8.1 Introduction

The ethnological and ethnohistorical literature review documented approximately 183 plant resources acknowledged or used by the Ute. Sixty-five plants were recorded as food resources. Thirty-six plants were listed as having medicinal value and two plants had explicit religious or spiritual value. Twenty-one flora resources were used in the manufacture of material items. Of the complete plant inventory, the literature recognized 72 plant resources 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

8.2 Ethnobotanical Resources

**Abronia fragrans** Nutt. ex Hook.
**Snowball Sand Verbena; Nyctaginaceae**

Tribal Nation: Ute

Indigenous Name: *Sa-gwam-si-gwiv*
Meaning: “Stomach medicine”

Habitat/Ecological Zone: Sandy prairies, dunes, and stream valleys

Plants Parts Harvested: Roots and flowers

Season Collected: Not given
Medicinal Use(s): Roots and flowers used for stomach and bowel troubles

Additional Commentary: The indigenous term is probably not specific and will likely be found to be applied to other plants used for similar purposes.

References: 

____________________________

*Acer glabrum (Torr.)*
Maple

Tribal Nation: Ute

Indigenous Name: *Pa-wai-‘uv:pa*

Meaning: “Water Oak”

Habitat/Ecological Zone: Sandy prairies, dunes, and stream valleys

Plants Parts Harvested: Roots and flowers

Season Collected: Not given

Additional Commentary: No stated use for the plant

References: 

____________________________

*Achillea millefolium L*
Common Yarrow; Asteraceae

Tribal Nation: Ute

Indigenous Name: *I-am‘-si-ta-gwiv*

Meaning: “Wound medicine”

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

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Poultice of plant applied externally to bruises.
Achillea millefolium L
Common Yarrow; Asteraceae

Tribal Nation: Ute

Indigenous Name: I-am’-si-ta-gwiv
Meaning: “Wound medicine”

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

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Administered as a panacea. An infusion of the plant taken for cases of sickness

References: 4

Agoseris sp.
Troxmon sp.
Asteraceae

Tribal Nation: Ute

Indigenous Name: An’-ka-pi-sa-wats
Meaning: Not given

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

Plants Parts Harvested: Leaves

Season Collected: Not given

Food Use(s): Leaves are formerly used as food

References: 5
Additional Commentary: Eaten like the dandelion (*Taraxacum officinale*)

References: 

---

*Allium acuminatum* Hook
Tapertip Onion; Liliaceae

Tribal Nation: Ute

Indigenous Name: *Kun-ka*

Meaning: “Onion”

Habitat/Ecological Zone: Found in foothills, woodlands, and forest openings. *Allium acuminatum* is common in the pine-juniper forests

Plants Parts Harvested: Bulbs and leaves

Season Collected: Spring

Food Use(s): Bulbs and leaves used for food

References:  

---

*Allium bisceptrum* S. Wats.
Twincrest Onion; Liliaceae

Tribal Nation: Ute

Indigenous Name: *Kun-ka*

Meaning: “Onion”

Habitat/Ecological Zone: Found across western North America from Oregon to California and into Utah. Grows in meadows and aspen groves, occasionally on open slopes, preferring sandy and loamy, moist, but well-drained soil.

Plants Parts Harvested: Bulbs and leaves

Season Collected: Not given

Food Use(s): Bulbs and leaves used for food.
References:  

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*Amaranthus retroflexus*
*Amaranthus gracizans*
Redroot Pigweed; Amaranthaceae

Tribal Nation: Ute

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Found from Alaska to Texas

Plants Parts Harvested: Plant

Season Collected: Autumn

Food Use(s): Winnowed and parched, then either eaten or ground into flour cakes or boiled into a mush

Additional Commentary: Pigweed is also boiled, mashed, dried and ground for consumption. Young shoots and stems are eaten raw or boiled.  

References:  

---

*Amelanchier alnifolia (Nutt.) Nutt. ex M. Roemer*
Saskatoon Serviceberry; Rosaceae

Tribal Nation: Ute

Indigenous Name: *To-ump’*

Meaning: Not given

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

Plants Parts Harvested: Fruit

Season Collected: Ripen in the fall

References:
Food Use(s): Berries are harvested seasonally for immediate consumption and surplus is dried for five days and stored in sacks for winter use.

Additional Commentary: According to Smith’s consultants, serviceberries were a favorite berry.11

References: 12

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*Amelanchier alnifolia (Nutt.) Nutt. ex M. Roemer*

Saskatoon Serviceberry; Rosaceae

Tribal Nation: Ute

Indigenous Name: *To-ump’*

Meaning: Not given

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

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Berries are used in season. Eaten raw, cooked and dried into cakes for later consumption

References: 13

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*Amsinckia tesselata*

Fiddleneck; Boraginaceae

Tribal Nation: Ute

Indigenous Name: *Tu’-ka-rump*

Meaning: Not given

Habitat/Ecological Zone: Found along roadsides and dry open slopes and flats, often in disturbed soil. Distributed widely across the southwest into Utah

Plants Parts Harvested: Not specified in the literature
Antennaria *dimorpha* (Torr. and Gray)
Low Pussytoes; Asteraceae

Tribal Nation: Ute

Indigenous Name: *Tim’-pin-tsau-uv*
Meaning: “Rock-matting plant”

Habitat/Ecological Zone: Grows on dry sites in foothills and montane zones from southern British Columbia, Canada to Colorado

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No stated use for the plant.

References: 14

*Arabis holboelli* (Hornem.)
Reflexed Rockcress; Brassicaceae

Tribal Nation: Ute

Indigenous Name: *Qta’-ko-mav*
Meaning: Not given

Habitat/Ecological Zone: Open, dry, often gravelly sites; plains to sub-alpine from the southern Yukon and Northwest Territory, Canada to Colorado

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No stated use for the plant.

References: 15
Argropyrum repens (Beauv.)
Blue Joint;
Couch Grass

Tribal Nation: Ute
Indigenous Name: ? wai-
Meaning: Not given
Habitat/Ecological Zone: Widespread across the west
Plants Parts Harvested: Plant
Season Collected: Not given
Additional Commentary: No stated use for the plant

References: 16

Artemisia tridentata Nutt
Big Sagebrush; Asteraceae

Tribal Nation: Ute
Indigenous Name: Ma-av
Ma-ap
Meaning:
Habitat/Ecological Zone: Prairies and semi-disturbed sites
Plants Parts Harvested: Leaves
Season Collected: Not given
Medicinal Use(s): Decoction of leaves used as a medicine

References: 17

References: 18
**Asclepidora decumbens Gray.**
Milkweed; Asclepiadaceae

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name</td>
<td><em>Sa-na’-ko-mav</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>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary</td>
<td>No stated use for the plant.</td>
</tr>
<tr>
<td>References</td>
<td>19</td>
</tr>
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</table>

**Aspidium filix-mas (Schwartz)**
Male Fern; Aspidium
Shield Fern

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name</td>
<td><em>Kai-ban-kim-bis</em></td>
</tr>
<tr>
<td>Meaning</td>
<td>“Wood Fern”</td>
</tr>
<tr>
<td></td>
<td>“Mountain Fern”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone</td>
<td>An introduced species native to Europe. Found in wet to very moist locations often in shady areas</td>
</tr>
<tr>
<td>Plants Parts Harvested</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary</td>
<td>No stated use for the plant.</td>
</tr>
<tr>
<td>References</td>
<td>20</td>
</tr>
</tbody>
</table>

**Astragalus iodanthus, Watson**

893
Buffalo Bean; Fabaceae

Tribal Nation: Ute

Indigenous Name: Ti’-wi-pi-tcum-av
Meaning: “Earth or Ground-matting Plant”

Habitat/Ecological Zone: Found throughout the west from Oregon to Utah

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No stated use for the plant

References: 21

Balsamorhiza sagittata (Pursh) Nutt
Arrowleaf Balsamroot; Asteraceae

Tribal Nation: Ute

Indigenous Name: Ku-si-a kump
Meaning: “White shoot”

Habitat/Ecological Zone: Moist to moderately dry, open sites in the montane zone; Idaho to Wyoming and Montana

Plants Parts Harvested: Young shoots and leaves

Season Collected: Not given

Food Use(s): Young shoots and leaves eaten

References: 22

Balsamorhiza sagittata (Pursh) Nutt
Arrowleaf Balsamroot; Asteraceae

Tribal Nation: Ute

Indigenous Name: Ku-si-a kump
Meaning: “White shoot”

Habitat/Ecological Zone: Moist to moderately dry, open sites in the montane zone; Idaho to Wyoming and Montana

Plants Parts Harvested: Root

Season Collected: Not given

Food Use(s): Roots were eaten to some extent

References: 23

Beckmannia erucaeformis Host.
Slough Grass

Tribal Nation: Ute

Indigenous Name: A-wat’-o-gwiv
Meaning: Not given

Habitat/Ecological Zone: Found across the west

Plants Parts Harvested: Seeds

Season Collected: Not given

Additional Commentary: No stated use for the plant, although one unconfirmed source commented that the seeds were collected for food among the Ute.

References: 24

Berberis repens, Lindl.
Oregon Grape;
Barberry

Tribal Nation: Ute

Indigenous Name: Ksip-o-a-ats
Meaning: Not given
Habitat/Ecological Zone: Forested slopes; foothills to montane; Alberta, Canada to New Mexico.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No stated use for the plant

References: 25

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Betula occidentalis, Hook.
Water Birch;
River Birch

Tribal Nation: Ute

Indigenous Name: ? pa-gwai’-uv
Meaning: Not given

Habitat/Ecological Zone: Found commonly along montane stream banks, slopes, and ridges, also in moist open woods, at edges of marshes, along lakeshores, and in wet swales; it is distributed from British Columbia, Canada into Colorado and New Mexico.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No stated use for the plant

References: 26

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Calochortus nuttallii, Torr. & Gray
Sego Lily; Liliaceae

Tribal Nation: Ute

Indigenous Name: Si’-go
Sik’u
Cik’u

Meaning: Not given
Not given

References: 25, 26
Habitat/Ecological Zone: The plant is native to a number of western states including Idaho, Montana, Wyoming, North Dakota, South Dakota, Nebraska, Nevada, Utah, Colorado, Arizona, and New Mexico.

Plants Parts Harvested: Bulbs or root

Season Collected: Gathered in July

Food Use(s): Bulbs formerly used for food, either eaten immediately or baked in an earthen oven

Additional Commentary: The sego lily is the state flower of Utah. The Ute taught the Anglo pioneers how to find and eat the bulbs during times of starvation.

References: 27

Camassia quamash
Camas; Agavaceae

Tribal Nation: Ute

Indigenous Name: Unknown

Meaning: Unknown

Habitat/Ecological Zone: Found in moist meadows that become dry in late spring from British Columbia, Canada to Utah

Plants Parts Harvested: Root bulb

Season Collected: Not given

Food Use(s): Used as a food

References: 29

Capsella bursa-pastoris, Moench.
Shepard’s Purse

Tribal Nation: Ute
Indigenous Name: Mo’-ten-de-ats  
Meaning: Not given  

Habitat/Ecological Zone: Introduced plant from Europe found in disturbed, waste or cultivated ground; plains to sub-alpine; Alaska to New Mexico  

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

Additional Commentary: Introduced into the region. There is no recorded use for the plant.  

References: 30

_________________________________________________________________________________________

Capsella divaricata, Walp.  
Shepard’s Purse  

Tribal Nation: Ute  

Indigenous Name: Mo’-ten-de-ats  
Meaning: Not given  

Habitat/Ecological Zone: Introduced plant from Europe found in disturbed, waste or cultivated ground; plains to sub-alpine; Alaska to New Mexico  

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

Additional Commentary: The native plant. 31  

References: 32

_________________________________________________________________________________________

Carex jamesii, Torr.  
Sedge; Cyperaceae  

Tribal Nation: Ute  

Indigenous Name: Pi’-gwuts  
Meaning: Not given  

References: 898
Habitat/Ecological Zone: A native to North America and is distributed from Minnesota east to New York and south to Oklahoma and South Carolina. It occurs in mesic hardwood forests.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No stated use for the plant

References: 33

______________________________

*Castilleja parviflora Bong*
Mountain Indian Paintbrush; Scrophulariaceae
Magenta paintbrush

Tribal Nation: Ute

Indigenous Name: *Mo’-ten-dit*
Meaning: “Painted Cup”

Habitat/Ecological Zone: Alaska through the Rocky Mountains

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Roots used for bowel troubles.

References: 34

______________________________

*Caulanthus hastatus, Watson.*
No Common Name; Brassicaceae

Tribal Nation: Ute

Indigenous Name: *An-ga—ko-rimp*
Meaning: Not given

Habitat/Ecological Zone: Found across the west

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No recorded use for the plant
References: 35

Citrulus vulgaris
Watermelon

Tribal Nation: Ute
Indigenous Name: Shan-ti-kut
Meaning: Not given
Habitat/Ecological Zone: Domestic cultivar
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No recorded use for the plant. Watermelon is an introduced cultivar. 36

References: 37

Claytonia caroliniana Michx
Carolina Springbeauty; Portulacaceae

Tribal Nation: Ute
Indigenous Name: Ti-bi-wu-tcu^n'k
Meaning: Not given
Habitat/Ecological Zone: Endemic to regions east of the Mississippi River
Plants Parts Harvested: Bulbs
Season Collected: Not given
Food Use(s): Bulbs formerly used for food
Cleome serrulata
Guaco; Capparidaceae
Spider-Flower;
Rocky Mountain Bee-Plant

Tribal Nation: Ute
Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Dry, open, often in disturbed ground; plains to montane;
distributed from southern British Columbia, Canada to New Mexico

Plants Parts Harvested: Young shoots and leaves
Season Collected: Not given
Food Use(s): The young shoots and leaves are boiled and eaten

References: 38

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Cleome serrulata
Guaco; Capparidaceae
Spider-Flower;
Rocky Mountain Bee-Plant

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

Habitat/Ecological Zone: Dry, open, often in disturbed ground; plains to montane;
distributed from southern British Columbia, Canada to New Mexico

Plants Parts Harvested: Seeds
Season Collected: Not given
Food Use(s): Seeds are treated like pigweed seeds

References: 39
Cleome serrulata
Guaco; Capparidaceae
Spider-Flower;
Rocky Mountain Bee-Plant

Tribal Nation: Ute

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Dry, open, often in disturbed ground; plains to montane;
distributed from southern British Columbia, Canada to New Mexico

Plants Parts Harvested: Plant
Season Collected: Not given
Artifacts: The plant is stored and used for a dye

References: 41

Collinsia parviflora Lindl.
Small Flower; Scrophulariaceae
Blue Eyed Mary

Tribal Nation: Ute

Indigenous Name: Mi´pu´-ga-shu´-cts
Meaning: Not given

Habitat/Ecological Zone: Moist to dry, shaded or open sites; foothills to montane;
British Columbia, Canada to Colorado

Plants Parts Harvested: Plant
Season Collected: Not given
Medicinal Use(s): The plant is used externally for sore flesh
Additional Commentary: *Collinsia parviflora* is used in a similar fashion to *Gilia gracilis*.42

References: 43

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

Tribal Nation: Ute

Indigenous Name: *Sa-gwa-si-u'guts*
Meaning: Not given

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

Plants Parts Harvested: Root

Season Collected: Not given

Artifacts: At the Unitah-Quray reservation, ethnographic information was that the blue dye, which is beneath the root skin was powdered, and mixed to paint thickness with the juice of the round pin-cushion cactus.44

References: 45

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

Tribal Nation: Ute

Indigenous Name: *Sa-gwa-si-u'guts*
Meaning: Not given

Habitat/Ecological Zone: Found from Washington south to Texas, also from Nevada to Kansas

Plants Parts Harvested: Roots

Season Collected: Not given
**Medicinal Use(s):** Roots are used for headaches

**References:** 46

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**Cornus stolonifera Michx.**  
Kinnikinnick; Cornel

**Tribal Nation:** Ute

**Indigenous Name:** *Kai’siv*  
*Av-a-tu-tum-butc0um-av*

**Meaning:** Possibly “Red Bark”  
Not given

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

**Plants Parts Harvested:** Roots

**Season Collected:** Not given

**Medicinal Use(s):** Roots are used for headaches

**References:** 47

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**Cowania mexicana Don.**  
Cliff Rose

**Tribal Nation:** Ute

**Indigenous Name:** *Pu-i’-tcum-av*

**Meaning:** Not given

**Habitat/Ecological Zone:** Native to the north edges of the Mojave desert to Colorado, Utah and Arizona.

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

**Season Collected:** Not given

**Additional Commentary:** No recorded use for the plant
### Cymopterus, spp.
Biscuit root; Apiaceae  
Grayish Cymopterus; Waxy Spring Parsley

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>No translation given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Grows in the mountain regions of Montana and Idaho</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>No recorded use for the plant.</td>
</tr>
</tbody>
</table>

### References:

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### Cymopteris longipes, Watson.
Longstalk Spring Parsley; Apiaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>O-an-tuv</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Unknown</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Leaves</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>The leaves were formerly boiled and eaten</td>
</tr>
</tbody>
</table>

### References:

50
### Cystopteris fragilis Bernh.
Fragile Fern; Dryopteridaceae
Fragile Bladderfern

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Tim-pim-uv</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Possibly “Rock” + “Plant”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Moist, rocky sites; foothills to alpine; Alaska to New 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>Food Use(s):</td>
<td>The leaves were formerly boiled and eaten</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td><em>Tim-pi</em> means “rock.”</td>
</tr>
<tr>
<td>References:</td>
<td>51</td>
</tr>
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</table>

### Cryptantha sericea (Gray) Payson
Silky Catseye; Boraginaceae

<table>
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<th>Tribal Nation:</th>
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</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>No translation given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Found from Washington to Texas</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Root</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>The roots are used as a stomach medicine.</td>
</tr>
<tr>
<td>References:</td>
<td>53</td>
</tr>
</tbody>
</table>
Delphinium menziesii DC.
Delphinium bicolor Nutt.
Menzies’ Larkspur; Ranunculaceae

Tribal Nation: Ute

Indigenous Name: Sa-gwa--rint
Meaning: Not given

Habitat/Ecological Zone: Found largely in Oregon and Washington

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Plant use not recorded in source

References: 54

______________________________

Draba nemorosa L.
Whitlow Grass; Brassicaceae
Woods Draba

Tribal Nation: Ute

Indigenous Name: Kus-pa-sen-di-at
Meaning: Not given

Habitat/Ecological Zone: Grows on open or wooded, often disturbed ground; plains, foothills, and montane zones; Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Plant use not recorded in source

References: 55

______________________________

Descurainia pinnata ssp. pinnata
Western Tansy Mustard; Brassicaceae
Tribal Nation: Ute

Indigenous Name: Not given
Meaning: No translation given

Habitat/Ecological Zone: Dry, open ground in plains, foothills and montane zones; Northwest Territory, Canada to New Mexico

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

References: 56

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**Eleocharis palustris** R. Br.
Spike-rush

Tribal Nation: Ute

Indigenous Name: *Pa-on-da-pin-tid*
Meaning: Not given

Habitat/Ecological Zone: Wet sites, often in standing water; plains to montane; Northwest territory, Canada to New Mexico

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

Additional Commentary: Plant use not recorded in source. *Pa-o* refers to “water.” 57

References: 58

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**Elymus canadensis** L.
Canada Wild Rye; Poaceae
Lyme Grass

Tribal Nation: Ute
Indigenous Name:  O-do-rum-biv
Meaning:  Not given

Habitat/Ecological Zone:  Dry to moist locations in fairly open sites, often on rocky ground; foothills to sub-alpine; British Columbia, Canada to New Mexico

Plants Parts Harvested:  Seed
Season Collected:  Not given
Food Use(s):  Seeds formerly are gathered for food.

References: 59

____________________________________

Eragrostis purshii Schrad.
Eragrostis pectinacea var. pectinacea (Michx.) Nees ex Steud.
Tufted Love Grass; Poaceae

Tribal Nation:  Ute
Indigenous Name:  Kaib’-o-gwiv
Meaning:  Not given

Habitat/Ecological Zone:  Found across the United States
Plants Parts Harvested:  Not specified in the literature
Season Collected:  Not given
Additional Commentary:  Kai-ba refers to “mountain.” Plant use not recorded in source.60

References.61

____________________________________

Erigeron canus Gray.
Fleabane; Asteraceae

Tribal Nation:  Ute
Indigenous Name:  ? sa-gum-si-ta-gwiv
Meaning:  Not given
<table>
<thead>
<tr>
<th>Scientific Name</th>
<th>Common Name</th>
<th>Tribe</th>
<th>Indigenous Name</th>
<th>Meaning</th>
<th>Habitat/Ecological Zone</th>
<th>Plants Parts Harvested</th>
<th>Season Collected</th>
<th>Additional Commentary</th>
<th>References</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Erodium cicutarium</em> L’her.</td>
<td>Cutleaf Storks Bill; Alfilaria; Red-stem Filaree</td>
<td>Ute</td>
<td><em>Pa’-bo-i-ats</em></td>
<td>Not given</td>
<td>Found in desert, mesa, rangeland, open meadow, newly tilled ground, and prairie conditions; prefers sandy rocky soils.</td>
<td>Not specified in the literature</td>
<td>Not given</td>
<td>Plant use not recorded in source.</td>
<td>62</td>
</tr>
<tr>
<td><em>Erysimum asperum</em> DC.</td>
<td>Western Wallflower; Brassicaceae Prairie Rocket</td>
<td>Ute</td>
<td><em>Sa’-go-a’-sint</em></td>
<td>Not given</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>63</td>
</tr>
<tr>
<td>Plant Name</td>
<td>Habitat/Ecological Zone</td>
<td>Plants Parts Harvested</td>
<td>Season Collected</td>
<td>Additional Commentary</td>
<td>Tribal Nation</td>
<td>Indigenous Name</td>
<td>Meaning</td>
<td></td>
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</tr>
<tr>
<td>Equisetum arvense L.</td>
<td>Dry, sandy sites on the plains to foothills; southern British Columbia to New Mexico</td>
<td>Not specified in the literature</td>
<td>Not given</td>
<td>Plant use not recorded in source</td>
<td>Ute</td>
<td>Tu-ko-wuts</td>
<td>Fertile Stems Sterile Stems</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Equisetum laevigatum A. Braun</td>
<td>Moist to dry, wooded to open sites, often on disturbed ground; plains to alpine; Alaska to New Mexico</td>
<td>Plant</td>
<td>Not given</td>
<td>No use recorded in the source</td>
<td>Ute</td>
<td>Ya-a’-ti-nump</td>
<td>“Cry or Call Out Instrument”</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

References: 64

References: 65
Habitat/Ecological Zone: Moist to dry, wooded to open sites, often on disturbed ground; plains to alpine; Alaska to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Artifacts: Used by children as whistles.

Additional Commentary: Likely from *ya-a-gi* (*“to cry or call out”*) and *-nump* (*“instrument”*)

References: 66

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*Eriogonum ovalifolium* Nutt.
Cushion Buckwheat; Polygonaceae
Silver Plant

Tribal Nation: Ute

Indigenous Name: *K’ sum-sed-au-ge-ets*

Meaning: Not given

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

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Plant used as medicine

Additional Commentary: Probably from *ku-tsun*, meaning ashen or gray.

References: 67

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*Ferula multifida* Gray.
*Lomatium dissectum* (Nutt.) Mathias & Constance
Lomatium; Apiaceae
Fern-Leaved Desert Parsley

Tribal Nation: Ute
Indigenous Name: To-tuv
Meaning: Not given

Habitat/Ecological Zone: Dry, open sites from rocky to rich soil; foothills to montane; southern British Columbia, Canada to Colorado

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The root is ground between stones or in a mortar and applied externally to wounds and bruises

Additional Commentary: The root is highly valued among the Ute and related peoples for medicine

References: 68

______________________________________________________

Ferula multifida Gray.
Lomatium dissectum (Nutt.) Mathias & Constance
Lomatium; Apiaceae

Tribal Nation: Ute

Indigenous Name: To-tuv
Meaning: Not given

Habitat/Ecological Zone: Dry, open sites from rocky to rich soil; foothills to montane; southern British Columbia, Canada to Colorado

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The root is burned in a pan beneath a horse’s nose to treat distemper

Additional Commentary: The root is highly valued among the Ute and related peoples for medicine

References: 69
**Fragaria vesca**  
**Fragaria americana**  
Wood Strawberry; Rosaceae

Tribal Nation: Ute  
Indigenous Name: *Tuwisi*  
Meaning: Not given  
Habitat/Ecological Zone: Moist sites; foothills and montane zones; British Columbia, Canada to New Mexico  
Plants Parts Harvested: Fruit  
Season Collected: Not given  
Food Use(s): Eaten fresh  
References: 70

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**Fritillaria atropurpurea Nutt.**  
Spotted Missionbells; Liliaceae  
Tiger Lily; Brown Lily

Tribal Nation: Ute  
Indigenous Name: *Kai’-rumosita-gwiv*  
Meaning: Not given  
Habitat/Ecological Zone: Moderately dry, open or wooded areas, grassy sites; plains to montane; southern British Columbia, Canada to Colorado  
Plants Parts Harvested: Not specified in the literature  
Season Collected: Not given  
Medicinal Use(s): Decoction of bulbs and roots in large quantities regarded dangerously poisonous.  
References: 71
Fritillaria atropurpurea Nutt.
Spotted Missionbells; Liliaceae
Tiger Lily;
Brown Lily

Tribal Nation: Ute

Indigenous Name: Kai’-rumosita-gwiv
Meaning: Not given

Habitat/Ecological Zone: Moderately dry, open or wooded areas, grassy sites; plains to montane; southern British Columbia, Canada to Colorado

Plants Parts Harvested: Bulbs and roots

Season Collected: Not given

Medicinal Use(s): Decoction of bulbs and roots used as medicine.

References: 72

Fritillaria pudica (Pursh) Spreng.
Yellow Missionbells; Liliaceae
Buttercup;
Yellow Bell

Tribal Nation: Ute

Indigenous Name: Pim’-i-kwi-ets
Meaning: Not given

Habitat/Ecological Zone: Moderately dry, open or wooded areas, grassy sites; plains to montane; southern British Columbia, Canada to Colorado

Plants Parts Harvested: Bulbs

Season Collected: Not given

Food Use(s): Bulbs formerly used for food

References: 73

915
**Gilia aggregata**  
*Ipomopsis aggregata*  
Trumpet Phlox; Polemoniaceae  
Scarlet Gilia;  
Skyrocket

Tribal Nation: Ute

Indigenous Name: Not given  
Meaning: Not given

Habitat/Ecological Zone: Dry, open or lightly wooded areas; foothills to montane; southern British Columbia, Canada to New Mexico

Plants Parts Harvested: Whole plant

Season Collected: Not given

Artifacts: In Utah, the whole plant is boiled for glue

References: 74

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**Gilia gracilis** Hook.  
Phlox; Polemoniaceae

Tribal Nation: Ute

Indigenous Name: *Yo-gum-si-ta-gwiv*  
Meaning: “Coyote Medicine”

Habitat/Ecological Zone: Dry, open or lightly wooded areas; foothills to montane; southern British Columbia, Canada to New Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Medicinal Use(s): Used as a poultice on bruised or sore leg

References: 75
*Glaux maritime L.*
Silk Milkwort

Tribal Nation: Ute

Indigenous Name: *Tsun’-a-na-di ets*
Meaning: Not given

Habitat/Ecological Zone: Distributed from Washington to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use in the source for the plant

References: 76

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Unspecified
Grass; Poaceae

Tribal Nation: Ute

Indigenous Name: *O’-wiv*
Meaning: Not given

Habitat/Ecological Zone: Varies with eco-zones

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use in the source for the plant.

References: 77

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*Grayia polygaloides* Hook and Arn.
Shad Scale

Tribal Nation: Ute

Indigenous Name: *? sa’-muv*
Grindelia squarrosa (Pursh) Dunal
Grindelia robusta Nutt.
Curlycup Gumweed; Asteraceae
Gum Plant

Tribal Nation: Ute

Indigenous Name: Ku-ats-um-si-ta-gwiv
Meaning: “Possessive Medicine”

Habitat/Ecological Zone: Pastures and disturbed areas; dry, open sites; plains to foothills; Alberta, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Used as a cough medicine.

References: 78

Gutierrezia euthamiae Torr. and Gray.
Lesser Rabbit Brush;
Torch Weed

Tribal Nation: Ute

Indigenous Name: Shpump
Meaning: Not given

References: 79
Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No recorded use in the source for the plant

References: 80

Hedysarum boreale ssp. mackenziei (Richards.) Welsh
Mackenzie's Sweetvetch; Fabaceae

Tribal Nation: Ute

Indigenous Name: Kai-va-ma-mu-tea-kwiv
Meaning: Not given

Habitat/Ecological Zone: Moist, open sites; foothills to sub-alpine; Alaska to New Mexico

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Roots used as medicine

References: 81

Helianthus annuus
Common Sunflower

Tribal Nation: Ute

Indigenous Name: ?ak_u=pi
?uk_w=pi

Meaning: Not given
Not given

Habitat/Ecological Zone: Dry to moist open sites, Great Plains to mountain foothills. Found from Alberta to New Mexico.
Plants Parts Harvested: Seed

Season Collected: June through September

Food Use(s): The seeds are separated from the head by hand, parched and eaten or hulled, winnowed, and ground into a meal.

Additional Commentary: The Ute recognize many varieties of sunflower species. They prefer plants growing in the mountains as it is thought the seeds are richer and contain more oil.

References: 82

__________________________

*Helianthus annuus*
Common Sunflower

Tribal Nation: Ute

Indigenous Name: $\text{?ak}^w_\text{w}=\text{pi}$

Meaning: Not given

Habitat/Ecological Zone: Dry to moist open sites, Great Plains to mountain foothills. Found from Alberta to New Mexico

Plants Parts Harvested: Root

Season Collected: June through September

Food Use(s): The root is boiled or roasted

References: 83

__________________________

*Hydrophyllum capitatum*
Waterleaf

Tribal Nation: Ute

Indigenous Name: $O$-at’-em-bi-ets

Meaning: Not given
**Habitat/Ecological Zone:** Moist, open or wooded sites; montane to sub-alpine; southern British Columbia, Canada to Colorado

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

**Season Collected:** Not given

**Additional Commentary:** No recorded use in the source for the plant

**References:** [84]

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*Iva axillaris Pursh*
Povertyweed; Asteraceae

**Tribal Nation:** Ute

**Indigenous Name:** Tam-es-ta-gwiv

**Meaning:** Not given

**Habitat/Ecological Zone:** Found from Washington to Texas, west to the Mississippi River

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

**Season Collected:** Not given

**Medicinal Use(s):** Occasionally used as medicine

**References:** [85]

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*Juncus balticus Deth.*
Bog Rush

**Tribal Nation:** Ute

**Indigenous Name:** Pau-wuv

**Meaning:** Not given

**Habitat/Ecological Zone:** Wet sites, often in saline or alkaline areas; plains to sub-alpine; Alaska to New Mexico

**Plants Parts Harvested:** Not specified in the literature
Season Collected: Not given
Additional Commentary: Not recorded use for the plant in the source
References: 86

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*Juniperus californica*
*Juniperus utahensis*
White Cedar; Cupressaceae

Tribal Nation: Ute
Indigenous Name: *Wap*
Meaning: “To Burn”
Habitat/Ecological Zone: Occurs in California east into Utah
Plants Parts Harvested: Bark
Season Collected: All seasons
Artifacts: Use the bark for kindling purposes
References: 87

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*Juniperus scopulorum*
Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Ute
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Dry, rocky, open sites; foothills to montane ecozones; Alberta, Canada to Mexico
Plants Parts Harvested: Young shoots and leaves
Season Collected: Shoots and leaves
Food Use(s): Young shoots and leaves used to make a tea
**Juniperus scopulorum**  
Rocky Mountain Juniper; Cupressaceae

Tribal Nation: Ute

Indigenous Name: *Wapu=pi*
Meaning: Unknown

Habitat/Ecological Zone: Dry, rocky, open sites; foothills to montane eco-zones; Alberta, Canada to Mew Mexico

Plants Parts Harvested: Berries

Season Collected: Not given

Food Use(s): Eaten raw or cooked

Additional Commentary: Berries from different trees were sampled to discover which tree held the sweetest fruit as they varied in taste. Women rubbed the fruit on a metate with a mano to separate the seeds from the pulp. The pulp was either eaten fresh or cooked. The juniper berry pulp also would be dried and later ground on a metate.

References: 88

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**Krynitzkia sercea Gray.**  
Unspecified

Tribal Nation: Ute

Indigenous Name: *Yu’-bi-shad-ump*
Meaning: Not given

Habitat/Ecological Zone: Not given

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Root used as stomach medicine

References: 90
Lathyrus ornatus Nutt.

Everlasting Pea; Fabaceae

Tribal Nation: Ute

Indigenous Name: *Sa-gwa*-sa-int
Meaning: Not given

Habitat/Ecological Zone: Distributed from Oklahoma to Kansas and South Dakota, west to Colorado and Utah; prairies, plains, dry open pinewoods.

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

References: 91

Lepidum internmedium Gray.

Pepper Grass; Brassicaceae

Tribal Nation: Ute

Indigenous Name: *Sau*’-ga-mi-ants
Meaning: Not given

Habitat/Ecological Zone: Dry, open slopes and disturbed grounds; plains to montane

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

References: 92

Lepidium sativum

Pepper Grass

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<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Wa'-to-ma-siv</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Dry, open slopes and disturbed grounds; plains to montane</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>No stated use for the plant</td>
</tr>
<tr>
<td>References:</td>
<td>94</td>
</tr>
</tbody>
</table>

**Linnum lewsii**  
Western Blue Flax; Linaceae  
Wild Blue Flax

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Wuï=pi</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Dry, open, partially shaded sites, plains to montane regions, Alaska to New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Plant</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Artifacts:</td>
<td>Use to manufacture cordage and nets</td>
</tr>
<tr>
<td>References:</td>
<td>95</td>
</tr>
</tbody>
</table>

**Lithospermum ruderale Dougl. ex Lehm.**  
**Lithospermum pilosum**  
Western Gromwell; Boraginaceae

<table>
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<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Tsut-kup</em></td>
</tr>
</tbody>
</table>
Meaning: Not given

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

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Decoction of roots used as a diuretic.

Additional Commentary: Chamberlin witnessed an elder couple using the medicine.96

References: 97

Lomatium dissectum var. multifidum (Nutt.) Mathias & Constance
Carrotleaf Biscuitroot; Apiaceae

Tribal Nation: Ute

Indigenous Name: To-tuv
Meaning: Not given

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

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Poultice of root pulp applied to wounds and bruises

References: 98

Lomatium dissectum var. multifidum (Nutt.) Mathias & Constance
Carrotleaf Biscuitroot; Apiaceae

Tribal Nation: Ute

Indigenous Name: To-tuv
Meaning: Not given
Habitat/Ecological Zone: Dry, open sites from rich to rocky soil; foothill to montane; Alberta, Canada to Colorado
Plants Parts Harvested: Roots
Season Collected: Not given
Medicinal Use(s): Roots burned in a pan and held beneath the horse's nose for distemper
References: 99

Lonicera utahensis Watson.
Woodbine; Caprifoliaceae
Red Twinberry

Tribal Nation: Ute
Indigenous Name: Te-ed-kav
Meaning: “Deer Food”
Habitat/Ecological Zone: Distributed from Washington through Utah south into New Mexico
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No recorded use for the plant in the source
References: 100

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

Tribal Nation: Ute
Indigenous Name: Seni
Sen-gaw
Meaning: “Prickly Fruit”
Not given
Habitat/Ecological Zone: Found in dry sandy soils along the Rio Grande watershed in Texas and Mexico and in scattered locations as far south as Hidalgo, Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Used as a religious sacrament

References: 101

Malvastrum munroanum Gray.
False Mallow

Tribal Nation: Ute

Indigenous Name: Sa-gwun-na-ga-ats
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

References: 102

Matricaria discoidea DC.
Disc Mayweed; Asteraceae
May Apple

Tribal Nation: Ute

Indigenous Name: (Ma)-mu’a-na-nump
Meaning: Not given

Habitat/Ecological Zone: Disturbed ground, often on roadsides; plains to montane; Northwest Territory, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given
**Nuphar polysepalum**

*Wokas;*
*Yellow Pond Lily*

**Tribal Nation:** Ute

**Indigenous Name:** Not given

**Meaning:** Not given

**Habitat/Ecological Zone:** Shallow, quite water in ponds and streams; plains to sub-alpine; Alaska to Colorado

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

**Season Collected:** Not given

**Additional Commentary:** Not recorded use for the plant.

**References:** 103

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**Orogem linearifolia**

*Indian Potato*

**Tribal Nation:** Ute

**Indigenous Name:** *Pin’-ka-pai-ats*

**Meaning:** *Nuu-pucu=ti*

**Habitat/Ecological Zone:** Not given

**Plants Parts Harvested:** Ripens in early July

**Season Collected:** Not given

**Food Use(s):** Dug with a digging stick. The root is washed, boiled, and dried in the sun. After drying, the roots are then ground on a metate and stored for...
winter. In preparing a meal, the ground potatoes are either boiled or combined with venison.

References: 105

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Oryzopsis hymenoides
Indian Ricegrass

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>No translation given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Dry open sites on the plains and foothills. Found from Alberta to Colorado</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Seed</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Late spring to early summer</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>The ricegrass is parched to remove the scales. It is then winnowed. The seeds are ground into a meal for cakes or made into a mush</td>
</tr>
</tbody>
</table>

Additional Commentary: Large quantities of ricegrass were gathered for a two-week period in late spring to early summer. The amount that could be gathered was limited by the restricted period (two weeks) of seeding. 106

References: 107

__________________________

Pachystima myrsinites Raf.
Paxistima myrsinites
False Box; Celastraceae
Mountain Boxwood

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Te-e-kav</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Moist forests to well-drained, open sites; foothills to sub-alpine; southern British Columbia, Canada to New Mexico</td>
</tr>
</tbody>
</table>
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No recorded use for the plant.
References: 108

______________________________

Pentstemon glaber Pursh.
Bearded Tongue; Scrophulariaceae

Tribal Nation: Ute
Indigenous Name: Mu-tcem-bi-a
Meaning: Not given

Habitat/Ecological Zone:
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
References: 109

______________________________

Perideridida gairdneri
Yampa; Wild Carrot

Tribal Nation: Ute
Indigenous Name: Yaa=pi
Meaning: Not given

Habitat/Ecological Zone: Dry to moist, open or wooded areas; plains to montane; Alberta, Canada to New Mexico
Plants Parts Harvested: Root
Season Collected: Not given
Food Use(s): Roots were dug with a digging stick, baked in an earthen oven, then dried. After, the dried yampa was ground on a metate and stored in buckskin bags for winter. The roots sometimes were boiled in clay pots.

References: 110

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*Phacelia menziesii* Torr.  
No Common Name; *Hydrophyllaceae*

Tribal Nation: Ute  
Indigenous Name: ? (Ma)-mu’-tem-bi-a  
Meaning: Not given  
Habitat/Ecological Zone:  
Plants Parts Harvested: Not specified in the literature  
Season Collected: Not given  
Additional Commentary: No stated use for the plant  
References: 111

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*Phlox gracilis* ssp. *gracilis*  
*Gilia gracilis* Hook.  
Slender Phlox; *Polemoniaceae*

Tribal Nation: Ute  
Indigenous Name: Yo-gum-si-ta-gwiv  
Meaning: “Coyote Medicine”  
Habitat/Ecological Zone: Dry, open to partly shaded sites; plains to montane; Alaska to New Mexico  
Plants Parts Harvested: Plant  
Season Collected: Not given  
Medicinal Use(s): Poultice of plant applied to sore legs
<table>
<thead>
<tr>
<th><strong>References:</strong> 112</th>
</tr>
</thead>
</table>

**Phlox longifolia Nutt.**  
**Sweet William**

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>(Mo)-mu’-kwi-ets</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
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<tr>
<td>Habitat/Ecological Zone:</td>
<td>Dry, open to partly shaded sites; plains to montane; Alaska to New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>No recorded use for the plant in the source</td>
</tr>
<tr>
<td><strong>References:</strong> 113</td>
<td></td>
</tr>
</tbody>
</table>

---

**Pinus edulis**  
**Pinus monophylla**  
**Pinon**

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
</table>
| Indigenous Name: | Ti-va  
Na?-a-tipa=cì  
Natu-tipa=cì |
| Meaning: | Not given  
“Pine Nut”  
“Pinyon” |
| Habitat/Ecological Zone: | In dry regions from Utah south |
| Plants Parts Harvested: | Nuts |
| Season Collected: | Not given |
| Food Use(s): | Nuts are gathered, cracked and either eaten raw. |
References: 114

---

*Pinus edulis*
*Pinus monophylla*
Pinon

Tribal Nation: Ute

Indigenous Name: *Ti-va*
Meaning: Not given

Habitat/Ecological Zone: In dry regions from Utah south

Plants Parts Harvested: Nuts
Season Collected: Not given

Food Use(s): Nuts are gathered roasted and stored. The nutmeat is made into cakes or into a gruel

Additional Commentary: Sometimes pinon nutmeat is mixed with sunflower seeds. The crop is important but bumper crops only occur every few years.

References: 115

---

*Populus angustifolia* James.
Cottonwood

Tribal Nation: Ute

Indigenous Name: *Sho-av*
Meaning: “Not given

Habitat/Ecological Zone: Moist to wet sites, often on river and lakeshores; foothills to sub-alpine; Alaska to Colorado

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

Additional Commentary: Specific use of the plant not recorded in the source
Potentilla anserine L.  
*Argentina anserina*  
Five Finger; Rosaceae  
Silverweed

Tribal Nation: Ute

Indigenous Name: *Qte’-an-giv*

Meaning: “Not given

Habitat/Ecological Zone: Moist, open sites, usually near water; plains to montane; Yukon, Canada to New Mexico

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Specific use of the plant not recorded in the source

References: 116

Prunus americana

Wild Plum

Tribal Nation: Ute

Indigenous Name: Not given

Meaning: No translation given

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

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Eaten raw

References: 117

---

References: 118
Prunus americana
Wild Plum

Tribal Nation: Ute
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Dry to moist; open sites; plains to montane; southern Northwest Territory, Canada to New Mexico
Plants Parts Harvested: Fruit
Season Collected: Not given
Food Use(s): Sun dried for winter use
References: 119

Prunus virginiana
Chokecherry

Tribal Nation: Ute
Indigenous Name: Titatining=pix
Meaning: Not given
Habitat/Ecological Zone: Dry to moist sites, plains to montane regions. Found from the southern Northwest territory, Canada to New Mexico
Plants Parts Harvested: Fruit
Season Collected: Ripens and gathered in July
Food Use(s): Collected and somewhat dried; then mashed and made into cakes, which are dried
Additional Commentary: Quantities are stored for winter use.
References: 120
**Pteris aquiline L.**  
Bracken Fern; *Dennstaedtiaceae*

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name</td>
<td><em>Kai-ban-kim-bis</em></td>
</tr>
<tr>
<td>Meaning</td>
<td>No translation given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone</td>
<td>Moorland and rough ground</td>
</tr>
<tr>
<td>Plants Parts Harvested</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary</td>
<td>Specific use of the plant not recorded in the source. See also <em>Asidium filix-mas Schwartz.</em></td>
</tr>
</tbody>
</table>

References: \(^{121}\)

**Pteridium acquilinum**  
Braken; *Dennstaedtiaceae*

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning</td>
<td>No translation given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone</td>
<td>Moist to moderately dry, open, or shaded sites; foothills to montane; British Columbia, Canada to New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary</td>
<td>Specific use of the plant not recorded in the source</td>
</tr>
</tbody>
</table>

References: \(^{122}\)

**Quercus undalata var.**
**Rock Mountain Oak; Fagaceae**
**Scrub Oak**

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Kwi’-uv</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Found in western Utah and northwestern Arizona, and central Colorado</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>Specific use of the plant not recorded in the source</td>
</tr>
<tr>
<td>References:</td>
<td>123</td>
</tr>
</tbody>
</table>

---

*Ranunculus aquatilis* L. var.
**Buttercup; Ranunculaceae**
**White Water Buttercup**

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Pai’-a-pu-ets</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Found along ponds, lake margins, and streams</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>Specific use of the plant not recorded in the source</td>
</tr>
<tr>
<td>References:</td>
<td>124</td>
</tr>
</tbody>
</table>

---

*Ranunculus cymbalaria* Pursh.
**Buttercup**

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Pau-us-a-nau-ga ant</em></td>
</tr>
<tr>
<td>-----------------</td>
<td>----------------------</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Grows on the banks of streams and ponds in plains, foothills, and montane zones; Yukon, Canada to New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>Specific use of the plant not recorded in the source</td>
</tr>
<tr>
<td>References:</td>
<td>125</td>
</tr>
</tbody>
</table>

---

*Rhus trilobata var. trilobata*
*Rhus aromatica*
Skunkbush Sumac; Anacardiaceae
Sumac;
Squaw Berry

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
</table>
| Indigenous Name: | *Mo-tam-bi-ats*  
*Wişi* |
| Meaning: | Not given  
Not given |
| 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): | If the berries were consumed immediately, they were ground on a metate. Most of the harvest was sun-dried and stored for winter use when they were ground on a metate, along with a small amount of water. |
| Additional Commentary: | The same term, *Wişi*, was used for *Yucca baccata*, whose fruits were eaten fresh. The seeds although edible, were discarded. On occasion the pulp of *Yucca baccata* was boiled before being eaten. |
| References: | 127 |

---

939
Ribes aureum Pursh
Golden Currant; Grossulariaceae
Buffalo Currant;
Missouri Currant

Tribal Nation: Ute

Indigenous Name: Po-gomp'-iv
Ka'tina=pi
Meaning: “Berry”

Habitat/Ecological Zone: Well drained soils, near streams, on plains to foothills from Alberta, Canada to New Mexico

Plants Parts Harvested: Berries

Season Collected: Ripen at the end of June or early July

Food Use(s): Berries used for food

Additional Commentary: Some are collected and eaten raw. Other berries are mashed, formed into small cakes, sun-dried, and stored for winter use. The cakes would be boiled with deer fat.\textsuperscript{128}

References: \textsuperscript{129}

Ribes lacustre
Black Gooseberry; Grossulariaceae
Bristly Black Currant

Tribal Nation: Ute

Indigenous Name: Sapatu=pi
Meaning: Not given

Habitat/Ecological Zone: Moist, open or wooded sites; foothills to alpine; from the Yukon to Colorado and Utah

Plants Parts Harvested: Fruit

Season Collected: Not given
Food Use(s): Eaten fresh, although they were sour in taste.

Additional Commentary: Some gooseberries were dried four to five days and stored for winter use. There is also a Mountain Gooseberry (*Ribes montigenum*) that is found from southern British Columbia to New Mexico.¹³⁰

References: ¹³¹

---

*Rosa woodsii var. woodsii*
*Rosa fendleri* Crepin.
Rose; Woodssaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>An-ga-si-un-giv</em></td>
</tr>
<tr>
<td></td>
<td><em>Cii=pί</em></td>
</tr>
<tr>
<td></td>
<td><em>Muwici=pί</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>“Red Stem”</td>
</tr>
<tr>
<td></td>
<td>“Rose Hips”</td>
</tr>
<tr>
<td></td>
<td>“Large Rose Hips”</td>
</tr>
</tbody>
</table>

| Habitat/Ecological Zone: | Prairies, ravine, and stream banks; Grows in a wide range of habitats; plains to sub-alpine zones; Northwest territory, Canada to Colorado and Utah |
| Plants Parts Harvested:  | Rose Hips         |
| Season Collected:        | Not given         |
| Food Use(s):             | Rose hips used for food. The seed is removed and the fruit boiled until soft. |
| Additional Commentary:   | Found and gathered in the mountains.¹³² |

References: ¹³³

---

*Rubus strigosus*
*Rubus iseaus*
Red Raspberry; Rosaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
</table>
Indigenous Name: Naka-watū = pi
Meaning: No translation given

Habitat/Ecological Zone: Moist to dry, open or wooded sites; foothills to montane; Alaska to New Mexico

Plants Parts Harvested: Berries
Season Collected: Not given
Food Use(s): Eaten raw or made into cakes for later consumption

References: 134

Salix amygdaloides Anderss.
Salix lasiandria Benth.
Salix cordata Muhl.
Peachleaf Willow; Salicaceae

Tribal Nation: Ute
Indigenous Name: K’sa-nav
K’sa-ka-nav
Meaning: “Ashen or Greyish Willow”

Habitat/Ecological Zone: Upland sites in prairies and sparse wooded areas, especially in sandy soils

Plants Parts Harvested: Fiber
Season Collected: Not given
Artifacts: Used in basketry.
References: 135

Salix eriocephala Michx
Missouri River Willow; Salicaceae

Tribal Nation: Ute

Indigenous Name: K’sa-nav
### Salix flavescens Nutt.
**Willow; Salicaceae**

- **Tribal Nation:** Ute
- **Indigenous Name:** Ta-ma-nump-in-nav  
  Ta-ma-nump-in-nav
- **Meaning:** Not given  
  Not given
- **Habitat/Ecological Zone:** Found from Washington to New Mexico
- **Plants Parts Harvested:** Not specified in the literature
- **Season Collected:** Not given
- **Additional Commentary:** No stated use for the plant in the source
- **References:** 137

---

### Salix interior Rowlee
**Salicaceae Sandbar; Willoweae**

- **Tribal Nation:** Ute
- **Indigenous Name:** K’sa-nav  
  K’sa-ka-nav
- **Meaning:** “Ashen or Greyish Willow”

---

### K’sa-ka-nav
**Meaning:** “Ashen or Greyish Willow”

### Habitat/Ecological Zone:

### Plants Parts Harvested:
- Fiber

### Season Collected:
- Not given

### Artifacts:
- Used in basketry

### References: 136
Habitat/Ecological Zone: Found from Montana to Colorado
Plants Parts Harvested: Fiber
Season Collected: Not given
Artifacts: Used in basketry
References: 138

______________________________

*Salix longifolia* Muhl.
Willow; Salicaceae

Tribal Nation: Ute
Indigenous Name: *Ka-nav’*
Meaning: Not given
Habitat/Ecological Zone: Found from Washington to Texas
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No stated use for the plant in the source
References: 139

______________________________

*Salix lucida* ssp. *lasiandra* (Benth.) E. Murr.
Pacific Willow; Salicaceae

Tribal Nation: Ute
Indigenous Name: *K’sa-nav*
K’sa-ka-nav
Meaning: “Ashen or Greyish Willow”
Habitat/Ecological Zone: Found from Washington to New Mexico
Plants Parts Harvested: Fiber
Season Collected: Not given
Artifacts: Used in basketry

References:¹⁴⁰

---

*Sambucus racemosa.*
Black Elderberry; Caprifoliceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Unknown</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Unknown</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Moist sites, foothills to sub-alpine; Alberta, Canada to New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Berries</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Eaten raw or dried for storage</td>
</tr>
</tbody>
</table>

Additional Commentary: This species include two varieties distinguished by fruit coloration. Variety *melanocarpa* (previously known as *Sambucus melanocarpa*) has purplish-black fruit and variety *leucocarpa* (previously known as *Sambucus leucocarpa*) has red fruit.

References: ¹⁴¹

---

*Schoenoplectus tabernaemontani* (K.C. Gmel.) Palla
*Scirpus validus* Vahl.
Softstem Bulrush; Cyperaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>T'-su-saip</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Widely distributed across the United States</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Lower, tender portions of the plant</td>
</tr>
</tbody>
</table>
Season Collected: Not given

Food Use(s): Lower, tender portions of the plant are used for food

References: 142

---

Senecio sp.
Groundsel; Asteraceae

Tribal Nation: Ute

Indigenous Name: Ko-ats-em-si-ta-gwiv
Meaning: Not given

Habitat/Ecological Zone: Dry open often rocky sites; plains to alpine; British Columbia, Canada to Colorado

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Used as medicine for undetermined purposes

Additional Commentary: Also referred to in the early literature as “squaw weed” as it was used among some tribes for women’s ailments. 143

References: 144

---

Shepherdia argentea (Pursh) Nutt
Silver Buffaloberry; Elaeagnaceae

Tribal Nation: Ute

Indigenous Name: An-gut-a-gwin

Nika=pi

Meaning: Not given

Habitat/Ecological Zone: Stream banks, hillsides, and ravines in rocky, sandy, or clay

Plants Parts Harvested: Berries

References
Season Collected: Not given

Food Use(s): Berries formally used as food.

Additional Commentary: Women in a berry basket gather the berries. The berries are placed in water so the leaves would rise to the top and the berries sink to the bottom. The berries were then dried in the sun and stored in sacks for winter use.145

References: 146

Shepherdia canadensis
Canada Buffaloberry; Elaeagnaceae
Soapberry

Tribal Nation: Ute

Indigenous Name: Ta-ma-nump
Meaning: Not given

Habitat/Ecological Zone: Open woods and stream banks; foothills to sub-alpine region; Found from Alaska to New Mexico

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Whipped into froth and used as a dessert

Additional Commentary: Buffaloberry contains a bitter substance (saponin) that makes a foamy substance when beaten like egg-whites. If too much saponin is consumed it can cause diarrhea, vomiting and stomach cramps.147

References: 148

Sisymbrium canescens Nutt.
Hedge Mustard

Tribal Nation: Ute

Indigenous Name: Po-e’-tcem-en
Meaning: Not given
Habitat/Ecological Zone: Found across western North America
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Medicinal Use(s): Used as medicine
References: 149

---

Smilacina amplexicaulis Nutt.
False Solomon’s Seal; Liliaceae

Tribal Nation: Ute
Indigenous Name: Yo-gwo ’-ta-ma-nump
Meaning: “Coyote Berry”
Habitat/Ecological Zone: Found from Washington to Texas
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No recorded use in the source
References: 150

---

Solanum jamesii
Wild Potato; Solanaceae

Tribal Nation: Ute
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Found from Utah to Texas
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
<table>
<thead>
<tr>
<th><strong>Solanum tuberosum</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Potato; Solanaceae</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Tribal Nation:</strong></td>
<td>Ute</td>
</tr>
<tr>
<td><strong>Indigenous Name:</strong></td>
<td><em>Tsin</em></td>
</tr>
<tr>
<td><strong>Meaning:</strong></td>
<td>“Potato”</td>
</tr>
<tr>
<td><strong>Habitat/Ecological Zone:</strong></td>
<td>Cultivar</td>
</tr>
<tr>
<td><strong>Plants Parts Harvested:</strong></td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td><strong>Season Collected:</strong></td>
<td>Not given</td>
</tr>
<tr>
<td><strong>Additional Commentary:</strong></td>
<td>Cultivated plant, but the name is transferred from a native plant</td>
</tr>
<tr>
<td><strong>References:</strong></td>
<td>152</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Sophora secundiflora</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mescal Bean</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Tribal Nation:</strong></td>
<td>Ute</td>
</tr>
<tr>
<td><strong>Indigenous Name:</strong></td>
<td>Not given</td>
</tr>
<tr>
<td><strong>Meaning:</strong></td>
<td>Not given</td>
</tr>
<tr>
<td><strong>Habitat/Ecological Zone:</strong></td>
<td>Found in Mexico north into western Texas and southern New Mexico.</td>
</tr>
<tr>
<td><strong>Plants Parts Harvested:</strong></td>
<td>Beans</td>
</tr>
<tr>
<td><strong>Season Collected:</strong></td>
<td>Not given</td>
</tr>
<tr>
<td><strong>Additional Commentary:</strong></td>
<td>The Weeminuche occasionally used mescal</td>
</tr>
<tr>
<td><strong>References:</strong></td>
<td>153</td>
</tr>
</tbody>
</table>
**Streptanthus cordatus Nutt.**  
Heartleaf Twistflower; Brassicaceae

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name</td>
<td><strong>O-nun-ga-ats</strong></td>
</tr>
<tr>
<td>Meaning</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone</td>
<td>Across western North America</td>
</tr>
<tr>
<td>Plants Parts Harvested</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary</td>
<td>No recorded use for the plant in source</td>
</tr>
<tr>
<td>References</td>
<td>154</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name</td>
<td><strong>(Mo)-mun-ti-ad-gsup</strong></td>
</tr>
<tr>
<td>Meaning</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone</td>
<td>Disturbed, cultivated, and waste ground; introduced species from Europe; Alaska to New 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>Food Use(s)</td>
<td>Leaves are formerly used as food</td>
</tr>
<tr>
<td>References</td>
<td>155</td>
</tr>
</tbody>
</table>

**Tellima parviflora Hook.**  
Ragged Starflower; Saxifragaceae
Small-flowered Prairie-star; Small-flowered Fringecups

Tribal Nation: Ute

Indigenous Name: *An-gai-ya-ga-ti-nump*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No recorded use in source

References: 156

______________________________

*Trifolium* (General term)
Clover

Tribal Nation: Ute

Indigenous Name: *Mo ‘-pi-ants*
*Mu ‘-pi-ants*
Meaning: Not given

Habitat/Ecological Zone: Wide spread across the west

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No recorded use in the source

References: 157

______________________________

*Trifolium pratense L.*
Red Clover; Fabaceae

Tribal Nation: Ute
Indigenous Name:  ?sa-gwa-in-di-up
Meaning:  Not given

Habitat/Ecological Zone:  Disturbed, cultivated, and waste ground; plains to montane; British Columbia, Canada to New Mexico; an introduced species from Europe

Plants Parts Harvested:  Not specified in the literature
Season Collected:  Not given
Additional Commentary:  No recorded use in the source.  Introduced species into the region

References: 158

______________________________________________________

Triglochin maritimum L.
Arrow Grass; Juncaginaceae

Tribal Nation:  Ute
Indigenous Name:  Pa’-sau-wa-dint
Meaning:  Not given

Habitat/Ecological Zone:  Standing water, often brackish or on wet open ground; plains to montane; Alaska to New Mexico

Plants Parts Harvested:  Not specified in the literature
Season Collected:  Not given
Additional Commentary:  No recorded use in the source

References: 159

______________________________________________________

Unidentified
“Black Berry”

Tribal Nation:  Ute
Indigenous Name:  Puwu=pi
Meaning:  Not given
<table>
<thead>
<tr>
<th>Habitats/Ecological Zone:</th>
<th>Unknown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plants Parts Harvested:</td>
<td>Berry</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Large berry that is gathered, mashed, dried and stored for winter use.</td>
</tr>
<tr>
<td>References:</td>
<td>160</td>
</tr>
</tbody>
</table>

---

<table>
<thead>
<tr>
<th>Unidentified “Blackberry”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tribal Nation:</td>
</tr>
<tr>
<td>Indigenous Name:</td>
</tr>
<tr>
<td>Meaning:</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
</tr>
<tr>
<td>Season Collected:</td>
</tr>
<tr>
<td>References:</td>
</tr>
</tbody>
</table>

---

<table>
<thead>
<tr>
<th>Unidentified “Blue Berry”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tribal Nation:</td>
</tr>
<tr>
<td>Indigenous Name:</td>
</tr>
<tr>
<td>Meaning:</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
</tr>
<tr>
<td>Season Collected:</td>
</tr>
<tr>
<td>Food Use(s):</td>
</tr>
</tbody>
</table>
**Additional Commentary:**
A bitter tasting fruit. The fruit grows on a bush that resembles a willow.

**References:**
162

---

**Unidentified “Blueberry”**

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Patu=p</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Unknown</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Berry</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
</tbody>
</table>

**References:**
163

---

**Unidentified “Wintergreen”**

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Maku</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Unknown</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Berries</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Berries are eaten fresh</td>
</tr>
</tbody>
</table>

**References:**
164
Unidentified
“Edible Root”

Tribal Nation: Ute

Indigenous Name: \(K'^iu\)
Meaning: Not given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Root

Season Collected: Gathered in spring

Food Use(s): Root is baked overnight in an earthen oven.

Additional Commentary: The root is yellowish in color and is possibly identified as biscuit root.

References: \(^{165}\)

---

Unidentified
“Wild Garlic”

Tribal Nation: Ute

Indigenous Name: \(Wisi-sik'^u\)
Meaning: Not given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Bulb

Season Collected: Not given

Additional Commentary: The same Ute term, according to Smith, is applied to wild onions.\(^{166}\)

References: \(^{167}\)
“Edible Root”

Tribal Nation: Ute

Indigenous Name: $K^{w}iu=pi$
Meaning: Not given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Root

Season Collected: Gathered in the spring

Food Use(s): The root is baked overnight in an earthen oven.

References: 168

______________________________________________________

Unidentified “Edible Root”

Tribal Nation: Ute

Indigenous Name: $K^{w}uk=wi$
Meaning: Not given

Habitat/Ecological Zone: Grows near the White River in Colorado

Plants Parts Harvested: Root

Season Collected: Harvested in July

Food Use(s): Root was cleaned, boiled, and eaten. It was not stored for winter use

References: 169

______________________________________________________

Unidentified “Edible Root”

Tribal Nation: Ute

Indigenous Name: Tuupiki
<table>
<thead>
<tr>
<th>Meaning:</th>
<th>Not given</th>
</tr>
</thead>
<tbody>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Found near the White River in Colorado and near the Colorado-Wyoming border</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Root</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not specified</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>The root is boiled or baked in hot ashes</td>
</tr>
<tr>
<td>References:</td>
<td>170</td>
</tr>
</tbody>
</table>

---

<table>
<thead>
<tr>
<th>Unidentified</th>
<th>“Herb”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tribal Nation:</td>
<td>Ute</td>
</tr>
<tr>
<td>Indigenous Name:</td>
<td>?asunwa-ni=pi</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Unknown</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Herb</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>Pounded, boiled, and the mixture is drunk for flu</td>
</tr>
<tr>
<td>References:</td>
<td>171</td>
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<table>
<thead>
<tr>
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<th>“Leaves”</th>
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<tbody>
<tr>
<td>Tribal Nation:</td>
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</tr>
<tr>
<td>Indigenous Name:</td>
<td>Napana-ni=pi</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Unknown</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Leaves</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>------------------</td>
<td>-----------</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>Pounded, mixed with water and applied to a sore finger</td>
</tr>
<tr>
<td>References:</td>
<td>172</td>
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</table>

<table>
<thead>
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<td>Meaning:</td>
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<tr>
<td>Habitat/Ecological Zone:</td>
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<tr>
<td>Plants Parts Harvested:</td>
</tr>
<tr>
<td>Season Collected:</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
</tr>
<tr>
<td>References:</td>
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<tr>
<td>Meaning:</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
</tr>
<tr>
<td>Season Collected:</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
</tr>
<tr>
<td>References:</td>
</tr>
<tr>
<td>Name</td>
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<td><strong>“Leaves”</strong></td>
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<td>Indigenous Name:</td>
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<td>Meaning:</td>
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<tr>
<td>Habitat/Ecological Zone:</td>
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<tr>
<td>Plants Parts Harvested:</td>
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<tr>
<td>Season Collected:</td>
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<tr>
<td>Medicinal Use(s):</td>
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<td>References:</td>
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<table>
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<tbody>
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<td></td>
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<tr>
<td><strong>“Greens”</strong></td>
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<td>Unknown</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Plant</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Boiled and eaten</td>
</tr>
<tr>
<td>References:</td>
<td>^176</td>
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</table>

Unidentified
<table>
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<tr>
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<td>Ute</td>
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<tr>
<td>Indigenous Name:</td>
<td>Ka?a=tï</td>
</tr>
<tr>
<td>Meaning:</td>
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<tr>
<td>Habitat/Ecological Zone:</td>
<td>Unknown</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Plant</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Boiled and eaten</td>
</tr>
<tr>
<td>References:</td>
<td>177</td>
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<table>
<thead>
<tr>
<th>Unidentified “Seeds”</th>
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</tr>
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<td>Indigenous Name:</td>
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<tr>
<td>Meaning:</td>
<td>Not given</td>
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<tr>
<td>Habitat/Ecological Zone:</td>
<td>Unknown</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Seed</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Ripens in fall</td>
</tr>
<tr>
<td>References:</td>
<td>178</td>
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</table>

<table>
<thead>
<tr>
<th>Unidentified “Seeds”</th>
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<tbody>
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<tr>
<td>Indigenous Name:</td>
<td>Wa?i</td>
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<td>Meaning:</td>
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</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td></td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Seed</td>
</tr>
<tr>
<td>-----------------------</td>
<td>------</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Used for food</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>Grass of this plant used in earthen ovens</td>
</tr>
<tr>
<td>References:</td>
<td>179</td>
</tr>
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</table>

Unidentified “Seeds”

<table>
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<tbody>
<tr>
<td>Indigenous Name:</td>
<td>$Wa?i=p\dot{i}$</td>
</tr>
<tr>
<td>Meaning:</td>
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</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Unknown</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Seed</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Ripens at the time the constellation Seven Sisters appear in the sky</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>The seed is parched, winnowed and ground before eaten.</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>The seed grows in shell similar to domestic wheat.</td>
</tr>
<tr>
<td>References:</td>
<td>180</td>
</tr>
</tbody>
</table>

Unidentified “Seeds”

<table>
<thead>
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<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
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<td>$Pasu=p\dot{i}$</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Unknown</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Whole plant gathered when seed is ripe</td>
</tr>
<tr>
<td>------------------------</td>
<td>----------------------------------------</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Ripens in the fall</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Used as food</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>Seeds beaten off on to a piece of buckskin</td>
</tr>
<tr>
<td>References:</td>
<td>181</td>
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**Unidentified “Seeds”**

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>$K_{w}awa$</td>
</tr>
<tr>
<td>Meaning:</td>
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</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Unknown</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Vine and seed</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Ripens in May</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Seeds dried, parched, and ground before eaten</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>The plant is a vine that grows close to the ground. Women gather the vines and place them in a container filled with water. The vines are rubbed with their hands so that the leaves float to the top and the seeds, the size of beads, fall to the bottom.</td>
</tr>
<tr>
<td>References:</td>
<td>182</td>
</tr>
</tbody>
</table>

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**Unidentified “Seeds”**

<table>
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<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>$K^{u}=pi$</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Unknown</td>
</tr>
</tbody>
</table>
Plants Parts Harvested: Whole plant
Season Collected: Ripens in July
Food Use(s): Seeds are dried and ground on a metate before eaten
Additional Commentary: Whole plant is gathered and then rubbed between a woman’s hands until the seeds fall out.
References: 183

Unidentified “Seeds”
Tribal Nation: Ute
Indigenous Name: Waka=ci
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Food Use(s): Seeds were ground on a metate before eaten
Additional Commentary: The seeds are encased in a long, thin stem. Seedbeaters were used to beat out the seeds.
References: 184

Unidentified “Seeds”
Tribal Nation: Ute
Indigenous Name: Muatu
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Seed
Season Collected: Gathered in September
Food Use(s): The seed is parched, winnowed, and ground before eaten
References: 185

Unidentified “Cactus”
Tribal Nation: Ute
Indigenous Name: $Mana=pi$
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Artifacts: Spines used to tattoo
References: 186

Unidentified “Cactus”
Tribal Nation: Ute
Indigenous Name: $?i=ti maa=pi$
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No recorded specific use for the plant, although it is listed as useful.

References: 187

______________________________

Unidentified “Elder Wood”

Tribal Nation: Ute

Indigenous Name: Kunu-ku=pí
Meaning: Not given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Artifacts: Used in making pipe stems

References: 188

______________________________

Unidentified “Grass”

Tribal Nation: Ute

Indigenous Name: Pau-waa=pí
Meaning: Not given

Habitat/Ecological Zone: Unknown

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: Smith lists the species as useful, but provides not specific function. 189

References: 190
| **Unidentified**
| **“Green Bush”** |
| **Tribal Nation:** | Ute |
| **Indigenous Name:** | ?ipitama-mi=pí |
| **Meaning:** | Not given |
| **Habitat/Ecological Zone:** | Unknown |
| **Plants Parts Harvested:** | Not specified in the literature |
| **Season Collected:** | Not given |
| **Artifacts:** | Used in the earth oven |
| **References:** | 191 |

| **Unidentified**
| **“Leaves”** |
| **Tribal Nation:** | Ute |
| **Indigenous Name:** | Kana-musu=tik”i=pí |
| **Meaning:** | Not given |
| **Habitat/Ecological Zone:** | Unknown |
| **Plants Parts Harvested:** | Leaves |
| **Season Collected:** | Not given |
| **Artifacts:** | Tied in a little bag and worn around the neck of a person as perfume. |
| **References:** | 192 |

| **Unidentified**
| **“Plant”** |
Tribal Nation: Ute
Indigenous Name: Tīsaʔu=pi
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Plant
Season Collected: Not given
Artifacts: Used to make coiled baskets
Additional Commentary: The plant grows like a willow and has small red berries
References: 193

Unidentified “Plant”

Tribal Nation: Ute
Indigenous Name: Paʔa=pi
Meaning: Not given
Habitat/Ecological Zone: Unknown
Plants Parts Harvested: Leaves
Season Collected: Not given
Artifacts: The large plant leaves are used to line bark baskets in which aspen sap is collected.
References: 194

Unidentified “Plant”

Tribal Nation: Ute
<table>
<thead>
<tr>
<th>Indigenous Name</th>
<th>Meaning</th>
<th>Habitat/Ecological Zone</th>
<th>Plants Parts Harvested</th>
<th>Season Collected</th>
<th>Artifacts</th>
<th>Additional Commentary</th>
<th>References</th>
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</thead>
<tbody>
<tr>
<td>?uka-ši=tí</td>
<td>Not given</td>
<td>Unknown</td>
<td>Not specified in the literature</td>
<td>Not given</td>
<td>Used to make pottery temper.</td>
<td>Smith states that the plant may be Indian Paint Brush.</td>
<td>195</td>
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Unidentified
“Tobacco”

<table>
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<th>Indigenous Name</th>
<th>Meaning</th>
<th>Habitat/Ecological Zone</th>
<th>Plants Parts Harvested</th>
<th>Season Collected</th>
<th>Additional Commentary</th>
<th>References</th>
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<tbody>
<tr>
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<td>Sapatu=tí</td>
<td>Not given</td>
<td>Unknown</td>
<td>Not specified in the literature</td>
<td>Not given</td>
<td>Smith does not provide a specific use.</td>
<td>196</td>
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Unidentified
“Tree”

<table>
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<th>Indigenous Name</th>
<th>Meaning</th>
<th>Habitat/Ecological Zone</th>
<th>Plants Parts Harvested</th>
<th>Season Collected</th>
<th>Additional Commentary</th>
<th>References</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ute</td>
<td>Sika-nì=pì</td>
<td>Not given</td>
<td>Unknown</td>
<td>Not given</td>
<td>Not given</td>
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<tr>
<td>Plants Parts Harvested:</td>
<td>Bark</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>------------------------</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Artifacts:</td>
<td>Bark used for cordage</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>References:</td>
<td>197</td>
<td></td>
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</tbody>
</table>

**Unidentified “Weeds”**

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Kanysutuki</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Unknown</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Artifacts:</td>
<td>Used for perfume.</td>
</tr>
<tr>
<td>References:</td>
<td>198</td>
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</table>

**Unidentified “Weeds”**

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
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<tbody>
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<td>Indigenous Name:</td>
<td>Kwuyu</td>
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<tr>
<td>Meaning:</td>
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<tr>
<td>Habitat/Ecological Zone:</td>
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</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Artifacts:</td>
<td>Used for perfume.</td>
</tr>
</tbody>
</table>
Valerianella congesta
No Common Name; Valerianaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>An-go-i-ents</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td></td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>No recorded use in the source</td>
</tr>
</tbody>
</table>

References: 199

Veronica aggerata
Speedwell;

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Pu’i-ants</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
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<td>Habitat/Ecological Zone:</td>
<td></td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>No recorded use in the source</td>
</tr>
</tbody>
</table>

References: 200

References: 201
Vicia americana Muhl.  
Wild Vetch; Fabaceae

Tribal Nation: Ute
Indigenous Name: Ka-na-te’-ants
Meaning: Not given
Habitat/Ecological Zone: Moist, open or partly shaded sites; plains to montane; southern Northwest Territory, Canada to New Mexico
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Additional Commentary: No recorded use in the source. Pu-i-pi-um-av refers to the blue flower on the plant
References: 202

Viola beckwithii
Wild Pansy; Violaceae

Tribal Nation: Ute
Indigenous Name: Ka-bam-si-ta-gwiv
Meaning: “Horse medicine”
Habitat/Ecological Zone: Found in dry grasslands
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Medicinal Use(s): Not given used as medicine
References: 203

Viola canina L.  
Viola sylvestris Regel.  
Violet; Violaceae  
Heath Dog Violet;
Heath Violet

Tribal Nation: Ute

Indigenous Name: *Sau’-o-ma-ants*

Meaning: Not given

Habitat/Ecological Zone: Found in dry grasslands

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No use recorded in the source

References: 204

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*Viola cucullata* Ait.
Marsh Blue Violet; Violaceae

Tribal Nation: Ute

Indigenous Name: *Sau-ed-in-do-ets*

Meaning: Not given

Habitat/Ecological Zone: Meadows

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Roots are used as medicine

Additional Commentary: The Ute also used *Viola beckwithii* as medicine. 205

References: 206

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*Yucca glauca*
Narrow-Leaved Yucca; Liliaceae

Tribal Nation: Ute
<table>
<thead>
<tr>
<th>Indigenous Name:</th>
<th>Wīsi</th>
<th>Meaning:</th>
<th>Not given</th>
</tr>
</thead>
<tbody>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Dry, open sites, plains to foothills; southern Alberta to New Mexico</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Fruit and blossoms</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Used as food</td>
<td></td>
<td></td>
</tr>
<tr>
<td>References:</td>
<td>207</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Yucca glauca**
Narrow-Leaved Yucca; Liliaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Pīsa-wisi</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Dry, open sites, plains to foothills; southern Alberta to New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Root</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Artifacts:</td>
<td>Used as soap</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>Also referred to as soap weed.</td>
</tr>
<tr>
<td>References:</td>
<td>208</td>
</tr>
</tbody>
</table>

**Zigadenus nuttallii (Gray) S. Wats**
Nuttall's Death Camas; Liliaceae
Poison Sego

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Ute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Ta-ba’-si-gwiv</td>
</tr>
</tbody>
</table>
Meaning: “Sun Sego”

Habitat/Ecological Zone: Found on rocky hillsides, usually in limestone soils.

Plants Parts Harvested: Bulbs

Season Collected: Not given

Medicinal Use(s): Not given Bulbs are considered poisonous.

References:209
The indigenous names are spelt phonetically as they appear in the source. It is recommended that the original texts be referenced for spelling accuracy and the taxonomic system that was applied to the plants.


44. Murphey, Indian Uses of Native Plants, 59.

45. Chamberlin, “Some Plant Names of the Ute Indians,” 33; Murphey, Indian Uses of Native Plants, 59.


63. Chamberlin, “Some Plant Names of the Ute Indians,” 34.
64. Chamberlin, “Some Plant Names of the Ute Indians,” 34; Kershaw, MacKinnon, and Pojar, Plants of the Rocky Mountains, 141.
68. Chamberlin, “Some Plant Names of the Ute Indians,” 34.
73. Chamberlin, “Some Plant Names of the Ute Indians,” 34.
74. Chamberlin, “Some Plant Names of the Ute Indians,” 34; Vogel, American Indian Medicine, 313.
75. Chamberlin, “Some Plant Names of the Ute Indians,” 34.
76. Chamberlin, “Some Plant Names of the Ute Indians,” 34.
77. Chamberlin, “Some Plant Names of the Ute Indians,” 34.
78. Chamberlin, “Some Plant Names of the Ute Indians,” 34.
79. Chamberlin, “Some Plant Names of the Ute Indians,” 34; Vogel, American Indian Medicine, 313.
89. Smith, Ethnography of the Northern Utes, 270.
Smith, *Ethnography of the Northern Utes*, 271.

Smith, *Ethnography of the Northern Utes*, 271.

Smith, *Ethnography of the Northern Utes*, 271.

Smith, *Ethnography of the Northern Utes*, 271.

Smith, *Ethnography of the Northern Utes*, 271.

Smith, *Ethnography of the Northern Utes*, 271.

Smith, *Ethnography of the Northern Utes*, 272.


