

Chapter 10

Kiowa Ethnobotany

10.1 Introduction

The ethnological and ethnohistorical literature review documented approximately 124 plant resources acknowledged or used by the Kiowa. Seventy-three plants were recorded as food resources, including fodder for horses. Sixty-eight plants were listed as having medicinal value and 26 plants had explicit religious or spiritual value. Fifty-seven flora resources were used in the manufacture of material items. Of the complete plant inventory, the literature recorded six plants with no cultural use for the resource. Below are the plant resources listed by scientific name, although some plants could not be specifically identified. These plants are listed as unidentified.¹

10.2 Ethnobotanical Resources

Acer negundo L.

Boxelder; Aceraceae

Tribal Nation: Kiowa

Indigenous Name: *Kaw-sen-an-daw*

Meaning: Not given

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: Wood

Season Collected: Not given

Spiritual/Religious Use(s): Wood burned in the altar fire of the peyote ceremony

References: ²

Aesculus glabra var. *arguta* (Buckl.) B.L. Robins
Ohio Buckeye; Hippocastanaceae
Western Buckeye

Tribal Nation: Kiowa

Indigenous Name: *Kon-ta-la*
Meaning: Not given

Habitat/Ecological Zone: Found from Nebraska south into Texas

Plants Parts Harvested: Fruit

Season Collected: Not given

Medicinal Use(s): The inside of the fruit is brewed into a drink that makes a powerful emetic.

References: ³

Amaranthus blitoides S. Wats
Mat Amaranth; Amaranthaceae
Spreading Pigweed;
Prostrate Amaranth

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Occurs in dry or cultivated ground. It is found from Wyoming south to northern Mexico.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Artifacts: Used to make glue

References: ⁴

Ambrosia trifida
Ambrosia psilostachya DC
Ambrosia artemisiifolia
Giant Ragweed;
Cuman Ragweed; Asteraceae

Tribal Nation: Kiowa

Indigenous Name: *Ko- 'khad-la, tan-go-pan-ya*
A- 'sahe

Meaning: "Horse worm plant"
"Green plant"

Habitat/Ecological Zone: Pastures, roadsides, stream banks, and disturbed areas

Plant Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Decoction or tea of plant used as a wash for sores or drunk
for slow healing sores

Additional Commentary: Because of the plant's bitter taste the same terms also is
applied to pickles and vinegar.

References: ⁵

Ambrosia trifida
Ambrosia psilostachya DC
Ambrosia artemisiifolia
Giant Ragweed; Asteraceae
Cuman Ragweed

Tribal Nation: Kiowa

Indigenous Name: *Ko- 'khad-la, tan-go-pan-ya*
A- 'sahe

Meaning: "Horse worm plant"
"Green plant"

Habitat/Ecological Zone: Pastures, roadsides, stream banks, and disturbed areas
Plants Parts Harvested: Plant
Season Collected: Not given
Medicinal Use(s): Decoction or tea of plant was used for “worm holes”, a skin disease of horses.
References: ⁶

Ambrosia trifida
Ambrosia psilostachya DC
Ambrosia artemisiifolia
Giant Ragweed; Asteraceae
Cuman Ragweed

Tribal Nation: Kiowa
Indigenous Name: *Ko- 'khad-la, tan-go-pan-ya*
A- 'sahe
Meaning: “Horse worm plant
“Green plant”
Habitat/Ecological Zone: Pastures, roadsides, stream banks, and disturbed areas
Plants Parts Harvested: Plant
Season Collected: Not given
Spiritual/Religious Use(s): Western Ragweed was rolled up and used with various sages in the sweathouses.
References: ⁷

Ambrosia trifida
Giant Ragweed; Asteraceae

Tribal Nation: Kiowa
Indigenous Name: Below is literal translation of the Kiowa name, but no

Meaning: Kiowa terms recorded for the plant
“Bloody plant”

Habitat/Ecological Zone: Pastures, roadsides, stream banks, and disturbed areas

Plant Parts Harvested: Plant

Season Collected: Not given

Artifacts: Kiowa children took delight in breaking off a branch of the plant to watch the “bloody” liquid that would exude from the stems.

Additional Commentary: Formerly the plant was held in fear by the Kiowa.⁸

References: ⁹

Ambrosia trifida
Giant Ragweed; Asteraceae

Tribal Nation: Kiowa

Indigenous Name: Below is literal translation of the Kiowa name, but no
Kiowa terms recorded for the plant

Meaning: “Bloody plant”

Habitat/Ecological Zone: Pastures, roadsides, stream banks, and disturbed areas

Plant Parts Harvested: Plant

Season Collected: Not given

Artifacts: The plant is used in making an arbor shelter

Additional Commentary: Formerly the plant was held in fear by the Kiowa.¹⁰

References: ¹¹

Ambrosia trifida
Giant Ragweed; Asteraceae

Tribal Nation: Kiowa

Indigenous Name: Below is literal translation of the Kiowa name, but no
Kiowa terms recorded for the plant
Meaning: "Bloody plant"
Habitat/Ecological Zone: Pastures, roadsides, stream banks, and disturbed areas
Plant Parts Harvested: Plant
Season Collected: Not given
Medicinal Use(s): The plant is used in making the covering of the sweatlodge.
Additional Commentary: The Kiowa formerly held the plant in fear.¹²
References: ¹³

Amorpha fruticosa L
Desert Indigobush; Fabaceae
False Indigo

Tribal Nation: Kiowa
Indigenous Name: *Khawdl-pa'*
Meaning: Not given
Habitat/Ecological Zone: Streams and dependable water, Central Texas west to
California, north to Wyoming across, south into northern Mexico.
Plants Parts Harvested: Stems
Season Collected: Not given
Artifacts: Long stems used as a foundation for bedding material on
which to build temporary beds of leaves.
References: ¹⁴

Apocynum cannabinum L.
Dogbane; Apocynaceae
Indian Hemp

Tribal Nation: Kiowa

Indigenous Name: 'Ghola
Meaning: Not given

Habitat/Ecological Zone: Prairies, open and wooded waterways, lakeshores, sparsely wooded slopes and disturbed roadsides. Found from Canada and widely distributed across the United States

Plants Parts Harvested: Milky latex or sap

Season Collected: Not given

Food Use(s): Milky latex used as chewing gum by allowing the sap to harden over night into a white gum.

Additional Commentary: Two types of gum are recognized. The first is the sap allowed to harden over night. The other is sap allowed to set for only a few hours.¹⁵

References: ¹⁶

Argemone polyanthemus (Fedde) G.B. Ownbey
Leafy White Prickly Poppy; Papaveraceae
Crested Prickly Poppy

Tribal Nation: Kiowa

Indigenous Name: *Senzt-ka-ya-kee*
Meaning: Not given

Habitat/Ecological Zone: Found on the prairies and plains from southern Wyoming south into Texas and New Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Leaf ash used under the skin for tattooing with sharp prickles.

References: ¹⁷

Artemisia filifolia Torr

Sand Sagebrush; Asteraceae
Sivery Wormwood

Tribal Nation: Kiowa

Indigenous Name: *H-taig-h-gai*
Meaning: "Sage"

Habitat/Ecological Zone: The plant is native to Wyoming, Nebraska, and south into Texas and New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Artifacts: Circa 1939, they use for drying hands and as a substitute for toilet paper.

References: ¹⁸

Artemisia filifolia Torr
Sand Sagebrush; Asteraceae
Sivery Wormwood

Tribal Nation: Kiowa

Indigenous Name: *H-taig-h-gai*
Meaning: "Sage"

Habitat/Ecological Zone: The plant is native to Wyoming, Nebraska, and south into Texas and New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Pre-reservation the plant was used to wash the scalp to rid it of diseases, but the practice ended after the reservation period

References: ¹⁹

Artemisia ludoviciana ssp. *ludoviciana*
Artemisia gnaphalodes

Foothill Sagewort; Asteraceae
Prairie Sage

Tribal Nation:	Kiowa
Indigenous Name:	<i>Ta-a</i>
Meaning:	Not given
Habitat/Ecological Zone:	Common to the prairie region from Colorado, Texas and into Mexico
Plants Parts Harvested:	Leaves and small stems
Season Collected:	Not given
Medicinal Use(s):	Infusion of plants taken for stomach troubles and indigestion
Additional Commentary:	Usually they roll up the leaves and small stems, chew and swallow them
References:	²⁰

Artemisia ludoviciana ssp. ludoviciana
Artemisia gnaphalodes
Foothill Sagewort; Asteraceae
Prairie Sage

Tribal Nation:	Kiowa
Indigenous Name:	<i>Ta-a</i>
Meaning:	Not given
Habitat/Ecological Zone:	Common to the prairie region from Colorado, Texas and into Mexico
Plants Parts Harvested:	Leaves and small stems
Season Collected:	Not given
Medicinal Use(s):	Infusion of plants taken for the lungs
References:	²¹

Artemisia ludoviciana ssp. ludoviciana

Artemisia gnaphalodes

Foothill Sagewort; Asteraceae

Prairie Sage

Tribal Nation: Kiowa

Indigenous Name: *Ta-a*

Meaning: Not given

Habitat/Ecological Zone: Common to the prairie region from Colorado, Texas and into Mexico

Plants Parts Harvested: Leaves and small stems

Season Collected: Not given

Medicinal Use(s): Infusion of plants taken for the lungs or to cut phlegm.

References: ²²

Artemisia ludoviciana ssp. mexicana (Willd. ex Spreng.) Keck

Mexican White Sagebrush; Asteraceae

Mexican Mugwort

Tribal Nation: Kiowa

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Prairies and semi-disturbed sites. Found in Oklahoma, Texas, and into Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Poultice of chewed leaves and applied to sores.

References: ²³

Artemisia ludoviciana ssp. mexicana (Willd. ex Spreng.) Keck
Mexican White Sagebrush; Asteraceae
Mexican Mugwort

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Prairies and semi-disturbed sites. Found in Oklahoma, Texas, and into Mexico

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Spiritual/Religious Use(s): Plant used as a purifying agent in the sweathouse.

References: ²⁴

Artemisia ludoviciana ssp. mexicana (Willd. ex Spreng.) Keck
Mexican White Sagebrush; Asteraceae
Mexican Mugwort

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Prairies and semi-disturbed sites. Found in Oklahoma, Texas, and into Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Leaves chewed for sore throats.

References: ²⁵

Artemisia ludoviciana ssp. mexicana (Willd. ex Spreng.) Keck
Mexican White Sagebrush; Asteraceae
Mexican Mugwort

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Prairies and semi-disturbed sites. Found in Oklahoma, Texas, and into Mexico

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Leaves chewed for sore throats.

Spiritual/Religious Use(s): Commonly employed in peyote meetings

References: ²⁶

Artemisia vulgaris L
Common Wormwood; Asteraceae
Common Mugwort

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: A native to Europe, but has become naturalized across the United States

Plants Parts Harvested: Leaves and stems

Season Collected: Not given

Medicinal Use(s): Plant used as a "worm" medicine.

References: ²⁷

Artemisia vulgaris L

Common Wormwood; Asteraceae

Common Mugwort

Tribal Nation:	Kiowa
Indigenous Name:	Not given
Meaning:	Not given
Habitat/Ecological Zone:	A native to Europe, but has become naturalized across the United States
Plants Parts Harvested:	Fiber
Season Collected:	Not given
Spiritual/Religious Use(s):	Used to make cushions for the worshippers in the peyote ceremony.

References: ²⁸

Artemisia vulgaris L

Common Wormwood; Asteraceae

Common Mugwort

Tribal Nation:	Kiowa
Indigenous Name:	Not given
Meaning:	Not given
Habitat/Ecological Zone:	A native to Europe, but has become naturalized across the United States
Plants Parts Harvested:	Leaves
Season Collected:	Not given
Spiritual/Religious Use(s):	Leaves rubbed on the face and hands as a purifying agent among the worshippers during a peyote ceremony. This was done at the beginning of the meeting.

References: ²⁹

Asclepias sp.
Milkweed; Asclepiadaceae

Tribal Nation: Kiowa

Indigenous Name: *Zaip-ya-daw*
Meaning: Not given

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

Plants Parts Harvested: Young fruits

Season Collected: Not given

Food Use(s): Young fruits, after first removing the outer "hairy" surface,
cooked and eaten.

References: ³⁰

Asclepias sp.
Milkweed; Asclepiadaceae

Tribal Nation: Kiowa

Indigenous Name: *Zaip-ya-daw*
Meaning: Not given

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

Plants Parts Harvested: Pods

Season Collected: Not given

Artifacts: Dried pods formerly used as spoons.

References: ³¹

Berberis vulgaris (Linn.)
Barberry

Tribal Nation: Kiowa

Indigenous Name: 'Kawdl-shap-pa-a
Meaning: Not given

Habitat/Ecological Zone: A native species to Europe and temperate Asia, the species became naturalized throughout North America.

Plants Parts Harvested: None

Season Collected: Not given

Additional Commentary: The Kiowa knew Barberry, but they made to apparent use of the plant, although various parts are edible.

References: ³²

Bothriochloa saccharoides (Sw.) Rydb.
Silver Bluestem; Poaceae
Bear Grass;
Big Feather Grass;
Cane Beard Grass

Tribal Nation: Kiowa

Indigenous Name: *So-wangs- 'kson*
Meaning: Not known

Habitat/Ecological Zone:

Plants Parts Harvested: Stem

Season Collected: Not given

Medicinal Use(s): Stem used as a toothpick.

References: ³³

Bouteloua curtipendula (Michx.) Torr.
Side-oats Grama; Poaceae

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: "Lance grass"

Habitat/Ecological Zone: Dry, open sites, often on saline soil; plains to montane;
British Columbia, Canada to New Mexico

Plants Parts Harvested: Grass stems

Season Collected: Not given

Food Use(s): Recognized as a good fodder for livestock.

References: ³⁴

Bouteloua curtipendula (Michx.) Torr.
Side-oats Grama; Poaceae

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: "Lance grass"

Habitat/Ecological Zone: Dry, open sites, often on saline soil; plains to montane;
British Columbia, Canada to New Mexico

Plants Parts Harvested: Grass

Season Collected: Not given

Artifacts: Worn by those, who in battle, had killed an enemy with a lance; the grass resembled a feathered lance.

References: ³⁵

Bouteloua hirsuta Lag
Black Grama; Poaceae

Hairy Grama
Tribal Nation: Kiowa

Indigenous Name: *Son-pa-pa*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Grass

Season Collected: Not given

Food Use(s): Very good fodder, according to the U.S. Dept. of Agriculture, Forest Service, for horses and mule

References: ³⁶

Bromus catharticus Vahl

Rescuegrass; Poaceae

Tribal Nation: Kiowa

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: A wide spread species distributed from Oregon, south to Texas, east to the Atlantic coast.

Plants Parts Harvested: Grass

Season Collected: Not given

Food Use(s): Grass recognized as an important fodder.

References: ³⁷

Callirhoe involucreta (Torr. & Gray) Gray

Purple Poppy Mallow; Malvaceae

Tribal Nation: Kiowa

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Found in dry soil conditions from Minnesota to Utah, south to Texas, New Mexico and into northern Mexico

Plants Parts Harvested: Flowers
Season Collected: Not given
Artifacts: Flowers, because of their beauty, have an esthetic appeal.
References: ³⁸

Carya illinoensis (Wangenh.) K. Koch
Carya Pecan
Pecan; Juglandaceae

Tribal Nation: Kiowa
Indigenous Name: *On-ku-a*
 Do'na'i
Meaning: "Pecan Tree"
 "Fat or Oily Tree Fruit"
Habitat/Ecological Zone: Found in river bottoms southern Indiana into Mexico.
Plants Parts Harvested: Bark
Season Collected: Not given
Medicinal Use(s): The Kiowa boil the bark and drink the decoction of bark
taken for tuberculosis.
References: ³⁹

Carya illinoensis (Wangenh.) K. Koch
Carya Pecan
Pecan; Juglandaceae

Tribal Nation: Kiowa
Indigenous Name: *On-ku-a*
 Do'na'i
Meaning: "Pecan Tree"
 "Fat or Oily Tree Fruit"
Habitat/Ecological Zone: Found in river bottoms southern Indiana into Mexico.

Plants Parts Harvested: Fruit or nuts
Season Collected: Not given
Food Use(s): Nuts harvested as a food source.
References: ⁴⁰

Celtis occidentalis L.
Common Hackberry; Ulmaceae
Sugarberry;
Beaverwood;
Bastard Elm;
Oneberry;
False Elm;
Nettle Tree

Tribal Nation: Kiowa
Indigenous Name: *Ya-ai-gaw*
Ya-aip-hap
Meaning: Hackberry Fruit
Hackberry Tree
Habitat/Ecological Zone: A widespread species found in Kansas and Oklahoma.
Plants Parts Harvested: Wood
Season Collected: Not given
Spiritual/Religious Use(s): Wood used as fuel for the altar fire in the peyote ceremony
References: ⁴¹

Celtis occidentalis L.
Western Hackberry; Ulmaceae
Rough Leaved Hackberry

Tribal Nation: Kiowa
Indigenous Name: *A-ai-paip*

Meaning: Not given

Habitat/Ecological Zone: Found as far west as Kansas.

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Berries pounded into a paste like consistency, molded onto a stick and baked over an open fire

Additional Commentary: Other tribes make a tonic from the leaves, but the Kiowa do not use the plant in this manner.⁴²

References: ⁴³

Centaurea americana Nutt.
American Star Thistle; Asteraceae

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: "Pink Flower Plant"

Habitat/Ecological Zone: Common to the plains and prairies from Kansas south to Texas

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Leaves applied to skin sores. They were first applied wet and then applied as a poultice

References: ⁴⁴

Cephalanthus occidentalis L.
Common Buttonbush; Rubiaceae

Tribal Nation: Kiowa

Indigenous Name: *Ee-ton-ba-a*

Meaning: Not given

Habitat/Ecological Zone: Commonly found in swamps and low ground throughout the United States into Mexico

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Decoction of roots taken for hemorrhages.

References: ⁴⁵

Cercis canadensis L.
Eastern Redbud; Fabaceae

Tribal Nation: Kiowa

Indigenous Name: *Kee-a-gu-la*
Meaning: Not given

Habitat/Ecological Zone: Found in rich soils in Nebraska south to Texas and Mexico

Plants Parts Harvested: Slender stems

Season Collected: Late fall and winter

Artifacts: Slender stems used for fuel during the winter

References: ⁴⁶

Cercis canadensis L.
Eastern Redbud; Fabaceae

Tribal Nation: Kiowa

Indigenous Name: *Kee-a-gu-la*
Meaning: Not given

Habitat/Ecological Zone: Found in rich soils in Nebraska south to Texas and Mexico

Plants Parts Harvested: Flower

Season Collected: Early spring

Additional Commentary: Flower welcomed as a sign of spring. The tree is one of the earliest to flower in the spring. The Kiowa believed that it was a welcome sign of spring. Consequently they would break off a few flowering branches and take them to their homes to “drive out winter.”

References: ⁴⁷

Chenopodium berlandieri

Chenopodium album, Linn.

Lamb’s Quarters; Pigweed; Chenopodiaceae

Tribal Nation: Kiowa

Indigenous Name: *Batl-sai-an*
Badl-sai-ya-don

Meaning: “Stink Weed”
Not given

Habitat/Ecological Zone: Pastures and prairies. The origin of the plant is Europe.

Plants Parts Harvested: Young leaves

Season Collected: Spring

Food Use(s): Leaves used for food

Additional Commentary: Some Kiowa believe the plant was put on the earth to bother them or drive them away from dangerous places

References: ⁴⁸

Chrysobotrya odorata (Wendl.) Cockerell

Ribes odoratum Wendl. f.

Buffalo Currant; Grossulariaceae

Tribal Nation: Kiowa

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Found in sandy, loamy, and clay well-drained soils in woodland, along sunny edges, or lightly shaded areas.

Plants Parts Harvested: Fruit
Season Collected: Not given
Food Use(s): Fruit eaten raw
References: ⁴⁹

Chrysobotrya odorata (Wendl.) Cockerell
Ribes odoratum Wendl. f.
Buffalo Currant; Grossulariaceae

Tribal Nation: Kiowa
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Found in sandy, loamy, and clay well-drained soils in woodland, along sunny edges, or lightly shaded areas.
Plants Parts Harvested: Fruit
Season Collected: Not given
Food Use(s): Fruit made into jelly.
References: ⁵⁰

Cirsium ochrocentrum Gray
Cirsium undulatum
Yellowspine Thistle; Asteraceae
Wavy-Leafed Thistle

Tribal Nation: Kiowa
Indigenous Name: *Sengts-on*
Meaning: "Thistle"

Habitat/Ecological Zone: Prairies, pastures, and disturbed areas. Found in Nebraska to Texas

Plants Parts Harvested: Blossoms

Season Collected: Not given

Medicinal Use(s): A tea of blossoms applied as wash for burns and sores.

Additional Commentary: The Kiowa deemed the remedy to be “very effective.”

References: ⁵¹

Cirsium ochrocentrum Gray

Cirsium undulatum

Yellowspine Thistle; Asteraceae

Wavy-Leafed Thistle

Tribal Nation: Kiowa

Indigenous Name: *Sengts-on*

Meaning: “Thistle”

Habitat/Ecological Zone: Prairies, pastures, and disturbed areas. Found in Nebraska to Texas

Plants Parts Harvested: Blossoms

Season Collected: Not given

Medicinal Use(s): Decoction of blossoms used as wash for sores.

References: ⁵²

Cirsium ochrocentrum Gray

Cirsium undulatum

Yellowspine Thistle; Asteraceae

Wavy-Leafed Thistle

Tribal Nation: Kiowa

Indigenous Name: *Sengts-on*

Meaning: "Thistle"

Habitat/Ecological Zone: Prairies, pastures, and disturbed areas. Found in Nebraska to Texas

Plants Parts Harvested: Roots

Season Collected: Not given

Food Use(s): Roots used for food.

Additional Commentary: Older Kiowa members (circa 1939) remember when the roots of the yellow spined thistle (*Cirsium undulatum*) were used as food.⁵³

References: ⁵⁴

Cirsium ochrocentrum Gray
Cirsium undulatum
Yellowspine Thistle; Asteraceae
Wavy-Leafed Thistle

Tribal Nation: Kiowa

Indigenous Name: *Sengts-on*
Meaning: "Thistle"

Habitat/Ecological Zone: Prairies, pastures, and disturbed areas. Found in Nebraska to Texas

Plants Parts Harvested: Blossoms

Season Collected: Not given

Artifacts: Blossoms used to cover graves of those recently buried to keep the wolves from digging up the body.

References: ⁵⁵

Citrullus lanatus var. *lanatus*
Watermelon; Cucurbitaceae

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Originally native to South America, it was introduced as a crop during the reservation period

Plants Parts Harvested: Unripened plant

Season Collected: Not given

Medicinal Use(s): Unripe plant considered poisonous.

Additional Commentary: Kiowa elders, circa 1930s, told of a time the Kiowa raided Anglo farms and stole unripe watermelons. Never having seen watermelons some ate them green and many became ill. Some Kiowa died. Thereafter the Kiowa avoided watermelon, considering it unfit for Indian consumption.

References: ⁵⁶

Coreopsis trinatoria (Nuttall)

Plains Coreopsis;
Golden Coreopsis;
Tickseed

Tribal Nation: Kiowa

Indigenous Name: *Tza-a-gudl*
Meaning: Not given

Habitat/Ecological Zone: Found seasonally in damp, usually sandy soils, especially disturbed areas. Located from Minnesota south to Arizona

Plants Parts Harvested: Flower

Season Collected: Not given

Food Use(s): Used to make a tea by hanging a bunch of flower heads in hot water. It is either consumed hot or cold.

Additional Commentary: After a few sips, it acts almost immediately as an emetic

References: ⁵⁷

Croton texensis

Texas Croton;
Skunkweed

Tribal Nation: Kiowa

Indigenous Name: *Tai-me*
Meaning: "Sun Dance Weed"

Habitat/Ecological Zone: Found in Sand hills and sandy soils from Wyoming into Mexico

Plants Parts Harvested: Leaves and entire plant

Season Collected: Not given

Medicinal Use(s): The plant was apparently used in the Sun Dance, but by the late 1930s its specific use was not remembered

Additional Commentary: The Kiowa learned of the plant from the Crow in 1765, but its specific use is not recorded.

References: ⁵⁸

Cucurbita foetidissima Kunth

Missouri Gourd; Cucurbitaceae
Buffalo Gourd

Tribal Nation: Kiowa

Indigenous Name: *Ko-kon-baw*
Meaning: Not given

Habitat/Ecological Zone: Prairies in dry soil and disturbed areas. Found from South Dakota south to Texas and Mexico

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Decoction of peeled roots, boiled, is taken as an emetic in tea form to induce vomiting.

References: ⁵⁹

Cucurbita foetidissima Kunth
Missouri Gourd; Cucurbitaceae
Buffalo Gourd

Tribal Nation: Kiowa

Indigenous Name: *Ko-kon-baw*

Meaning: Not given

Habitat/Ecological Zone: Prairies in dry soil and disturbed areas. Found from South Dakota south to Texas and Mexico

Plants Parts Harvested: Fruit

Season Collected: Not given

Artifacts: Fruit used to cleanse hides and clothes by rubbing the dried fruit into the stains before washing.

References: ⁶⁰

Cyperus schweinitzii Torr
Schweinitz's Flat Sedge; Cyperaceae
Schweinitz's Cyperus;

Tribal Nation: Kiowa

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Widespread sedge from Washington to Texas.

Plants Parts Harvested: Plant

Season Collected: Not given

Food Use(s): The species in association with *Panicum scribnerianum* is considered an excellent fodder for fattening horses.

References: ⁶¹

Dalea candida var. *oligophylla* (Torr.) Shinnery

Petalostemon oligophyllum (Torr.)

White Prairie Clover; Fabaceae

Tribal Nation: Kiowa

Indigenous Name: *Khaw-tan-ee*

Meaning: No translation given

Habitat/Ecological Zone: Prairies and rocky open woods. It is common from North Dakota to Colorado, south into Texas.

Plants Parts Harvested: Root

Season Collected: Not given

Food Use(s): Peeled root used for food.

Additional Commentary: It is considered a pre-reservation food source. By the late 1930s, use as a food was abandoned by people. The Kiowa peeled off the outer portion of the root before consuming them.⁶²

References: ⁶³

Dalea enneandra Nutt

Slender Parosela; Fabaceae

Tribal Nation: Kiowa

Indigenous Name: *Za-ba-a*

Meaning: "Arrow Weed"

Habitat/Ecological Zone: Found on the prairies from North Dakota, into Colorado, and Texas

Plants Parts Harvested: Thorned stems

Season Collected: Not given

Artifacts: Erect, slender stems made into small arrows, with an *Opuntia* thorn in the end, used to kill small animals.

References: ⁶⁴

Dalea enneandra Nutt.
Slender Parosela; Fabaceae

Tribal Nation: Kiowa

Indigenous Name: *Za-ba-a*
Meaning: "Arrow Weed"

Habitat/Ecological Zone: Found on the prairies from North Dakota, into Colorado, and Texas

Plants Parts Harvested: Stems

Season Collected: Not given

Artifacts: Erect, slender stems made into small arrows, with a thorn in the end, used for games.

References: ⁶⁵

Delphinium carolinianum ssp. *virescens* (Nutt.) Brooks
Delphinium virescens (Nutt.)
Carolina Larkspur; Ranunculaceae
Prairie Larkspur;

Tribal Nation: Kiowa

Indigenous Name: *Ton-a*
Meaning: "Gourd seed"

Habitat/Ecological Zone: Found in prairies, pastures, and river valleys from South Dakota, into Colorado, and south to Texas.

Plants Parts Harvested: Seeds

Season Collected: Not given

Spiritual/Religious Use(s): Small seeds used in peyote rattles.

References: ⁶⁶

Dichanthelium oligosanthos var. *scribnerianum* (Nash) Gould
Scribner's Rosette Grass; Poaceae

Tribal Nation: Kiowa

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Widespread species from Washington to Texas.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Food Use(s): Used to fatten horses very quickly.

References: ⁶⁷

Echinacea angustifolia var. *angustifolia*
Brauneria angustifolia (DC.)
Purple Coneflower; Asteraceae
Blacksamson Echinacea;
Rattlesnake Weed;
Narrow-leaved Purple Cone Flower

Tribal Nation: Kiowa

Indigenous Name: *Dain-pai-a*

Awdl-son-a

Meaning: Not given

Not given

Habitat/Ecological Zone: Prefers dry upland prairies, often in rocky areas. Found north from Saskatchewan and Manitoba, Canada south to Texas

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Ground root chewed and juice swallowed for coughs. After chewing, the wad would be placed on the throat swelling.

Additional Commentary: Vestal and Schultes reported that the dried seed head in the 1930s was used a comb and brush.⁶⁸

References: ⁶⁹

Echinacea angustifolia var. *angustifolia*
Brauneria angustifolia (DC.)
Purple Coneflower; Asteraceae
Blacksamson Echinacea;
Rattlesnake Weed;
Narrow-leaved Purple Cone Flower

Tribal Nation: Kiowa

Indigenous Name: *Dain-pai-a*
Awdl-son-a

Meaning: Not given
Not given

Habitat/Ecological Zone: Prefers dry upland prairies, often in rocky areas. Found north from Saskatchewan and Manitoba, Canada south to Texas

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Ground root chewed and juice swallowed for sore throats.

Additional Commentary: Grinnell wrote that the Cheyenne and Kiowa treated colds and sore throats by chewing the root and letting the saliva run down their throat.⁷⁰

References: ⁷¹

Elymus canadensis L.
Canada Wild Rye; Poaceae

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: "Full Grown Chokeweed"

Habitat/Ecological Zone: Moist to dry, well-drained sties in plains, foothills from Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Foliage and lemmas

Season Collected: Not given

Food Use(s): Foliage and lemmas used as a moderately palatable fodder for livestock.

Additional Commentary: The Kiowa name for the plant takes note of its harsh characteristics, making it difficult for livestock to eat the plant.

References: ⁷²

Erigeron divergens Torr. & Gray
Erigeron philadelphicus
Spreading Fleabane; Asteraceae

Tribal Nation: Kiowa

Indigenous Name: *A-kent-ein*
Meaning: "White Flower Plant"

Habitat/Ecological Zone: Fields, meadows, and disturbed areas from South Dakota south to Texas

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plant is considered an omen of good fortune and Kiowa brought it into the home.

References: ⁷³

Eriogonum annuum Nutt
Annual Buckwheat; Polygonaceae

Tribal Nation: Kiowa

Indigenous Name: *Gon-a*
Meaning: "Tan Weed"

Habitat/Ecological Zone: Found in North Dakota and Montana, south to Texas and Mexico.

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: The fresh leaves were rubbed on buffalo or deer hides in the process of staining and tanning. If the hide was dry, the leaves would be moistened before the application.

References: ⁷⁴

Eriogonum jamesii Nutt.
James' Eriogonum; Polygonaceae

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Found on the plains and prairies from Colorado and Kansas, south into Texas, New Mexico, Arizona and Mexico.

Plants Parts Harvested: None

Season Collected: Not given

Additional Commentary: The Kiowa recognized the species, but stated it had little value as fodder.

References: ⁷⁵

Eriogonum longifolium Nutt.
Longleaf Buckwheat; Polygonaceae
Indian Turnip

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Found in sandy, dry soils from southern Kansas south into Texas.

Plants Parts Harvested: Root

Season Collected: Not given

Food Use(s): Root used for food

Additional Commentary: Other tribes, according to the Kiowa, use the plant as medicine.

References: ⁷⁶

Euphorbia marginata Pursh
Snow On The Mountain; Euphorbiaceae
White Mountain Spurge

Tribal Nation: Kiowa

Indigenous Name: *Khaw-lo-dam-a*
Meaning: Not given

Habitat/Ecological Zone: Native of Colorado and Texas

Plants Parts Harvested: Plant

Season Collected: Not given

Food Use(s): Used for chewing gum.

References: ⁷⁷

Equisetum arvense
Field Horsetail

Tribal Nation: Kiowa

Indigenous Name: *Do'npa*
Meaning: "Fat Plant"

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

Plants Parts Harvested: Base of plant

Season Collected: Not given

Food Use(s): The swollen base of the plant was eaten raw.

Additional Commentary: The *Sett'an* and *Anko* annual calendars recorded that the Kiowa held a Sun Dance in 1835 on the south bank of the Canadian River, where many rushes (*Equisetum arvense*) grow. The ceremony was called "Cat-tail Rush Sun Dance."⁷⁸

References: ⁷⁹

Gaillardia pulchella Foug
Gaillardia aristata Pursh
Firewheel; Asteraceae
Blanket Flower;
Showy Gaillardia

Tribal Nation: Kiowa

Indigenous Name: *A-kee-awadl-kaw-kie*
Meaning: "Head-shaped Flower Plant"

Habitat/Ecological Zone: Open plains and prairies from Nebraska, Colorado to Mexico

Plants Parts Harvested: Seeds and flowers

Season Collected: Not given

Artifacts: Flowers used for ornaments in the homes.

Additional Commentary: Kiowa would save the seeds for their gardens during the reservation era and grow the flowers. The flowers are believed to bring good fortune and would be brought into homes. The dried inflorescences are believed to resemble a human head.

References: ⁸⁰

Gaillardia pulchella Foug.
Firewheel; Asteraceae

Tribal Nation: Kiowa

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Dry, open sites or grasslands; foothills to montane; British Columbia, Canada to Colorado

Plants Parts Harvested: Flowers

Season Collected: Not given

Artifacts: Flowers believed to bring luck.

References: ⁸¹

Helianthus annuus L.
Common Sunflower; Asteraceae

Tribal Nation: Kiowa

Indigenous Name: *Hon-son-a*

Hon-son-daw

Meaning: "Looking at you"

Not given

Habitat/Ecological Zone: Low meadows, prairies, sometimes disturbed areas. Found on the dry plains from the Rocky Mountains east to the Mississippi River

Plants Parts Harvested: Sap

Season Collected: Spring through late summer

Medicinal Use(s): Coagulated sap chewed, by the elders, to diminish thirst.

Additional Commentary: The Kiowa term, “looking at you,” refers to the heliotropic turning of the flowers along trail and roadways. Therefore it is considered a traveler’s companion.

References: ⁸²

Helianthus annuus L.

Common Sunflower; Asteraceae

Tribal Nation: Kiowa

Indigenous Name: *Hon-son-a*
Hon-son-daw

Meaning: “Looking at you”
Not given

Plants Parts Harvested: Seeds

Season Collected: Fall

Food Use(s): Seeds chewed into a paste like consistency and eaten.

References: ⁸³

Hierochloe odorata (L.) Beauv

Sweetgrass; Poaceae

Vanilla Grass;

Holy Grass

Tribal Nation: Kiowa

Indigenous Name: *An-son-a*

Meaning: Not given

Habitat/Ecological Zone: Wet meadows, marshes, and prairie

Plants Parts Harvested: Grass

Season Collected: Not given

Spiritual/Religious Use(s): Dried foliage employed as an incense, perfume, and for purification

References: ⁸⁴

Hierochloe odorata (L.) Beauv
Sweetgrass; Poaceae
Vanilla Grass

Tribal Nation: Kiowa

Indigenous Name: *An-son-a*
Meaning: Not given

Habitat/Ecological Zone: Wet meadows, marshes, and prairie

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Fragrant leaves used as stuffing for pillows and mattresses.

References: ⁸⁵

Hierochloe odorata (L.) Beauv
Sweetgrass; Poaceae
Vanilla Grass

Tribal Nation: Kiowa

Indigenous Name: *An-son-a*
Meaning: Not given

Habitat/Ecological Zone: Wet meadows, marshes, and prairie

Plants Parts Harvested: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): Dried leaves sprinkled over the fire during the peyote ceremony.

References: ⁸⁶

Hierochloe odorata (L.) Beauv

Sweetgrass; Poaceae

Vanilla Grass;

Tribal Nation: Kiowa

Indigenous Name: *An-son-a*
Meaning: Not given

Habitat/Ecological Zone: Wet meadows, marshes, and prairie

Plants Parts Harvested: Foliage

Season Collected: Not given

Medicinal Use(s): Dried foliage employed as a perfume.

References: ⁸⁷

Ipomoea leptophylla Torr.

Bush Morning Glory; Convolvulaceae

Big Root

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Found from South Dakota to Montana, south to Texas and into New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Food Use(s): Root roasted for food when pressed by hunger

Additional Commentary: Dr. Edward Palmer, a 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.”⁸⁸

References: ⁸⁹

Juglans nigra L.

Black Walnut; Juglandaceae

Tribal Nation: Kiowa

Indigenous Name: *Poho 'n-a*
Pon-hon-a-daw
Pon-hon-ai-gaw

Meaning: “Walnut Tree”
“Walnut Tree”
“Walnut”

Habitat/Ecological Zone: Found in woodland area from the Atlantic coast west into Texas.

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The decoction of the root bark was taken to kill "worms."

Additional Commentary: The term, *Poho 'n-a*, refers to the custom of a husband's right to cut from the nose of an unfaithful wife a piece the shape and size of a walnut or that the terms refers to the resemblance of a mutilated nose to a split walnut.⁹⁰

References: ⁹¹

Juglans nigra L.

Black Walnut; Juglandaceae

Tribal Nation: Kiowa

Indigenous Name: *Poho 'n-a*
Pon-hon-a-daw
Pon-hon-ai-gaw

Meaning: “Walnut Tree”
“Walnut Tree”

“Walnut”

Habitat/Ecological Zone: Found in woodland area from the Atlantic coast west into Texas.

Plants Parts Harvested: Nuts

Season Collected: Not given

Food Use(s): Nuts seasonally harvested for food

References: ⁹²

Juglans nigra L.

Black Walnut; Juglandaceae

Tribal Nation: Kiowa

Indigenous Name: *Poho 'n-a*
Pon-hon-a-daw
Pon-hon-ai-gaw

Meaning: “Walnut Tree”
“Walnut Tree”
“Walnut”

Habitat/Ecological Zone: Found in woodland area from the Atlantic coast west into Texas.

Plants Parts Harvested: Roots

Season Collected: Not given

Artifacts: Roots boiled to make a bluish, black dye for buffalo hides.

References: ⁹³

Juniperus virginiana L.

Eastern Red Cedar; Cupressaceae

Tribal Nation: Kiowa

Indigenous Name: *'Ko-kee-ad-la; ahi 'n [a-heen]*

Meaning: "Peculiar" or "Conspicuous"

Habitat/Ecological Zone: Prairie hillsides, fields, pastures, and occasionally woodlands

Plants Parts Harvested: Berries

Season Collected: Not given

Medicinal Use(s): Berries chewed for canker sores in the mouth.

References: ⁹⁴

Juniperus virginiana L.
Eastern Red Cedar; Cupressaceae

Tribal Nation: Kiowa

Indigenous Name: '*Ko-kee-ad-la; ahi'n [a-heen]*
Meaning: "Peculiar" or "Conspicuous"

Habitat/Ecological Zone: Prairie hillsides, fields, pastures, and occasionally woodlands

Plants Parts Harvested: Needles

Season Collected: Not given

Spiritual/Religious Use(s): Needles thrown into the fire and used as incense during prayers in the peyote meeting.

References: ⁹⁵

Juniperus virginiana L.
Eastern Red Cedar; Cupressaceae

Tribal Nation: Kiowa

Indigenous Name: '*Ko-kee-ad-la; ahi'n [a-heen]*
Meaning: "Peculiar" or "Conspicuous"

Habitat/Ecological Zone: Prairie hillsides, fields, pastures, and occasionally woodlands

Plants Parts Harvested: Heartwood

Season Collected: Not given

Artifacts: Red, aromatic heartwood used to make "love flutes." Love flutes are called *Ya-ton-ba* (wood for love flute).

References: ⁹⁶

Juniperus virginiana L.
Eastern Red Cedar; Cupressaceae

Tribal Nation: Kiowa

Indigenous Name: *'Ko-kee-ad-la; ahi'n [a-heen]*
Meaning: "Peculiar" or "Conspicuous"

Habitat/Ecological Zone: Prairie hillsides, fields, pastures, and occasionally woodlands

Plants Parts Harvested: Tree limbs

Season Collected: Not given

Artifacts: Tipi poles are made preferably of cedar because of its durability and tendency not to warp.

References: ⁹⁷

Lagenaria siceraria (Molina)
Curcubita siceraria
Bottle Gourd;
Calabash;
Dipper Gourd

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Prairies and native pastures

Plants Parts Harvested: Fruit

Season Collected: Not given

Artifacts: Peyote rattles and musical rattles were made from the gourd fruits.

Additional Commentary: A detailed description of a peyote gourd rattle and its associated cultural symbols and meaning in the peyote ceremony is found in Mooney's work.⁹⁸

References: ⁹⁹

Liatis punctata Hook
Dotted Gayfeather; Asteraceae
Blazing Star;
Starwort;
Dotted Button Snake Root

Tribal Nation: Kiowa

Indigenous Name: *H-kon-a*

Meaning: Not given

Habitat/Ecological Zone: Prairies and native pasture from Saskatchewan to Montana and south Texas, New Mexico, and northern Mexico.

Plants Parts Harvested: Roots

Season Collected: Spring

Food Use(s): Sweet roots baked over a fire and eaten.

Additional Commentary: Kiowa gathered the roots in spring when they are sweet, later in the season they have a greasy taste. Gayfeather was recorded eaten as late as the 1930s.¹⁰⁰

References: ¹⁰¹

Lichens
Unknown Species

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Various eco-zones and eco-niches

Plants Parts Harvested: Whole plant

Season Collected: Not given

Medicinal Use(s): Lichens are dried, powdered, and applied to sore gums or used for tooth abscesses.

Additional Commentary: The Kiowa distinguish lichens principally by their color. They consider lichens growing on the north side of trees the best to use for medicines.

References: ¹⁰²

Lichens
Unknown Species

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Varied habitats, depending on species

Plants Parts Harvested: Whole plant

Season Collected: Not given

Medicinal Use(s): Lichens are dried, powdered, and applied to sore gums or used for tooth abscesses. Given to an infant when teething.

Additional Commentary: The Kiowa distinguish lichens principally by their color. They consider lichens growing on the north side of trees the best to use for medicines.

References: ¹⁰³

Lophophora williamsii (Lem. ex Salm-Dyck) Coult.
Peyote; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Seni*
Sen-gaw

Meaning: "Prickly Fruit"
Not given

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: Plant

Season Collected: Not given

Medicinal Use(s): Poultice of plants applied for rheumatic pains

Additional Commentary: According to Vestal and Schultes, peyote is the most important medicine among the Kiowa, rapidly replacing many pre-reservation plant remedies. The medicine is administered during the peyote ceremony, but also is used daily by some individuals.¹⁰⁴

References: ¹⁰⁵

Lophophora williamsii (Lem. ex Salm-Dyck) Coult.
Peyote; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Seni*
Sen-gaw

Meaning: "Prickly Fruit"
Not given

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: Plant

Season Collected: Not given

Medicinal Use(s): Decoction of plants taken for colds

References: ¹⁰⁶

Lophophora williamsii (Lem. ex Salm-Dyck) Coult.
Peyote; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Seni*
Sen-gaw

Meaning: "Prickly Fruit"
Not given

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: Plant

Season Collected: Not given

Medicinal Use(s): Poultice of plants applied for cuts and bruises

References: ¹⁰⁷

Lophophora williamsii (Lem. ex Salm-Dyck) Coult.
Peyote; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Seni*
Sen-gaw

Meaning: "Prickly Fruit"
Not given

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: Plant

Season Collected: Not given

Medicinal Use(s): Decoction of plants taken for fevers

References: ¹⁰⁸

Lophophora williamsii (Lem. ex Salm-Dyck) Coult.
Peyote; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Seni*
Sen-gaw

Meaning: "Prickly Fruit"
Not given

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: Plant

Season Collected: Not given

Medicinal Use(s): Decoction of plants taken for intestinal ills

References: ¹⁰⁹

Lophophora williamsii (Lem. ex Salm-Dyck) Coult.
Peyote; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Seni*
Sen-gaw

Meaning: "Prickly Fruit"
Not given

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: Plant

Season Collected: Not given

Medicinal Use(s): Decoction of plants taken for grippe and scarlet fever.

References: ¹¹⁰

Lophophora williamsii (Lem. ex Salm-Dyck) Coult.
Peyote; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Seni*

Sen-gaw

Meaning: "Prickly Fruit"
Not given

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: Plant

Season Collected: Not given

Medicinal Use(s): Plant used as a narcotic.

References: ¹¹¹

Lophophora williamsii (Lem. ex Salm-Dyck) Coult.
Peyote; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Seni*

Sen-gaw

Meaning: "Prickly Fruit"
Not given

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: Poultice

Season Collected: Not given

Medicinal Use(s): Poultice of plants applied for bruises.

References: ¹¹²

Lophophora williamsii (Lem. ex Salm-Dyck) Coult.
Peyote; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Seni*
Sen-gaw

Meaning: "Prickly Fruit"
Not given

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: Plant

Season Collected: Not given

Medicinal Use(s): Decoction of plants taken as a panacea.

References: ¹¹³

Lophophora williamsii (Lem. ex Salm-Dyck) Coult.
Peyote; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Seni*
Sen-gaw

Meaning: "Prickly Fruit"
Not given

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: Plant

Season Collected: Not given

Medicinal Use(s): Decoction of plants taken for pneumonia and scarlet fever

References: ¹¹⁴

Lophophora williamsii (Lem. ex Salm-Dyck) Coult.

Peyote; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Seni*

Sen-gaw

Meaning: "Prickly Fruit"

Not given

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: Plant

Season Collected: Not given

Medicinal Use(s): Decoction of plants taken for tuberculosis

References: ¹¹⁵

Lophophora williamsii (Lem. ex Salm-Dyck) Coult.

Peyote; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Seni*

Sen-gaw

Meaning: "Prickly Fruit"

Not given

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: Plant

Season Collected: Not given

Medicinal Use(s): Decoction of plants taken for venereal disease.

References: ¹¹⁶

Lophophora williamsii (Lem. ex Salm-Dyck) Coult.

Peyote; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Seni*

Sen-gaw

Meaning: "Prickly Fruit"

Season Collected: Not given

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: Peyote button

Season Collected: Not given

Medicinal Use(s): The button is partially masticated and packed around an aching tooth

References: ¹¹⁷

Lycoperdon spp.

Puffball

Tribal Nation: Kiowa

Indigenous Name: *Ai-pee-o-pa*

Meaning: Not given

Habitat/Ecological Zone: Various eco-niches depending on conditions

Plants Parts Harvested: Whole plant

Season Collected: Not given

Food Use(s): Puffballs are baked and used as food

References: ¹¹⁸

Lycoperdon spp.
Puffball

Tribal Nation: Kiowa

Indigenous Name: *Ai-pee-o-pa*
Meaning: Not given

Habitat/Ecological Zone: Found in moist locations

Plants Parts Harvested: Spores

Season Collected: Not given

Medicinal Use(s): Dried spores are moistened and applied to sores and scratches.

References: ¹¹⁹

Maclura pomifera (Raf.) Schneid.
Bow Wood; Moraceae
Osage Orange;
Mock Orange

Tribal Nation: Kiowa

Indigenous Name: *Zaip-gwawt- 'ko-ya-daw*
Meaning: "Osage Orange Tree"

Habitat/Ecological Zone: A native species to Arkansas, Oklahoma, and Texas.

Plants Parts Harvested: Roots

Season Collected: Not given

Artifacts: Outer portion of the roots yielded a yellow dye.

References: ¹²⁰

Maclura pomifera (Raf.) Schneid.

Bow Wood; Moraceae

Osage Orange;

Mock Orange

Tribal Nation: Kiowa

Indigenous Name: *Zaip-gwawt- 'ko-ya-daw*

Meaning: "Osage Orange Tree"

Habitat/Ecological Zone: A native species to Arkansas, Oklahoma, and Texas.

Plants Parts Harvested: Wood

Season Collected: Not given

Spiritual/Religious Use(s): Wood used as the favorite material for the staff held by singer in the peyote ceremony.

References: ¹²¹

Maclura pomifera (Raf.) Schneid.

Bow Wood; Moraceae

Osage Orange;

Mock Orange

Tribal Nation: Kiowa

Indigenous Name: *Zaip-gwawt- 'ko-ya-daw*

Meaning: "Osage Orange Tree"

Habitat/Ecological Zone: A native species to Arkansas, Oklahoma, and Texas.

Plants Parts Harvested: Wood

Season Collected: Not given

Artifacts: Wood used for making bows.

References: ¹²²

Melia azedarach L.
Chinaberry Tree; Meliaceae
Indian Lilac;
Lelah;
Paraiso;
Pride of India;
White Cedar

Tribal Nation: Kiowa

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: An introduced species from Asia. Found from California across the southern United States to the Atlantic Coast

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Chinaberry is an introduced species. In the *Sett'an* and *Anko* calendar histories, there is a sketch of a chinaberry tree over the medicine lodge, representing a Sun Dance that was held in the summer of 1850 near a thicket of chinaberry trees on Beaver Creek or the upper North Canadian River near present Fort Supply, Oklahoma.¹²³

References: ¹²⁴

Mentha sp
Mentha arvensis L.
Mint; Lamiaceae
Wild Mint;
Horse Mint

Tribal Nation: Kiowa

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Wet or moist soils of stream banks, lake margins, and prairie ravines

Plants Parts Harvested: Leaves
Season Collected: Not given
Medicinal Use(s): Fresh leaves and chewed or a tea made of leaves taken for stomach troubles.
References: ¹²⁵

Mentha sp
Mentha arvensis L.
Mint; Lamiaceae
Wild Mint;
Horse Mint

Tribal Nation: Kiowa
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Wet or moist soils of stream banks, lake margins, and prairie ravines
Plants Parts Harvested: Fresh leaves
Season Collected: Not given
Food Use(s): Fresh leaves frequently chewed.
References: ¹²⁶

Monarda pectinata Nutt
Monarda fistulosa L.
Pony Beebalm; Lamiaceae
Wild Bergamot;
Horse Mint

Tribal Nation: Kiowa
Indigenous Name: *Po-et-on-sai-on*
Ya-sai-o-gee-ot
Meaning: "Perfume Plant"

Habitat/Ecological Zone: Prairie hillsides, pastures, stream banks, occasionally in open woods, usually in rocky soils. Found from Manitoba, Canada south into New Mexico

Plants Parts Harvested: Flowers

Season Collected: Not given

Artifacts: Flowers gathered, placed in water and the liquid sprinkled on the hair as a perfume.

References: ¹²⁷

Monarda pectinata Nutt
Monarda fistulosa L.
Pony Beebalm; Lamiaceae
Wild Bergamot;
Horse Mint

Tribal Nation: Kiowa

Indigenous Name: *Po-et-on-sai-on*

Meaning: *Ya-sai-o-gee-ot*
“Perfume Plant”

Habitat/Ecological Zone: Prairie hillsides, pastures, stream banks, occasionally in open woods, usually in rocky soils. Found from Manitoba, Canada south into New Mexico

Plants Parts Harvested: Flowers

Season Collected: Not given

Medicinal Use(s): Crumpled the leaves and mixed them with spittle. The infusion of crushed flowers applied to the skin to soothe insect bites and stings.

Additional Commentary: The Kiowa did not distinguish between *Monarda pectinata* Nutt and *Monarda fistulosa* L.

References: ¹²⁸

Monarda pectinata Nutt
Monarda fistulosa L.
Pony Beebalm; Lamiaceae
Wild Bergamot;
Horse Mint

Tribal Nation: Kiowa

Indigenous Name: *Po-et-on-sai-on*
Ya-sai-o-gee-ot

Meaning: "Perfume Plant"

Habitat/Ecological Zone: Prairie hillsides, pastures, stream banks, occasionally in open woods, usually in rocky soils. Found from Manitoba, Canada south into New Mexico

Plants Parts Harvested: Flowers

Season Collected: Not given

Medicinal Use(s): Dried and powdered plant is used to rub over the head for headaches

Additional Commentary: The Kiowa did not distinguish between *Monarda pectinata* Nutt and *Monarda fistulosa* L.

References: ¹²⁹

Monarda pectinata Nutt
Monarda fistulosa L.
Pony Beebalm; Lamiaceae
Wild Bergamot;
Horse Mint

Tribal Nation: Kiowa

Indigenous Name: *Po-et-on-sai-on*
Ya-sai-o-gee-ot

Meaning: "Perfume Plant"

Habitat/Ecological Zone: Prairie hillsides, pastures, stream banks, occasionally in open woods, usually in rocky soils. Found from Manitoba, Canada south into New Mexico

Plants Parts Harvested: Flowers
Season Collected: Not given
Medicinal Use(s): Dried and powdered plant is used to rub over the body for curing fever
Additional Commentary: The Kiowa did not distinguish between *Monarda pectinata* Nutt and *Monarda fistulosa* L.
References: ¹³⁰

Monarda pectinata Nutt
Monarda fistulosa L.
Pony Beebalm; Lamiaceae
Wild Bergamot;
Horse Mint

Tribal Nation: Kiowa
Indigenous Name: *Po-et-on-sai-on*
Ya-sai-o-gee-ot
Meaning: "Perfume Plant"
Habitat/Ecological Zone: Prairie hillsides, pastures, stream banks, occasionally in open woods, usually in rocky soils. Found from Manitoba, Canada south into New Mexico
Plants Parts Harvested: Flowers
Season Collected: Not given
Medicinal Use(s): Dried and powdered plant is used as a remedy for sore eyes
Additional Commentary: The Kiowa did not distinguish between *Monarda pectinata* Nutt and *Monarda fistulosa* L.
References: ¹³¹

Monarda pectinata Nutt
Monarda fistulosa L.
Pony Beebalm; Lamiaceae

Wild Bergamot;
Horse Mint

Tribal Nation: Kiowa

Indigenous Name: *Po-et-on-sai-on*
Ya-sai-o-gee-ot

Meaning: "Perfume Plant"

Habitat/Ecological Zone: Prairie hillsides, pastures, stream banks, occasionally in open woods, usually in rocky soils. Found from Manitoba, Canada south into New Mexico

Plants Parts Harvested: Flowers

Season Collected: Not given

Medicinal Use(s): Dried and powdered plant is used for colds

Additional Commentary: The Kiowa did not distinguish between *Monarda pectinata* Nutt and *Monarda fistulosa* L.

References: ¹³²

Nymphaea sp.

Water Lily; Nymphaeaceae

Tribal Nation: Kiowa

Indigenous Name: *Se'-np'odal-e'*

Meaning: Not given

Habitat/Ecological Zone: Aquatic areas

Plants Parts Harvested: Tubers

Season Collected: Not given

Food Use(s): Tubers stewed or prepared like potatoes.

References: ¹³³

Oenothera rhombipetala Nutt. ex Torr. & Gray
Fourpoint Evening Primrose; Onagraceae

Tribal Nation: Kiowa

Indigenous Name: *A-kai-gee-go*
Meaning: "Yellow Flowers"

Habitat/Ecological Zone: Found from South Dakota into Texas

Plants Parts Harvested: Flowers

Season Collected: Not given

Artifacts: Yellow flowers picked and brought into the house

References: ¹³⁴

Opuntia sp.
Opuntia macrohiza
Prickly Pear; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Sen-adl-gaw*
Sen-alo
Alo

Meaning: Not given
Not given
Not given

Habitat/Ecological Zone: Prairie, pastures, rocky glades, usually in dry soils

Plants Parts Harvested: Thorns

Season Collected: Not given

Medicinal Use(s): Thorns used to puncture the skin for boils.

References: ¹³⁵

Opuntia sp.

Opuntia macrohiza
Prickly Pear; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Sen-adl-gaw*
Sen-alo
Alo

Meaning: Not given
Not given
Not given

Habitat/Ecological Zone: Prairie, pastures, rocky glades, usually in dry soils

Plants Parts Harvested: Stems

Season Collected: Not given

Medicinal Use(s): Poultice of peeled stems applied as a hemostat

References: ¹³⁶

Opuntia sp.
Opuntia macrohiza
Prickly Pear; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Sen-adl-gaw*
Sen-alo
Alo

Meaning: Not given
Not given
Not given

Habitat/Ecological Zone: Prairie, pastures, rocky glades, usually in dry soils

Plants Parts Harvested: Ripe fruits

Season Collected: Mid-summer to fall

Food Use(s): Ripe fruits gathered in large quantities and employed in making candy

References: ¹³⁷

Opuntia sp.
Opuntia macrohiza
Prickly Pear; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Sen-adl-gaw*
Sen-alo
Alo

Meaning: Not given
Not given
Not given

Habitat/Ecological Zone: Prairie, pastures, rocky glades, usually in dry soils

Plants Parts Harvested: Ripe fruits

Season Collected: Mid-summer to fall

Food Use(s): Ripe fruits gathered in large quantities and used fresh in jams.

References: ¹³⁸

Opuntia sp.
Opuntia macrohiza
Prickly Pear; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Sen-adl-gaw*
Sen-alo
Alo

Meaning: Not given
Not given
Not given

Habitat/Ecological Zone: Prairie, pastures, rocky glades, usually in dry soils

Plants Parts Harvested: Ripe fruits

Season Collected: Mid-summer to fall

Food Use(s): Ripe fruits gathered in large quantities and eaten
immediately

Additional Commentary: The summer of 1856 is recorded as *Se'n-alo' Kado* (Prickly
Pear Sun Dance).¹³⁹

References: ¹⁴⁰

Opuntia sp.
Opuntia macrohiza
Prickly Pear; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Sen-adl-gaw*
Sen-alo
Alo

Meaning: Not given
Not given
Not given

Habitat/Ecological Zone: Prairie, pastures, rocky glades, usually in dry soils

Plants Parts Harvested: Sharp thorns

Season Collected: Not given

Artifacts: Sharp thorns used as points for small arrows to kill birds

References: ¹⁴¹

Opuntia sp.
Opuntia macrohiza
Prickly Pear; Cactaceae

Tribal Nation: Kiowa

Indigenous Name: *Sen-adl-gaw*
Sen-alo

Meaning: *Alo*
Not given
Not given
Not given

Habitat/Ecological Zone: Prairie, pastures, rocky glades, usually in dry soils

Plants Parts Harvested: Stem secretion

Season Collected: Not given

Artifacts: Cut stem secretion applied to buckskin moccasins as a varnish.

References: ¹⁴²

Oxalis stricta L.
Oxalis violacea
Common Yellow Oxalis; Oxalidaceae
Violet Wood Sorrel

Tribal Nation: Kiowa

Indigenous Name: *Aw-tawt—an-ya*
Meaning: “Salt weed”

Habitat/Ecological Zone: Moist prairies, rocky open woods, and thickets. It is widely distributed east of the Rocky Mountains.

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Leaves chewed on long walks or perspiring feely to relieve thirst.

References: ¹⁴³

Panicum scrinerianum
Panic Grass; Gramineae

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: A dominant species of the tall grass prairie region
Plants Parts Harvested: Grass
Season Collected: Not given
Food Use(s): The plant is used to fatten horses quickly.
Additional Commentary: The Kiowa recognize this grass species, along with *Cyperus schweinitzii*, to fatten horses.
References: ¹⁴⁴

Paronychia jamesii Torr. & Gray
James' Nailwort; Caryophyllaceae
James' Whitlowwort

Tribal Nation: Kiowa
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Found in dry soils from Wyoming south to Texas.
Plants Parts Harvested: Leaves
Season Collected: Not given
Food Use(s): Used as a "tea" plant.
References: ¹⁴⁵

Parthenocissus quinquefolia (L.) Planch
Virginia Creeper; Vitaceae
False Grapes

Tribal Nation: Kiowa

Indigenous Name: *Sa-tai-al-go*
Meaning: "Paint Berries"

Habitat/Ecological Zone: A common climber in wooded thickets found from
Manitoba, Canada into Texas

Plants Parts Harvested: Fruit

Season Collected: Not given

Artifacts: Fruits used as pink paint for skin and to dye feathers worn
in war dance.

References: ¹⁴⁶

Paspalum setaceum Michx
Paspalum stramineum
Thin Paspalum; Poaceae
Bead Grass

Tribal Nation: Kiowa

Indigenous Name: *Bon-ya*
Meaning: Not given

Habitat/Ecological Zone: Distributed from Montana south to Texas

Plants Parts Harvested: Plant

Season Collected: Not given

Food Use(s): Considered to be valuable pasture and fodder for livestock.

References: ¹⁴⁷

Paspalum setaceum Michx.
Thin Paspalum; Poaceae

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Distributed from Montana south to Texas

Plants Parts Harvested: Plant

Season Collected: Not given

Food Use(s): Used as a valuable pasture plant.

References: ¹⁴⁸

Penstemon grandiflorus Nutt.

Large Beardtongue; Scrophulariaceae

Wild Foxglove

Tribal Nation: Kiowa

Indigenous Name: *Bo-do-ya*

Meaning: Not given

Habitat/Ecological Zone: Sandy to loamy soils of the prairies from Wyoming, Colorado, and south to Oklahoma

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Boiled the roots and taken for stomachaches

References: ¹⁴⁹

Phytolacca americana L

American Pokeweed; Phytolaccaceae

Scoke;

Pigeon Berry

Tribal Nation: Kiowa

Indigenous Name: Not given

Meaning: "Pink Flower Plant"

Habitat/Ecological Zone: Found in rich soils from Minnesota south to Texas.

Plants Parts Harvested: Fruits
Season Collected: Not given
Artifacts: Kiowa girls made necklaces from the dark, dry red fruits.
Additional Commentary: "Pink Flower Plant" is the Kiowa translation for the species. Other Native people used the fruit to obtain a red stain for decorating items. The leaves and stalks also were eaten.

References: ¹⁵⁰

Plantago virginica L.
Virginia Plantain; Plantaginaceae
Dwarf Plantain

Tribal Nation: Kiowa
Indigenous Name: *Bo-u-na*
Meaning: Not given
Habitat/Ecological Zone: Found in sandy soils across the United States and into Mexico
Plants Parts Harvested: Branches
Season Collected: Not given
Spiritual/Religious Use(s): Used to make garlands or wreaths worn by old men around their heads for dances as symbol of health.

References: ¹⁵¹

Populus deltoides Bartr. ex Marsh
Populus balsamifera, Linnaeus
Eastern Cottonwood; Salicaceae

Tribal Nation: Kiowa
Indigenous Name: *Ya-hee-hwai*
A'hi'n

Meaning: *A-heen*
"Principal Tree"

Habitat/Ecological Zone: A widely distributed species, from the east coast to the western plains. Usually grows near rivers or waterways.

Plants Parts Harvested: Trunk

Season Collected: Not given

Spiritual/Religious Use(s): Traditionally used to make tipi poles for peyote lodge

References: ¹⁵²

Populus deltoides Bartr. ex Marsh
Populus balsamifera, Linnaeus
Eastern Cottonwood; Salicaceae

Tribal Nation: Kiowa

Indigenous Name: *Ya-hee-hwai*
A'hi'n
A-heen

Meaning: "Principal Tree"

Habitat/Ecological Zone: A widely distributed species, from the east coast to the western plains. Usually grows near rivers or waterways.

Plants Parts Harvested: Poles

Season Collected: Not given

Spiritual/Religious Use(s): Traditionally the center pole of the Sun Dance Lodge is of cottonwood.

References: ¹⁵³

Populus deltoides Bartr. ex Marsh
Populus balsamifera, Linnaeus
Eastern Cottonwood; Salicaceae

Tribal Nation: Kiowa

Indigenous Name: *Ya-hee-hwai*
A'hi'n
A-heen
Meaning: "Principal Tree"
Habitat/Ecological Zone: A widely distributed species, from the east coast to the western plains. Usually grows near rivers or waterways.
Plants Parts Harvested: Sticks
Season Collected: Not given
Spiritual/Religious Use(s): Used to make smoke sticks for the peyote ceremony.
References: ¹⁵⁴

Populus deltoides Bartr. ex Marsh
Populus balsamifera, Linnaeus
Eastern Cottonwood; Salicaceae

Tribal Nation: Kiowa
Indigenous Name: *Ya-hee-hwai*
A'hi'n
A-heen
Meaning: "Principal Tree"
Habitat/Ecological Zone: A widely distributed species, from the east coast to the western plains. Usually grows near rivers or waterways.
Plants Parts Harvested: Wood
Season Collected: Not given
Artifacts: Used for fuel.
References: ¹⁵⁵

Populus deltoides Bartr. ex Marsh
Populus balsamifera, Linnaeus
Eastern Cottonwood; Salicaceae

Tribal Nation: Kiowa

Indigenous Name: *Ya-hee-hwai*
A'hi'n
A-heen

Meaning: "Principal Tree"

Habitat/Ecological Zone: A widely distributed species, from the east coast to the western plains. Usually grows near rivers or waterways.

Plants Parts Harvested: Not applicable

Season Collected: Not applicable

Spiritual/Religious Use(s): The Kiowa people emerged from a hollow cottonwood log.

References: ¹⁵⁶

Prosopis chilensis (Molina) Stuntz
Mesquite; Fabaceae
Algarrobo

Tribal Nation: Kiowa

Indigenous Name: *Gwaw-hai-aip*
Gwaw-hai-gaw

Meaning: "Mesquite Bush"
"Mesquite Bean"

Habitat/Ecological Zone: Found in Mexico north across the greater Southwest United States

Plants Parts Harvested: Leaves

Season Collected: Not given

Food Use(s): Leaves used for fodder.

References: ¹⁵⁷

Prosopis chilensis (Molina) Stuntz

Mesquite; Fabaceae
Algarrobo

Tribal Nation: Kiowa

Indigenous Name: *Gwaw-hai-aip*
Gwaw-hai-gaw

Meaning: “Mesquite Bush”
“Mesquite Bean”

Habitat/Ecological Zone: Found in Mexico north across the greater Southwest United States

Plants Parts Harvested: Beans and pods

Season Collected: Not given

Food Use(s): Pounded beans and pods used for food.

Additional Commentary: The method of preparation is no longer practiced.

References: ¹⁵⁸

Prosopis glandulosa Torr.
Honey Mesquite; Fabaceae

Tribal Nation: Kiowa

Indigenous Name: *Gwaw-hai-aip*
Gwaw-hai-gaw

Meaning: “Mesquite Bush”
“Mesquite Bean”

Habitat/Ecological Zone: Found in Mexico north across the greater Southwest United States

Plants Parts Harvested: Leaves

Season Collected: Not given

Food Use(s): Leaves used for fodder.

References: ¹⁵⁹

Prosopis glandulosa Torr.
Honey Mesquite; Fabaceae

Tribal Nation: Kiowa

Indigenous Name: *Gwaw-hai-aip*
Gwaw-hai-gaw

Meaning: “Mesquite Bush”
“Mesquite Bean”

Habitat/Ecological Zone: Found in Mexico north across the greater Southwest United States

Plants Parts Harvested: Beans and pods

Season Collected: Not given

Food Use(s): Pounded beans and pods used for food.

References: ¹⁶⁰

Prunus americana Marsh.
American Plum; Rosaceae

Tribal Nation: Kiowa

Indigenous Name: *Pank-ai-da-lo*

Meaning: “Sour Plum” or “Thick Skinned Plum”

Habitat/Ecological Zone: Thickets in prairies, woodlands, riverbanks

Plants Parts Harvested: Fruit

Season Collected: Mid-summer to fall

Food Use(s): Fruit gathered in great quantities and used immediately.

References: ¹⁶¹

Prunus americana Marsh.

American Plum; Rosaceae

Tribal Nation: Kiowa

Indigenous Name: *Pank-ai-da-lo*
Meaning: "Sour Plum" or "Thick Skinned Plum"

Habitat/Ecological Zone: Thickets in prairies, woodlands, riverbanks

Plants Parts Harvested: Fruit

Season Collected: Mid-summer to fall

Food Use(s): Fruit gathered in great quantities, dried and stored for winter use.

References: ¹⁶²

Prunus gracilis Engelm. & Gray

Low Plum; Rosaceae

Oklahoma Plum;

Prairie Cherry

Tribal Nation: Kiowa

Indigenous Name: *Adlo-pa-pai*
Meaning: "Wild Plum"

Habitat/Ecological Zone: Found in Oklahoma, northern Texas, and western Arkansas

Plants Parts Harvested: Fruit

Season Collected: Midsummer to fall

Food Use(s): Dried fruits made into a candy.

References: ¹⁶³

Prunus gracilis Engelm. & Gray

Low Plum; Rosaceae

Oklahoma Plum;

Prairie Cherry

Tribal Nation: Kiowa

Indigenous Name: *Adlo-pa-pai*
Meaning: "Wild Plum"

Habitat/Ecological Zone: Found in Oklahoma, northern Texas, and western Arkansas

Plants Parts Harvested: Fruit

Season Collected: Midsummer to fall

Food Use(s): Dried fruit stored for winter use, eaten uncooked or pounded and made into cakes.

Additional Commentary: Quantities of the fruit also was eaten fresh.

References: ¹⁶⁴

Prunus virginiana var. demissa (Nutt.) Torr
Western Chokecherry; Rosaceae

Tribal Nation: Kiowa

Indigenous Name: *O-hpan-ai-gaw*
Meaning: No translation given

Habitat/Ecological Zone: Rich soils, thickets, borders of woods, rocky soil, hillsides, and ravine banks. Found North Dakota south to New Mexico and Arizona.

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruit eaten fresh.

References: ¹⁶⁵

Prunus virginiana var. demissa (Nutt.) Torr
Western Chokecherry; Rosaceae

Tribal Nation: Kiowa

Indigenous Name: *O-hpan-ai-gaw*
Meaning: No translation given

Habitat/Ecological Zone: Rich soils, thickets, borders of woods, rocky soil, hillsides, and ravine banks. Found North Dakota south to New Mexico and Arizona.

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruit dried in large quantities for winter use.

References: ¹⁶⁶

Prunus virginiana var. melanocarpa (A. Nels.) Sarg
Black Chokecherry; Rosaceae

Tribal Nation: Kiowa

Indigenous Name: *O-hpan-ai-gaw*
Meaning: No translation given

Habitat/Ecological Zone: Rich soils, thickets, borders of woods, rocky soil, hillsides, and ravine banks. Found North Dakota south to New Mexico and Arizona.

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Eaten fresh.

References: ¹⁶⁷

Prunus virginiana var. melanocarpa (A. Nels.) Sarg
Black Chokecherry; Rosaceae

Tribal Nation: Kiowa

Indigenous Name: *O-hpan-ai-gaw*
Meaning: No translation given

Habitat/Ecological Zone: Rich soils, thickets, borders of woods, rocky soil, hillsides, and ravine banks. Found North Dakota south to New Mexico and Arizona.

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruit dried in large quantities for winter use.

References: ¹⁶⁸

Psoralidium tenuiflorum (Pursh) Rydb

Slim Flower Scurfpea; Fabaceae

Few Flowered Psoralea

Tribal Nation: Kiowa

Indigenous Name: *Fu-yan-tzon*

A-zo 'n

Meaning: Not given

Habitat/Ecological Zone: Found on prairies Minnesota south to Texas and west to Colorado and Montana

Plants Parts Harvested: Stout stem

Season Collected: Not given

Artifacts: Stout stem used as a fork to eat buffalo steak.

References: ¹⁶⁹

Pyrrhopappus carolinianus (Walt.) DC.

Carolina Desertchicory; Asteraceae

Leafy-stemmed Falso Dandelion

Tribal Nation: Kiowa

Indigenous Name: *Bon-yai*

Ton-awdl- 'kok-yai

Meaning: Not given

Habitat/Ecological Zone: Plant found from Kansas into Texas
Plants Parts Harvested: Roots
Season Collected: Autumn
Food Use(s): Sweet roots used for food
References: ¹⁷⁰

Quercus nigra L.
Water Oak; Fagaceae
Black-jack Oak

Tribal Nation: Kiowa
Indigenous Name: *Tlo-kee-ot-tee-an-kon-gee-ot*
Meaning: Not given
Habitat/Ecological Zone: Their distribution is from New York south to Florida and west to Nebraska and Texas.
Plants Parts Harvested: Acorns
Season Collected: Not given
Food Use(s): Acorns used to make a beverage.
References: ¹⁷¹

Quercus nigra L.
Water Oak; Fagaceae
Black-jack Oak

Tribal Nation: Kiowa
Indigenous Name: *Tlo-kee-ot-tee-an-kon-gee-ot*
Meaning: Not given
Habitat/Ecological Zone: Their distribution is from New York south to Florida and west to Nebraska and Texas.

Plants Parts Harvested: Nuts
Season Collected: Not given
Food Use(s): Acorns harvest for food.
References: ¹⁷²

Quercus nigra L.
Water Oak; Fagaceae
Black-jack Oak

Tribal Nation: Kiowa
Indigenous Name: *Tlo-kee-ot-tee-an-kon-gee-ot*
Meaning: Not given
Habitat/Ecological Zone: Their distribution is from New York south to Florida and west to Nebraska and Texas.
Plants Parts Harvested: Wood
Season Collected: Not given
Spiritual/Religious Use(s): Wood burned in the home and in the peyote ceremony.
References: ¹⁷³

Quercus nigra L.
Water Oak; Fagaceae
Black-jack Oak

Tribal Nation: Kiowa
Indigenous Name: *Tlo-kee-ot-tee-an-kon-gee-ot*
Meaning: Not given
Habitat/Ecological Zone: Their distribution is from New York south to Florida and west to Nebraska and Texas.
Plants Parts Harvested: Leaves

Season Collected: Not given
Artifacts: Leaves used as a substitute for paper in rolling cigarettes.
References: ¹⁷⁴

Quercus rubra var. *rubra*
Quercus borealis
Northern Red Oak; Fagaceae

Tribal Nation: Kiowa
Indigenous Name: *To-khot-ya-dtok*
Meaning: Not given
Habitat/Ecological Zone: It grows from Minnesota South to eastern Nebraska and Oklahoma; east to Arkansas, southern Alabama, Georgia, and North Carolina.
Plants Parts Harvested: Wood
Season Collected: Not given
Spiritual/Religious Use(s): Wood used as a favorite fuel for the altar fire in the peyote ceremony.
References: ¹⁷⁵

Quercus stellata Wangenh.
Post Oak; Fagaceae

Tribal Nation: Kiowa
Indigenous Name: *Tdok-a-die-an*
D'go't-a'
Meaning: "Oak"
"Very hard wood"
Habitat/Ecological Zone: Found in sandy soil from Massachusetts to Florida, west to Nebraska and Texas.
Plants Parts Harvested: Acorns

Season Collected: Not given
Food Use(s): Used to make a drink similar to coffee.
References: ¹⁷⁶

Quercus stellata Wangenh.
Post Oak; Fagaceae

Tribal Nation: Kiowa
Indigenous Name: *Tdok-a-die-an*
D'go't-a'
Meaning: "Oak"
"Very hard wood"
Habitat/Ecological Zone: Found in sandy soil from Massachusetts to Florida, west to Nebraska and Texas.
Plants Parts Harvested: Acorns
Season Collected: Not given
Food Use(s): Acorns were dried and pounded for food.
References: ¹⁷⁷

Quercus stellata Wangenh.
Post Oak; Fagaceae

Tribal Nation: Kiowa
Indigenous Name: *Tdok-a-die-an*
D'go't-a'
Meaning: "Oak"
"Very hard wood"
Habitat/Ecological Zone: Found in sandy soil from Massachusetts to Florida, west to Nebraska and Texas.
Plants Parts Harvested: Wood

Season Collected: Not given
Artifacts: Wood used for firewood.
References: ¹⁷⁸

Quercus stellata Wangenh.
Post Oak; Fagaceae

Tribal Nation: Kiowa
Indigenous Name: *Tdok-a-die-an*
D'go't-a'
Meaning: "Oak"
"Very hard wood"
Habitat/Ecological Zone: Found in sandy soil from Massachusetts to Florida, west to Nebraska and Texas.
Plants Parts Harvested: Leaves
Season Collected: Not given
Spiritual/Religious Use(s): Leaves used as cigarette wrappers for the peyote ceremony
References: ¹⁷⁹

Quercus stellata Wangenh.
Post Oak; Fagaceae

Tribal Nation: Kiowa
Indigenous Name: *Tdok-a-die-an*
D'go't-a'
Meaning: "Oak"
"Very hard wood"
Habitat/Ecological Zone: Found in sandy soil from Massachusetts to Florida, west to Nebraska and Texas.
Plants Parts Harvested: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): Leaves used as cigarette wrappers for the peyote ceremony

Additional Commentary: Leaves used as cigarette wrappers when corn husks were not available.

References: ¹⁸⁰

Quincula lobata (Torr.) Raf
Physalis heterophylla Nees.
Chinese Lantern; Solanaceae
Clammy Ground Cherry

Tribal Nation: Kiowa

Indigenous Name: *Haw-taw-bai-a*
Meaning: Not given

Habitat/Ecological Zone: Sandy soil prairies, pastures, roadsides, and other disturbed areas. Found on the high plains from Kansas south into Texas

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Decoction of roots taken or poultice of pounded roots applied for grippe.

Additional Commentary: The Kiowa used the roots of the closely related, *Quincula lobata* (Torr.) Raf, the Purple Ground Cherry.¹⁸¹

References: ¹⁸²

Quincula lobata (Torr.) Raf
Physalis heterophylla Nees.
Chinese Lantern; Solanaceae
Clammy Ground Cherry

Tribal Nation: Kiowa

Indigenous Name: *Haw-taw-bai-a*

Meaning: Not given

Habitat/Ecological Zone: Sandy soil prairies, pastures, roadsides, and other disturbed areas. Found on the high plains from Kansas south into Texas

Plants Parts Harvested: Berries

Season Collected: Not given

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

Additional Commentary: Kiowa children enjoyed “pop weed” to pop them like a “paper bag.” In the 1930s, they were still being gathered by women to make preserves.¹⁸³

References: ¹⁸⁴

Quincula lobata (Torr.) Raf

Physalis heterophylla Nees.

Chinese Lantern; Solanaceae

Clammy Ground Cherry

Tribal Nation: Kiowa

Indigenous Name: *Haw-taw-bai-a*

Meaning: Not given

Habitat/Ecological Zone: Sandy soil prairies, pastures, roadsides, and other disturbed areas. Found on the high plains from Kansas south into Texas

Plants Parts Harvested: Bladdery envelope

Season Collected: Not given

Artifacts: Bladdery envelope blown up by children and busted on the forehead

References: ¹⁸⁵

Rhus glabra L

Smooth Sumac; Anacardiaceae

Tribal Nation: Kiowa

Indigenous Name: *Maw-kho-la*
Dtie-ai-pa-yee-'go
Meaning: "Tobacco Mixture"
"Bitter Red Berry"

Habitat/Ecological Zone: Upland prairies, borders and openings in woods, country roads, and railroads. It is widely distributed in the United States

Plants Parts Harvested: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): The plant leaves are dried, mixed with tobacco and smoked to "purify" the body and mind.

References: ¹⁸⁶

Rhus glabra L
Smooth Sumac; Anacardiaceae

Tribal Nation: Kiowa

Indigenous Name: *Maw-kho-la*
Dtie-ai-pa-yee-'go
Meaning: "Tobacco Mixture"
"Bitter Red Berry"

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): Leaves are used for tuberculosis.

Additional Commentary: A medicine man and peyote leader stated the leaves were not the medicine but was used to purify the mind and body so peyote could cure the tuberculosis.

References: ¹⁸⁷

Rhus glabra L

Smooth Sumac; Anacardiaceae

Tribal Nation:	Kiowa
Indigenous Name:	<i>Maw-kho-la</i>
Meaning:	<i>Dtie-ai-pa-yee- 'go</i> "Tobacco mixture" "Bitter Red Berry"
Habitat/Ecological Zone:	Upland prairies, borders and openings in woods, country roads, and railroads
Plants Parts Harvested:	Spring roots
Season Collected:	Not given
Artifacts:	Spring roots used as a yellow, orange dye.
References:	¹⁸⁸

Rhus glabra L

Smooth Sumac; Anacardiaceae

Tribal Nation:	Kiowa
Indigenous Name:	<i>Maw-kho-la</i>
Meaning:	<i>Dtie-ai-pa-yee- 'go</i> "Tobacco mixture" "Bitter Red Berry"
Habitat/Ecological Zone:	Upland prairies, borders and openings in woods, country roads, and railroads
Plants Parts Harvested:	Leaves
Season Collected:	Not given
Artifacts:	Dried leaves smoked in a mixture of tobacco
References:	¹⁸⁹

Rhus glabra L
Rhus aromatica
Smooth Sumac; Anacardiaceae
Fragrant Sumac

Tribal Nation: Kiowa

Indigenous Name: *Maw-kho-la*
Dtie-ai-pa-yee-'go

Meaning: "Tobacco mixture"
"Bitter Red Berry"

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): Berries eaten fresh

Additional Commentary: The berries are considered a pre-reservation food. They were reported mixed with corn meal and beaten with sugar as sweetener. The recipe is post-contact. It is also possible that this plant may be one in which one of the six traditional Kiowa societies is named. The society is called *Ta'-aipeko* or "Berries."¹⁹⁰

References: ¹⁹¹

Rhus glabra L
Rhus aromatica
Smooth Sumac; Anacardiaceae
Fragrant Sumac

Tribal Nation: Kiowa

Indigenous Name: *Maw-kho-la*
Dtie-ai-pa-yee-'go

Meaning: "Tobacco mixture"
"Bitter Red Berry"

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): Boiled into a tea

Additional Commentary: The berries are considered a pre-reservation food. They were reported mixed with corn meal and beaten with sugar as sweetener. The recipe is post-contact. It is also possible that this plant may be one in which one of the six traditional Kiowa societies is named. The society is called *Ta'-aipeko* or "Berries."¹⁹²

References: ¹⁹³

Rhus trilobata Nutt
Skunk Bush Sumac; Anacardiaceae

Tribal Nation: Kiowa
Indigenous Name: *Dtie-ai-pa-yee-'go*
T'a'npe-a'
Meaning: "Bitter Red Berry"
Not given
Habitat/Ecological Zone: Western species found from Canada south to Mexico
Plants Parts Harvested: Berries
Season Collected: Not given
Medicinal Use(s): Berries eaten for stomach trouble and grippe

References: ¹⁹⁴

Rhus trilobata Nutt
Skunk Bush Sumac; Anacardiaceae

Tribal Nation: Kiowa
Indigenous Name: *Dtie-ai-pa-yee-'go*
T'a'npe-a'
Meaning: "Bitter Red Berry"
Not given

Habitat/Ecological Zone: Western species found from Canada south to Mexico
Plants Parts Harvested: Berries
Season Collected: Not given
Food Use(s): Berries are beaten with sugar and eaten
References: ¹⁹⁵

Rhus trilobata Nutt
Skunk Bush Sumac; Anacardiaceae

Tribal Nation: Kiowa
Indigenous Name: *Dtie-ai-pa-yee- 'go*
T'a'npe-a'
Meaning: "Bitter Red Berry"
Not given
Habitat/Ecological Zone: Western species found from Canada south to Mexico
Plants Parts Harvested: Berries
Season Collected: Not given
Food Use(s): Berries boiled into a "tea"
References: ¹⁹⁶

Rhus trilobata Nutt
Skunk Bush Sumac; Anacardiaceae

Tribal Nation: Kiowa
Indigenous Name: *Dtie-ai-pa-yee- 'go*
T'a'npe-a'
Meaning: "Bitter Red Berry"
Not given
Habitat/Ecological Zone: Western species found from Canada south to Mexico

Plants Parts Harvested: Berries
Season Collected: Not given
Food Use(s): Berries mixed with corn meal and eaten
References: ¹⁹⁷

Rhus trilobata Nutt
Skunk Bush Sumac; Anacardiaceae

Tribal Nation: Kiowa
Indigenous Name: *Dtie-ai-pa-yee- 'go*
T'a'npe-a'
Meaning: "Bitter Red Berry"
Not given
Habitat/Ecological Zone: Western species found from Canada south to Mexico
Plants Parts Harvested: Leaves
Season Collected: Not given
Artifacts: Leaves mixed with tobacco and used for smoking
References: ¹⁹⁸

Ribes aureum var. *villosum* DC.
Ribes odoratum
Golden Currant; Grossulariaceae
Buffalo Currant

Tribal Nation: Kiowa
Indigenous Name: *Awdl-kno-bawg*
Meaning: "Goose Berry"
Habitat/Ecological Zone: Hillsides, limestone cliffs, borders of woods, often is sandy soils. It is found from South Dakota to western Texas

Plants Parts Harvested: Plant parts
Season Collected: Not given
Medicinal Use(s): Poultice of plant parts applied to snakebites after sucking
poison from the wound.
Additional Commentary: The Kiowa believe that snakes fear this plant and will avoid
it.
References: ¹⁹⁹

Ribes aureum var. *villosum* DC.
Ribes odoratum
Golden Currant; Grossulariaceae
Buffalo Currant

Tribal Nation: Kiowa
Indigenous Name: *Awdl-kno-bawg*
Meaning: "Goose Berry"
Habitat/Ecological Zone: Hillsides, limestone cliffs, borders of woods, often is sandy
soils. It is found from South Dakota to western Texas
Plants Parts Harvested: Fruit or Berry
Season Collected: Not given
Food Use(s): Fruit eaten raw.
References: ²⁰⁰

Ribes aureum var. *villosum* DC.
Ribes odoratum
Golden Currant; Grossulariaceae
Buffalo Currant

Tribal Nation: Kiowa
Indigenous Name: *Awdl-kno-bawg*
Meaning: "Goose Berry"

Habitat/Ecological Zone: Hillsides, limestone cliffs, borders of woods, often is sandy soils. It is found from South Dakota to western Texas

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruit made into jelly

References: ²⁰¹

Salix sp

Salix humilis

Willow; Salicaceae

Prairie Willow

Tribal Nation: Kiowa

Indigenous Name: *Sen-a*
Ai-pee-a- 'gaw
Sen-ya-daw

Meaning: Not given

Habitat/Ecological Zone: Upland sites in prairies, sparse woods, especially favoring sandy soils

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Infusion of leaves made into a tea is used as a wash for rheumatic aches.

References: ²⁰²

Salix sp

Salix humilis

Willow; Salicaceae

Prairie Willow

Tribal Nation: Kiowa

Indigenous Name: *Sen-a*
Ai-pee-a- 'gaw
Sen-ya-daw

Meaning: No translations given

Habitat/Ecological Zone: Upland sites in prairies, sparse woods, especially favoring sandy soils

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Infusion of leaves made into a tea is used as a wash for pneumonia.

References: ²⁰³

Salix sp
Salix humilis
Willow; Salicaceae
Prairie Willow

Tribal Nation: Kiowa

Indigenous Name: *Sen-a*
Ai-pee-a- 'gaw
Sen-ya-daw

Meaning: No translations given

Habitat/Ecological Zone: Upland sites in prairies, sparse woods, especially favoring sandy soils

Plants Parts Harvested: Bark

Season Collected: Not given

Medicinal Use(s): Bark chewed for toothaches.

References: ²⁰⁴

Salix sp

Salix humilis
Willow; Salicaceae
Prairie Willow

Tribal Nation: Kiowa

Indigenous Name: *Sen-a*
Ai-pee-a- 'gaw
Sen-ya-daw

Meaning: No translations given

Habitat/Ecological Zone: Upland sites in prairies, sparse woods, especially favoring sandy soils

Plants Parts Harvested: Branches

Season Collected: Not given

Artifacts: Branches are used in construction of summer shelters overlaying cottonwood poles with willow branches.

References: ²⁰⁵

Salix sp
Salix humilis
Willow; Salicaceae
Prairie Willow

Tribal Nation: Kiowa

Indigenous Name: *Sen-a*
Ai-pee-a- 'gaw
Sen-ya-daw

Meaning: No translations given

Habitat/Ecological Zone: Upland sites in prairies, sparse woods, especially favoring sandy soils

Plants Parts Harvested: Leafy stems

Season Collected: Not given

Artifacts: Leafy stems used to make wreathes worn by the women and children as sunshades during long walks.

References: ²⁰⁶

Sambucus sp
Elderberry; Caprifoliaceae

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

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

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Berries used for food, by eating them fresh, cooking them, or drying the fruit

References: ²⁰⁷

Sapindus saponaria var. drummondii (Hook. & Arn.) L. Benson
Western Soapberry; Sapindaceae
Drummond's Soapberry

Tribal Nation: Kiowa

Indigenous Name: *Att-dtok-ko-ai-od-la*
Meaning: "Poison Weed"

Habitat/Ecological Zone: Kansas south into Texas and New Mexico

Plants Parts Harvested: Sap

Season Collected: Not given

Medicinal Use(s): A diagonal cut is made in the stem to allow the latex is collected. The sap is then inserted in old wounds as a healing agent.

References: ²⁰⁸

Senna occidentalis (L.) Link
Cassia occidentali (Linnaeus)
Coffee Senna; Fabaceae
Styptic Weed;
Coffee Weed;
Nigger Coffee

Tribal Nation: Kiowa

Indigenous Name: *Set-tdawdl-ton-a*
Meaning: "Coffee Bean"

Habitat/Ecological Zone: The plant occurs from Kansas into Texas

Plants Parts Harvested: Seeds

Season Collected: Not given

Food Use(s): Ground seeds boiled to make a coffee-like drink

References: ²⁰⁹

Senna occidentalis (L.) Link
Cassia occidentali (Linnaeus)
Coffee Senna; Fabaceae
Styptic Weed;
Coffee Weed;
Nigger Coffee

Tribal Nation: Kiowa

Indigenous Name: *Set-tdawdl-ton-a*
Meaning: "Coffee Bean"

Habitat/Ecological Zone: The plant occurs from Kansas into Texas

Plants Parts Harvested: Seeds and young pods

Season Collected: Not given

Food Use(s): Circa 1930s, the young pods and seeds are cooked and eaten.

References: ²¹⁰

Senna occidentalis (L.) Link
Cassia occidentali (Linnaeus)
Coffee Senna; Fabaceae
Styptic Weed;
Coffee Weed;
Nigger Coffee

Tribal Nation: Kiowa

Indigenous Name: *Set-tdawdl-ton-a*
Meaning: "Coffee Bean"

Habitat/Ecological Zone: The plant occurs from Kansas into Texas

Plants Parts Harvested: Wood

Season Collected: Not given

Artifacts: Wood used for fuel.

References: ²¹¹

Sideroxylon lanuginosum Michx.
Gum Bumelia; Sapotaceae
Chittomwood

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Grow in dry to medium moisture, well-drained soils in full sun to part shade across the southeast into Oklahoma and Texas

Plants Parts Harvested: Outer bark

Season Collected: Not given

Food Use(s): Outer bark yields a mucilaginous substance used as chewing gum.

References: ²¹²

Smilax rotundifolia L.
Common Green Brier; Smilacaceae
Roundleaf Green Brier;
Horse Brier

Tribal Nation: Kiowa

Indigenous Name: *Mon-kson-a-a*
Meaning: "Sharp Grass"

Habitat/Ecological Zone: Found in Kansas, Oklahoma, and Texas

Plants Parts Harvested: Plant

Season Collected: Not given

Artifacts: Plant used to block the path of pursuers because of its sharp thorns and its scandent nature.

References: ²¹³

Smilax rotundifolia L.
Common Green Brier; Smilacaceae
Roundleaf Green Brier;
Horse Brier

Tribal Nation: Kiowa

Indigenous Name: *Mon-kson-a-a*
Meaning: "Sharp Grass"

Habitat/Ecological Zone: Found in Kansas, Oklahoma, and Texas

Plants Parts Harvested: Plant used in an old hide and seek game.

Season Collected: Not given

Artifacts: Plant used in an old hide and seek game.

References: ²¹⁴

Solanum elaeagnifolium (Cavanilles)
Silver-leaved Nightshade; Solanaceae

Tribal Nation: Kiowa

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Occurs in semi-arid regions in sandy soils across the west

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Leaves are pounded and mixed with the brain tissue of recently killed animals and applied to deer hide for tanning

References: ²¹⁵

Sophora secundiflora
Mescal Bean

Tribal Nation: Kiowa

Indigenous Name: 'Kawn- 'kowl

K'an-k'o'dal

Meaning: "Mescal Bean"

"Mescal Bean Necklace"

Habitat/Ecological Zone: Found in Mexico north into western Texas and southern New Mexico.

Plants Parts Harvested: Beans

Season Collected: Not given

Artifacts: The red beans are strung into necklaces that are worn by leaders in peyote meetings.

Additional Commentary: Many plains tribes used mescal beans as an intoxicant in the Red Bean Dance. The Kiowa may have also performed this dance.

References: ²¹⁶

Sophora secundiflora

Mescal Bean

Tribal Nation: Kiowa

Indigenous Name: *'Kawn- 'kodl*
K'an-k'o'dal

Meaning: "Mescal Bean"
"Mescal Bean Necklace"

Habitat/Ecological Zone: Found in Mexico north into western Texas and southern New Mexico.

Plants Parts Harvested: Beans

Season Collected: Not given

Spiritual/Religious Use(s): Mescal beans were worn on buckskin leggings as protection against the results of stepping on menstrual blood.

Additional Commentary: Many plains tribes used mescal beans as an intoxicant in the Red Bean Dance. The Kiowa may have also performed this dance.

References: ²¹⁷

Sorghum halepense (L.) Pers.

Johnson Grass; Poaceae

Tribal Nation: Kiowa

Indigenous Name: *Son-ton-pa*
Son-ka

Meaning: Not given

Habitat/Ecological Zone: Widespread species Washington to New Mexico

Plants Parts Harvested: Grass stems
Season Collected: Not given
Food Use(s): Used as a fodder for horses.

References: ²¹⁸

Sorghum halepense (L.) Pers.
Johnson Grass; Poaceae

Tribal Nation: Kiowa
Indigenous Name: *Son-ton-pa*
Son-ka
Meaning: Not given

Habitat/Ecological Zone: Widespread species Washington to New Mexico
Plants Parts Harvested: Stems and leaves used by children to make grass whistles.
Season Collected: Not given
Artifacts: Stems and leaves used by children to make grass whistles.

References: ²¹⁹

Sphaeralcea angustifolia (Cav.) G. Don
Sphaeralcea cuspidate (Cav.)
Copper Globemallow; Malvaceae

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

Habitat/Ecological Zone: Found in dry soils from southern Colorado and Kansas, south to Texas, New Mexico, and Arizona

Plants Parts Harvested: Flowers
Season Collected: Not given
Artifacts: Flowers appealed to the esthetic nature, picked and used for bouquets in the home
References: ²²⁰

Sporobolus cryptandrus (Torr.) Gray
Sand Dropseed; Poaceae

Tribal Nation: Kiowa
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Found in pastures, open disturbed areas, and along roads preferring sandy soils. Distributed across the west.
Plants Parts Harvested: Foliage
Season Collected: Not given
Food Use(s): The foliage recognized by the Kiowa as valuable fodder.
References: ²²¹

Stillingia sylvatica Garden ex L.
Queen's Root; Euphorbiaceae
Queens Delight

Tribal Nation: Kiowa
Indigenous Name: *Khon-kee-a*
Meaning: "Turtle Weed"
Habitat/Ecological Zone: Found in dry and sandy soils in Kansas into Mexico
Plants Parts Harvested: Plant
Season Collected: Not given

Spiritual/Religious Use(s): Plant considered a rain symbol because the dry land terrapins get under it for shade.

References: ²²²

Symphoricarpos orbiculatus (Moench)

Corral Berry;
Indian Currant

Tribal Nation: Kiowa

Indigenous Name: *Gu-la-ko- 'kee-a*
Meaning: Not given

Habitat/Ecological Zone: Found South Dakota to Texas

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: The Kiowa recognized the plant, did not list a use for it.

References: ²²³

Taraxacum officinale G.H. Weber ex Wiggers

Common Dandelion; Asteraceae

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Originally a native species of Europe that is now a wide spread weed across the United States, especially in disturbed soils

Plants Parts Harvested: Young leaves and flowers

Season Collected: Not given

Medicinal Use(s): Young leaves and flowers are boiled with mint leaves to make a decoction for women suffering from menstrual cramps

References: ²²⁴

Taraxacum officinale G.H. Weber ex Wiggers
Common Dandelion; Asteraceae

Tribal Nation: Kiowa

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Disturbed, cultivated, or waste ground; introduced from Europe; Alaska to New Mexico

Plants Parts Harvested: Young leaves used as greens.

Season Collected: Not given

References: ²²⁵

Toxicodendron radicans ssp. *radicans*
Rhus radicans (Linnaeus)
Eastern Poison Ivy; Anacardiaceae

Tribal Nation: Kiowa

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: A variable species found throughout the United States

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Whole or broken leaves were ribbed over the surface of boils or skin eruptions. A case of rhus dermatitis follows, lasting as long as the boil.

References: ²²⁶

Toxicodendron radicans ssp. radicans
Rhus radicans (Linnaeus)
Eastern Poison Ivy; Anacardiaceae

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: A variable species found throughout the United States

Plants Parts Harvested: Sap

Season Collected: Not given

Medicinal Use(s): Sap is employed to heal running or non-healing sores.

References: ²²⁷

Tragia ramose (Torrey)
Branching Tragia

Tribal Nation: Kiowa

Indigenous Name: *Dan-sa-la*
Meaning: "Stinging Weed"

Habitat/Ecological Zone: Found in dry soils from Colorado south to Texas

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Because of the plant's bristling, stinging hairs, the Kiowa avoided the plant.

References: ²²⁸

Ulmus rubra Muhl.
Slippery Elm; Ulmaceae
Red Elm;

Sweet Elm;
Rock Elm;
Indian Elm;
Moose Elm

Tribal Nation: Kiowa

Indigenous Name: *Taw-a*
Kaw-la
Ta'a or Ta-a
Ga'dal-a or Ga-dal-a
Tee-aw-ya-da
Kee-awdl-ya-eep-eep

Meaning: "Saddle Tree"
"Buffalo Tree"
"Saddle Wood"
"Buffalo Wood"
Not given
Not given

Habitat/Ecological Zone: Native species to North Dakota south into Texas.

Plants Parts Harvested: Inner bark

Season Collected: Not given

Medicinal Use(s): Fresh, inner bark used as a masticatory.

References: ²²⁹

Ulmus rubra Muhl.
Slippery Elm; Ulmaceae
Red Elm;
Sweet Elm;
Rock Elm;
Indian Elm;
Moose Elm

Tribal Nation: Kiowa

Indigenous Name: *Taw-a*
Kaw-la
Ta'a or Ta-a
Ga'dal-a or Ga-dal-a

Meaning: *Tee-aw-ya-da*
Kee-awdl-ya-eep-eep
 "Saddle Tree"
 "Buffalo Tree"
 "Saddle Wood"
 "Buffalo Wood"
 Not given
 Not given

Habitat/Ecological Zone: Native species to North Dakota south into Texas.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Food Use(s): The fresh inner bark used to brew a "tea."

Additional Commentary: Other Oklahoma tribes also used the inner bark for tea. The Kiowa would dry and store the bark for winter use.

References: ²³⁰

Ulmus rubra Muhl.
 Slippery Elm; Ulmaceae
 Red Elm;
 Sweet Elm;
 Rock Elm;
 Indian Elm;
 Moose Elm

Tribal Nation: Kiowa

Indigenous Name: *Taw-a*
Kaw-la
Ta'a or Ta-a
Ga'dal-a or Ga-dal-a
Tee-aw-ya-da
Kee-awdl-ya-eep-eep

Meaning: "Saddle Tree"
 "Buffalo Tree"
 "Saddle Wood"
 "Buffalo Wood"
 Not given
 Not given

Habitat/Ecological Zone: Native species to North Dakota south into Texas.

Plants Parts Harvested: Wood

Season Collected: Not given

Artifacts: The forked branches were valued for the construction of saddle frames, which was covered with bison or deer hide.

References: ²³¹

Ulmus rubra Muhl.

Slippery Elm; Ulmaceae

Red Elm;

Sweet Elm;

Rock Elm;

Indian Elm;

Moose Elm

Tribal Nation: Kiowa

Indigenous Name: *Taw-a*
Kaw-la
Ta'a or Ta-a
Ga'dal-a or Ga-dal-a
Tee-aw-ya-da
Kee-awdl-ya-eep-eep

Meaning: "Saddle Tree"
"Buffalo Tree"
"Saddle Wood"
"Buffalo Wood"
Not given
Not given

Habitat/Ecological Zone: Native species to North Dakota south into Texas.

Plants Parts Harvested: Tree

Season Collected: Not given

Additional Commentary: Bison frequently congregated in the shade of the tree. The Kiowa give reference to that fact by calling it "buffalo tree."

References: ²³²

Vernonia missurica Raf.
Missouri Ironweed; Asteraceae
Drummond's Iron Weed

Tribal Nation: Kiowa

Indigenous Name: *A- 'kai- 'kawdl-a*
Ee-pa-la

Meaning: "Mattress Plant"
Not given

Habitat/Ecological Zone: Found on the prairies ok Kansas south to Texas

Plants Parts Harvested: Flowers

Season Collected: Not given

Medicinal Use(s): Flowers are placed in water and applied to the scalp to cure dandruff

References: ²³³

Vernonia missurica Raf.
Missouri Ironweed; Asteraceae
Drummond's Iron Weed

Tribal Nation: Kiowa

Indigenous Name: *A- 'kai- 'kawdl-a*
Ee-pa-la

Meaning: "Mattress Plant"
Not given

Habitat/Ecological Zone: Found on the prairies ok Kansas south to Texas

Plants Parts Harvested: Flowers

Season Collected: Not given

Food Use(s): Pressed blossoms are made in to small wads for a short, sweet chew.

References: ²³⁴

Vernonia missurica Raf.
Missouri Ironweed; Asteraceae
Drummond's Iron Weed

Tribal Nation: Kiowa

Indigenous Name: *A- 'kai- 'kawdl-a*
Ee-pa-la

Meaning: "Mattress Plant"
Not given

Habitat/Ecological Zone: Found on the prairies ok Kansas south to Texas

Plants Parts Harvested: Flowers

Season Collected: Not given

Artifacts: Flowers used to make a purple dye

References: ²³⁵

Vernonia missurica Raf.
Missouri Ironweed; Asteraceae
Drummond's Iron Weed

Tribal Nation: Kiowa

Indigenous Name: *A- 'kai- 'kawdl-a*
Ee-pa-la

Meaning: "Mattress Plant"
Not given

Habitat/Ecological Zone: Found on the prairies ok Kansas south to Texas

Plants Parts Harvested: Tall stems

Season Collected: Not given

Artifacts: Tall stems used as an overnight bed.

Additional Commentary: As the Kiowa traveled they would gather the tall stems to make a pile, six inches thick to be used for over-night bedding by arranging the stems in a rectangular fashion.

References: ²³⁶

Vitis cinerea (Engelm.) Millard

Graybark Grape; Vitaceae

Tribal Nation: Kiowa

Indigenous Name: *'Kodl-ta-pai*
Meaning: "Wild Grapes"

Habitat/Ecological Zone: Found in Nebraska south to Texas and Mexico

Plants Parts Harvested: Grapes

Season Collected: Not given

Food Use(s): Grapes gathered in large quantities and consumed fresh

References: ²³⁷

Vitis cinerea (Engelm.) Millard

Graybark Grape; Vitaceae

Tribal Nation: Kiowa

Indigenous Name: *'Kodl-ta-pai*
Meaning: "Wild Grapes"

Habitat/Ecological Zone: Found in Nebraska south to Texas and Mexico

Plants Parts Harvested: Grapes

Season Collected: Not given

Food Use(s): Grapes gathered in large quantities and stored for later use

References: ²³⁸

Vitis cinerea (Engelm.) Millard

Graybark Grape; Vitaceae

Tribal Nation: Kiowa

Indigenous Name: *'Kodl-ta-pai*
Meaning: "Wild Grapes"

Habitat/Ecological Zone: Found in Nebraska south to Texas and Mexico

Plants Parts Harvested: Grapes

Season Collected: Not given

Food Use(s): Grapes gathered in large quantities and made into jams and jellies.

References: ²³⁹

Yucca glauca Nutt.

Small Soap Weed; Agavaceae

Bear Grass;

Indian Cabbage

Tribal Nation: Kiowa

Indigenous Name: *Kaw-tzee-atzo-tee-a*
Ol-po-on-a
Kee-aw-gee-tzot-ha'-a'h

Meaning: No translation given

Habitat/Ecological Zone: Upland prairies, plains, sandy blowouts, hillsides, often in limestone soils

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Plant used for dandruff, baldness, and skin irritations.

References: ²⁴⁰

Yucca glauca Nutt.
Small Soapweed; Agavaceae
Beargrass

Tribal Nation: Kiowa

Indigenous Name: *Kaw-tzee-atzo-tee-a*
Ol-po-on-a
Kee-aw-gee-tzot-ha'-a'h

Meaning: No translation given

Habitat/Ecological Zone: Upland prairies, plains, sandy blowouts, hillsides, often in limestone soils

Plants Parts Harvested: Root

Season Collected: Not given

Artifacts: Root used to wash clothes and hair.

References: ²⁴¹

Yucca glauca Nutt.
Small Soapweed; Agavaceae
Beargrass

Tribal Nation: Kiowa

Indigenous Name: *Kaw-tzee-atzo-tee-a*
Ol-po-on-a
Kee-aw-gee-tzot-ha'-a'h

Meaning: No translation given

Habitat/Ecological Zone: Upland prairies, plains, sandy blowouts, hillsides, often in limestone soils

Plants Parts Harvested: Central stalk or spike

Season Collected: Not given

Food Use(s): Ate the central spike

Additional Commentary: The Kiowa referred to the food as “cabbage.”²⁴²

References: ²⁴³

Zea mays L.

Corn; Indian Corn; Poaceae

Tribal Nation: Kiowa

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Cultivar

Plants Parts Harvested: Plant

Season Collected: Not given

Food Use(s): Valued as a fodder for livestock.

Additional Commentary: In the summer of 1870 the Kiowa held a Sun Dance called *E'gu Gyak'iada-de K'ado* (“Plant Growing Sun Dance”). The ceremony was held on the north fork of the Red River. During the ceremony traders brought corn and watermelons to sell to the Kiowa. The seeds were thrown away and on returning to the location in the fall the Kiowa discovered the seeds had germinated and grew to full height.²⁴⁴

References: ²⁴⁵

Zea mays L.

Corn; Poaceae

Tribal Nation: Kiowa

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Cultivar

Plants Parts Harvested: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): Shucks used in the peyote ceremony.

Additional Commentary: In the summer of 1870 the Kiowa held a Sun Dance called *E'gu Gyak'iada-de K'ado* ("Plant Growing Sun Dance"). The ceremony was held on the north fork of the Red River. During the ceremony traders brought corn and watermelons to sell to the Kiowa. The seeds were thrown away and on returning to the location in the fall the Kiowa discovered the seeds had germinated and grew to full height.²⁴⁶

References: ²⁴⁷

Zea mays L.

Corn; Poaceae

Tribal Nation: Kiowa

Indigenous Name: Not given

Meaning: Not given

Habitat/Ecological Zone: Cultivar

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Shucks used for cigarette wrappings

Additional Commentary: In the summer of 1870 the Kiowa held a Sun Dance called *E'gu Gyak'iada-de K'ado* ("Plant Growing Sun Dance"). The ceremony was held on the north fork of the Red River. During the ceremony traders brought corn and watermelons to sell to the Kiowa. The seeds were thrown away and on returning to the location in the fall the Kiowa discovered the seeds had germinated and grew to full height.²⁴⁸

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