

Indian Grass

Latin Name: *Sorghastrum Nutans*
Ojibwa Name:

Sun Exposure

Full, Partial

Soil Moisture

Medium,
Medium-Dry, Dry

Height

6 feet

Bloom Time

August,
September

Plant Spacing

2-3'



Indian Grass is one of the first warm season perennial grasses to form seeds and they are rich clusters of bronze colored seed. Golden stems and large seed heads provide ample color and texture to plantings and birds will enjoy the seeds come fall. Plants are wind-pollinated. Indian Grass can be aggressive, spreading by rhizomes, so is not suited for very small landscapes. Different species of grasshoppers and caterpillars will feed on the blades of Indian Grass; in turn these insects are important food sources for upland game birds and song birds, where they will also find ideal nesting habitat in stands of tall prairie grasses such as Indian Grass. Because Yellow Indian Grass is tolerant to poor soils, it can be used for erosion control where other native plants won't survive.

Columbine

Sun Exposure

Full, Partial, Shade

Soil Moisture

Medium,
Medium-Dry, Dry

Height

2 feet

Bloom Time

April, May, June

Bloom Color

Red, Yellow

Plant Spacing

10-17"

Latin Name: *Aquilegia Canadensis*

Ojibwa Name: Misudidjeebik



Aquilegia canadensis, Columbine, also called Red or American Columbine, is one of the first plants to provide nectar in the spring for bees, butterflies, and hummingbirds. The colorful flowers are red flowing into yellow. Besides being an early bloomer, Columbine will tolerate a large range of soil and sun types, so you'll have success with it in full sun as well as shade. It can grow in pine tree areas and is deer-resistant. The seeds of *Aquilegia* are shiny black pearls and can be easily collected and planted. In traditional medicinal practices the root was used for stomach trouble.

Pale Purple Coneflower

Sun Exposure

Full, Partial

Latin Name: *Echinacea Pallida*

Ojibwa Name:

Soil Moisture

Medium,
Medium-Dry,
Dry

Height

3 feet

Bloom Time

June, July

Bloom Color

Pink

Plant Spacing

10-18"

Pale Purple Coneflower grows up to 3' feet tall and has very pale purple to pink flowers. It blooms in early summer when only a few of the sun loving plants are in bloom and provides nectar for hummingbirds and butterflies, and the leaves provide food for the Ottoe-skipper larva.



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Sun Exposure

Full, Partial

Soil Moisture

Medium,
Medium-Dry, Dry

Height

2 feet

Bloom Time

June, July

Bloom Color

White

Thimbleweed

Latin Name: *Anemone Cylindrica*

Ojibwa Name: Gaanda'igwaasoning Ezhinaagwak

Thimbleweed has a tall, upright stem rising from clumped basal leaves with a whorl of three or more deeply-lobed leaves. The greenish white flowers fruit into a greenish white elongated cluster that resembles the rough part of a thimble. In Greek mythology, a jealous goddess transformed the nymph Anemone into a flower, eternally at the mercy of the north wind. Also called Long-Fruited Thimbleweed, *Anemone cylindrica* prefers dry, open spaces. Traditionally an infusion of the root was used to relieve lung congestion and tuberculosis.



Sun
Exposure
Full, Partial

Soil Moisture
Medium-Dry,
Dry

Height
2 feet

Bloom Time
June, July,
August,
September

Bloom Color
White

Plant
Spacing
1-3'

Pearly Everlasting

Latin Name: *Anaphalis margaritacea*
Ojibwa Name: Waabigwan

The stems and elongated leaves of Pearly Everlasting are covered with white hairs. Clustered at the top of erect stems, the tiny yellow flowers are enclosed by white papery bracts, often mistaken for petals. The blossoms can be dried for durable bouquets. In the spring, this plant is a larvae host for the American Painted Lady. The young larvae create a silken web around the plant to feed. This can look discouraging if you are trying to grow this plant, but like in many native plant-insect relationships, the plant generally makes a full recovery and flowers by late summer. Both the flowers and the leaves were used traditionally for their medicinal powers; the leaves were smoked to revive stroke victims, the flowers were used in an herbal steam for rheumatism and paralysis.



Sun Exposure

Full, Partial

Soil Moisture

Medium-Wet,
Medium,
Medium-Dry

Height

4 feet

Bloom Time

August,
September,
October

Bloom Color

Blue

Plant Spacing

18-24"

Smooth Aster

Latin Name: *Symphyotricum laeve*

Ojibwa Name:



Smooth Aster is found in dry open forests (oak, aspen, jack pine) and thickets, especially at borders and clearings; fields and roadsides; sandy plains, bluffs, stabilized dunes; prairies, meadows, shores. The tough stem often takes on a shade of blue also and will allow Smooth Blue Aster to stand tall during its long late summer to mid fall bloom. A non-aggressive rhizomatous root system allows the plant to spread slowly. In a garden setting, Smooth Blue Aster will persist for many years if taller, aggressive plants are kept back. It attracts bees and butterflies as well.

Sun Exposure

Full, Partial

Soil Moisture

Medium-Wet,
Medium,
Medium-Dry, Dry

Height

7 feet

Bloom Time

June, July,
August,
September

Plant Spacing

2-3'

Big Blue Stem

Latin Name: *Andropogon Gerardii*

Ojibwa Name: Muckode'kanes



A characteristic prairie species, but spreading along roadsides and railroads; in oak forests, jack pine plains, old fields, fens and sedge meadows. May be as tall as 3 m. Big Bluestem is a warm season grass; it actively grows during the summer when soil temperatures are warm. It is a big plant, getting over six feet tall in most situations. In a landscape it can be used as an accent. It has great fall color in the range of gold and pink.

Traditionally, the roots were used in a decoction for stomach pain and as a diuretic. Big bluestem was the dominant species of the tall grass prairie that once covered much of southern Wisconsin and Minnesota. Its flowering parts form three-part spike resembling a turkey's foot.

Sun Exposure

Full, Partial

Soil Moisture

Medium-Wet,
Medium,
Medium-Dry, Dry

Height

3 feet

Bloom Time

June, July, August

Bloom Color

Cream

Plant Spacing

18-24"

Canada Milk Vetch

Latin Name: *Astragalus Canadensis*

Ojibwa Name:



Canada Milk Vetch is a common plant found throughout the US and Canada. This adaptable species can thrive in a variety of environments including dry prairies, moist shores, river banks, marshy ground, and other open or partly shaded ground. It sends out several thin, erect, green stems, bearing leaves that are actually made up of pairs of leaflets, each leaflet up to 3 centimeters in length. It has inflorescences of tubular, greenish-white flowers which yield beanlike fruits within pods that rattle when dry. This is a legume species (member of the pea family). Most legumes harbor beneficial bacteria called rhizobia on their roots. This is a legume species (member of the pea family). Most legumes harbor beneficial bacteria called rhizobia on their roots.

Yellow Coneflower

Latin Name: *Ratibida Pinnata*

Ojibwa Name:



Yellow Coneflower is native to dry prairies and savannas. It has stiff and rough-feeling coarse leaves, and showy yellow flowers which have droopy soft yellow rays. The cone-like green centers eventually change to a dark purple or brown. Many insects are attracted to this plant such as butterflies and bees. This species is a perennial herb which can well exceed one meter in height. It has fibrous roots and rhizomes or woody caudices. The rough-haired, glandular leaves are up to 40 centimeters long and are divided into several large lance-shaped or oval lobes. The groups of flowers are tall, generally far above the highest leaves. Each flower head contains up to 15 yellow ray florets up to 6 centimeters long. The center of the flower is globular or oval in shape and measures up to 2.5 centimeters long. It is covered in up to 200 or more disc florets which are yellow-green to purplish in color. The disc heads have a scent reminiscent of anise when crushed. Native near prairie remnants (including roadsides and fencerows), at margins of swamps, and in dry open ground.

Sun Exposure
Full, Partial

Soil Moisture
Medium,
Medium-Dry

Height
5 feet

Bloom Time
July, August,
September

Bloom Color
Yellow

Plant Spacing
18-24"

Green Coneflower

Latin Name: *Rudbeckia Lacinata*

Ojibwa Name: Giizisobagoons



Green Coneflower has a conical greensih center of the compositie head and bright yellow, petal like out flowers that droop. The leaves of tall, green coneflower are deeply lobed (3-5 lobes per leaf) and are arranged alternately on a smooth stem. The plants can grow to a height of 10 feet and are usually found in patches on moist soils, along wood edges and stream banks during the months of July and August. Ojibwa used this species medicinally by preparing a poultice of the blossoms and applying it to burns, and making a compound infusion of the root for indigestion. Tall coneflower leaves were eaten as a spring salad and parts of the root were applied to the legs of horses as a stimulant.

Sun Exposure

Full, Partial, Shade

Soil Moisture

Medium-Wet,
Medium

Height

7 feet

Bloom Time

July, August,
September,
October

Bloom Color

Yellow

Plant Spacing

2-4'

Joe Pye Weed (Spotted)

Latin Name: *Euthrochium Maculatum*

Ojibwa Name: Maeskwanakukbugisowin

Sun Exposure
Full, Partial

Soil Moisture
Wet,
Medium-Wet

Height
5 feet

Bloom Time
July, August,
September

Bloom Color
Pink

Plant Spacing
3-4'

Spotted Joe-Pye weed is similar to sweet Joe-Pye Weed except that its stems are a deeper purple or purple spotted. The flower clusters are flat topped. The leaves are in whorls of 4 and 5 and the plant can grow up to 7 feet tall. Spotted Joe-Pye weed is found along river courses and lake shores, associated with boneset, swamp milkweed, and both sensitive and royal ferns. The roots of this species were used as a wash for joint inflammations as well as a soothing bath for “fretful” children.



Wild Rose

Sun Exposure

Full, Partial

Soil Moisture

Medium,
Medium-Dry, Dry

Height

5 feet

Bloom Time

June, July

Bloom Color

Pink

Latin Name: *Rosa Blanda*
Ojibwa Name: Oginiiwaatig



This 2 to 5 feet tall rose is thornless, or nearly so. It grows in the sandy soil of fields and edges, often with jack pine. The alternate leaves are compound, with 5-9 blunt, toothed leaflets. Pink flowers with 5 petals bloom in May to July. The fruit is a red, shiny, roundish rose-hip, ripening from August to October and was used in teas. In traditional medicine practices the dried powdered flowers were used for heartburn and the skin of the fruit was used to treat stomach trouble and indigestion.

Boneset

Latin Name: *Eupatorium Perfoliatum*
Ojibwa name: Sasabwaksing

Sun Exposure

Full, Partial

Soil Moisture

Medium-Wet,
Medium,
Medium-Dry

Height

4 feet

Bloom Time

August,
September,
October

Bloom Color

White



Boneset is a fall blooming species with clusters of fuzzy white flowers. It has leaves in pairs that unite and encircle the stem at their base. The okant is densely hairy all over and can grow to about 5 feet tall. Boneset generally is found growing in open wet areas, as along river courses and on lake shores, associated with Joe-Pye weed and swamp milkweed. Traditionally the roots of this plant were used to correct irregular menstrual flow and the boiled flower tops were used to aid in the pains of rheumatism. In addition, the root fibers were combined with the roots of common milkweed and applied to a whistle to attract deer.

Blue Vervain

Latin Name: *Verbena Hastata*
Ojibwa Name: Zhawaseshkoohnse

Sun Exposure

Full, Partial

Soil Moisture

Wet,
Medium-Wet,
Medium

Height

5 feet

Bloom Time

July, August,
September

Bloom Color

Blue

Plant Spacing

18-24"



Blue Vervain is found in moist meadows, fields, prairies, and along stream banks. The stem is square, with grooves, and the opposite leaves are toothed and pointed (though the lower leaves may have 3 lobes). The small, 5 petalled purple flowers are born in spikes that bloom from bottom up. Traditionally, a snuff of dried flowers was used to treat nosebleeds.

Fireweed

Sun Exposure

Full, Partial

Soil Moisture

Medium-Wet,
Medium,
Medium-Dry

Height

4 feet

Bloom Time

July, August

Bloom Color

Pink

Plant Spacing

1-2'

Latin Name: *Chamaenerion Angustifolium*

Ojibwa Name: Ozaashijiibik

Fireweed is a common plant in clearings, along roadsides, on disturbed ground, and is often one of the first to appear after a burning. It grows to be 2-7 feet tall, with alternate leaves and bright pink flowers that bloom from June to August with 4 roundish petals. The fruit is a reddish pod of seeds, angling upward on the stem. In traditional medical practices a poultice of moistened fresh or dried leaves was used on bruises and to remove slivers, while a poultice of pounded roots was used to treat boils and carbuncles.



Common Milkweed

Sun Exposure

Full, Partial

Soil Moisture

Medium-Wet,
Medium,
Medium-Dry, Dry

Height

3 feet

Bloom Time

June, July,
August

Bloom Color

Pink

Plant Spacing

2-3'

Latin Name: *Asclepias Syriaca*

Ojibwa Name: Ininiwinzh

Common Milkweed is found most often today along dry open roadsides and in old fields out from the woods' edge. Many folks are familiar with the seed pods that split open in late summer releasing their airborne seed. The leaves and stems of this species are covered with fine hair, and the flowers are a rose to brown color. Common milkweed grow to about 5 feet tall. Monarch butterflies lay their eggs exclusively on Milkweed plants, making them the sole food source for their larvae. Once found in abundance in nearly every farm field, ditch, and disturbed site, Common Milkweed numbers have been in dramatic decline in recent years, due in part to suburban development and the increased efficiency of herbicides used in conjunction with herbicide-tolerant, genetically modified row crops. Traditionally this plant was used a gynecological aid to produce post-birth milk flow in the mother. The young flower buds of milkweed are edible and were eaten as greens. The root was combined with root fibers of boneset and applied to a whistle for calling deer.



Swamp Milkweed

Latin Name: *Asclepias Incarnata*

Ojibwa Name: Bagizowin

Sun Exposure

Full, Partial

Soil Moisture

Wet, Medium-Wet,
Medium

Height

4 feet

Bloom Time

June, July, August

Bloom Color

Pink

Plant Spacing

18-36"

Swamp milkweed is a beautiful pink to lavender color. It has the misfortune of being mistaken for the troublesome plant, purple loosestrife. This milkweed species grows to about 4 feet tall and has rather lance shaped leaves. Swamp milkweed has the characteristic milky sap of milkweed, but this species is found on the edges of rivers and swamp borders, away from the shade of any tree canopy. American Indians used the roots of this plant as a strengthening bath for the both adults and children.



Tobacco

Latin Name: *Nicotiana Rustica*

Ojibwa Name: Asemaa

Sun Exposure
Full, Partial

Soil Moisture
Medium, Medium-Dry

Height
2 feet

Bloom Time
July, August, September

Bloom Color
Yellow



Asemaa was the first of the four medicines to be gifted to the Anishinaabe people by the creator. Asemaa is meant for the use of prayer and offering. The dried leaves were crumbled and given as offerings before wild herbs, especially medicinal plants, were harvested or game animals killed. Asemaa is very difficult and time-consuming to start from seed. The very fine seeds must be spread in soft, sifted soil, barely covered, and misted to enable germination. It is a heavy feeder, requiring rich soil, shade, and fertilizers during the growing season. This species has wingless petioles, while the tobacco that has replaced it in cultivation, *N. tabacum*, has short winged petioles or sessile decurrent leaves. *Nicotiana rustica* has a higher nicotine content

Bloodroot

Latin Name: *Sanguinaria Canadensis*
Ojibwa Name: Meskwijiibikak

Sun Exposure

Full, Partial

Soil Moisture

Medium-Wet,
Medium,
Medium-Dry

Height

6 inches

Bloom Time

April, May

Bloom Color

White

Plant Spacing

6-10"



Bloodroot is an early spring ephemeral, and flowers in April and May. The single white flower has up to 8 to 10 petals and is between 3 and 12 inches tall, taller than the leaf. Wrapped around the stem of the flower is the single, lobed leaf. The juice of the broken stem is orange or blood colored. Bloodroot is found in medium to rich woods and forests. Traditional medical practices found many uses for this plant, including as a treatment for fainting and fits, as a blood medicine, as a cure for sore throats, and as a treatment for gonorrhea. The roots were also used in making a red dye.

False Sunflower

Latin Name: *Heliopsis Helianthoides*

Ojibwa name: Giizisobagoons

Sun Exposure

Full, Partial

Soil Moisture

Medium-Wet,
Medium,
Medium-Dry

Height

5 feet

Bloom Time

June, July, August,
September

Bloom Color

Yellow

Plant Spacing

18-36"



False Sunflower grows in prairies, fens, meadows, river banks, and other moist ground; savannas and thickets (especially at borders and clearings) with aspen, birch, and other trees; evidently spreading along roadsides and railroads. It looks very much like a sunflower species, except that both the inner flowers and the outer, yellow petal-like flowers form the typical sunflower seed. (In true sunflowers only the inner flowers form the seed.) False sunflower has short, paired arrow-shaped leaves attached to a smooth stem. It can grow to between 3 and 5 feet and is found in both dry and wet open habitats. This species was used medicinally as a stimulant, by applying a decoction of either the fresh or dried root to the limbs.

Black-Eyed Susan

Latin Name: *Rudbeckia hirta*
Ojibwa Name: Wezawab-gonik

Sun Exposure
Full, Partial

Soil Moisture
Medium-Wet,
Medium,
Medium-Dry

Height
2 feet

Bloom Time
June, July,
August,
September,
October

Bloom Color
Yellow

Plant Spacing
10-12"

Black-Eyed Susan is a biennial or short lived perennial species growing 1-3 feet tall. The leaves are variable in shape, and the whole plant is hairy or bristly. From June to October the daisy-like flower blooms singly on a slender stem. The dark purple or brown disk is about a ½ inch wide, and the rays are orangish-yellow to yellow. This member of the sunflower family grows in various habitats, including in dry fields, open woods, and along roadsides. The blossoms of black-eyed susan, together with other flowers were used by Indigenous Peoples to make poultices for babies for unspecified ailments.



Bee Balm

Latin Name: *Monarda fistulosa*

Ojibwa Name: Sasap-kwanins

Wild bergamot is the most abundant of the horsemints. It is found growing in clearings, thickets, prairies, fields, and along edges of dry fields. It grows to heights of 2 to 3 feet, and has a square stem like many other mints. The opposite, lance-shaped leaves are toothed and aromatic when crushed. In July and August the pinkish or pale lilac lipped flowers bloom in large terminal clusters. Bee Balm had many medicinal uses in Native American culture. Chewed leaves were placed in the nostrils to relieve headaches, a decoction of the root and flowers was administered for worms, a poultice of moistened dry flowers and leaves was used as a dressing for burns, an infusion of flowers and leaves was used as a skin wash, and the steam of the boiled plant was inhaled to treat respiratory problems.

Sun Exposure

Full, Partial

Soil Moisture

Medium-Wet,
Medium,
Medium-Dry, Dry

Height

4 feet

Bloom Time

July, August,
September

Bloom Color

Purple

Plant Spacing

2-3'



Evening Primrose

Latin Name: *Oenothera Biennis*

Ojibwa Name: Moose-ojibik

Sun Exposure

Full, Partial

Soil Moisture

Medium-Wet,
Medium,
Medium-Dry, Dry

Height

6 feet

Bloom Time

June, July,
August,
September,
October,
November

Bloom Color

Yellow



Evening primrose is a tall, roadside or disturbed ground plant with a large spike of 4 petalled yellow flowers. The flowers are characterized by a cross shaped tipped to the ovary and leafy green bracts immediately below the flowers that point downward. The bright green leaves of evening primrose are lance-shaped and wavy or crinkly at the edges. This species is a biennial, that is, it produces flowers and seed only in its second year, after which it dies and relies on its seed to carry on the lineage. A poultice utilizing the whole plant was applied to ease the pain of bruises.

Sweetgrass

Latin Name: Hierochloa Odorata

Ojibwa Name: Wiingashk

Sun Exposure

Full, Partial

Soil Moisture

Wet, Medium-Wet,
Medium

Height

2 feet

Bloom Time

May, June, July

Plant Spacing

1-2'



Wiingashk is generally found south of the ceded territories, although it is found in scattered locations in Rusk and Dunn counties. It grows on the edges of wet woods and in wet meadows. The stems of wiingashk occur singly or a few in a bunch along creeping underground stems (rhizomes). This species' flowering structures occur as loose spikes of golden-brown grains in early summer. The long leaves produced later in the summer contain coumarin, a sweet-smelling vanilla-like compound that gives this species its name. Wiingashk is used in all types of basketry, braided, and cut and burned as one of the four sacred medicines in ceremonies. Wiingashk is a gift from Mother Earth. It is said to be part of her hair and the use of wiingashk promotes strength and kindness. When braiding wiingashk each strand of the braid represents mind, body and spirit.

Western Sunflower

Sun Exposure

Full, Partial

Soil Moisture

Medium,
Medium-Dry, Dry

Height

3 feet

Bloom Time

July, August,
September

Bloom Color

Yellow

Plant Spacing

10-12"

Latin Name: *Helianthus Occidentalis*

Ojibwa Name: Pukite'wukboku s'



This sunflower species has very few leaves on the upper part of the stem, and very long stalks on the large basal leaves. It grows to a height of 1 to 3 feet on dry-soil habitats as in open fields and the edges of oak woods. The yellow flowers of the composite head bloom in August, surrounding a rather flat-topped disk of central flowers. A poultice of the crushed roots was used by the Ojibwa on bruises and contusions.

Lance-Leaf Coreopsis

Latin Name: *Coreopsis lanceolata*

Ojibwa Name:

Sun Exposure

Full

Soil Moisture

Medium-Dry, Dry

Height

2 feet

Bloom Time

May, June, July, August

Bloom Color

Yellow

Plant Spacing

10-16"

Lance-leaf Coreopsis waves brightly in late spring and early summer. It is rather local (sometimes common) on sand dunes along Lake Michigan and Lake Huron and adjacent dry to moist shores and borders of forests; open sandy banks, grasslands, roadsides, oak-pine savanna; banks and bluffs. Some populations may represent escapes from cultivation; this showy native does well in gardens and spreads readily. The bright yellow, daisy-like flowers are about 1 1/2" in diameter and bloom singly on long stems. The ray petals have four deep lobes on their margins. This species also is commonly called Sand Coreopsis.



Butterfly Milkweed

Latin Name: *Asclepias Tuberosa*

Ojibwa Name:



Sun Exposure

Full, Partial

Soil Moisture

Medium, Medium-Dry, Dry

Height

2 feet

Bloom Time

June, July, August

Bloom Color

Orange

Plant Spacing

1-3'