THE FOUR STAPLE CEREMONIAL PLANTS:

INDIAN TOBACCO
> mixed with bearberry leaves to make kinnikinnick for urinary tract inflammation and burned during ceremonies to bring prayers to the Creator

SWEET GRASS
> symbol of protection and healing to ward off evil spirits

SAGE
> burned as a spiritual cleanser, used in smudging ceremonies

CEDAR
> made into canoes and cultural artwork, contained ancestral spirits

GARDEN ADDITIONS:

BLUE VERVAIN
> poultice of roots and seeds applied to the forehead for fever, decoction of leaves to settle a stomach ache

WHITE SNAKEROOT
> poultice of roots for snakebites

SKULLCAP
> whole herb used as an antispasmodic and to decrease nerve hyperexcitability

SUNFLOWER
> dried, powdered seeds to combat fatigue during war, oil used in ceremonial medicine, and leaves used as a dermatological aid for sores