



Tokada Tapezuta Hu-Winyeda

PURPLE PRAIRIE CLOVER

ASCLEPIAS TUBEROSA

Perennial, grows 1-3 feet tall

Blooms from June to August

Tiny purple flowers

Habitat is prairies and dry fields

Uses

- Leaves can be dried and boiled for tea
- Roots can be peeled and chewed on

Fun Facts

- Thrives in habitats with periodic wildfires
- Mature plant has a large taproot 5 ½-6 ½ feet deep
- Attracts bees, wasps, flies, and butterflies
- Provides food for several animals such as pronghorn and deer, and are pest resistant



Wahca Wastemna

BERGAMOT

MONARDA FISTULOSA

Perennial, grows 2½-5 feet tall

Blooms from June to September

Lavender-to-pink flowers

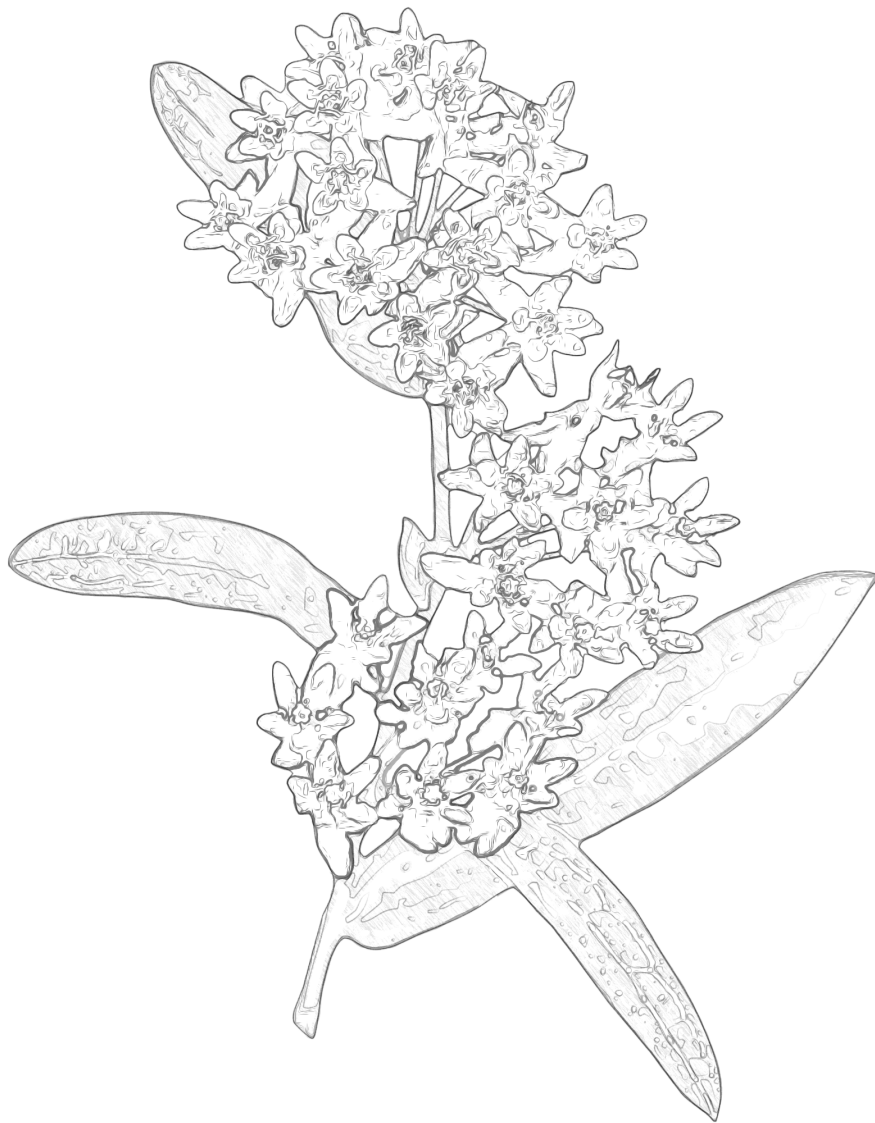
Habitat is prairies, upland woods, and roadsides

Uses

- Fragrant leaves can be used as a perfume
- Flowers and leaves can be boiled together and used to treat many ailments
- Natural source of the antiseptic thymol, the primary active ingredient in modern commercial mouthwash formulas
- Leaves can be eaten, boiled for tea, and used for seasoning
- Treats sore throats

Fun Facts

- Attracts butterflies, bees, and hummingbirds
- Harvested in the summer and can be stored
- Also known as elk medicine or a love charm



Pannunpadan Dúta

BUTTERFLY WEED

ASCLEPIAS TUBEROSA

Perennial, grows 1-2 feet tall

Blooms from June to September

Large clusters of small bright orange flowers

Habitat is prairies, dry fields, and roadsides

Uses

- Leaves and roots used to soothe stomach and kidney troubles
- Roots used in a blend to treat cuts and wounds

Fun Facts

- Flower grouping is comprised of 25 flowers in 5-part crowns
- Seeds are dispersed by wind and have fine hairs attached to the seed that allow it to fly
- Primary pollinators are bees and wasps, but it is also a host plant for monarch butterflies
- Has a watery translucent sap instead of a thick milky sap like other milkweed species