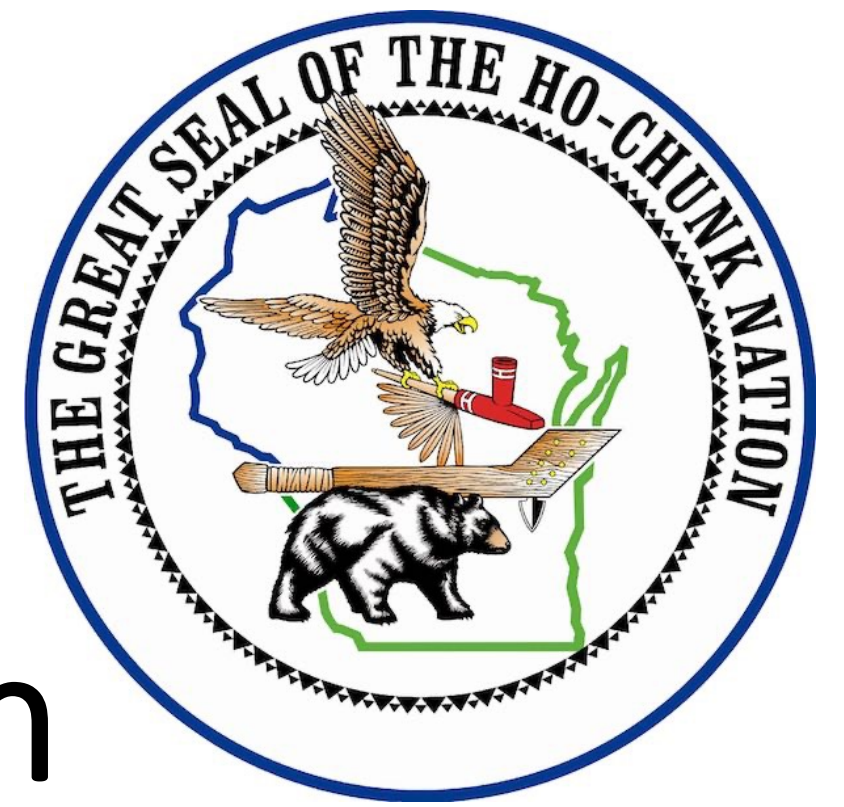


Traditional Plant Uses

of the Ho-Chunk Nation of Wisconsin



Plants Used in a Sweat Bath



Xaąwizi Weed yellow

Round-headed Bush-clover
Lespedeza capitata

Xaąwizi reejura jijnjokeweeja hi'yire.

The root is used in a sweat bath.



Poaxu Sneeze

Canada Goldenrod, *Solidago canadensis*

Poaxura jijnjokeweeja hi'yire.

Canada Goldenrod is used in a sweat bath.



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.

