: “Red Rope-like Bush”
“Ghost Berries”

Habitat/Ecological Zone: Moist, wooded to open sites; plains to montane; Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Berries

Season Collected: Not given

References: 67

________________________________________________________________________

Crataegus spp
Hawthorn
Tribal Nation: Arapaho
Indigenous Name: Koh'uwuno'
Boh’oo:nibino
Meaning: “Separated/split Berries”
“Thunder Berries”
Habitat/Ecological Zone: Well-drained sites, but often near water; foothills sub-alpine; British Columbia, Canada to Wyoming
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Food Use(s): The Arapaho used hawthorns for food
References: 68

Cucurbita foetidissima
Gourd; Cucurbitaceae
Tribal Nation: Arapaho
Indigenous Name: Siisi:y
Meaning: “Gourd”
Habitat/Ecological Zone: Prairies, especially in dry soil
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
References: 69

Echinacea pallida
Coneflower; Asteraceae
Tribal Nation: Arapaho
Indigenous Name: Heθowo:noxu'
Meaning: Not given
Habitat/Ecological Zone: Dry, upland prairies

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Contemporary Arapaho report that they are given a yellowish root that is salty tasting for toothaches. It numbs the mouth and causes drooling. The same treatment for toothaches is employed by the Cheyenne, who use *Echinacea pallida var. angustifolia*.

References: 72

---

*Elaeagnus commutata Bernh. ex Rydb*
Silverberry; Elaeagnaceae
Silver Bush;
Wolfwillow

Tribal Nation: Arapaho

Indigenous Name: *Na-koo-wina*
Meaning: Not given

Habitat/Ecological Zone: Well-drained, open sites; plains to montane; Alaska to Montana

Plants Parts Harvested: Berries

Season Collected: Not given

Artifacts: Berries used to make necklaces.

Additional Commentary: Seeds that have been boiled are strung on sinew to make another type of necklace. 73

References: 74

---

*Elaeagnus commutata Bernh. ex Rydb*
Silverberry; Elaeagnaceae
Silver Bush;
Wolfwillow
Tribal Nation: Arapaho

Indigenous Name: No:kuvuno(‘)  
Na-koo-wina
Meaning: “White Berries”

Habitat/Ecological Zone: Well-drained, open sites; plains to montane; Alaska to Montana

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: 75

Eleocharis spp.  
Spikerush; Cyperaceae

Tribal Nation: Arapaho

Indigenous Name: Yeyeinoxu:s
Meaning: “Otter Bush”

Habitat/Ecological Zone: Wet zones, often in standing water; plains to montane; Yukon, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plant is used on the floor of the Sun Dance Lodge

Additional Commentary: Cattails also are used in the same manner

References: 76

Elymus spp.  
Wild Rye; Poaceae

Tribal Nation: Arapaho
<table>
<thead>
<tr>
<th>Indigenous Name:</th>
<th>Woxho:x hitihi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meaning:</td>
<td>“Horse Tail”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Dry to moist, fairly open sites, often on rocky ground; foothills to sub-alpine; British Columbia, Canada to New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>References:</td>
<td>77</td>
</tr>
</tbody>
</table>

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**Erigeronum spp.**  
Wild Buckwheat; Polygonaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Bi:scin</td>
</tr>
<tr>
<td>Meaning:</td>
<td>“Cow Smoke”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Dry, open sites; plains to alpine; Alberta, Canada to New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Artifacts:</td>
<td>Plant used for smoking meat</td>
</tr>
<tr>
<td>References:</td>
<td>78</td>
</tr>
</tbody>
</table>

---

**Eriogonum umbellatum**  
Sulphur Flower Buckwheat; Polygonaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Hono:koO:o:kuNu'</td>
</tr>
<tr>
<td>Meaning:</td>
<td>“White Eye”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Foothills, montane, sub-alpine, and meadows. Flowers spring through summer.</td>
</tr>
</tbody>
</table>
Plants Parts harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Used for colic

References: 79

________________________________________________________

*Erythronium grandiflorum*
Avalanche Lily; Liliaceae
Dogtooth Violet;
Yellow Glacier Lily;
Snow Lily

Tribal Nation: Arapaho

Indigenous Name: Niho:no:ku:no
Meaning: “Yellow Plumes”

Habitat/Ecological Zone: Moist, rich soils, shaded to open sites; montane to alpine;
British Columbia, Canada to Colorado

Plants Parts harvested: Not specified in the literature

Season Collected: Not given

References: 80

________________________________________________________

*Equisetum arvense*
Horsetail; Equisetaceae

Tribal Nation: Arapaho

Indigenous Name: CeniiO-is-e’
Meaning: “It Goes Inside”

Habitat/Ecological Zone: Moist to dry, wooded to open sites, often on disturbed
ground; plains to alpine; Alaska to New Mexico

Plants Parts harvested: Not specified in the literature

Season Collected: Not given
Additional Commentary: The name refers to the fact that one joint of the plant goes inside the next one. The Arapaho English term for the plant is “joint grass.”

References. 

<table>
<thead>
<tr>
<th>Fabaceae spp.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tribal Nation:</strong></td>
</tr>
<tr>
<td><strong>Indigenous Name:</strong></td>
</tr>
<tr>
<td><strong>Meaning:</strong></td>
</tr>
<tr>
<td><strong>Habitat/Ecological Zone:</strong></td>
</tr>
<tr>
<td><strong>Plants Parts Harvested:</strong></td>
</tr>
<tr>
<td><strong>Season Collected:</strong></td>
</tr>
<tr>
<td><strong>Additional Commentary:</strong></td>
</tr>
<tr>
<td>References.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fabaceae spp.</th>
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<tbody>
<tr>
<td><strong>Tribal Nation:</strong></td>
</tr>
<tr>
<td><strong>Indigenous Name:</strong></td>
</tr>
<tr>
<td><strong>Meaning:</strong></td>
</tr>
<tr>
<td><strong>Habitat/Ecological Zone:</strong></td>
</tr>
<tr>
<td><strong>Plants Parts Harvested:</strong></td>
</tr>
<tr>
<td><strong>Season Collected:</strong></td>
</tr>
<tr>
<td><strong>Additional Commentary:</strong></td>
</tr>
<tr>
<td>References.</td>
</tr>
</tbody>
</table>
### Fragaria spp.
**Strawberry; Rosaceae**

- **Tribal Nation:** Arapaho
- **Indigenous Name:** *Hite:hibino*
- **Meaning:** Heart-Shaped Berries”
- **Habitat/Ecological Zone:** Found in open areas, especially along cut lines; meadows or alpine.
- **Plants Parts Harvested:** Fruit
- **Season Collected:** Not given

### Frasera speciosa Dougl. ex Griseb.
**Showy Frasera; Gentianaceae**

- **Monument Plant**
- **Tribal Nation:** Arapaho
- **Indigenous Name:** Not given
- **Meaning:** Not given
- **Habitat/Ecological Zone:** Moderately dry, open or shaded sites; plains to sub-alpine; Montana to New Mexico
- **Plants Parts Harvested:** Nectar
- **Season Collected:** Not given
- **Food Use(s):** Nectar used for honey or as a sweetener
- **Additional Commentary:** The plant also is called “elk lily” by the Arapaho is valued for the plant’s nectar. It is found in the high mountains.³⁸

References: ³⁶

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³⁶ References:
³⁷ References:
³⁸ Additional Commentary:
³⁹ References:
**Frasera speciosa Dougl. ex Griseb.**  
Showy Frasera; Gentianaceae  
Monument Plant

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Moderately dry, open or shaded sites; plains to sub-alpine; Montana to New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Stem</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Artifacts:</td>
<td>An elk call is manufactured from the large stem</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>The Arapaho calls the plant “elk lily”. It is found in the high mountains.</td>
</tr>
<tr>
<td>References:</td>
<td>90</td>
</tr>
</tbody>
</table>

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**Frasera speciosa Dougl. ex Griseb.**  
Showy Frasera; Gentianaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Moderately dry, open or shaded sites; plains to sub-alpine; Montana to New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Root</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>Root is used to make a medicine.</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>The Arapaho calls the plant “elk lily”. It is found in the high mountains.</td>
</tr>
<tr>
<td>References:</td>
<td>92</td>
</tr>
</tbody>
</table>
Fraxinus pennsylvanica
Pennsylvania Ash; Oleaceae

Tribal Nation: Arapaho

Indigenous Name: Ho'esci:bi:s
Meaning: Not given

Habitat/Ecological Zone: Widely distributed from Nova Scotia, Canada to southeastern Alberta, Canada and Montana, and southward to central Texas. Prefers bottomland sites, but grows well when planted on moist upland soils. Most commonly found on alluvial soils along rivers and streams and less frequently in swamps.

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given

References: 94

Fungae
Mushroom spp.; Fungae

Tribal Nation: Arapaho

Indigenous Name: Boh’ono:ibee
Meaning: “Thunder Excrement”

Habitat/Ecological Zone: Various habitats

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given

References: 95

Galium boreale
Northern Bedstraw; Rubiaceae
Cleavers

Tribal Nation: Arapaho

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Well-drained, open to wooded sites; foothills to sub-alpine areas; Alaska to New Mexico

Plants Parts Harvested: Root
Season Collected: Not given
Artifacts: Roots are used to make a red dye. It is set with alum.

References: 96

---

**Gentiana lutea**
Gentian; Gentianaceae

Tribal Nation: Arapaho

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: An introduced species from Europe

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Medicinal Use(s): Used medicinally, but not specified in the literature

References: 97

---

*Geranium spp.*
*Geranium caespitosum*
*Geranium richardsonii*
Purple Wild Geranium; Geraniaceae

Tribal Nation: Arapaho
Indigenous Name: Ceyotowohoono
Meaning: “False Mint”

Habitat/Ecological Zone: Moist, partially shaded sites; foothills to montane; Northwest territory, Canada to New Mexico.

Plants Parts Harvested: Root
Season Collected: Not given
Artifacts: Roots are used to make a red dye. It is set with alum.
Additional Commentary: A native species to Colorado.
References: 98

Gilia congesta
Ipomopsis congesta
White Gilia; Polemoniaceae

Tribal Nation: Arapaho
Indigenous Name: Nee-see-they-na-tha
Meaning: Not given
Habitat/Ecological Zone: Grows in semi-desert locations in open areas.
Plants Parts Harvested: Flower blossoms
Season Collected: Not given
Medicinal Use(s): Dried blossoms are applied in powdered form to relieve pain
References: 99

Glycyrrhiza lepidata
Wild Licorice; Fabaceae
Licorice Root

Tribal Nation: Arapaho
Indigenous Name: Woniseine:hi:s
Meaning: “It Goes After Women Bush”
Habitat/Ecological Zone: Prairies, pastures, disturbed areas; rich, well-drained sites; plains to foothills; Alberta, Canada to New Mexico
Plants Parts Harvested: Root
Season Collected: Not given
Medicinal Use(s): Root is chewed for a sore throat, but the root also can be boiled into a tonic for the symptom

References: 100

Grindelia squarrosa
Grindelia spp.
Gumweed; Asteraceae
Tribal Nation: Arapaho
Indigenous Name: Kouhuye’einou’u
Meaning: “It has sticky heads”
Habitat/Ecological Zone: Pastures and disturbed areas; dry, open sites; plains to foothills; Alberta, Canada to New Mexico
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: Murphey names the plant Ithi wa hyine, possibly meaning “Dog flower head.” 101

References: 102

Helenium hoopesii
Dugaldia hoopesii
Sneezeweed; Asteraceae
Tribal Nation: Arapaho
<table>
<thead>
<tr>
<th>Indigenous Name:</th>
<th>Qiwohoeno</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meaning:</td>
<td>“Things that make you sneeze”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Habitat/Ecological Zone:</th>
<th>Grows in montane, sub-alpine, and alpine eco-systems in meadows.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Plants Parts Harvested:</th>
<th>Blossoms</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Season Collected:</th>
<th>Not given</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Medicinal Use(s):</th>
<th>Blossoms are crushed and inhaled as a hay fever remedy</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Additional Commentary:</th>
<th>They are also mixed with the leaves of the string plant (Psoralea lanceolata) to make an inhalant for headaches.</th>
</tr>
</thead>
</table>

References: 103

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**Heracleum sphondylium var. lanatum**  
Cow Parsnip; Apiaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Arapaho</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Indigenous Name:</th>
<th>Not given</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Meaning:</th>
<th>Not given</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Habitat/Ecological Zone:</th>
<th>Widely distributed across the west from Alaska to New Mexico</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Plants Parts Harvested:</th>
<th>Not specified in the literature</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Season Collected:</th>
<th>Not given</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Medicinal Use(s):</th>
<th>Used medicinally, but no details are available</th>
</tr>
</thead>
</table>

References: 104

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**Heuchera cylindrica var. glabella (Torr. & Gray)**  
Wheelock  
**Heuchera richardsonii**  
Beautiful Alumroot; Saxifragaceae
<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Prairies, hillsides, rocky woods, and openings in woods</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Root</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>Roots used medicinally for unspecified purpose</td>
</tr>
<tr>
<td>References:</td>
<td>105</td>
</tr>
</tbody>
</table>

---

**Hierochloe hirta**  
Sweetgrass; Poaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>No ’oxu</td>
</tr>
<tr>
<td>Meaning:</td>
<td>“Good Grass”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Widely distributed across the west from Alaska to New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>References:</td>
<td>106</td>
</tr>
</tbody>
</table>

---

**Hydrastis canadensis**  
Goldenseal; Ranunculaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Grows in shady locations, usually in forested locations.</td>
</tr>
</tbody>
</table>

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158
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Medicinal Use(s): Used in making medicinal decoctions
References: 107

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*Ipomoea leptophylla* Torr.
Bush Morning Glory; Convolvulaceae

Tribal Nation: Arapaho
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Sandy prairie, waste ground, and banks
Plants Parts Harvested: Root
Season Collected: Not given
Food Use(s): Root roasted for food when pressed by hunger

Additional Commentary: Dr. Edward Palmer, an scientist and explorer on the western frontier wrote in 1871 that: “This showing plant of the dry deserts of the West is commonly called man root, or man of the earth, similar on size and shape to a man’s body. The Cheyenne, Arapahoes, and Kiowas roast it for food when pressed by hunger, but it is by no means palatable or nutritious. Its enormous size and depth make its extraction by ordinary Indian implements a work of much difficulty.” 108

References: 109

---

*Ipomopsis congesta*
White Gilia; Polemoniaceae

Tribal Nation: Arapaho
Indigenous Name: *Neni:siQe’eino*
Meaning: “Two Heads”
Habitat/Ecological Zone: Grows in semi-desert locations in open areas.
Plants Parts Harvested: Root
Season Collected: Not given
Medicinal Use(s): Used for medicinal purposes
Additional Commentary: Also identified as *Gilia congesta*

References: 110

---

*Ivesia gordonii*
Ivesia; Rosaceae
Golden Ivesia

Tribal Nation: Arapaho
Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: It is found in rocky alpine and sub-alpine ridges, and in talus slopes. It is also found along flood plains and riverbanks at lower elevations; found from Washington into Oregon, Montana, Wyoming, Utah, and into northeast Colorado.

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Food Use(s): Used to make tea

References: 111

---

*Ivesia gordonii (Hook.) Torr. & Gray*  
*Horkelia gordonii*  
Gordon's Ivesia; Rosaceae

Tribal Nation: Arapaho
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Found in rocky alpine and sub-alpine ridges, and in talus slopes. It is also found along flood plains and riverbanks at lower elevations; found from Washington into Oregon, Montana, Wyoming, Utah, and into northeast Colorado.

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Infusion of resinous roots used as a general tonic

Additional Commentary: The root is dug just before maturity. It has a pink colored sap. It is also called pink root. Patients are expected to improve in a week or possibly two weeks.¹¹²

References: ¹¹³

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*Juncus balticus*
Baltic Rush; Juncaceae

Tribal Nation: Arapaho

Indigenous Name: *Hotohine*  
*Hatahina*

Meaning: Not given  
Not given

Habitat/Ecological Zone: Found from sub-alpine into valley grassland areas, between zero to 11,000 feet in elevation. Usually occurs in wetlands, but occasionally found in non-wetland areas.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Artifacts: Black fibers used to embroider robes and clothing

References: ¹¹⁴

________________________

*Juniperus communis var. montana Ait.*  
*Juniperus siberica*  
Common Juniper; Cupressaceae  
Ground Juniper;
Prickly Juniper

Tribal Nation: Arapaho

Indigenous Name: *Bat-they-naw*

*Ce:h’e’*

*Be’se:O*

Meaning: “I am cedaring”

“Needles/Leaves”

“Red Pine”

Habitat/Ecological Zone: Prairie hillsides, fields, and occasionally woodland areas; dry open sites or open forest; plains to alpine; Alaska to New Mexico

Plants Parts Harvested: Needles

Season Collected: Not given

Spiritual/Religious Use(s): The name, *Ce:h’e’*, specifically is used for the needles that are used ceremonially, separate from the plant for cedaring or smudging

Additional Commentary: The phrase, “I am cedaring,” is a rough translation provided by Dr. Stephen Greymorning. The term for the plant is *Be’Oeino’o* or “Red-Inside.” The term also applies to *Sabina scopulorum*.

References:

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*Juniperus communis var. montana* Ait.

*Juniperus siberica*

Common Juniper; Cupressaceae

Ground Juniper;

Prickly Juniper

Tribal Nation: Arapaho

Indigenous Name: *Bat-they-naw*

*Ce:h’e’*

*Be’se:O*

Meaning: “I am cedaring”

“Needles/Leaves”

“Red Pine”

Habitat/Ecological Zone: Prairie hillsides, fields, and occasionally woodland areas; dry open sites or open forest; plains to alpine; Alaska to New Mexico
Plants Parts Harvested: Needles
Season Collected: Not given
Medicinal Use(s): Ground needles are burned as a disinfectant

Additional Commentary: The phrase, “I am cedaring,” is a rough translation provided by Dr. Stephen Greymorning. The term for the plant is Be’Oeino’o or “Red-Inside.” The term also applies to Sabina scopulorum.\textsuperscript{118}

References: \textsuperscript{119}

\textit{Juniperus communis var. montana Ait.}
\textit{Juniperus siberica}
Common Juniper; Cupressaceae
Ground Juniper;
Prickly Juniper

Tribal Nation: Arapaho
Indigenous Name: \textit{Bat-they-naw}
\textit{Ce:h’e’}
\textit{Be’se:O}
Meaning: “I am cedaring”
“Needles/Leaves”
“Red Pine”

Habitat/Ecological Zone: Prairie hillsides, fields, and occasionally woodland areas;
dry open sites or open forest; plains to alpine; Alaska to New Mexico

Plants Parts Harvested: Needles
Season Collected: Not given
Medicinal Use(s): Infusion of needles as a tea taken for bowel troubles

Additional Commentary: The phrase, “I am cedaring,” is a rough translation provided by Dr. Stephen Greymorning.\textsuperscript{120} The term for the plant is Be’Oeino’o or “Red-Inside.” The term also applies to Sabina scopulorum.\textsuperscript{121}

References: \textsuperscript{122}
Juniperus communis var. montana Ait.
Juniperus siberica
Common Juniper; Cupressaceae
Ground Juniper; Prickly Juniper

Tribal Nation: Arapaho

Indigenous Name: Bat-they-naw
Ce:h’e’
Be’se:O
Meaning: “I am cedaring”
“Needles/Leaves”
“Red Pine”

Habitat/Ecological Zone: Prairie hillsides, fields, and occasionally woodland areas; dry open sites or open forest; plains to alpine; Alaska to New Mexico

Plants Parts Harvested: Needles

Season Collected: Not given

Medicinal Use(s): Ground needles scent used to drive smallpox away

Additional Commentary: The ground needles are sprinkled over a fire or hot stove. The phrase, “I am cedaring,” is a translation provided by Dr. Stephen Greymorning. The term for the plant is Be’oeno’o or “Red-Inside.” The term also applies to Sabina scopulorum.

References: 123

Sabina scopulorum

Juniperus communis var. montana Ait.
Juniperus siberica
Common Juniper; Cupressaceae
Ground Juniper; Prickly Juniper

Tribal Nation: Arapaho

Indigenous Name: Bat-they-naw
Ce:h’e’
Be’se:O
Meaning: “I am cedaring”
“Needles/Leaves”
“Red Pine”

Habitat/Ecological Zone: Prairie hillsides, fields, and occasionally woodland areas; dry open sites or open forest; plains to alpine; Alaska to New Mexico

Plants Parts Harvested: Needles

Season Collected: Not given

Artifacts: Needles ground and used for their scent in a variety of contexts

Additional Commentary: The term for the plant is Be’Oeino’o or “Red-Inside.” The term also applies to Sabina scopulorum.126

References: 127

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Juniperus communis var. montana Ait.
Juniperus sibirica
Common Juniper; Cupressaceae
Ground Juniper;
Prickly Juniper

Tribal Nation: Arapaho

Indigenous Name: SeeOibino
Meaning: “Pine Berries”

Habitat/Ecological Zone: Prairie hillsides, fields, and occasionally woodland areas; dry open sites or open forest; plains to alpine; Alaska to New Mexico

Plants Parts Harvested: Berries

Season Collected: Not given

Additional Commentary: Hayden identifies Sath-i-win as “little pine berries with a species of trailing juniper, possibly Juniperus horizontalis that occurs in northern Wyoming. The term for the plant is Be’Oeino’o or “Red-Inside.” The term also applies to Sabina scopulorum.128

References: 129
**Junisperus monosperma**  
One Seed Juniper; Cupressaceae

Tribal Nation: Arapaho  
Indigenous Name: Not given  
Meaning: Not given

Habitat/Ecological Zone: Found desert grassland and pinon-juniper ranges throughout New Mexico, portions of Arizona, southern Colorado, western Texas and western Oklahoma  
Plants Parts Harvested: Plant  
Season Collected: Not given

Artifacts: All of the plant is used to make yellow dye. Ashes of all plant parts function as a mordant when added to various dye baths.  

References:  

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**Leptotaenia multifida**  
*Lomatium dissectum* (Nutt.) Mathias & Constance  
Indian Balsam; Apiaceae  
Carrot Leaf;  
Wild Parsnip

Tribal Nation: Arapaho  
Indigenous Name: *Nee-a-tat*  
Meaning: Not given

Habitat/Ecological Zone: Western North America; Open, often rocky slopes and dry meadows, often on talus  
Plants Parts Harvested: Shoots  
Season Collected: Spring  
Food Use(s): Long, young shoots are cooked for greens.

References:
<table>
<thead>
<tr>
<th><strong>Leptotaenia multifida</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Indian Balsam; Apiaceae</td>
<td></td>
</tr>
<tr>
<td>Carrot Leaf;</td>
<td></td>
</tr>
<tr>
<td>Wild Parsnip</td>
<td></td>
</tr>
</tbody>
</table>

**Tribal Nation:** Arapaho  

**Indigenous Name:** *Nee-a-tat*  
**Meaning:** Not given  

**Habitat/Ecological Zone:** Western North America; Open, often rocky slopes and dry meadows, often on talus  

**Plants Parts Harvested:** Root  

**Season Collected:** Not given  

**Food Use(s):** Root is boiled into a tea.  

**References:**  

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At Wind River, the plant was used to make a “scent” for a sick person, a tea from the root for colds and flu, or the steam from the boiled root would be inhaled by the patient. Water from the boiled root would also be sponged on a sick person.
person or the dry root is pounded and grease is added to massage the affected parts of a person’s body.

References: 134

<table>
<thead>
<tr>
<th><strong>Leptotaenia multifida</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lomatium dissectum</strong> (Nutt.) Mathias &amp; Constance</td>
</tr>
<tr>
<td>Indian Balsam; Apiaceae</td>
</tr>
<tr>
<td>Carrot Leaf;</td>
</tr>
<tr>
<td>Wild Parsnip</td>
</tr>
</tbody>
</table>

Tribal Nation: Arapaho

Indigenous Name: *Nee-a-tat*

Meaning: Not given

Habitat/Ecological Zone: Found from Washington south to New Mexico

Plants Parts Harvested: Roots

Season Collected: Not given

Artifacts: Dried root chips diluted with Bull Durham were also used during the 1930-1945 era at Wind River for a “friendly” smoke.

Additional Commentary: *Leptotaenia multifida* is not a currently accepted synonym. Today the plant is classified under *Lomatium dissectum var. multifidum* (Nutt.) Mathias & Constance.

References: 135

<table>
<thead>
<tr>
<th><strong>Lewisia rediviva</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bitterroot; Portulacaceae</td>
</tr>
</tbody>
</table>

Tribal Nation: Arapaho

Indigenous Name: *Wo:xco*

Meaning: “Bad Taste”

Habitat/Ecological Zone: Dry, open sites; foothills to sub-alpine; southern British Columbia, Canada to Montana, south to New Mexico
Plants Parts Harvested: Root
Season Collected: Not given
Food Use(s): Eaten as a food
References: 136

_____________________________________________________________

*Lewisia rediviva*
Bitterroot; Portulacaceae

Tribal Nation: Arapaho
Indigenous Name: *Wo:xco*
*Neni:cisoxu’o*
Meaning: “Bad Taste”
“Hollow Root”

Habitat/Ecological Zone: Dry, open sites; foothills to sub-alpine; southern British Columbia, Canada to Montana, south to New Mexico

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Medicinal Use(s): Eaten to cure fits and a general cure-all
References: 137

_____________________________________________________________

*Lichen spp.*
Lichens

Tribal Nation: Arapaho
Indigenous Name: *Bi:teibeyon:ku*
Meaning: “Ghost-Glide Eye”
“Ghost Tears”

Habitat/Ecological Zone: Various eco-zones and eco-niches
Plants Parts Harvested: Plant
Season Collected: Fall

Medicinal Use(s): A foliose species of lichen that grows on the ground among sage brush is used as an eye medicine

Additional Commentary: Several different species of lichen and possibly all lichen species are called by the above term. Rock lichens are called by the same name.\textsuperscript{138}

References: \textsuperscript{139}

\textit{Lithospermum angustifolium}
\textit{Lithospermum incisum Lehm.}
Indian Turnip;
Gromwell;
Puccoon;
Lemonweed;
Indian Paint

Tribal Nation: Arapaho

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Warm, dry, open sites, often on rocky ground; plains to montane; southern British Columbia, Canada to Colorado

Plants Parts Harvested: Root

Season Collected: Not given

Artifacts: The root is used medicinally by all Plains Indians

References: \textsuperscript{140}

\textit{Lomatium spp.}
Biscuitroot; Apiaceae

Tribal Nation: Arapaho

Indigenous Name: \textit{Ce: etei’i}
Meaning: “Spherical edible”
“They are edible round things”
**Habitat/Ecological Zone:** Dry, open sites from rich to rocky soil; foothill to montane; Alberta, Canada to Colorado

**Plants Parts Harvested:** Not specified in the literature

**Season Collected:** Not given

**References:** 141

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*Lomatium dissectum var. multifidum*

White Turnip; Apiaceae

**Tribal Nation:** Arapaho

**Indigenous Name:** *Ni’ete’*

**Meaning:** “Good edible”

**Habitat/Ecological Zone:** Dry, open sites from rich to rocky soil; foothill to montane; Alberta, Canada to Colorado

**Plants Parts Harvested:** Root

**Season Collected:** Not given

**Additional Commentary:** Harm’s Peak, Colorado is named *Nii’eetei, tiikou’uni’i* or “Where white turnips are gathered.” White turnips also are a traditional medicinal plant. 142

**References:** 143

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*Lophophora williamsii*

Peyote; Cactaceae

**Tribal Nation:** Arapaho

**Indigenous Name:** *Ho’yo:x*

**Meaning:** “Peyote”

**Habitat/Ecological Zone:** Found in dry sandy soils along the Rio Grande watershed in Texas and Mexico and in scattered locations as far south as Hidalgo, Mexico
Plants Parts Harvested: Button
Season Collected: Not given
Spiritual/Religious Use(s): Used for peyote ceremonies as a sacrament
References: 144

Lycoperdon spp.
Puffball
Tribal Nation: Arapaho
Indigenous Name: Boh’oo:nibee
Meaning: “Thunder Excrement”
Habitat/Ecological Zone: Wooded areas
Plants Parts Harvested: Mushroom
Season Collected: Not given
Medicinal Use(s): The puffball is used medicinally
References: 145

Lygodesmia juncea
Skeletonweed; Asteraceae
Tribal Nation: Arapaho
Indigenous Name: BeQenecoo-oo:no
Meaning: “Breast Milk Making Things”
Habitat/Ecological Zone: High plains and prairies, often in alkaline soils; dry, open sites; plains to foothills; Alberta, Canada to New Mexico
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Medicinal Use(s): Used in an herbal decoction and given to women whose children were sick with diarrhea. The illness, it was believed was caused by bad breast milk.

References: 146

---

**Lygodesmia juncea**
Skeletonweed; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: Be@enecoo-o:o:no
Meaning: “Breast Milk Making Things”

Habitat/Ecological Zone: High plains and prairies, often in alkaline soils; dry, open sites; plains to foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Used in an herbal decoction or broth to stimulate breast milk flow.

Additional Commentary: The Cheyenne used the plant in the same manner. It is called “breast Milk plant.” 147

References: 148

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**Mahonia repens**
Oregon Grape; Berberidaceae

Tribal Nation: Arapaho

Indigenous Name: Ceci:n-bi:ci:x-o
Meaning: “Winter Leaf Plant”

Habitat/Ecological Zone: Forested slopes; foothills to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature
**Mentha arvensis var. canadenis**
*Mentha penardi (Briq.)*
*Mentha arvensis, L*
Peppermint; Lamiaceae

**Tribal Nation:** Arapaho

**Indigenous Name:** *Paquannah*  
*Woho:no’*

**Meaning:** “Peppermint”

**Habitat/Ecological Zone:** Moist or wet soil of stream banks, lake margins, prairie ravines, and low woods in the northern areas

**Plants Parts Harvested:** Plant

**Season Collected:** Not given

**Medicinal Use(s):** Whole plant is steeped in hot water and the liquid is consumed for indigestion

**Additional Commentary:** One Arapaho contemporary woman identified two types of mint, one with round and the other with oval leaves. The round-leaf variety is considered better and is named *nii’ou-woho:no*.

References:

---

**Mentha arvensis var. canadenis**
*Mentha penardi (Briq.)*
*Mentha arvensis, L*
Peppermint; Lamiaceae

**Tribal Nation:** Arapaho

**Indigenous Name:** *Paquannah*  
*Woho:no’*

**Meaning:** “Peppermint”

References:
“Peppermint”

**Habitat/Ecological Zone:** Moist or wet soil of stream banks, lake margins, prairie ravines, and low woods in the northern areas

**Plants Parts Harvested:** Plant

**Season Collected:** Not given

**Medicinal Use(s):** Whole plant is steeped in hot water and the liquid is consumed for indigestion.

**Additional Commentary:** One Arapaho contemporary woman identified two types of mint, one with round and the other with oval leaves. The round-leaf variety is considered better and is named *nii‘ou-woho:no.*

**References:**

---

*Mertensia ciliata*

*Mertensia spp.*

Chiming Bells; Boraginaceae

Bluebells;

Lungwort

**Tribal Nation:** Arapaho

**Indigenous Name:** *Ce:ne:te:ne:'einou'u*

**Meaning:** “It has blue heads”

**Habitat/Ecological Zone:** Moist to wet sites; foothills to montane from Idaho, Montana to New Mexico

**Plants Parts Harvested:** Not specified in the literature

**Season Collected:** Not given

**References:**

---

*Nicotiana spp.*

Tobacco; Solanaceae

**Tribal Nation:** Arapaho
<table>
<thead>
<tr>
<th>Indigenous Name:</th>
<th>Si:so:wo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meaning:</td>
<td>&quot;Tobacco&quot;</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Cultivar</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>References:</td>
<td>155</td>
</tr>
</tbody>
</table>

---

**Opuntia spp.**  
Prickly Pear Cactus; Cactaceae  

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Ho’yo:x</td>
</tr>
<tr>
<td>Meaning:</td>
<td>&quot;Cactus&quot;</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Arid regions</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>References:</td>
<td>156</td>
</tr>
</tbody>
</table>

---

**Orthocarpus luteus, Nutt.**  
Yellow Paintbrush; Scrophulariaceae  
Owl’s Clover  

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Arapaho</th>
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</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Found from Washington south to New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Plant</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
</tbody>
</table>
Artifacts: Whole plant used to make a yellow dye. It is rolled up with material which is to be dyed—skins, quills, horse hair—when the plant is in bloom and available.

References: \(^{157}\)

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**Osmorhiza spp.**  
**Osmorhiza occidentalis**  
Sweet Cicely; Apiaceae  
Western Sweet-Cicely

Tribal Nation: Arapaho  
Indigenous Name: *Wo:xubou’o*  
Meaning: “It smells bad”  
Habitat/Ecological Zone: Moist to wet, shady locations; sub-montane to montane; southern British Columbia to Colorado  
Plants Parts Harvested: Not specified in the literature  
Season Collected: Not given  
Medicinal Use(s): Used for stomach aches and pains  
References: \(^{158}\)

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**Oxytropis spp.**  
Locoweed; Fabaceae

Tribal Nation: Arapaho  
Indigenous Name: *Si:si:yeibi:Ohi:t*  
Meaning: “Snake Food”  
Habitat/Ecological Zone: The several varieties of locoweed are found on well-drained, open sites; foothills to sub-alpine; Alaska to New Mexico  
Plants Parts Harvested: Not specified in the literature  
Season Collected: Not given
Artifacts: Used to poison arrows

References: 159

---

*Oxytropis spp.*
Locoweed; Fabaceae

Tribal Nation: Arapaho

Indigenous Name: *Si:si:yeibi:Ohi:t*
Meaning: “Snake Food”

Habitat/Ecological Zone: The several varieties of locoweed are found on well-drained, open sites; foothills to sub-alpine; Alaska to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Spiritual/Religious Use(s): People avoided the plant’s purple flowers as it was believed to belong to snakes

References: 160

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*Padus virginiana*
*Prunus virginiana*
Chokecherry; Pin Cherry

Tribal Nation: Arapaho

Indigenous Name: *Biino*
Meaning: Not given

Habitat/Ecological Zone: Dry to moist; open sites; plains to montane; southern Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Berries

Season Collected: Not given
Food Use(s): Berries were eaten fresh or dried

Additional Commentary: The berries are used to make a sauce to pour over other food items. Chokecherries also were ground and mixed with lard and ground meat to make pemmican for winter use.

References: 161

Panax quiquefolium
Ginseng; Araliaceae

Tribal Nation: Arapaho
Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Usually grows beneath mixed hardwoods in moist, lush soils along slopes. Found east of the Rocky Mountains except the extreme south.

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Medicinal Use(s): Used medicinally in decoctions

References: 162

Pediocactus simpsonii
Mountain Ball Cactus; Cactaceae

Tribal Nation: Arapaho
Indigenous Name: Ce:yo:ku
Meaning: “Round Standing” Plant

Habitat/Ecological Zone: Found across the west growing in grassland, sagebrush, pinon-juniper woodland, and montane forest habitats, often under larger vegetation. Prefers well-drained, porous soil.

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Penstemon spp.
Penstemon; Scrophulariaceae
Beardtongue

Tribal Nation: Arapaho

Indigenous Name: Wo:ku:no’
Meaning: “Plumes”

Habitat/Ecological Zone: Found from the mountains to plains in well-drained soils. Prefers full sun.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant.

References: 164

Perideridia gairdneri
Yampa; Apiaceae

Tribal Nation: Arapaho

Indigenous Name: Yeneinit
Meaning: “It is four”

Habitat/Ecological Zone: Dry to moist, open or wooded areas; plains to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Food Use(s): Used as food

References: 165
**Phlox spp.**  
Phlox; Polemoniaceae  

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>To:xu’o</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>“Sharp Leaves”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Dry, open slopes; plains to montane; British Columbia, Canada to New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>References:</td>
<td>¹⁶⁶</td>
</tr>
</tbody>
</table>

**Picea engelmannii**  
Englemann Spruce; Pinaceae  

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Ni:'ibo:ti</em></td>
</tr>
<tr>
<td>Ni: ’ibo:t-i</td>
<td>“Good Smell”</td>
</tr>
<tr>
<td>Meaning:</td>
<td>“It Smells Good”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td></td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Needles</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Spiritual/Religious Use(s):</td>
<td>The needles are used for ceremonial incense</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>Subalpine Fir is the prototypical species, although other <em>Abies spp.</em> and <em>Pseudostuga menziesii</em> are referred by the same Arapaho terms.¹⁶⁷</td>
</tr>
<tr>
<td>References:</td>
<td>¹⁶⁸</td>
</tr>
</tbody>
</table>
**Picea pungens**
Colorado Blue Spruce

Tribal Nation: Arapaho

Indigenous Name: *Ni’ibootou*
Meaning: “Good Smelling Thing”

Habitat/Ecological Zone:

Plants Parts Harvested: Needles

Season Collected: Not given

Spiritual/Religious Use(s): The needles are used for ceremonial incense

References: 169

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**Pinus spp.**
Pine Trees; Pinaceae

Tribal Nation: Arapaho

Indigenous Name: *
Se:O
Hise:O
Se:to?
Se:Ocei
SeeOibino
Se:O-ib-ino*

Meaning: “Pine Tree”
“Pine Tree” (Older form)
“Pine Tree” (Older form)
“Pine gum/resin/sap”
“Pine Cone”
“Pine Berries”

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Hayden applies the term specifically to *Pinus ponderosa*, but the word is applied to any *Pinus spp.* 170
Pinus contorta var. latifolia
Lodgepole Pine; Pinaceae

Tribal Nation: Arapaho
Indigenous Name: No:kuse:O
Meaning: “Pale or Grey Pine”

Habitat/Ecological Zone:
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given

References: 171

Pinus flexilis
Limber Pine; Pinaceae

Tribal Nation: Arapaho
Indigenous Name: (Hi)se:O
Meaning: “Pine”

Habitat/Ecological Zone:
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given

References: 172

Poceae spp.
Grass; Poceae

Tribal Nation: Arapaho
Indigenous Name: Woxu
Meaning: “Grass”

Habitat/Ecological Zone: Widely distributed in various eco-zones

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: 174

Populus angustifolia
Narrowleaf Cottonwood; Salicaeae

Tribal Nation: Arapaho

Indigenous Name: Hoho:tinbii:tino
Meaning: “Cottonwood Aspens”

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: 175

Populus deltoids
Plains Cottonwood; Salicaeae

Tribal Nation: Arapaho

Indigenous Name: Hoho:t
He:One:bes
Meaning: “True Cottonwood”
“Sweet Cottonwood”

Habitat/Ecological Zone:

Plants Parts Harvested: Trunk

Season Collected: Not given
Spiritual/Religious Use(s): Trunk used as the center pole of the Sun Dance Lodge

Additional Commentary: No recorded use for the plant.

References: 176

Populus tremuloides
Quaking Aspen; Salicaeae

Tribal Nation: Arapaho

Indigenous Name: Bii:t
Meaning: “Aspen”

Habitat/Ecological Zone: Dry to moist sites; foothills to sub-alpine; Alaska to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: 177

Prunus melanocarpa, (A, Nels)
Cerasus demissa melanocarpa
Black Chokecherry; Rosaceae
Western Chokecherry

Tribal Nation: Arapaho

Indigenous Name: Bi:nono:’oe-
Meaning: “Chokecherry Bush”

Habitat/Ecological Zone: Rich soils, thickets, woodland borders, ravine banks. Often found in sandy soils on hillsides; plains to montane; southern Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Fruits

Season Collected: Not given

Food Use(s): Mash up the fruit and dry for winter use.
Prunus melanocarpa, (A, Nels)
Cerasus demissa melanocarpa
Black Chokecherry; Rosaceae
Western Chokecherry

Tribal Nation: Arapaho

Indigenous Name: Bi:nono:’oe-‘
Meaning: “Chokecherry Bush”

Habitat/Ecological Zone: Rich soils, thickets, woodland borders, ravine banks. Often found in sandy soils on hillsides; plains to montane; southern Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Bark

Season Collected: Not given

Artifacts: A red-brown dye is acquired from the inner bark. A red dye is made from the berries

References: 179

Prunus pensylvanica
Pin Cherry; Rosaceae

Tribal Nation: Arapaho

Indigenous Name: Bi:nehe’
Meaning: “Little Berry”

Habitat/Ecological Zone: Dry to moist; open sites; plains to montane; southern Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): The fruit is collected and eaten
Prunus americanus
Wild Plum; Rosaceae

Tribal Nation: Arapaho

Indigenous Name: Beesibino’
Meaning: ‘Bees-ib-ino
“Big berry”

Habitat/Ecological Zone: Dry to moist; open sites; plains to montane; southern Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): The fruit is collected and eaten

References: 

Pseudostuga menziesii
Douglas Fir

Tribal Nation: Arapaho

Indigenous Name: Ni: ’ibo:ti
Ni: ’ibo:t-i

Meaning: “Good Smell”
“It Smells Good”

Habitat/Ecological Zone: Moist to dry sites; foothills to sub-alpine; central British Columbia, Canada to New Mexico

Plants Parts Harvested: Needles

Season Collected: Not given

Spiritual/Religious Use(s): The needles are used for ceremonial incense

References: 

References: 

References: 

References: 

Additional Commentary: Sub-alpine Fir is the prototypical species, although other *Abies spp.* and *Picea engelmannii* are referred by the same Arapaho terms.\textsuperscript{182}

References:\textsuperscript{183}

---

*Psoralea esculenta*  
Indian Potato; Fabaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Ce: 'ei'i</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>“They are round”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td></td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Root</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Eaten, similar to a potato</td>
</tr>
</tbody>
</table>

References:\textsuperscript{184}

---

*Psoralea esculenta*  
Indian Potato; Fabaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Ce: 'ei'i</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>“They are round”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td></td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
</tbody>
</table>

References:\textsuperscript{185}

---

*Psoralea tenuiflora*
Psoralidium lanceolatum (Pursh) Rydb.
Psoralea lanceolata
Wild Alfalfa; Fabaceae
Lemon Scurfpea;
String Plant;
Pomme de Prairie;
Pomme Blanche;
Breadroot;
Indian Turnip

Tribal Nation: Arapaho

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Prairies, pastures, and open woods.

Plants Parts Harvested: Leaves

Season Collected: Best time to gather the plant is April and May.

Medicinal Use(s): Leaves are mixed with the blossoms of sneezeweed (Helenium hoopesii) and used as an inhalant for headaches.

References: 186

---

Psoralea tenuiflora
Psoralidium lanceolatum (Pursh) Rydb.
Psoralea lanceolata
Wild Alfalfa; Fabaceae
Lemon Scurfpea;
String Plant;
Pomme de Prairie;
Pomme Blanche;
Breadroot;
Indian Turnip

Tribal Nation: Arapaho

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Prairies, pastures, and open woods
Plants Parts Harvested: Leaves
Season Collected: Best time to gather the plant is April and May
Medicinal Use(s): Infusion of leaves used on the head for headaches.
References: 187

---

*Psoralea tenuiflora*

*Psoralidium lanceolatum (Pursh) Rydb.*

*Psoralea lanceolata*

Wild Alfalfa; Fabaceae
Lemon Scurfpea;
String Plant;
Pomme de Prairie;
Pomme Blanche;
Breadroot;
Indian Turnip

Tribal Nation: Arapaho
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Prairies, pastures, and open woods
Plants Parts Harvested: Leaves
Season Collected: Best time to gather the plant is April and May
Medicinal Use(s): Oily leaves rubbed on the skin for dryness
References: 188

---

*Psoralea tenuiflora*

*Psoralidium lanceolatum (Pursh) Rydb.*

*Psoralea lanceolata*

Wild Alfalfa; Fabaceae
Lemon Scurfpea;
String Plant;
Pomme de Prairie;
Pomme Blanche;
Breadroot; Indian Turnip

Tribal Nation: Arapaho

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Prairies, pastures, and open woods

Plants Parts Harvested: Leaves

Season Collected: Best time to gather the plant is April and May

Medicinal Use(s): Fresh leaves chewed for sore throat and voice

Additional Commentary: It is also called the string plant.\textsuperscript{189}

References: \textsuperscript{190}

\begin{itemize}
  \item \textit{Psoralea tenuiflora}
  \item \textit{Psoralidium lanceolatum (Pursh) Rydb.}
  \item \textit{Psoralea lanceolata}
\end{itemize}

Wild Alfalfa; Fabaceae
Lemon Scurfpea;
String Plant;
Pomme de Prairie;
Pomme Blanche;
Breadroot;
Indian Turnip

Tribal Nation: Arapaho

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Prairies, pastures, and open woods.

Plants Parts Harvested: Root

Season Collected: Best time to harvest is April and May

Medicinal Use(s): Root chewed for hoarseness
Quercus spp.
Oak; Fagaceae

Tribal Nation: Arapaho

Indigenous Name: Hoho:co
No’ou-bi:Ohi:t

Meaning: “Oak”
“Squirrel’s Food” or Acorns

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: 192

Ranunculus glaberrimus
Buttercup; Ranunculaceae

Tribal Nation: Arapaho

Indigenous Name: Ni:ho:ne’eino:’

Meaning: “Yellow Head”

Habitat/Ecological Zone: Shallow, calm water or on muddy or moss covered ground in plains to sub-alpine from Alaska south to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant

References: 193

Ranunculus spp.
Buttercup; Ranunculaceae

Tribal Nation: Arapaho
Indigenous Name: Heneixo’
Meaning: Not given

Habitat/Ecological Zone:
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No recorded use for the plant
References: 194

Ranunculus spp.
Buttercup; Ranunculaceae

Tribal Nation: Arapaho
Indigenous Name: Yeneinkooti’i
Meaning: “It has four leaves”

Habitat/Ecological Zone:
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No recorded use for the plant
References: 195

Ribes aureum
Golden Currant; Gossulariaceae

Tribal Nation: Arapaho
Indigenous Name: Ne’ibino
Ne’ibi:s

References: 193
Meaning: “Goose” or “Good Berries”
“Currant Bush”

Habitat/Ecological Zone: Well-drained, often along streams; plains to foothills;
Alberta, Canada to New Mexico

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Berries eaten fresh or stored for winter use

References: 196

Ribes cereum
Wax Currant; Gossulariaceae

Tribal Nation: Arapaho

Indigenous Name: Beni:so:no
Meaning: “Fuzzy/Hairy Berries”

Habitat/Ecological Zone:

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Berries eaten fresh or stored for winter use

References: 197

Ribes inerme
Gooseberry; Gossulariaceae

Tribal Nation: Arapaho

Indigenous Name: Toxu’u:wuno
Meaning: “Sharp Berries”

Habitat/Ecological Zone:
Plants Parts Harvested: Fruit
Season Collected: Not given
Food Use(s): Berries eaten fresh or stored for winter use
References: 198

Ribes lacustre
Prickly Black Currant; Grossulariaceae
Black Gooseberry
Tribal Nation: Arapaho
Indigenous Name: Hiwoxu:yeino
Hiwoxu:-yein-o’
Meaning: “Elk Berries”
“Elk Rose”
Habitat/Ecological Zone: Moist, wooded or open sites; foothills to alpine; Northwest territory, Canada to Colorado and Utah
Plants Parts Harvested: Fruit
Season Collected: Not given
Food Use(s): Berries eaten fresh or stored for winter
Additional Commentary: The Cheyenne also have a plant named “Elk Berry.”
References: 200

Rosa woodsii Lindl
Rosa arkansana
Woods' Rose; Rosaceae
Tribal Nation: Arapaho
Indigenous Name: Yeini:s’
Ya-no
Meaning: “Rosehip Bush”
Habitat/Ecological Zone: Prairies, ravines and stream banks, bluffs, thickets. The plant also can be found along railroad tracks and roads

Plants Parts Harvested: Seeds

Season Collected: Not given

Medicinal Use(s): Seeds used to produce a drawing effect for muscular pains.

References: 201

________________________

*Rosa woodsii* Lindl  
*Rosa arkansana*  
Woods' Rose; Rosaceae

Tribal Nation: Arapaho

Indigenous Name: *Ya-no*  
Meaning: Not translation given

Habitat/Ecological Zone: Prairies, ravines and stream banks, bluffs, thickets. The plant also can be found along railroad tracks and roads.

Plants Parts Harvested: Bark

Season Collected: Not given

Food Use(s): Both barks are used to make tea.

References: 202

________________________

*Rosa woodsii* Lindl  
*Rosa arkansana*  
Woods' Rose; Rosaceae

Tribal Nation: Arapaho

Indigenous Name: *Ya-no*  
Meaning: Not translation given

Habitat/Ecological Zone: Prairies, ravines and stream banks, bluffs, thickets. The plant also can be found along railroad tracks and roads.
Plants Parts Harvested: Root
Season Collected: Not given
Artifacts: Root used to make an orange dye
References: 203

---

*Rosa arkansana*
*Rosa nutkana*
*Rosa spaldingii*
*Rosa spaldingii*

Rose Species

Tribal Nation: Arapaho
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Prairies, ravines and stream banks, bluffs, thickets. The plant also can be found along railroad tracks and roads.

Plants Parts Harvested: Fruit
Season Collected: Not given
Food Use(s): Probably ate the fruit or made jelly.
References: 204

---

*Rudbeckia spp.*
Black-Eyed Susan; Asteraceae

Tribal Nation: Arapaho
Indigenous Name: *Ni:ho:ne’einou’u*
Meaning: “Yellow Heads”
Habitat/Ecological Zone:
Plants Parts Harvested: Not specified in the literature
Rumex hymenosepalus Torr
Canaigre Dock; Polygonaceae

Tribal Nation: Arapaho
Indigenous Name: Ha-ne-sae-huit
Meaning: Not given

Habitat/Ecological Zone: Grows on sandy dunes and along stream banks
Plants Parts Harvested: Stems and leaves
Season Collected: Not given
Medicinal Use(s): Stems and leaves used in a wash for sores
Additional Commentary: The plant is also called “sand dock.”
References: 206

Rumex venosus Pursh
Veiny Dock; Polygonaceae
Wild Begonia;
Sour Greens;
Wild Hydrangea

Tribal Nation: Arapaho
Indigenous Name: Ha-ne-see-huit
Honesi:hu:t
Meaning: Not given
Not given

Habitat/Ecological Zone: Grows on sandy dunes and along stream banks
Plants Parts Harvested: Stems and leaves
Season Collected: Not given
Medicinal Use(s): Stems and leaves used as a wash for sores

References: 208

__________________________

*Rumex venosus Pursh*
Veiny Dock; Polygonaceae
Wild Begonia;
Sour Greens;
Wild Hydrangea

Tribal Nation: Arapaho
Indigenous Name: *Ha-ne-see-huit*
*Honesi:hu:t*
Meaning: Not given
Not given
Habitat/Ecological Zone: Grows on sandy dunes and along stream banks
Plants Parts Harvested: Root
Season Collected: Not given
Artifacts: The peeled root makes a burnt orange dye

Additional Commentary: The procedure was recorded among the children of the Wind River Community Day School:

"We break the roots into inch pieces. We then spread them out very thin on papers. We place them in the sun. We let it get very dry. After it is very dry we put it into water. We let it soak for a few days. We then boil it in the water it has soaked in. After it has boiled a long time we put some alum in it. This sets the color." 209

References: 210

__________________________

*Sabina scopulorum*
Sabina spp.
Rocky Mountain Juniper; Cupressaceae
<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name</td>
<td>Be’Oeino’o</td>
</tr>
<tr>
<td></td>
<td>SeeOibino</td>
</tr>
<tr>
<td></td>
<td>Ce:h’e’</td>
</tr>
<tr>
<td>Meaning</td>
<td>“Red-Inside” Tree</td>
</tr>
<tr>
<td></td>
<td>“Pine Berries”</td>
</tr>
<tr>
<td></td>
<td>“Needles”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone</td>
<td></td>
</tr>
<tr>
<td>Plants Parts Harvested</td>
<td>Needles</td>
</tr>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td>Spiritual/Religious Use(s)</td>
<td>Needles used to cedar or smudge for spiritual preparation</td>
</tr>
<tr>
<td>Additional Commentary</td>
<td>The same terms and uses are applied to Juniperus communis and other Sabino species.</td>
</tr>
<tr>
<td>References</td>
<td>211</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name</td>
<td>Yo:koxuu</td>
</tr>
<tr>
<td>Meaning</td>
<td>“Willows”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone</td>
<td></td>
</tr>
<tr>
<td>Plants Parts Harvested</td>
<td>Not given</td>
</tr>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary</td>
<td>The White Elk Flat area in Colorado was called Toh-co’-oo’-oe’ (“Where round shrub willows), which the Arapaho often used to make temporary shelters.</td>
</tr>
<tr>
<td>References</td>
<td>213</td>
</tr>
</tbody>
</table>

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*Salix spp.*
Willows; Salicaeae

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Arapaho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name</td>
<td>Yo:koxuu</td>
</tr>
<tr>
<td>Meaning</td>
<td>“Willows”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone</td>
<td></td>
</tr>
<tr>
<td>Plants Parts Harvested</td>
<td>Not given</td>
</tr>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary</td>
<td>The White Elk Flat area in Colorado was called Toh-co’-oo’-oe’ (“Where round shrub willows), which the Arapaho often used to make temporary shelters.</td>
</tr>
<tr>
<td>References</td>
<td>213</td>
</tr>
</tbody>
</table>

---

References: 212
Salix amygdaloides
Peachleaf Willow; Salicaeae

Tribal Nation: Arapaho
Indigenous Name: Bo:’o:cei-yo:ku
Meaning: “Red Willow Stand Upright”
Habitat/Ecological Zone:
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No recorded use for the plant.
References: 215

________________________________________________________________________

Scirpus spp.
Bulrush; Cyperaceae

Tribal Nation: Arapaho
Indigenous Name: Hono:wuuxo
Meaning: “Bulrushes”
Habitat/Ecological Zone:
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No recorded use for the plant
References: 216

________________________________________________________________________

Shepherdia argentea (Pursh) Nutt.
Elaegnus argentea
Silver Buffalο Berry; Elaeagnaceae
Bull Berry

Tribal Nation: Arapaho
Indigenous Name: Auch-ha—hay-be-na
Meaning: Not given
Habitat/Ecological Zone: Stream banks, hillsides, and ravines in rocky, sandy, or clay
Plants Parts Harvested: Berries
Season Collected: Not given
Food Use(s): Berries used to make jelly

Additional Commentary: According to Murphey, Auch-ha—hay-be-na refers to the Russet Buffalo berry, no thorns, with brown, ripe berries. The Little Beaver River, located in the North Park area was referred to as Honooxeoheb-isii’-iini or “Buffalo Berry Bushes.”

References:

Shepherdia argentea (Pursh) Nutt. Elaeagnus argentea
Silver Buffalo Berry; Elaeagnaceae
Bull Berry

Tribal Nation: Arapaho
Indigenous Name: Auch-ha—hay-be-na
Meaning: Not given
Habitat/Ecological Zone: Stream banks, hillsides, and ravines in rocky, sandy, or clay
Plants Parts Harvested: Berries
Season Collected: Not given
Food Use(s): Berries dried for winter use.

References:

Shepherdia argentea Nutt. Lepargyaea argentea Nutt (Greene)
Silver Buffalo Berry; Bull Berry; Elaeagnaceae
<table>
<thead>
<tr>
<th>Name</th>
<th>Tribal Nation</th>
<th>Indigenous Name</th>
<th>Meaning</th>
<th>Habitat/Ecological Zone</th>
<th>Plants Parts Harvested</th>
<th>Season Collected</th>
<th>Food Use(s)</th>
<th>Additional Commentary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Auch-ha-haybena</td>
<td>Arapaho</td>
<td>Auch-ha-haybena</td>
<td>Not given</td>
<td>Stream banks, hillsides, and ravines in rocky, sandy, or clay</td>
<td>Berries</td>
<td>Not given</td>
<td>The berries, either red or yellow, are eaten immediately or collected and dried for winter use.</td>
<td>Among the Northern Arapaho the berries are used to make jelly and continue to be dried for winter use (recorded use circa 1930-1945).</td>
</tr>
<tr>
<td>Sophora secundiflora</td>
<td>Arapaho</td>
<td>Ho’yo:x</td>
<td>“Mescal”</td>
<td>Found in Mexico north into western Texas and southern New Mexico.</td>
<td>Not specified in the literature</td>
<td>Not given</td>
<td>No recorded use for the plant</td>
<td></td>
</tr>
<tr>
<td>Rhus aromatica</td>
<td>Arapaho</td>
<td>Arapaho</td>
<td>Arapaho</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rhus trilobata</td>
<td>Skunkbrush;</td>
<td>Skunkbrush;</td>
<td>Anacardiaceae</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Tribal Nation: Arapaho

Indigenous Name: Bee'ei'i
No:wube’ei’i
Co:x-u:wuno’

Meaning: bee’-ei-’I = red-inanimate-plural; 'They are red'
"They are southern red berries"
"Enemy/Comanche Berries"

Habitat/Ecological Zone: Upland prairies, borders and openings in woods, country roads, and railroads

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): These berries were added to dishes for flavor or made into a sauce that was poured over other dishes

Additional Commentary: Kroeber refers to the reference to “Comanche berries” as the leaves were used in insect medicine. The uses of skunkbush are similar to those of the Cheyenne.

References: 225

________________________________________________________________________

Rhus aromatica
Rhus trilobata
Skunkbrush; Anacardiaceae

Tribal Nation: Arapaho

Indigenous Name: Bee'ei'i
No:wube’ei’i
Co:x-u:wuno’

Meaning: bee’-ei-’I = red-inanimate-plural; 'They are red'
"They are southern red berries"
"Enemy/Comanche Berries"

Habitat/Ecological Zone: Upland prairies, borders and openings in woods, country roads, and railroads

Plants Parts Harvested: Leaves
Season Collected: Not given

Medicinal Use(s): Used as insect medicine

Additional Commentary: Kroeber refers to them as “Comanche berries” as the leaves were used in insect medicine. The uses of skunkbush are similar to those of the Cheyenne.  

References:  

______________________________

Rosa woodsii Lindl
Woods' Rose; Rosaceae

Tribal Nation: Arapaho

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Prairies, ravines and stream banks, bluffs, thickets. The plant also can be found along railroad tracks and roads

Plants Parts Harvested: Bark

Season Collected: Not given

Food Use(s): Bark used to make tea.

References:  

______________________________

Rubus idaeus
Rubus spp.
Wild Raspberry; Rosaceae

Tribal Nation: Arapaho

Indigenous Name: Hoonii'ono
Meaning: “Raspberries”

Habitat/Ecological Zone:

Plants Parts Harvested: Berries
Season Collected: Not given

Food Use(s): These berries were eaten

References: 229

________________________________________________________________________

*Sagittaria spp.*
Arrowleaf; Alismataceae

Tribal Nation: Arapaho

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Dry, often stony, open or wooded sites; foothills to montane; Alberta, Canada to Colorado

Plants Parts Harvested: Leaves, roots, and stems

Season Collected: Not given

Additional Commentary: Elders report that women could only gather the plant from under the water of rivers or in the mud of stream bottoms. Arapaho used the plant in the same manner as the Cheyenne. The Cheyenne used the species for headaches, colds, toothaches, and as a gynecological aid during childbirth (refer to Chapter 6 this volume). 230

References: 231

________________________________________________________________________

*Sambucus cerulea*
*Sambucus spp.*
Blue Elderberry; Caprifoliaceae

Tribal Nation: Arapaho

Indigenous Name: *Kokuy-ono*
Meaning: “Gun/Whistle(s)”

Habitat/Ecological Zone:

Plants Parts Harvested: Stems
Artifacts: Stems are used to make flutes that are played by children.

Additional Commentary: The Cheyenne call the plant “flute plant.”

References: 232

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*Sarcobatus vermiculatus*
Greasewood; Chenopodiaceae

Tribal Nation: Arapaho

Indigenous Name: *Si:si:yeibi:s*
Meaning: “Snake-bush”

Habitat/Ecological Zone: Found in saline or saline alkaline plains, especially common on flood plains and dry gullies

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: 234

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*Sedum lanceolatum*
Yellow Stonecrop; Crassulaceae
Lance-Leaved Stonecrop

Tribal Nation: Arapaho

Indigenous Name: *Hoteibi:Qhi:t*
Meaning: “Sheep Food”
“Big Horn Sheep Food”

Habitat/Ecological Zone: Dry, stony, open sites, including ridges, slopes, and rock outcrops. Plains to alpine zones, southern Yukon to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: 234
Additional Commentary: No recorded use for the plant.

References: 235

Shepherdia argentea (Pursh) Nutt
Silver Buffaloberry; Elaeagnaceae

Tribal Nation: Arapaho

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Berries.

Season Collected: Not given

Food Use(s): Berries used to make jelly.

References: 236

Shepherdia argentea (Pursh) Nutt
Silver Buffaloberry; Elaeagnaceae

Tribal Nation: Arapaho

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Berries dried for winter use

References: 237
**Shepherdia canadensis**  
*Shepherdia spp.*  
Buffaloberry; Elaeagnaceae

- **Tribal Nation:** Arapaho  
- **Indigenous Name:** *Ho:xe:h-ibino*  
  *Auch-ha-haybina*  
- **Meaning:** “Bull Berries”  
  “Bull Berries”

- **Habitat/Ecological Zone:** Open woods and along stream banks; foothills to subalpine; Alaska to New Mexico
- **Plants Parts Harvested:** Fruit
- **Season Collected:** Not given
- **Food Use(s):** Berries dried for winter use

**Symphoricarpus, spp**  
Snowberry; Caprifoliaceae  
Coral-berry;  
Wolf berry;  
Stag-berry;  
Skeleton Berry;  
Ghost Berry

- **Tribal Nation:** Arapaho  
- **Indigenous Name:** *Qi:konibino’*  
- **Meaning:** “Skeleton or Ghost Berries”

- **Habitat/Ecological Zone:**  
- **Plants Parts Harvested:** Stems
- **Season Collected:** Not given
- **Artifacts:** Light weight, stems are used to make bird arrow shafts.

**References:** [238](#)  

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Thalictrum spp.
Meadowrue; Ranunculaceae

Tribal Nation: Arapaho
Indigenous Name: Hiwoxu:ho:x hiwoxu’
Meaning: “Horse Root”
Habitat/Ecological Zone:
Plants Parts Harvested: Plant
Season Collected: Not given
Medicinal Use(s): Administered to a sick horse
References: 240

Thalictrum spp.
Meadowrue; Ranunculaceae

Tribal Nation: Arapaho
Indigenous Name: Hiwoxu:ho:x hiwoxu’
Meaning: “Horse Root”
Habitat/Ecological Zone:
Plants Parts Harvested: Plant
Season Collected: Not given
Medicinal Use(s): Rubbed on a tired horse’s nose to refresh it
References: 241

Toxicodendron rydbergii
Poison Ivy; Apiaceae
Tribal Nation: Arapaho

Indigenous Name: Nih’ouso:Oeiihi:ho  
Meaning: “Bitter-??? Plant”

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given

References: 242

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Typha spp.
Cattail; Typhaceae

Tribal Nation: Arapaho

Indigenous Name: Hono:wuuxo  
Meaning: “Cattail”

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given

References: 243

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Urtica dioica
Nettle; Urticaceae

Tribal Nation: Arapaho

Indigenous Name: Nï:ho:yo  
Meaning: “It is yellow”

Habitat/Ecological Zone: Found in disturbed areas and slightly boggy areas

Plants Parts Harvested: Root
Season Collected: Not given
**Medicinal Use(s):** Used medicinally

**References:** 244

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*Viburnum alnifolium*
*Viburnum spp.*
Hobblebush; Caprifoliaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Arapaho</th>
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<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
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<tr>
<td>Meaning:</td>
<td>Not given</td>
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</tbody>
</table>

**Habitat/Ecological Zone:**

**Plants Parts Harvested:** Plant

**Season Collected:** Not given

**Medicinal Use(s):** Crushed into a powder and mixed with tarantulas or centipedes to treat their bites

**Additional Commentary:** Kroeber writes that the plant is known as “shoestring” among local Anglo Oklahomans. 245

**References:** 246

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*Vitis spp*
Wild Grape; Vitaceae

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<tr>
<th>Tribal Nation:</th>
<th>Arapaho</th>
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<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Beenibi'i</td>
</tr>
<tr>
<td>Meaning:</td>
<td>'They are attached in a cluster'</td>
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</tbody>
</table>

**Habitat/Ecological Zone:** Found in gulches and canyon areas, especially in Colorado

**Plants Parts Harvested:** Fruit

**Season Collected:** Not given
Food Use(s): The grapes are harvested

References: 247

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*Wyethia spp.*
Mule’s Ears; Asteraceae

Tribal Nation: Arapaho

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Pulverized leaves were mixed with tallow and smeared on a nursing mother’s nipples to aid in the weaning of infants

References: 248

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*Yucca glauca*
*Yucca spp.*
Yucca; Agavaceae

Tribal Nation: Arapaho

Indigenous Name: *Si:cene:woxu*
Meaning: “Stretched Medicine Grass”

Habitat/Ecological Zone: Dry, open sites; plains to foothills; southern Alberta, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use for the plant.

References: 249
**Zea mays**  
Corn; Poacaea

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<thead>
<tr>
<th>Tribal Nation:</th>
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<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Besko:te</td>
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<tr>
<td></td>
<td>Ho:’oeti’</td>
</tr>
<tr>
<td>Meaning:</td>
<td>“Corn”</td>
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<td></td>
<td>“Corn”</td>
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Habitat/Ecological Zone:

<table>
<thead>
<tr>
<th>Plants Parts Harvested:</th>
<th>Corn ears</th>
</tr>
</thead>
<tbody>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
</tbody>
</table>

References: \(^{250}\)
1. The indigenous names are spelt phonetically as they appear in the source. It is recommended that the original texts be referenced for spelling accuracy and the taxonomic system that was applied to the plants.


47. Dorsey and Kroeber, Traditions of the Arapaho, 87, 295.
63. Murphey, Indian Uses of Native Plants, 59.
71. Tallbull, Plant Lore of the Northern Cheyenne, 16.
72. Cowell, “Arapaho Plant Names,” 149; Tallbull, Plant Lore of the Northern Cheyenne, 16.
75. Cowell, “Arapaho Plant Names,” 154; See also, Murphey, Indian Uses of Native Plants.
88. Murphey, Indian Uses of Native Plants, 17.
89. Cowell, “Arapaho Plant Names,” 156; Murphey, Indian Uses of Native Plants, 17.
90. Murphey, Indian Uses of Native Plants, 17.
110. Cowell, “Arapaho Plant Names,” 158; See also Murphey, *Indian Uses of Native Plants*.


22; Hilger, Arapaho Child Life and its Cultural Background, 55; Kroeber, The Arapaho, 438.
189. Murphey, Indian Uses of Native Plants, 38.

204. Kindscher, Medicinal Wild Plants of the Prairie: An Ethnobotanical Guide, 189-193; Murphey, Indian Uses of Native Plants, 22.


206. Murphey, Indian Uses of Native Plants, 44.

207. Murphey, Indian Uses of Native Plants, 44.


217. Murphey, Indian Uses of Native Plants, 21.


224. Kroeber, The Arapaho, 422; For a description of Cheyenne uses if this plant see, see Hart, “The Ethnobotany of the Northern Cheyenne Indians of Montana,” 14.


238. Cowell, “Arapaho Plant Names,” 154; See also, Murphey, Indian Uses of Native Plants.