

## **LSci 203: Traditional Lakota Foods, Plants & Herbs**

### **Traditional Plants Website Information links**

Medicinal Plants of the Sicangu Lakota

[http://tolweb.org/treehouses/?treehouse\\_id=4571](http://tolweb.org/treehouses/?treehouse_id=4571)

Plains Indians - Some Plants and Their Uses

[http://www.webpanda.com/There/uot\\_%20Plant\\_Uses.htm](http://www.webpanda.com/There/uot_%20Plant_Uses.htm)

How did plants help the Sioux Indians

[http://wiki.answers.com/Q/How\\_did\\_plants\\_help\\_the\\_Sioux\\_Indians](http://wiki.answers.com/Q/How_did_plants_help_the_Sioux_Indians)

Native American Healing Herbs and Plants

<http://www.assiniboinetipis.com/medicine.html>

Native American Herbs & Plants of the Southwest

<http://www.angelfire.com/art/nativeherb/sagebrush.html>

Native American Healing Remedies

<http://suite101.com/article/native-american-healing-remedies-a82232>

Sioux Tribe

<http://www.kidport.com/RefLib/UsaHistory/NativeAmericans/Sioux.htm>

Native American Herbs and Their Uses in Healing, Native Recipes

<http://www.peacefulharmony.org/therapies/nativemedicine2.htm>

Oglala Sioux use of Medical Herbs

[http://digitalcommons.unl.edu/cgi/viewcontent.cgi?article=1505&context=greatplainsquarterly&sei-redir=1&referer=http%3A%2F%2Fsearch.yahoo.com%2Fsearch%3B\\_ylt%3DA0oGdbSBe\\_hQdB0A8sRXNy\\_oA%3Fp%3DSoiux%2Bnative%2Bplant%2Busages%26type%3D937811%26fr%3Dchr-greenree\\_ff%26fr2%3Dsb-top%26xargs%3D0%26pstart%3D1%26b%3D11%26xa%3DBF2yhtHi0tOY8r.2N3SiZg--%2C1358548225#search=%22Soiux%20native%20plant%20usages%22](http://digitalcommons.unl.edu/cgi/viewcontent.cgi?article=1505&context=greatplainsquarterly&sei-redir=1&referer=http%3A%2F%2Fsearch.yahoo.com%2Fsearch%3B_ylt%3DA0oGdbSBe_hQdB0A8sRXNy_oA%3Fp%3DSoiux%2Bnative%2Bplant%2Busages%26type%3D937811%26fr%3Dchr-greenree_ff%26fr2%3Dsb-top%26xargs%3D0%26pstart%3D1%26b%3D11%26xa%3DBF2yhtHi0tOY8r.2N3SiZg--%2C1358548225#search=%22Soiux%20native%20plant%20usages%22)

Traditional Herbal & Plant Knowledge, Identifications

<http://www.kstrom.net/isk/food/plants.html>

Native American Botany Data Base

<http://herb.umd.umich.edu/>

USDA – NRCS – Plant Guides

PURPLE CONEFLOWER

[http://plants.usda.gov/plantguide/pdf/cs\\_ecan2.pdf](http://plants.usda.gov/plantguide/pdf/cs_ecan2.pdf)

GROUNDNUT

[http://plants.usda.gov/plantguide/pdf/cs\\_apam.pdf](http://plants.usda.gov/plantguide/pdf/cs_apam.pdf)

<http://www.briarcliff.edu/departments/biology/faculty/NAPC%2008c-Hazlett.pdf>

USDA-NRCS- Bismarck Plant Materials Program

<http://plant-materials.nrcs.usda.gov/pubs/ndpmcbr7822.pdf>

PEOPLE & TRADITIONS - TRADITIONAL HEALING

<http://americanindianhealth.nlm.nih.gov/trad-healing.html>

Wichasha Wakan: Medicine Man (Lakota Sioux) Native American Medicine and the Role of the Medicine Man

[http://neurosurgery.dergisi.org/pdf/pdf\\_JTN\\_444.pdf](http://neurosurgery.dergisi.org/pdf/pdf_JTN_444.pdf)