Traditional Plant Uses

of the Ho-Chunk Nation of Wisconsin

Plants Used in a Sweat Bath



Both plants grow in full to partial sun and an array of soil conditions, found in prairie and woodland edges.



Xąąwįzi Weed yellow

Round-headed Bush-clover Lespedeza capitata

Xąąwįzi reejųra įįnįokeweeja hi'ųire.

The root is used in a sweat bath.



2004 O Reter M. Dzuik

Poaxų Sneeze

Canada Goldenrod, Solidago canadensis

Poaxųra įįnįokeweeja hi'ųire.

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.





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