CHILDREN'S
GUIDE TO COMMON
EDIBLE AND
MEDICINAL WILD
PLANTS OF
SE PENNSYLVANIA

A PROJECT FOR THE
LENAPE NATION OF PENNSYLVANIA
Most of these plants, including those listed as poisonous, have uses that are beyond the scope of a resource intended for children. For a more thorough education in wild food and medicine, this book should be used in conjunction with other field guides and under the guidance of more experienced folk.
**Okhatimenshi**

Kempakw

Okhatim

Seke shitta marke

**Mehemichink** - Fruit are called Ökhatim.
- Eat when ripe (black - Seke)
- Leaves, bark, and unripe fruit are poisonous (hallucinogenic)
- Fruit is good raw, or in pies and jellies

**Ekokole Sawk w Omwinkwes**

Maksu

Wisaosu

Seksu

Hmuwinkwes

Ekokole Sawk

**Mehemichink** - Fruit is an excellent source of vitamins A and C. Leaf tea contains multiple vitamins and minerals.

**Mpisun** - Leaf tea is an astringent and can be used to treat diarrhea (if drunk as tea) or sore mouth or throat (if used as mouthwash or gargle). The leaf tea can also be used to wash cuts, stop bleeding, and soothe irritated skin.
Mwimënsi

chélis

Mehehim chin - fruit is good cooked into pies or jams, but is more sour than sweet cherries.

Puwwesënakwim

seksw

kempako askaskwe, hmukok maxkwischik

WARNING! The elderberry bush - puwwesënakwim - contains cyanide. Only use the berries.

Mehehim chin - berries are good cooked into jams or syrup (flowers are also good as syrup). Always cook - seeds are toxic in large amounts.

Mpisun - elderberry juice is good for the flu. Stew the berries with water and a little sugar or honey, mashing the berries as they cook. Strain and drink hot or cold.
Mehemichink - nuts are excellent source of protein and fats. Harvest fruits while yellow/green, and remove husks with a hammer or rock. Husks produce a brown dye that will stain skin. Crack open nut and toast lightly in an oven.

Mensis - husks contain tannins, which can be extracted by pounding the husks in hot water. Use as a wash for scrapes, cuts, and irritated skin. Soaking feet in tannin wash will toughen them against blisters.

Mehemichink - nuts are sweet and edible and can be used in the same way as pecans. Bark can be boiled in syrup (maple syrup is good for this) to give it a bitter, smoky flavor. The wood is excellent for smoking meat and fish.
AHPAWIAK
siskwakwsit otaes
askaskwtschik otaesak
chevik
kempakw

PITUENNA
Opse Wansapi

Mcemichink - rhizome (underground stem) - cook as root vegetable. Starchy food must be scraped from fibers.
White parts of leaves - eat as vegetable, raw or cooked.
Flower (green) - eat like corn on the cob. Flower (brown) - collect pollen for flour (lukat).

Mpisun - boil and mash roots for sores, boils, rashes, and cuts

Mpisun - leaf poultice is a good remedy for poison ivy.
SAKES

Mehemitchik - root, young flowers, and leaves can all be eaten. Stalks are eaten breaded and fried.

Mehemitchik leaves make an excellent poultice for wounds, especially burns.

MASTELE (garlic mustard)

Mehemitchik - leaves and flowers are edible. Use whole in salads or as a herb.

Plant is an invasive species and grows almost anywhere.
Mpsun - Leaf tea is a diuretic. Leaves can also be chewed for toothache or applied to cuts as an antiseptic.

Mpsun - Stem contains a milky sap which should not be used without further guidance.

* Latin name is Lactua serriola. Don't confuse with the more purple Lactuca virosa, which causes severe drowsiness if sap from the stem is ingested. Leaves are also edible, but more bitter than in Lactua serriola.
**WINAKW**

Naxa kempako:

**OTAESAK**

**MEHEMICHINK** - dry leaves and grind to use as thickener/seasoning in stews. Use fresh leaves to make tea. Root tea can be sweetened and drunk cold (it will taste like root beer, but flat).

**KUWE**

Needles feel rough

- ANSU - askaskwsu
- PalaMarK
- 3-6 inches long

**MEHEMICHINK** - needles can be made into Vitamin C-rich tea
- Inner bark is edible (but harvesting it will harm the tree - use only in emergencies). Dry and grind into flour
- Young pollen cones can be stewed and eaten
- Seeds from female cones are edible

**MPISUN** - sap kills bacteria - chew for mouth sores or apply to cuts
- Use needle tea for coughs and sore throats
**OTHER IMPORTANT PLANTS TO KNOW**

**AMARANTH**
- Wisoosu
- Grain is excellent food
- 6 feet tall

**DANDELION**
- Young leaves are good as salad. Leaf tea is good for treating an upset stomach.

**CHICORY**
- Aonsu
- Use tea for menstrual cramps, diarrhea, and indigestion
- Use tea to improve digestion (leaf & root)

**PLANTAIN**
- Use as poultice to stop bleeding and heal rashes
- Roast roots as substitute for coffee (kap)

**POISONOUS PLANTS**

**CHAKINKWEM (Pokeweed)**
- All parts can cause severe stomach cramps, vomiting, internal bleeding, slowed breathing, spasms, and death. The tubers are the most toxic.

**PEKON (Bloodroot)**
- Osit otaes

**LOKWENATECK (Jimson Weed)**
- Causes delirium, fever, violent behavior, enlargement of pupils, very rapid heartbeat, and loss of memory
- Destroys skin and flesh, causing it to die and drop off, leaving large scabs, open wounds may be quite severe. Also causes vomiting and hallucinations
PLANT TERMS IN LENAPE

tree bark - hokes/hokesak

tree branch - tuhon/tuhoenak

herb - hatsunken/hatsukenan

leaf - kempakw/kempako

root - chephik/chephika

twig - hitkwetet/hitkweteta

tree - hitkw/hitkuk

Sap - wansapi

flour - lukat

tea - ti

flower - otaes/otasesak

herbalist - nentpikes/nentpikesak

For teas/infusions - steep 1 handful of leaves in boiling water for 10 minutes

For poultices, crush leaves and bind to skin with a bandage
Many thanks to Shelley DePaul, Swarthmore College, and The Lenape Nation of Pennsylvania.

Wanishi!

Mail to:

Tsuga-Haus Publications