

TECHNICAL ASSISTANCE WITH
NATIVE PLANTS AVAILABLE
FROM USDA AND
ASSOCIATIONS WITH THE USE
BY NATIVE AMERICANS

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TECHNICAL ASSISTANCE AVAILABLE

Recommendations for the establishment and management of native grasses, grass-like plants, wildflowers, and shrubs.

Information on sources of the seed of native grasses, grass-like plants, and wildflowers.

Assistance with establishment (site preparation, seeder calibration, etc.).

SEED MIX EXAMPLE

<u>Species</u>	<u>Amount per Acre</u>
Red Columbine	0.25 pound
Ohio Spiderwort	0.07 pound
Eastern Smooth Beardtongue	0.65 pound
Black-eyed Susan	0.08 pound
Wild Bergamot	0.10 pound
Partridge Pea	2.00 pounds
Spotted Bee Balm	0.09 pound
Ox Eye Sunflower	1.04 pound
<u>Aster</u>	<u>0.30 pound</u>
Total (30 pure live seeds / square foot)	4.58 pounds PLS

CALIBRATION OF SEEDER



MIXING SEED WITH AN INERT CARRIER



BROADCAST DROP SEEDER



DRILL SEEDER



PACKED SEEDBED



SPIDERWORT



SPIDERWORT

CONSERVATION VALUE

Blooms in early May.

High value pollinator habitat plant.

Worked by bees.

Mammals eat leaves.

SPIDERWORT

USE BY NATIVE AMERICANS

Infusion used for stomachache from overeating.

Compound infusion taken for female ailments or rupture.

Poultice of root used for cancer.

Plant mashed and rubbed on insect bites.

Compound used for kidney trouble.

Infusion taken as a laxative.

RED COLUMBINE



RED COLUMBINE

CONSERVATION VALUE

Blooms in early May.

Low value pollinator habitat plant.

Worked by hummingbirds.

Seeds eaten by songbirds.

RED COLUMBINE

USE BY NATIVE AMERICANS

Cold infusion used for gynecological flux.

Infusion taken for heart trouble.

Compound infusion of plants taken and used as a wash for poison ivy and itch.

Infusion of roots taken before meals for the kidneys.

Decoction of root and leaves taken for diarrhea.

BLACK-EYED SUSAN



BLACK-EYED SUSAN

CONSERVATION VALUE

Blooms in late May and June.

Low value pollinator habitat plant.

Worked by small bees and butterflies.

Seed eaten by songbirds.

BLACK-EYED SUSAN

USE BY NATIVE AMERICANS

Used as wash for swelling caused by worms.

Warm infusion of root used to bathe sores.

Root ooze used for earache.

Taken for gynecological flux and diseases.

Infusion taken for swelling caused by kidney failure.

Used as wash for snakebites.

BUTTERFLYWEED



BUTTERFLYWEED

CONSERVATION VALUE

Blooms in June.

Worked by many bees and butterflies.

Larval host for Monarch butterflies.

High value pollinator habitat plant.

BUTTERFLYWEED

USE BY NATIVE AMERICANS

Used to relieve breast, stomach and intestinal pains.

Seeds boiled in 'new milk' and used for diarrhea.

Used as an expectorant and taken for pleurisy.

Infusion used for gynecological flux.

Infusion of root used for heart trouble.

Seeds or root used as gentle laxative.

EASTERN SMOOTH BEARDTONGUE



EASTERN SMOOTH BEARDTONGUE

CONSERVATION VALUE

Blooms in late May and June.

Medium value pollinator habitat plant.

Worked by bumble bees and hummingbirds.

Seeds eaten by songbirds.

USE BY NATIVE AMERICANS

Infusion taken for cramps.

WILD BERGAMOT



WILD BERGAMOT

CONSERVATION VALUE

Blooms in late June and early July.

High value pollinator habitat plant.

Worked by bumble bees and hummingbirds.

Seed eaten by songbirds.

WILD BERGAMOT

USE BY NATIVE AMERICANS

Poultice of leaves used for headache.

Used as a carminative for colic and flatulence.

Used as a diuretic, diaphoretic and especially for sweating off flu.

Hot infusion of leaf used to bring out measles.

YELLOW INDIGO



YELLOW INDIGO

CONSERVATION VALUE

Blooms in late June and early July.

High value pollinator habitat plant.

Worked by bees.

Host to larvae of many species of butterflies.

Cover and food for songbirds.

YELLOW INDIGO

USE BY NATIVE AMERICANS

Hot infusion of root or beaten root held against tooth for toothache.

Poultice used to allay inflammation and stop mortification.

Cold infusion used to cause vomiting.

NARROWLEAF MOUNTAIN MINT



NARROWLEAF MOUNTAIN MINT

CONSERVATION VALUE

Blooms in July.

High value pollinator habitat plant.

Worked by bees and butterflies.

Seed eaten by songbirds.

NARROWLEAF MOUNTAIN MINT

USE BY NATIVE AMERICANS

Poultice of leaves used for headache.

Infusion taken with 'green corn' to prevent diarrhea.

Infusion taken for colds.

Warm infusion used to bathe inflamed penis and infusion taken for upset stomach.

Infusion taken for fevers.

Infusion used for upset stomach.

DENSE BLAZING STAR



DENSE BLAZING STAR

CONSERVATION VALUE

Blooms in July.

High value pollinator habitat plant.

Worked by bees and butterflies.

Seed eaten by songbirds.

DENSE BLAZING STAR

USE BY NATIVE AMERICANS

Used as an anodyne and decoction or tincture used for backache and limb pains.

Used to relieve flatulence.

Root used to produce sweat.

Root used as a diuretic.

Root used as an expectorant.

Decoction or tincture taken for colic.

Root used for to relieve fluid retention.

ORANGE CONEFLOWER



ORANGE CONEFLOWER

CONSERVATION VALUE

Blooms in July and August.

Low value pollinator habitat plant.

Worked by small bees and butterflies.

Seed eaten by songbirds.

ORANGE CONEFLOWER

USE BY NATIVE AMERICANS

Used as wash for 'swelling caused by worms.'

Warm infusion of root used to bathe sores.

Root ooze used for earache.

Taken for gynecological flux and diseases.

Infusion taken for fluid retention.

Used as wash for snakebites.

SPOTTED BEE BALM



SPOTTED BEE BALM

CONSERVATION VALUE

Blooms in August.

High value pollinator habitat plant.

Worked by bees and butterflies.

Seed eaten by songbirds.

USE BY NATIVE AMERICANS

Used to treat nausea and vomiting.

Used to encourage perspiration during colds.

Applied externally as a poultice to treat swellings and rheumatic pains.

PARTRIDGE PEA



PARTRIDGE PEA

CONSERVATION VALUE

Blooms in July and August.

High value pollinator habitat plant.

Flowers worked by bumble bees.

High protein seeds and leaves.

Seed eaten by bobwhite quail and doves.

PARTRIDGE PEA

USE BY NATIVE AMERICANS

Root medicine used to keep ball players from tiring.

Compound infusion given for fainting spells.

OX EYE SUNFLOWER



OX EYE SUNFLOWER

CONSERVATION VALUE

Blooms in August.

Low value pollinator habitat plant.

Worked by bees and butterflies.

Seed eaten by bobwhite quail and doves.

USE BY NATIVE AMERICANS

Decoction of dried root or chewed fresh root spit on limbs as stimulant.

Root used for lung troubles.

PANICLED LEAF TICK TREFOIL



PANICLED LEAF TICK TREFOIL

CONSERVATION VALUE

Blooms in September.

High value pollinator plant.

Flowers worked by small bees.

High protein seeds and leaves.

Seed eaten by bobwhite quail and doves.

USE BY NATIVE AMERICANS

Infusion of the roots in whiskey used to treat weakness and cramps.

ASTERS



ASTERS

CONSERVATION VALUE

Blooms in September and October.

High value pollinator habitat plant.

Seed persists through the winter.

Seed eaten by songbirds.

USE BY NATIVE AMERICANS

Entire plant used as a smoke or steam in sweat bath.

Blossoms smudged to cure a crazy person who has lost his mind.

GOLDENRODS



GOLDENRODS

CONSERVATION VALUE

Blooms in September and October.

High value pollinator habitat plant.

Important for monarch fall migration.

Seed persists through the winter.

Seed eaten by songbirds.

GOLDENRODS

USE BY NATIVE AMERICANS

Decoction of roots taken for the kidneys.

Decoction of root taken for yellow jaundice.