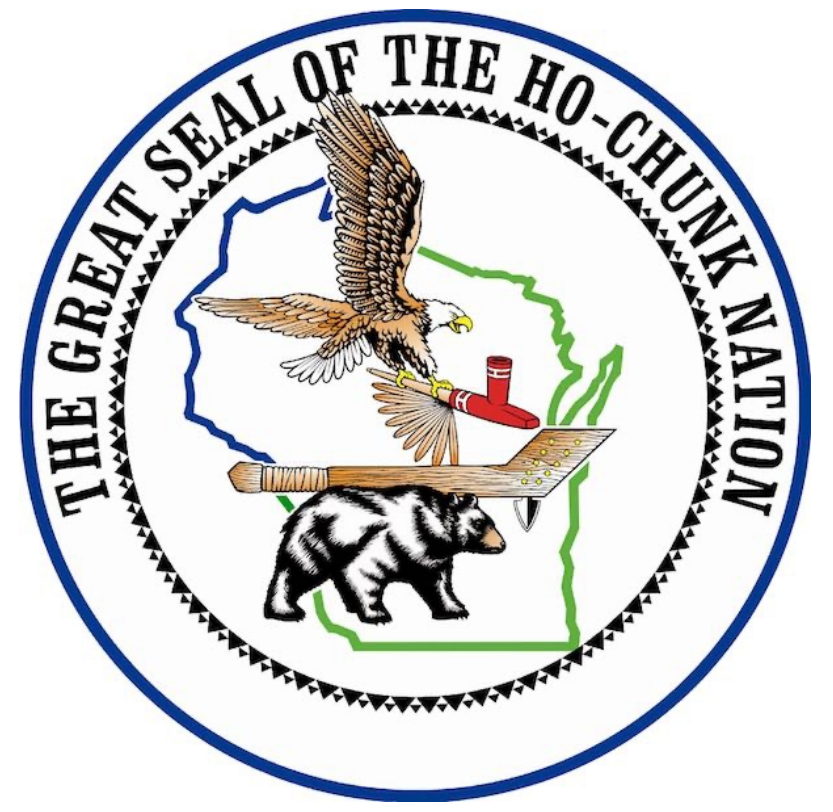


Traditional Plant Uses

of the Ho-Chunk Nation of Wisconsin

Oak Trees

Fagaceae (beech) family



White and Bur Oak are most common in the southern half of Wisconsin. They are important trees for wildlife.

Nąąhasga Tree nuts

White Oak, *Quercus alba*

Nąąhasga haa nąga reejų haara hirokižu pąąxšişik wagijire wii'ųire. Huucra nįįpańąija wooųuire.

The bark and root bark are mixed to cure flux. Soup is made with the acorns like hominy.



Piiksigu

Bur Oak, *Quercus macrocarpa*

Piiksigu huucra ruucire. Haara waųą hijahįra wiirokižu anąga maųąka kiik'ųire.

The acorns are food, and the bark is combined with other plants for medicines.



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



Dane
County
Parks
Always in Season

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

