

# Montana Indian Nations Sacred Plant Guide



Designed by the Montana American Indian Tobacco Education Specialists

# Shared Vision

“The Tribal Montana Tobacco Use Prevention Program vision is to honor our sacred tobacco. Our efforts will enhance the programs, models, and interventions that integrate Tribal culture, language, and history. We will empower today’s youth, families, and communities with culturally relevant education, resilience, and hope to sustain the health and wellness of Indigenous people for generations to come.”

This guide is dedicated to our future generations by the help of community members and the elders who shared their wisdom with us.

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# Sacred Roots, Plants, and Trees

The guide is designed as an educational resource that provides steps on how to grow, gather, and harvest the different plants, roots, and trees used by the Montana Plains Indians for tobacco. These plants, roots and trees are sacred beings and should always be cared for as if they were family members. Each tribe is diverse and unique and has its own protocol for growing, harvesting, and preserving these sacred beings.

Montana is the home to 12 Nations and 8 Reservations and a diverse culture of the following tribes: Assiniboine, Apsaalooke, Blackfeet, Chippewa, Cree, Gros Ventre, Kootenai, Northern Cheyenne, Pend Oreille, Northern Cheyenne, Salish, and Sioux.



The Medicine Wheel, in all of its forms, has the power and the ability to connect you to infinity. Out of a secure traditional wisdom that once maintained the harmony of Creation in this land. We walk in balance with Mother Earth.

This reflects all the attitudes of Montana Plains Indians who feel that their lives have to blend with all the things around and within them.

#### Four Sacred Plant/Tree Medicines

**Tobacco:** Spirit of the East - Brings clarity

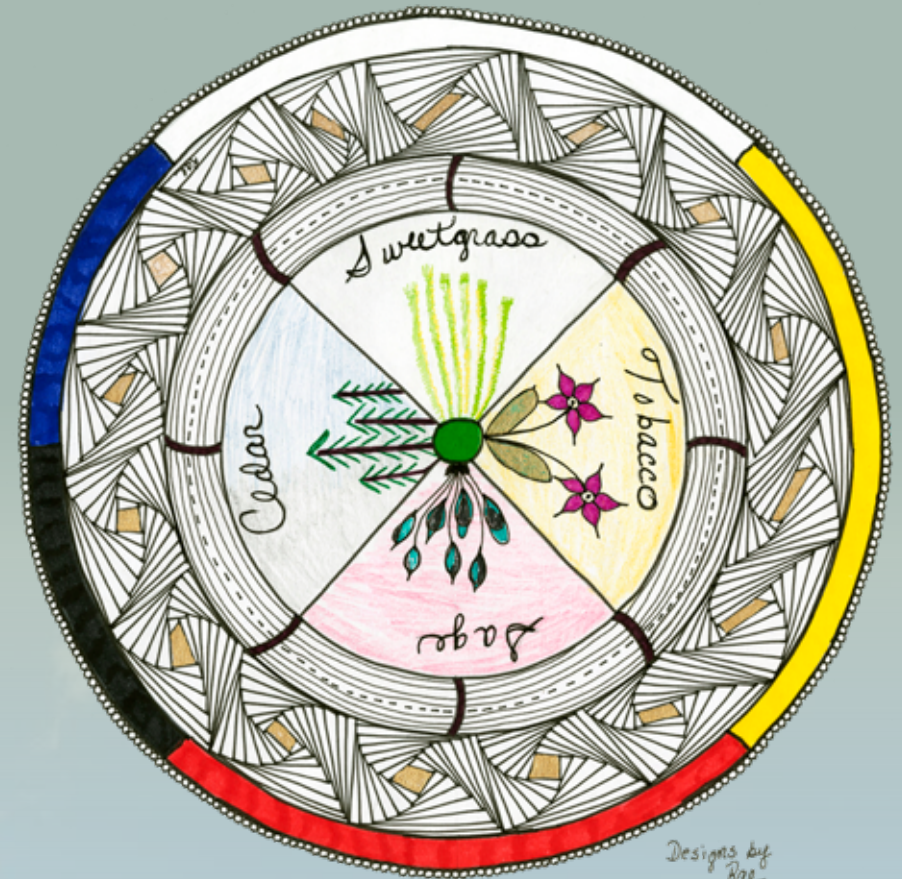
**Sage:** Spirit of the South - Assists with change in our lives.

**Cedar:** Spirit of West - Guards and protects Mother Earth and children.

**Sweet grass:** Spirit of the North - Hair of Mother Earth.

- **East (Yellow)** the direction of the sun rising, and time of youth and plants are beginning a new life cycle.
- **South (Red)** the direction of growing individually and plants are flourishing.
- **West (Black or Blue)** the direction of sun setting becoming an adult and the time of harvesting mature plants.
- **North (White)** a time of becoming an elder and preserving these roots, plants, and trees.

Each direction has valuable spiritual knowledge, Spirit, Body, Heart, and Mind.



# Protocols for Gathering and Harvesting

In Montana the best time to harvest is March through October. Depending on the roots, plants, trees, and herbs. Always connect with an elder so you get the correct protocol for your tribal community.

## TIPS

Tea recipes are with herb descriptions and tincture recipes are found on page 16.

**Always** ask permission from the plants, roots, and trees.

**Always** offer to the roots, plants, and trees tobacco and thank them for offering to help with healing.

**Always** harvest the mature plants and leave the small plants so they can grow into maturity.

**Always** leave the area undisturbed and replace any dirt you may have dug up. Replace any plant material back to the earth.

**Never** take more than you need!

**Do not** harvest plants in high trafficked areas, e.g., roads, highways, trails where chemicals and waste may be absorbed.

## Definitions:

**Cultivation** is the act of growing something or improving its growth, especially crops.

**Harvesting** is the process of gathering a ripe crop from the fields.

1. Bear Root/ *Ligusticum Porteri*
2. Cedar/ *Cedrus*
3. Juniper/ *Juniperus communis (Cupressaceae)*
4. Kinnicknick/ *Bearberry/ Arctostaphylos uva-ursi*
5. Peppermint/ *Mentha piperita (There are at least 18 species of mint)*
6. Red Osier Dogwood/ *Cornus sericea*
7. Red Willow/ *Salix lasiandra*
8. Sage / *Salvia officinalis (Labiatae)*
9. Spruce/ *Picea*
10. Sweetgrass/ *Hierochloe odorata*
11. Sweet Pine/ *Genus pinus*
12. Tobacco/ *Nicotiana alata, N. affinis, N. rustica, N. Sylvestris, N. tabacum*

Bear root/  
Osha root -  
Ligusticum  
Porteri



Cedar –  
Cedrus



**Description:** The osha plant is also known as “bear root” or “bear medicine,” because bears eat osha when they are sick or weak from hibernation to renew their energy. It is a mountain perennial herb relative of the parsley family. It has a pleasant spicy celery aroma.

**Location:** It has been found in Lincoln and Ravalli Counties, growing in moist forests and meadows of spruce-fir habitats.

**Cultivation:** Sow seeds about ¼ inch deep and cover with soil, tamp well, then cover the plants with a thin layer of organic mulch such as rotted sawdust, peat, or coir.

**Harvesting:** Its best to harvest in the afternoon. Take only from mature flowering plants after the leaves begin to yellow. Dig up the root with a spade fork and make sure you do not slice the root while digging.

**Parts Used:** Roots

**Uses:** Bear root is an immune booster and helps with coughs, pneumonia, colds, bronchitis, and the flu. It also helps with indigestion, lung disease, body aches, sore throats and is a natural antibiotic.

Roots may be eaten raw or made into a tea or tincture.

**Tea:** use dried roots and cover with water, boil, simmer for 20 minutes, strain and serve.

**Description:** Large evergreen trees up to 60m tall with reddish-brown, fibrous, bark and a conical crown, monoecious.

**Location:** Northwest corner of Montana. A large grove can be found at the Ross Creek Cedars Scenic area on the Kootenai National Forest.

**Cultivation:** Space plants 3-5 feet apart and have the crown of the plant a few inches above the soil line.

**Harvesting:** Harvest when the dogwood blooms in May and June. The outer bark of the Cedar trees comes off easily, exposing the inner bark.

**Parts Used:** Bark, berries, and leaves.

**Uses:** Diminishes stress and anxiety, augments skin health, promotes hair growth, relieves pain and inflammation, assist with respiratory organs, stimulates menstrual flow, and repels insects.

**Tea:** Bring 6 cups of water to a boil, lay cedar on top. Let boil for at least ten minutes and remove from heat once water is tinted green. It may be stored in the fridge. Unused cedar should be replaced back into nature.

**Caution:** Only drink one cup per day! Cedar contains Thujone which is toxic to the human body in large doses.

**Juniper-  
Juniperus  
communis  
(Cupressaceae)**



**Description:** Juniper is an evergreen coniferous shrub or tree. It has needle-like leaves that are prickly and emit scent of apples if bruised. Juniper has yellow green flowers in early summer. The berries are fleshy, green at first, then changing to a blue-black.

**Location:** Native to Montana, it is found from Ekalaka to Troy, Plentywood to Lima. It tolerates drought and poor soils.

**Cultivation:** Plant Juniper in autumn or spring in good well drained soil in an area with sunlight. Propagate from seeds sown in a cold frame in spring or from cuttings in autumn.

**Harvesting:** Juniper has sharp leaves so wear gloves when harvesting the leaves. To harvest berries, place a sheet under the shrub, grasp a branch and gently shake. The berries will fall off quite easily. Leafy shoots and fruit are gathered in late summer and dried in the sun. Harvest woody stems and roots when available.

**Parts used:** Leafy shoots, fruit, and roots.

**Uses:** Use oil from unripe berries in massaging rheumatic or gouty parts of the body. Ripe berries are used in drinks to add flavors. Wood of the stems and roots are burned to preserve meats, and the dry berries can be used as a meat rub. Juniper can be used as a diuretic, an anti-arthritic, an antiseptic. It helps aide against diabetes and gastrointestinal and autoimmune disorders.

**Tea:** Place dried berries in boiling water, steep for 15 minutes, drain, enjoy.

**Caution: Use internally only under medical supervision**

**Kinnikinnick  
– Bearberry/  
Arctostaphylos  
uva-ursi**



**Description:** Kinnikinnick is a small shrub with delicate trailing woody branches. Leaves are an evergreen color and leathery. The flower is bell-shaped and pink producing dull red fruit with a large stone or pit.

**Location:** Kinnikinnick is found in dryer coniferous forests, exposed slopes, fellfields, turf, and plains in elevations from valleys to alpine.

**Cultivation:** Remove the seed from pulp and plant outside in fall, 3/4" deep. Seeds germinate the second year after sowing.

**Harvesting:** Harvesting of berries and leaves can be done anytime. The berries can be eaten anytime.

**Parts Used:** Berries and leaves.

**Uses:** The berries can be consumed either raw or cooked for there high vitamin content.

The leaves can be made into a tonic tea or a mouthwash for canker sores. Kinnikinnick was an important food source for our ancestors because the berries stay on the branches through winter.

**Tea:** Use 1 teaspoon of dried leaves per cup of boiling water and steep for five minutes. This tea may also be used as a mouth wash.

**Peppermint –  
Mentha piperita  
(There are at least 18  
species of mint)**



**Description:** Red-tinted hairy pointed leaves, deeply toothed and long stalks, with mauve or white flowers on long spikes in the summer. A hybrid between water mint, spearmint, and corn mint.

**Location:** Found wild in hedgerows and rich moist soil. Very easy to grow in gardens or planter pots.

**Cultivation:** Prepare your stem cutting. Cut a 5-to-6-inch stem from an already established plant. Choose your containers, fill with soil, and plant the peppermint stems. Water regularly and harvest as needed and enjoy.

**Harvesting:** Harvest right before the flowers appear, midway through the season. You can pick the leaves if you want fresh peppermint.

**Uses:** It is good for irritable bowel syndrome (IBS), digestive issues, common cold, infections, muscle aches, tension, and insomnia. Topical use applies to the skin for headache, muscle aches, joint pain, and itching.

**Tea:** Two tablespoons of dried leaves and stems, and water until leaves and stem are covered. Bring to a boil and lower heat and simmer for 20 minutes, strain and use as needed.

**Caution: Handling mints may cause skin rashes and other allergic irritations; mint teas should not be drunk in large amounts over a long period.**

**Red-osier  
Dogwood –  
Cornus sericea**



**Description:** The leaves of red-osier dogwood are 2-4 inches long, dark green on top and hairy and paler underneath. The bark and twigs are red to purple from autumn to late spring, and then they turn bright green from spring to summer. It has smooth white berries, and flowers that bloom from June to August. Here in Montana, Red-osier Dogwood is a large, colorful shrub, while Bunchberry Dogwood is a wee small forb. The red-osier dogwood (*Cornus stolonifera*) is also known as American dogwood, red willow, and redstem dogwood. The “osier” in red-osier is French, meaning willow-like, and it is frequently called red willow or redstem dogwood due to its conspicuous red stems.

Red-osier dogwood was one of several plants referred to as “kinnikinnik” by American Indians for its use as a tobacco substitute. The inner bark of young stems was split and scraped into threads and toasted over a fire before being mixed with real tobacco.

**Location:** Red-osier dogwood is common in riparian sites, where it thrives in poorly drained shorelines, meadows, marshes, swamps, bogs, and fens. It is an indicator species for wet, basic soils. Red-osier dogwood grows well in sun or shade but is typically most competitive and abundant in intermediate to high light.

**Cultivation:** Red-osier dogwood can be propagated from seeds, but propagation by rooting year-old greenwood or live stakes yields faster results. Collect seeds in late fall for seed propagation.

**Harvesting:** Harvest the berries and branches in the spring before the leaves come out, and in the fall when the leaves shed. Do not harvest too many from one plant. Prune from the base to encourage new growth from the base.

**Parts Used:** Berries, inner bark, and roots.

**Uses:** Roots may be boiled as a tea for a face wash. The fruit is eaten raw or cooked and can be dried for the winter. Make a tea with the inner bark. The bark has a mild, aspirin like effect and used as a pain reliever. The berries are somewhat palatable - some people believe the whiter berries are less bitter than the bluer berries.

**Tea:** Steep 1 tbsp. bark in 1 pint water for 30 minutes and strain. Take 1/2 cup every 2-3 hours.

**Caution:** Both can cause vomiting and mild symptoms of toxicity when consumed in large quantities.

**Red Willow-  
Salix lasiandra**



**Description:** Red willow is a medium sized deciduous tree, growing up to 40 feet tall from winding trunks. Its red to brownish twigs are flexible and easily snap off at the base, and its glossy green leaves are narrow, spear shaped, and pointy at the tip, and are dull gray-green underneath.

**Location:** There are at least 48 members of the poplar and willow order, Salicales, found in Montana.

**Habitat:** Grows in moist low-lying areas.

**Cultivation:** Use the willow cuttings and press into the ground. Be careful to not break the cuttings.

**Harvesting:** Harvest branches in the spring, the week before the leaves come out; or in the fall, the week after the leaves fall or as they are drying out. Cut high enough from the ground to get the reddest part of the stem. Dry in a cool place and scrape bark within 24 hours.

**Parts Used:** Roots, branches, outer bark and inner bark, leaves.

**Uses:** Every part of this tree may be used to make everything from baskets, bows, tools, and toys. Willow leaves relieve digestive problems, fevers, minor pains, toothaches, arthritis, gout, headaches, and rashes. It has aspirin type properties. The inner bark is used in tonics to treat diarrhea. It can also be used for bathing to soothe eczema and rashes. The roots of red willow can be dug up, mashed, and eaten to help with stomach aches.

**Tea:** Place one teaspoon of inner bark in a pan and cover with two cups of water; bring to a boil until reduced to one cup; strain; cool. Take as needed, a half cup at a time up to two cups a day.

**Sage – Salvia  
officinalis  
(Labiatae)**



**Description:** Sage is a variable evergreen perennial shrub with a strong taproot, and square woody branches. Its leaves are woolly when young. Violet blue flowers appear in spikes in summer.

**Location:** Found wild on hillsides and grasslands, on chalk, in warm regions all over the state of Montana.

**Cultivation:** Propagate from cuttings in spring and summer. Grow in well-drained, rich soil, in full sun light and shelter from cold winds.

**Harvesting:** Pick leaves before flowering. Save some plants and harvest when flowers have bloomed.

**Parts Used:** Leaves (fresh or dried), and flowers.

**Uses:** Sage is high in vitamin K, and contains vital minerals like magnesium, zinc, and copper. It contains antioxidants, vitamins A, C, and E in small amounts. Sage helps with depression, nervous anxiety, liver disorders, and menopausal problems. Leaves are also antiseptic, used in gargles for laryngitis and tonsillitis, mouth freshener and tooth cleaner. Flowers may be used for oils.

**Tea:** Pour one cup of boiling water over two teaspoons of dried leaves. Let steep for thirty minutes and strain. Take up to two cups a day, a tablespoon at a time.

## Spruce- Picea



**Description:** Spruce are pyramidal trees with whirled branches and thin scaly bark. Each of the linear, spirally arranged, needlelike leaves are jointed near the stem on a separate woody base. The base remains as a peg-like projection on the twig when the leaf falls.

**Location:** In Montana, Spruce grows naturally in the Glacier Park area. They grow best in protected areas with well-drained, moist loam soils. Mature size averages 50 feet tall by 20 feet wide. In central and eastern Montana, they grow slowly (25 feet high in 40 years).

**Cultivation:** Spruce prefer deep, rich, loamy soils and ample moisture.

**Harvesting:** Gather the tips of Spruce needles in the spring when they have emerged from the brown husks. If the casing around the tips is too tough to remove it's too early to harvest. Do not over harvest and do not take too many from one tree.

**Parts Used:** Needles, inner bark.

**Uses:** The inner bark is edible. It prevented tribes from starvation in the winter. Needles are used to make tea.

**Tea:** Use one tablespoon of dried needles with two cups of water to boil. Let steep for 20 minutes, strain and drink a couple times a day.

## Sweetgrass – Hierochloa odorata



**Description:** Sweetgrass is a native rhizomatous perennial grass. The culms or stems are semierect, up to 30 inches tall and arise from slender, creeping rhizomes. Leaves are few, rough-edged and have very shiny, hairless undersides. These leaves, unlike many other grasses, will curl quickly when dried.

**Location:** The Sweet Grass Hills are in North Central Montana, north of Highway 2, right near the Canadian border. This plant typically grows in moist soils.

**Cultivation:** Spread seeds evenly over the surface and gently water. Sometimes the stem holding the seed is still green, but make sure the seeds are completely brown before cultivating. Germination will begin in one to two weeks; allow the seedlings to grow a few inches before transplanting to pots.

**Harvesting:** Harvest when the plant covers a six-foot range area. Simply cut the stem two-three inches from the base of the stock. Never pick sweet grass by pulling up the roots out of the soil.

**Parts Used:** The long leaves of sterile shoots.

**Uses:** Sweetgrass is a sacred, powerful plant believed to dispel negative energy, elicit emotional strength, and engage our minds and senses. It also represents the connection of humans to earth and sky and is used in many ceremonies and prayers. It is also used to craft or decorate baskets, bowls, trays, and mats. Depending on the tribe, the sacred hair once it's braided into three sections, represents mind, body, and soul or love, kindness, and honesty.

**Tea:** Place a few tablespoons of the dried plant in water and simmer for 10 minutes. Use the tea to treat coughs, sore throats, and fevers. This tea can also be used to treat infections, most commonly eye infections.





**Sweet Pine-  
Genus pinus**



**Description:** Sweet or sugar pines are the largest of the pine genus in both height and volume. The branches often sweep gracefully downward from the weight of their hefty cones, while their pyramidal crowns reach upward for the sky.

**Location:** These trees are found in northern, central, and eastern parts of Montana. They are along the Missouri River Breaks, around the Little Belts and the Snowy Mountains. Native to the Pacific coast mountains, they grow in dry to moist, mixed-conifer forests.

**Cultivation:** These are huge trees; it is best to harvest from the forest directly.

**Harvesting:** Use herb scissors or sharp knife to cut the pine needles.

**Parts Used:** Needles, inner bark, and resin.

**Uses:** Pine needles contain a compound called alpha- or beta-pinene, which is a natural decongestant, anti-inflammatory, antibacterial, antimicrobial, and anxiolytic. When ingested, pine can be used to treat colds and coughs, reducing phlegm, and helping with sinus infections. The needles are very fragrant and can be used as deodorant. Elders packed needles into moccasins as a foot deodorant. Externally it is a very beneficial treatment for a variety of skin complaints, wounds, sores, burns, and boils.

**Tea:** Pour two cups of boiling water over the needles, cover the pot, and allow to steep for a few minutes. The tea will turn a pale green with a light, piney smell. Most of the needles will sink to the bottom and you can pour the tea in to a mug.

**Caution: Do not drink pine needle tea if you are pregnant or nursing.**

**Tobacco –  
Nicotiana  
alata, N. affinis,  
N. rustica,  
N. sylvestris,  
N. tabacum**



**Description:** The nicotiana plant has strong, simple stems up to 6ft. tall, with fleshy roots. It has long highly fragrant tubular flowers.

**Location:** N. rustica and N. sylvestris both grow in dry areas throughout Montana.

**Cultivation:** Sow the tiny seeds under glass in spring or outdoors in frost free areas. Transplant to larger areas or pots, and make sure the plants get full sun.

**Harvesting:** Harvest when the plants have matured and are tall with flowers and pods. There are two methods of harvest. Cut the entire plant and the stalk, split, hang, and dry the plant. Or harvest individual leaves as they mature and hang to dry.

**Parts Used:** Leaves dried, and stems.

**Uses:** Tobacco is an antiseptic, sedative, pain reliever, and a stimulant for the nervous system. It may also be used as a mosquito repellent when the dried leaves are placed in a fire. American Indians use the dried leaves for prayers, tobacco ties, ceremonies, offerings, blessings, and gifts.

**Caution: Wear gloves to prevent absorbing nicotine from the leaves.**

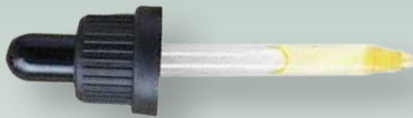




## Recipes

Tincture: The folk method is easy because it doesn't require a scale; it's simple, straightforward and requires only your herbs, a wide mouth canning jar with a tight-fitting lid, alcohol, cheesecloth, and amber dropper bottles.

1. Place herbs in jar and fill to the top with alcohol.
2. Place a piece of parchment paper over the mouth of the jar, and then cap the jar with a metal lid.
3. Allow the tincture to macerate (infuse) for 4-6 weeks, shaking daily for at least the first week.
4. When you're ready to strain, layer a few pieces of cheesecloth over the mouth of the jar and pour the tincture out into either a second clean jar or a large bowl. Get as much alcohol out of the herbs as you can by gathering up the cheesecloth and squeezing strongly until most of the liquid is out of the herbs.
5. You can either store your tincture in the clean glass jar with the tight-fitting lid (I recommend placing a new piece of parchment paper between jar and lid for long term storage) or pour into amber dropper bottles.
6. Label your tincture with the name of the herb, the date you strained it, and the alcohol percentage you used.
7. Store the tincture in a cool, dark place.



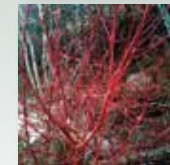
Tinctures are an alternative way to make liquid medicine. Alternatives to using alcohol are coconut oil, grape seed oil and avocado oil.

## HERBAL BLENDS OF PLAINS INDIANS

"Many American Indian tribal nations and Indian people use tobacco or herbal blends referred to as tobacco for ceremonial purposes. Not all tribes may use tobacco in the same way but, in general, it is used for ceremony, prayers and healing."

— Mike Jetty  
Spirit Lake Dakota

- Blackfeet Nation Red Willow, Cedar, Sweet Grass, Husk, Kinnikinnick, Spruce, Sage, Juniper, Bear Root, Sweet Pine
- Chippewa—Cree Red Willow, Juniper, Spruce, Sweet Pine, Cedar, Sweet Grass
- Salish Husk and Skwlsélp (aka Kinnikinnick or Bearberry)
- Crow Nation—Tobacco Society Nicotiana Multivalvis—for holy ceremonies; Nicotiana Quadri-valvis—botanically smoked herb for gifts and pipe ceremonies
- Nakoda and Aaniiih Sweet Pine, Cedar, Sweet Grass, Bear Root, Red Willow, Choke Cherry Willow, Kinnikinnick, Peppermint Leaves, Tobacco
- Assiniboine and Sioux Sage, Sweet Grass, Red Willow, Juniper
- Northern Cheyenne Red Willow, Juniper, Cedar, Sage, Sweet Grass, Husk, Sweet Pine, Spruce, Kinnikinnick
- Little Shell Band of Chippewa Red Willow, Juniper, Cedar, Sage, Sweet Grass, Husk, Sweet Pine, Spruce, Kinnikinnick



# Additional Cultivation Tips for Growing

Gardens can be made in several ways: in a plot of ground, in green houses, in raised boxes, in kiddy swimming pools, or in planters.



## List of supplies:

1. There are three main components that make up soil: sand, silt, and clay.
  - a. Loamy soil includes all three in equal amounts. This means that it drains well, retains a lot of moisture, and breathes enough for air to reach all the roots of the plant.
  - b. Topsoil is stripped from the top layer of soil during construction projects.
  - c. Garden soil is the topsoil enriched with compost and organic matter to make it better suited to actual plant growth.
2. If you are growing in your yard, make sure to see what type of soil you will need for the certain type of flower. Plant accordingly. Sometimes even if you plant them in your yard soil and treat the plant with love and respect it will grow.
3. Plants love to be talked to.
4. Traditional plot gardens will need to be rototilled to dig up the grass. Add a few loads of garden soil mixed in, to give the plants the best nutrients.
5. Green houses will also need garden soil for the beds.
6. Deck planters will need potting soil. Potting soil can be purchased at many stores. Or you can use garden soil.
7. Kiddy Pools will need potting soil. Each kiddy pool will need 2-3 large bags of potting soil. For 6 kiddy pools you will need twelve of the large potting soils bags, or one truck load of topsoil.
8. Buy desired seeds and plants at your local garden store or online.
9. You will need basic garden tools: a shovel, wheelbarrow, garden gloves, weeding tools, hand root digger, rakes, hoes, etc.

## Tribal Plant Names



Blackfeet	
Tobacco	Pisttukan
Sweet Pine	kutoyiss
Spruce	Patakh'i
Sweetgrass	siputsimo
Kinnikinick	Kakahsiin
Red Willow	mohkspotsil
Willow	spitsii



Chippewa	
Tobacco	Asemaa
Juniper	Gaagaagiwaandag
Husks	Jigoshajioon
Sweet Pine	wisishkobi
Spruce	gaawaandaag
Red Osier Dogwood	See Red Willow
Bear Root	Makwa ojibik
Peppermint	ahmiskowikahskwan
Sweetgrass	wiingashk
Kinnikinick	apaakozigan
Red Willow	miskwaabiimag
Sage	Mashkodewashk-wiingashk-nookwezigan
Cedar	giizhik



Cree	
Tobacco	chi-stémaw ᓕᓐᓂᓄᓐ
Juniper	mih-kwápémakwahtik ᓂᓐᓂᓄᓐᓂᓄᓐ
Husks	mahtaminaskwa ᓂᓐᓂᓄᓐᓂᓄᓐ
Sweet Pine	sitapikwan
Spruce	sihta ᓂᓐᓂᓄᓐ
Red Osier Dogwood	mih-kwáh-pe-mah-kwah-tik
Bear Root	minwék
Peppermint	wácask mícówin ᓂᓐᓂᓄᓐᓂᓄᓐ
Cedar	mihkwásit
Sweetgrass	wi-kahsk
Sage	mos-tos-wi-kahs-kwah
Kinnikinick	ah-chi-kah-si-pah-kwah
Red Willow	mihkopémak
White Spruce	iyinàhtik ᓂᓐᓂᓄᓐᓂᓄᓐ
Kinnikinck Berry	ah-chi-kah-si-min
Coyotes Tobacco Sage	nehiyaw chistemaw
Pine	oskàhtak ᓂᓐᓂᓄᓐᓂᓄᓐ



Crow	
Tobacco	oope
Juniper	buluxpée
Husks	xóóxaashisse
Sweet Pine	báachiia
Spruce	baailíchitche
Red Osier Dogwood	bilíichhísshe
Bear Root	iisée
Cedar	xaapxáahpe
Sweet grass	bachúate
Sage	íisahchaxuuwe
Kinnikinick	óopiishiia
Red Willow	bilíichhísshe
Lovage	apupóope
Pine	báachiia



Kootenai	
Tobacco	Yaq' it
Juniper	'A-kuj pøuøaø
Red Osier Dogwood	Mukwu 'k
Bear Root	Iyut
Peppermint	Mata
Cedar	'lv nar
Sweetgrass	Nisnapaø
Sage	Kaø nukupqapmu pu øa
kinnikinick	Caqawu 'k
Red Willow	Mukwu 'k
White Spruce	Mukwu 'k
Kinnikinck Berry	K' isiv qaø
Coyotes Tobacco Sage	Skinkuc yaq' it' is



Northern Cheyenne	
The Earth is Sacred	Ho'e e'-heo'neve,
Sacred Smoke	Ma'heo'ne'he'po



Dakota (Sioux)	
Tobacco	chandi
Husks	Ha
Sweet Pine	wazican
Spruce	wazican
Bear Root	mato pejuta
Peppermint	tatedanseca
Cedar	hante
Sweetgrass	phezi wachanga
Sage	wahpehota
Kinnikinik	no word (use tobacco)
Red Willow	cansasa
Pine	wazican
The earth is sacred	ina maka wakan
Sacred smoke	sota wakan

Nakoda (Assiniboine)	
Tobacco	Cāni
Juniper	Wat'éyaga
Spruce	Çawába
Red Oiser	Çaşáša
Lareb	Ábaye
Bear Root	Wahúde
Peppermint	Wahpé or Ceyágadaka
Cedar	A'jkpoga
Sweetgrass	Wacáğa
Sage	Peži Hóda
Kinnikinik	Ábaye
Red Willow	Çaşáša
Pine	Çawába
The earth is sacred	Maká Owája Waká
Sacred smoke	Šóda Waká (smoke from fire, sacred)



Salish	
Tobacco	sménx <sup>w</sup>
Juniper	punfp
Sweet Pine	s?átq <sup>w</sup> lp
Spruce	'ts'tsélp
Red Osier Dogwood	steččx <sup>w</sup>
Peppermint	xnxéfp
Cedar	ástq <sup>w</sup>
Sweetgrass	sxsés'tiye?
Sage	qrpqtéfp
Kinnikinick	sk <sup>w</sup> lis
Lovage	xásxs



White Clay	
Tobacco	Woséeih
Juniper	Kókh?unáásib?i
Sweet Pine	N?íbyácoth
Red Osier Dogwood	B?ócééibísiih
Peppermint	Wóoswóhco?
Sweetgrass	Nyó?as?
Sage	Nóókhóco?a
Kinnikinick	Ncoh?úúwunbyiish
Red Willow	B?ócééibíis?i
Pine	Óáac?i
Kinnikinick berries	Nóuh?úúwunoh

**Guide Disclaimer:** No information in this guide should be considered health advice. The reader is responsible for consulting a medical professional before trying any new herb or remedy mentioned in this guide. It is the responsibility of the reader to seek permission of protocols and procedures from their Tribe(s) and/or Elders. The authors accept no liability relating to or arising from using this guide.

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**For more information:**

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Good Health and Wellness in Indian Country  
(406) 252-2550  
<https://www.rmtlc.org/ghwic/>

Montana Tobacco Use Prevention Program  
(406) 444-7408  
<https://dphhs.mt.gov/publichealth/mtupp/>

**Resource Page**

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