

Traditional Plant Uses

of the Ho-Chunk Nation of Wisconsin



Solomon's Seal

Polygonatum biflorum

šųkhi

Dog teeth

Šųkhi reejųra ruucire. Coonj tuuc hiire anąga taawus hiire. Warucgusire anąga nijpaņajija woožuire.

Solomon's Seal root is a vegetable food. It is first cooked, then dried and stored for winter to use in soup.



Solomon's Seal grows throughout Wisconsin in shady to semi-shady habitats such as woodlands.

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.

