



Traditional Plant Uses

of the Ho-Chunk Nation of Wisconsin

Milkweed Plants

Asclepiadaceae (milkweed) family



Mąąhɨc Oatmeal

Common Milkweed, *Asclepias syriaca*

Keenɨ xąąwɨoxerera ruparairanɨgi,
nɨjpaɨaɨja wooʒuire.

Green buds of Common Milkweed are
cooked in soup.



Mąąska Medicine white

Butterfly Milkweed, *Asclepias tuberosa*

Mąąkasga reejɨra waxjukirera
wootekeja hoʒuire. Reejɨra xere hii
anaɨa wa'i'i ruʒjaire.

The crushed root is placed in a wound.
Boiled root is used for hemorrhage.

These two milkweed species (there are twelve native species in Wisconsin) thrive in full to partial sun and an array of soil conditions. Look for them in prairie and woodland edges. *Tuberosa* means knobby, referring to Butterfly Milkweed's woody, enlarged roots.



IMPORTANT DISCLAIMER: This information is for educational purposes only. Do not consume or otherwise introduce wild plants to the body without an expert's advice. Plant identification can be tricky, and some plants contain chemical compounds we now know to be harmful. If suffering from one of the ailments mentioned here, please see a licensed health care professional.

Friends of
Capital
Springs



The Capital Springs Recreation Area is the ancestral
homeland of the Ho-Chunk Nation of Wisconsin.

