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

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Kaw-sen-an-daw</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Found in moist, sheltered locations, the foothills to montane regions. The tree is distributed from central British Columbia, Canada to New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Wood</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
</tbody>
</table>
**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: Not specified in the literature
**Ambrosia trifida**  
**Ambrosia psilostachya DC**  
**Ambrosia artemisiifolia**  
Giant Ragweed;  
Cuman Ragweed; Asteraceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
</table>
| 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 drank for slow healing sores |
| Additional Commentary: | Because of the plant’s bitter taste the same terms also is applied to pickles and vinegar. |

References: ⁴
<table>
<thead>
<tr>
<th><strong>Habitat/Ecological Zone:</strong></th>
<th>Pastures, roadsides, stream banks, and disturbed areas</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Plants Parts Harvested:</strong></td>
<td>Plant</td>
</tr>
<tr>
<td><strong>Season Collected:</strong></td>
<td>Not given</td>
</tr>
<tr>
<td><strong>Medicinal Use(s):</strong></td>
<td>Decoction or tea of plant was used for “worm holes”, a skin disease of horses.</td>
</tr>
<tr>
<td><strong>References:</strong></td>
<td>6</td>
</tr>
</tbody>
</table>

---

**Ambrosia trifida**  
*Ambrosia psilostachya DC*  
*Ambrosia artemisifolia*  
Giant Ragweed; Asteraceae  
Cuman Ragweed

<table>
<thead>
<tr>
<th><strong>Tribal Nation:</strong></th>
<th>Kiowa</th>
</tr>
</thead>
</table>
| **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

<table>
<thead>
<tr>
<th><strong>Tribal Nation:</strong></th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Indigenous Name:</strong></td>
<td>Below is literal translation of the Kiowa name, but no</td>
</tr>
</tbody>
</table>
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: \(^{11}\)
<table>
<thead>
<tr>
<th>Indigenous Name:</th>
<th>Below is literal translation of the Kiowa name, but no Kiowa terms recorded for the plant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meaning:</td>
<td>“Bloody plant”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Pastures, roadsides, stream banks, and disturbed areas</td>
</tr>
<tr>
<td>Plant Parts Harvested:</td>
<td>Plant</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>The plant is used in making the covering of the sweatlodge.</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>The Kiowa formerly held the plant in fear.</td>
</tr>
<tr>
<td>References:</td>
<td></td>
</tr>
</tbody>
</table>

---

**Amorpha fruticosa L**  
Desert Indigobush; Fabaceae  
False Indigo

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

---

**Apocynum cannabinum L.**  
Dogbane; Apocynaceae  
Indian Hemp

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
</table>
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 polyanthemos (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: *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 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: *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

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**

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Prairies and semi-disturbed sites. Found in Oklahoma, Texas, and into Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Leaves</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>Leaves chewed for sore throats.</td>
</tr>
<tr>
<td>Spiritual/Religious Use(s):</td>
<td>Commonly employed in peyote meetings</td>
</tr>
<tr>
<td>References:</td>
<td>26</td>
</tr>
</tbody>
</table>

### Artemisia vulgaris L
**Common Wormwood; Asteraceae**
**Common Mugwort**

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>A native to Europe, but has become naturalized across the United States</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Leaves and stems</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>Plant used as a &quot;worm&quot; medicine.</td>
</tr>
<tr>
<td>References:</td>
<td>27</td>
</tr>
<tr>
<td>Artemisia vulgaris L</td>
<td></td>
</tr>
<tr>
<td>----------------------</td>
<td></td>
</tr>
<tr>
<td>Common Wormwood; Asteraceae</td>
<td></td>
</tr>
<tr>
<td>Common Mugwort</td>
<td></td>
</tr>
</tbody>
</table>

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

References: 28

---

<table>
<thead>
<tr>
<th>Artemisia vulgaris L</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Wormwood; Asteraceae</td>
</tr>
<tr>
<td>Common Mugwort</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>A native to Europe, but has become naturalized across the United States</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Leaves</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Spiritual/Religious Use(s):</td>
<td>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.</td>
</tr>
</tbody>
</table>

References: 29
**Asclepias sp.**  
Milkweed; Asclepiadaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Zaip-ya-daw</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Moderately dry, open or shaded sites; plains to sub-alpine; Montana to New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Young fruits</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Young fruits, after first removing the outer &quot;hairy&quot; surface, cooked and eaten.</td>
</tr>
<tr>
<td>References:</td>
<td>³⁰</td>
</tr>
</tbody>
</table>

---

**Asclepias sp.**  
Milkweed; Asclepiadaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Zaip-ya-daw</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Moderately dry, open or shaded sites; plains to sub-alpine; Montana to New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Pods</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Artifacts:</td>
<td>Dried pods formerly used as spoons.</td>
</tr>
<tr>
<td>References:</td>
<td>³¹</td>
</tr>
</tbody>
</table>

---

**Berberis vulgaris (Linn.)**  
Barberry
<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>‘Kawdl-shap-pa-a</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>A native species to Europe and temperate Asia, the species became naturalized throughout North America.</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>None</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>The Kiowa knew Barberry, but they made no apparent use of the plant, although various parts are edible.</td>
</tr>
<tr>
<td>References:</td>
<td>32</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>So-wangs- ‘kson</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not known</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Not given</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Stem</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>Stem used as a toothpick.</td>
</tr>
<tr>
<td>References:</td>
<td>33</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
</table>
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 involucrata (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 illinoinensis (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 illinoinensis (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

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

Tribal Nation: Kiowa
Indigenous Name: *Ya-ai-gaw*  
*Ya-ai-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

____________________________________________________

*Corydalis 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*
Yellowsphine Thistle; Asteraceae
Wavy-Leafed Thistle

Tribal Nation: Kiowa

Indigenous Name: *Sengts-on*
Meaning: “Thistle”
<table>
<thead>
<tr>
<th>Habitat/Ecological Zone:</th>
<th>Prairies, pastures, and disturbed areas. Found in Nebraska to Texas</th>
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</thead>
<tbody>
<tr>
<td>Plants Parts Harvested:</td>
<td>Blossoms</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>A tea of blossoms applied as wash for burns and sores.</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>The Kiowa deemed the remedy to be “very effective.”</td>
</tr>
<tr>
<td>References:</td>
<td>51</td>
</tr>
</tbody>
</table>

---

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

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
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<tbody>
<tr>
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<tr>
<td>Plants Parts Harvested:</td>
<td>Blossoms</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>Decoction of blossoms used as wash for sores.</td>
</tr>
<tr>
<td>References:</td>
<td>52</td>
</tr>
</tbody>
</table>

---

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

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Sengts-on</em></td>
</tr>
</tbody>
</table>

751
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: \(^ {54} \)

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*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: \(^ {55} \)

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*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 trinctoria (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

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

References:

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

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

References: 64

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*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

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*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

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**Dichanthelium oligosanthes 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

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**Echinacea angustifolia var. angustifolia**

*Echinacea* angustifolia var. angustifolia

*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: \(^{69}\)

\[\textit{Echinacea angustifolia var. angustifolia} \]
\[\textit{Brauneria angustifolia (DC.)} \]
Purple Coneflower; Asteraceae
Blacksamson Echinacea;
Rattlesnake Weed;
Narrow-leaved Purple Cone Flower

Tribal Nation: Kiowa

Indigenous Name: \textit{Dain-pai-a} \textit{Awdl-son-a}

Meaning: 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: \(^{71}\)

\[\textit{Elymus canadensis L.} \]
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

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*Eriogonum jamesii Nutt.*
James’ Eriogonum; Polygonaceae

Tribal Nation: Kiowa

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Found on the plains a 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

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*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

762
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.”

References: 79

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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.
**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: 80

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**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.

References: 81
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

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*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

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*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
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.\textsuperscript{88}

References: \textsuperscript{89}

\textit{Juglans nigra L.}
Black Walnut; Juglandaceae

Tribal Nation: Kiowa

Indigenous Name: \textit{Poho ’n-a}
\textit{Pon-hon-a-daw}
\textit{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, \textit{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.\textsuperscript{90}

References: \textsuperscript{91}

\textit{Juglans nigra L.}
Black Walnut; Juglandaceae

Tribal Nation: Kiowa

Indigenous Name: \textit{Poho ’n-a}
\textit{Pon-hon-a-daw}
\textit{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]*

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<table>
<thead>
<tr>
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<th>“Peculiar” or “Conspicuous”</th>
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<tbody>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Prairie hillsides, fields, pastures, and occasionally woodlands</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Berries</td>
</tr>
<tr>
<td>Season Collected:</td>
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<tr>
<td>Medicinal Use(s):</td>
<td>Berries chewed for canker sores in the mouth.</td>
</tr>
<tr>
<td>References:</td>
<td>94</td>
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**Juniperus virginiana L.**  
Eastern Red Cedar; Cupressaceae

<table>
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<tr>
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<tr>
<td>Indigenous Name:</td>
<td>‘Ko-kee-ad-la; ahi’n [a-heen]</td>
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<tr>
<td>Meaning:</td>
<td>“Peculiar” or “Conspicuous”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Prairie hillsides, fields, pastures, and occasionally woodlands</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Needles</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Spiritual/Religious Use(s):</td>
<td>Needles thrown into the fire and used as incense during prayers in the peyote meeting.</td>
</tr>
<tr>
<td>References:</td>
<td>95</td>
</tr>
</tbody>
</table>

---

**Juniperus virginiana L.**  
Eastern Red Cedar; Cupressaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>‘Ko-kee-ad-la; ahi’n [a-heen]</td>
</tr>
<tr>
<td>Meaning:</td>
<td>“Peculiar” or “Conspicuous”</td>
</tr>
</tbody>
</table>
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)
Curcurbita 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

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*Liatris 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 are spring the 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

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Seni</em></td>
</tr>
<tr>
<td></td>
<td><em>Sen-gaw</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>“Prickly Fruit”</td>
</tr>
<tr>
<td></td>
<td>Not given</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Plants Parts Harvested:</th>
<th>Plant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>Poultice of plants applied for rheumatic pains</td>
</tr>
</tbody>
</table>

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: \(^{105}\)
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 Hildalgo, 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 Hildalgo, 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) Coul.

*Tribal Nation:* Kiowa

*Indigenous Name:* *Seni*

*Sen-gaw*

*Meaning:* "Prickly Fruit"

*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 Hildalgo, 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) Coul.

*Tribal Nation:* Kiowa

*Indigenous Name:* *Seni*

*Sen-gaw*

*Meaning:* "Prickly Fruit"

*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 Hildalgo, 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 Hildalgo, 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 Hildalgo, Mexico

Plants Parts Harvested: Poultice

Season Collected: Not given
<table>
<thead>
<tr>
<th>Medicinal Use(s)</th>
<th>Poultice of plants applied for bruises.</th>
</tr>
</thead>
<tbody>
<tr>
<td>References</td>
<td>112</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Kiowa</th>
</tr>
</thead>
</table>
| Indigenous Name | Seni  
              | Sen-gaw                   |
| Meaning      | “Prickly Fruit”  
              | Not given                 |

<table>
<thead>
<tr>
<th>Habitat/Ecological Zone</th>
<th>Found in dry sandy soils along the Rio Grande watershed in Texas and Mexico and in scattered locations as far south as Hildalgo, Mexico</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plants Parts Harvested</td>
<td>Plant</td>
</tr>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s)</td>
<td>Decoction of plants taken as a panacea.</td>
</tr>
<tr>
<td>References</td>
<td>113</td>
</tr>
</tbody>
</table>

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

<table>
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</table>
| Indigenous Name | Seni  
              | Sen-gaw                   |
| Meaning      | “Prickly Fruit”  
              | Not given                 |

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</tr>
</thead>
<tbody>
<tr>
<td>Plants Parts Harvested</td>
<td>Plant</td>
</tr>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
</tbody>
</table>
Medicinal Use(s): Decoction of plants taken for pneumonia and scarlet fever

References: 114

______________________________________________________

*Lophophora williamsii* (Lem. ex Salm-Dyck) Coul.
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 Hildalgo, 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) Coul.
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 Hildalgo, Mexico

Plants Parts Harvested: Plant

Season Collected: Not given
Medicinal Use(s): Decoction of plants taken for venereal disease.

References: \(^\text{116}\)

---

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

<table>
<thead>
<tr>
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</tr>
<tr>
<td>Meaning:</td>
<td>“Prickly Fruit”</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Found in dry sandy soils along the Rio Grande watershed in Texas and Mexico and in scattered locations as far south as Hildalgo, Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Peyote button</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>The button is partially masticated and packed around an aching tooth</td>
</tr>
<tr>
<td>References:</td>
<td>(^\text{117})</td>
</tr>
</tbody>
</table>

---

*Lycoperdon spp.*
Puffball

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Ai-pee-o-pa</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Various eco-niches depending on conditions</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Whole plant</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Puffballs are baked and used as food</td>
</tr>
</tbody>
</table>

References: \(^\text{117}\)
### Lycoperdon spp.

**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.

### Maclura pomifera (Raf.) Schneid.

**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: 118

References: 119

References: 120
Maclura pomifera (Raf.) Schneid.
Bow Wood; Moraceae
Osage Orange; Mock Orange

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Zaip-gwawt-'ko-ya-daw</td>
</tr>
<tr>
<td>Meaning:</td>
<td>“Osage Orange Tree”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>A native species to Arkansas, Oklahoma, and Texas.</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Wood</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Spiritual/Religious Use(s):</td>
<td>Wood used as the favorite material for the staff held by singer in the peyote ceremony.</td>
</tr>
</tbody>
</table>

References: 121

---

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

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Zaip-gwawt-'ko-ya-daw</td>
</tr>
<tr>
<td>Meaning:</td>
<td>“Osage Orange Tree”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>A native species to Arkansas, Oklahoma, and Texas.</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Wood</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Artifacts:</td>
<td>Wood used for making bows.</td>
</tr>
</tbody>
</table>

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

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**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

---

783
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*  

*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): 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

---

785
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-o

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
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

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788
**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.**

789
**Opuntia macrohiza**  
Prickly Pear; Cactaceae

Tribal Nation: Kiowa

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

Meaning: 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

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
<table>
<thead>
<tr>
<th><strong>Season Collected:</strong></th>
<th>Mid-summer to fall</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Food Use(s):</strong></td>
<td>Ripe fruits gathered in large quantities and eaten</td>
</tr>
<tr>
<td>immediately</td>
<td></td>
</tr>
<tr>
<td><strong>Additional Commentary:</strong></td>
<td>The summer of 1856 is recorded as <em>Se’n-alo’ Kado</em> (Prickly Pear Sun Dance).¹³⁹</td>
</tr>
<tr>
<td><strong>Tribal Nation:</strong></td>
<td>Kiowa</td>
</tr>
<tr>
<td><strong>Indigenous Name:</strong></td>
<td><em>Sen-adl-gaw</em></td>
</tr>
<tr>
<td></td>
<td><em>Sen-alo</em></td>
</tr>
<tr>
<td></td>
<td><em>Alo</em></td>
</tr>
<tr>
<td><strong>Meaning:</strong></td>
<td>Not given</td>
</tr>
<tr>
<td></td>
<td>Not given</td>
</tr>
<tr>
<td></td>
<td>Not given</td>
</tr>
<tr>
<td><strong>Habitat/Ecological Zone:</strong></td>
<td>Prairie, pastures, rocky glades, usually in dry soils</td>
</tr>
<tr>
<td><strong>Plants Parts Harvested:</strong></td>
<td>Sharp thorns</td>
</tr>
<tr>
<td><strong>Season Collected:</strong></td>
<td>Not given</td>
</tr>
<tr>
<td><strong>Artifacts:</strong></td>
<td>Sharp thorns used as points for small arrows to kill birds</td>
</tr>
<tr>
<td><strong>References:</strong></td>
<td>¹⁴⁰</td>
</tr>
</tbody>
</table>

---

*Opuntia sp.*  
*Opuntia macrohiza*  
Prickly Pear; Cactaceae

<table>
<thead>
<tr>
<th><strong>Tribal Nation:</strong></th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Indigenous Name:</strong></td>
<td><em>Sen-adl-gaw</em></td>
</tr>
<tr>
<td></td>
<td><em>Sen-alo</em></td>
</tr>
<tr>
<td><strong>Meaning:</strong></td>
<td>Not given</td>
</tr>
<tr>
<td></td>
<td>Not given</td>
</tr>
<tr>
<td></td>
<td>Not given</td>
</tr>
<tr>
<td><strong>Habitat/Ecological Zone:</strong></td>
<td>Prairie, pastures, rocky glades, usually in dry soils</td>
</tr>
<tr>
<td><strong>Plants Parts Harvested:</strong></td>
<td>Sharp thorns</td>
</tr>
<tr>
<td><strong>Season Collected:</strong></td>
<td>Not given</td>
</tr>
<tr>
<td><strong>Artifacts:</strong></td>
<td>Sharp thorns used as points for small arrows to kill birds</td>
</tr>
<tr>
<td><strong>References:</strong></td>
<td>¹⁴¹</td>
</tr>
</tbody>
</table>
**Alo**

Meaning: 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

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

References: 151

---

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

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Ya-hee-hwai A’hi’n</td>
</tr>
</tbody>
</table>

References: 151
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  
*Populas 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  
*Populas balsamifera, Linnaeus*  
Eastern Cottonwood; Salicaceae

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

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*

*Populas balsamifera, Linnaeus*

Eastern Cottonwood; Salicaceae

Tribal Nation: Kiowa

Indigenous Name: *Ya-hee-hwai*
*Ya-hee-hwai*
*A’hi’n*
*A-heel*

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*

*Populas 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**

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
</table>
| 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**

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Pank-ai-da-lo</td>
</tr>
<tr>
<td>Meaning:</td>
<td>“Sour Plum” or “Thick Skinned Plum”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Thickets in prairies, woodlands, riverbanks</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Fruit</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Mid-summer to fall</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Fruit gathered in great quantities and used immediately.</td>
</tr>
<tr>
<td>References:</td>
<td>161</td>
</tr>
</tbody>
</table>
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

803
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 Chokeycherry; 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 Chokeycherry; Rosaceae

Tribal Nation: Kiowa

804
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 Scurf pea; 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 Desert chicory; Asteraceae
Leafy-stemmed Falso Dandelion

Tribal Nation: Kiowa

Indigenous Name: *Bon-yai*
*Ton-awdel-‘kok-yai*

Meaning: Not given
<table>
<thead>
<tr>
<th>Habituation/Ecological Zone:</th>
<th>Plant found from Kansas into Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plants Parts Harvested:</td>
<td>Roots</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Autumn</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Sweet roots used for food</td>
</tr>
<tr>
<td>References:</td>
<td></td>
</tr>
</tbody>
</table>

| 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:                  |                                  |

807
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
<table>
<thead>
<tr>
<th>Season Collected:</th>
<th>Not given</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artifacts:</td>
<td>Leaves used as a substitute for paper in rolling cigarettes.</td>
</tr>
<tr>
<td>References:</td>
<td>174</td>
</tr>
</tbody>
</table>

---

**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
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
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

_____________________________________________

Quinqua 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
<table>
<thead>
<tr>
<th>Rhus glabra L</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smooth Sumac; Anacardiaceae</td>
</tr>
</tbody>
</table>

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

References: 188

---

<table>
<thead>
<tr>
<th>Rhus glabra L</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smooth Sumac; Anacardiaceae</td>
</tr>
</tbody>
</table>

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

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.”

References: 191
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.”

References: ¹⁹²

---

**Rhus trilobata Nutt**  
Skunk Bush Sumac; Anacardiaceae

Tribal Nation: Kiowa  
Indigenous Name: *Dtie-ai-pa-yee-‘go T’a’np-e-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’np-e-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: \(^{197}\)

\[
\begin{align*}
\text{Rhus trilobata Nutt} \\
\text{Skunk Bush Sumac; Anacardiaceae} \\
\text{Tribal Nation: Kiowa} \\
\text{Indigenous Name: } & \text{Dtie-ai-pa-yee-‘go} \\
& \text{T’a’npe-a’} \\
\text{Meaning: } & \text{“Bitter Red Berry”} \\
& \text{Not given} \\
\text{Habitat/Ecological Zone: } & \text{Western species found from Canada south to Mexico} \\
\text{Plants Parts Harvested: Leaves} \\
\text{Season Collected: Not given} \\
\text{Artifacts: Leaves mixed with tobacco and used for smoking} \\
\text{References: } ^{198}\end{align*}
\]

\[
\begin{align*}
\text{Ribes aureum var. villosum DC.} \\
\text{Ribes odoratum} \\
\text{Golden Currant; Grossulariaceae} \\
\text{Buffalo Currant} \\
\text{Tribal Nation: Kiowa} \\
\text{Indigenous Name: } & \text{Awdl-kno-bawg} \\
\text{Meaning: } & \text{“Goose Berry”} \\
\text{Habitat/Ecological Zone: } & \text{Hillsides, limestone cliffs, borders of woods, often is sandy soils. It is found from South Dakota to western Texas}
\end{align*}
\]
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”  

---

820
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

821
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.
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: 206

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: 207

References: 208

824
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
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
Chitتمwood

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-’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
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

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
</table>
| 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

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
</table>
| Indigenous Name: | Son-ton-pa  
| | Son-ka |
| Meaning: | Not given |
| Habitat/Ecological Zone: | Widespread species Washington to New Mexico |

829
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-klee-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 widespread 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:
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: 224

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: 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: 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.”
### Vernonia missurica Raf.
Missouri Ironweed; Asteraceae
Drummond’s Iron Weed

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name</td>
<td><em>A-'kai-'kawdl-a</em></td>
</tr>
<tr>
<td></td>
<td><em>Ee-pa-la</em></td>
</tr>
<tr>
<td>Meaning</td>
<td>“Mattress Plant”</td>
</tr>
<tr>
<td></td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone</td>
<td>Found on the prairies ok Kansas south to Texas</td>
</tr>
<tr>
<td>Plants Parts Harvested</td>
<td>Flowers</td>
</tr>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s)</td>
<td>Flowers are placed in water and applied to the scalp to cure dandruff</td>
</tr>
</tbody>
</table>

References: [232](#)

---

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

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name</td>
<td><em>A-'kai-'kawdl-a</em></td>
</tr>
<tr>
<td></td>
<td><em>Ee-pa-la</em></td>
</tr>
<tr>
<td>Meaning</td>
<td>“Mattress Plant”</td>
</tr>
<tr>
<td></td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone</td>
<td>Found on the prairies ok Kansas south to Texas</td>
</tr>
<tr>
<td>Plants Parts Harvested</td>
<td>Flowers</td>
</tr>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
</tbody>
</table>

References: [233](#)
Food Use(s): Pressed blossoms are made into 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 of Kansas south to Texas

Plants Parts Harvested: Flowers

Season Collected: Not given

Artifacts: Flowers used to make a purple dye

References: 235

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*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 of 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

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*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

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*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
**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

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**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.
<table>
<thead>
<tr>
<th><strong>Yucca glauca Nutt.</strong></th>
<th>Small Soapweed; Agavaceae</th>
<th>Beargrass</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tribal Nation:</strong></td>
<td>Kiowa</td>
<td></td>
</tr>
<tr>
<td><strong>Indigenous Name:</strong></td>
<td><em>Kaw-tzee-atzo-tee-a</em></td>
<td></td>
</tr>
<tr>
<td></td>
<td><em>Ol-po-on-a</em></td>
<td></td>
</tr>
<tr>
<td></td>
<td><em>Kee-aw-gee-tzot-ha’-a’h</em></td>
<td></td>
</tr>
<tr>
<td><strong>Meaning:</strong></td>
<td>No translation given</td>
<td></td>
</tr>
<tr>
<td><strong>Habitat/Ecological Zone:</strong></td>
<td>Upland prairies, plains, sandy blowouts, hillsides, often in</td>
<td>limestone soils</td>
</tr>
<tr>
<td><strong>Plants Parts Harvested:</strong></td>
<td>Root</td>
<td></td>
</tr>
<tr>
<td><strong>Season Collected:</strong></td>
<td>Not given</td>
<td></td>
</tr>
<tr>
<td><strong>Artifacts:</strong></td>
<td>Root used to wash clothes and hair.</td>
<td></td>
</tr>
<tr>
<td><strong>References:</strong></td>
<td>240</td>
<td>241</td>
</tr>
</tbody>
</table>

<table>
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<td></td>
<td><em>Ol-po-on-a</em></td>
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</tr>
<tr>
<td><strong>Meaning:</strong></td>
<td>No translation given</td>
<td></td>
</tr>
<tr>
<td><strong>Habitat/Ecological Zone:</strong></td>
<td>Upland prairies, plains, sandy blowouts, hillsides, often in</td>
<td>limestone soils</td>
</tr>
<tr>
<td><strong>Plants Parts Harvested:</strong></td>
<td>Central stalk or spike</td>
<td></td>
</tr>
<tr>
<td><strong>Season Collected:</strong></td>
<td>Not given</td>
<td></td>
</tr>
</tbody>
</table>

References: 240

842
Food Use(s): Ate the central spike

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

References: 242

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_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.

References: 244

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_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. 

References: 246

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*Zea mays* L.
Corn; Poaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Kiowa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Cultivar</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Leaves</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Artifacts:</td>
<td>Shucks used for cigarette wrappings</td>
</tr>
</tbody>
</table>

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. 

References: 249
The indigenous names are spelled phonetically as they appear in the source. It is recommended that the original texts be referenced for spelling accuracy and the taxonomic system that was applied to the plants.


8. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 55.


15. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 47.
22. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 56.
27. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 57.
29. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 57.
33. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 13-14


42. Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 23.


44. Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 58.


47. Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 32.


55. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 58.
56. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 53.
64. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 32-33.
67. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 16.
68. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 71.
70. George Bird Grinnell, The Cheyenne Indians - Their History and Ways of Life Volume 2. (Lincoln. University of Nebraska Press, 1972), 188.
71. Grinnell, The Cheyenne Indians - Their History and Ways of Life Volume 2, 188; Kindscher, Medicinal Wild Plants of the Prairie: An Ethnobotanical Guide, 84-94; Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of
the Tribe, 57-58.  
75. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 24-25.  
76. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 25.  
77. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 36.  
79. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 12.  
81. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 60.  
82. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 60.  


98. See, Mooney, “Calendar History of the Kiowa Indians.”


100. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 61.


102. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 12.

103. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 12.

104. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 44.

105. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 43-44.

106. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 43-44.
111. Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 43-44.
118. Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 43-44.
120. Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 12.


139. Mooney, “Calendar History of the Kiowa Indians,” 301.


144. Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 16.


147. Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 16.


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178. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 22.
179. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 22.
180. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 22.
183. Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 50.


Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 39.

Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 39.

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Vestal and Schultes, The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe, 29.
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Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 16.

Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 43.

Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 17.

Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 37.

Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 17.

Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 62.


Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 37.


Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 62.

Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 62.

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Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 62.

Vestal and Schultes, *The Economic Botany of the Kiowa Indians as it Relates to the History of the Tribe*, 62.


244. Mooney, *Calendar History of the Kiowa Indians*, 327.


246. Mooney, *Calendar History of the Kiowa Indians*, 327.

