Ethnobotany Elders Council Meeting, May 5-6, 2008
Kuskokwim Campus of the University of Alaska Fairbanks in Bethel, Alaska

The following notes were translated by Rose Domnick.

Diamond Leafed Willow ***Salix pulchra*, Salicaceae**

Auguqsuli-

Uqvigayagaat (HBC)

Cuyakeggliq (St. Mary's)

Uqvicuut (?)(Togiak)

Cuyakegglit (Pilot Station)

Cuyaqsuut (Kasigluk)

Julia Brown: Uses: Kepurluk; egaksuarnun ekluki qallaulluki (10 or 15min) iinrukluki qusermun, igyariqellrianun.

Cut, place in small pan and boil 10-15 min. Use for medicine for cough and sore throat.

Lena Peterson-Long (St. Mary's): yungcautekluki'
Used for medicine.

for hunting Ptarmigan (ptarmigan snares)

Modesta Myers (Pilot Station): naurpayailnguut - uqirluki nertuut.

They are eaten young with seal oil.

Cecelia Andrews (Chevak): qanikcamun kapuqurluki tua-i-llu pelacinanek negirluki aqesgit.

Stand lining in the snow and place snares made of string to snare ptarmigan.

Mary Active (Togiak): Kuvyanek cali negituluteng "puukarcetaat"

Place nets to snare "flying into"

Mary Gregory (Bethel): Vitamin C rich – eaten raw -

mamngircautnguluteng saayuliluki cuyait nalamaaqata. Uksuarmi uksumi-llu.

Used to heal by making a tea with dried leaves, fall and winter.

Thecla Paul (Pilot Station): Naugaararqata nertuit

Young leaves are eaten.

Anaan: Anngairutenka TB-llratni makut egenritnek merturtelluki tauten akaarnun.

My late brothers were given the tea for a long time when they were ill with TB.

Nenglairutaqan neqcirluni negiraqluni cakiqa qecugtelluki.

When the weather warms, my in-law snared ??

Old folks and elitellruama- Enrilnguat cuyait qeltairluki mer'it-llu sungcautekluki – sungcaristet taugaam "over dose"- aarnaqniluki akultucarluki atullrit.

I was also taught tea from leaves & bark is a medicinal drink, but the doctors warn of overdose, and caution to watch dosage between use.

Annie Blue (Togiak): Nenglengaartengraan cuyait igcuitut taugaam atuqsaitanka.

The leaves do not fall off even when it gets cold, but I have not used them.

Mary Active: Nalluyaaqua, taugaam cuyaqsugnek kassiglumi.

I don't know but in kasigluq, the young leave

Tim Myers (Pilot Station): Camek auyuunaki, qassarluki ner'aqluki kenirpek'naki- can eat without limit- Never heard of "overdose" and "don't expire".

They are eaten raw, without adding anything to or without cooking

Mary Gregory: Green leaves- dried and added to soups.

Cecilia Andrews (Chevak): Soak in seal oil

Dwarf Birch **Betula nana, Betulaceae**

Chevak: Cayuggluut (plural)

puyuqiaqameng neqneng atutuit, puyurpanertuluteng.

Used for smoking fish, they produce a lot of smoke.

Mary Gregory (Bethel): Cayugnek pituaput "cayuk"

We call them "cayuk"

Anaan: Elngut

St. Mary's: Suksukuat

Mary Gregory (Nelson Island): Cayugaat

Annie Blue (Togiak): Atra nalluaqa, taugaam ayut atsat-llu akuliitni nautuut.

I don't know what they call them but they grow among the labrador tea and berries.

Mary Gregory (Nelson Island): Cayugaat

They are used to start fire, they burn fast.

Lena Long (St. Mary's): Velleq'utekluki

They make good fire starters - no medical use

White Spruce **Picea glauca, Pinaceae**

Kevraartut,

Tim Myers: Napat, Quarnat- Black Spruce

-Nekevraartut nangteqellriit napat nalaqatarnganateng ekuanqeggluteng

Sickly looking trees as though they are dying, they make good firewood.

Tim Myers: Makut Napat avayait “mingqutnguat” needles.

These trees branches are called needles.

Modesta Myers: Maqiaqamta- Ziploc- amun ekluki- amllenrilengraan qiuret qaingatnun ikgelengraan eleggluki- tepkeggiaqluni tuarr' vicks-aaq.

They are stored in ziploc bags and used when we take a steambath, throwing a little over the rocks. It smells good like Vicks.

Resin-aarit (maqellrit) assirtuq- “Angeryiit” assirtut.

The resin is good, the gum-like substance is good.

Cecilia Andrews: Kilinernun-llu mamutnguluni.

It helps aid in healing cuts.

Anaan: Kuc’urrluit- gum-aqluki. Aipairutma kucirturtelluku assigtamun ut’rulluku tua-i-llu kilinernun mam’utnguluni.

The resin is used for gum. My late husband brought it home in a container and used it for healing cuts.

Thecla Paul: Pneumonia-lria irniaqa napam cuyaanek mercetaqluku pingayuni ernerni qanenrirluni kapumallra.

I gave my daughter sick with pneumonia tea made from the needles. She was ill for 3 day, on I.V.

Unuakumi imanaunaku meq’ercetaqluku. Qallaumalriamek kuvqerluku – qallautevkenaku.

I had her drink the tea in the morning before eating. Tea made by pouring boiling water, not boiling the leaves.

Anaan: Makunek-gguq qallautaqamteggu 5 minutes taugaam piaqluki.

If these are boiled, they are boiled for only 5 minutes.

Ruthann Elia (St. Mary’s): Tamakut napat qallautellritnek (mecumek) qaquinek uqumek-llu avuluki.

When the needles are boiled for tea, it is mixed ?(qaquinek) and oil.

Annie Blue: _____ unuakumi taugaam mercetaqluku.

The tea is drunk only in the morning.

(resin) Kilinernun mamngicautnguluteng- kass'artaunani pillemteni atutullruaput.

The resin is used to aid in healing cuts, we used that before western medicine.

Tim Myers: Angernaq- tamakut urugqaarluki umciyutekluki pitullruut. Nepingaurnaurtut assiq'apiggluteng

The resin was used to seal things after it was melted. It sticks very well.

allanek taugaam qallilirqluki. Angeryuut assirnilarait puqlamek kuvqainarluki melilallruaput.

It needs to be covered with something. The resin is good, just add hot water to it.

Atuuqapiarluteng. Amllermek-llu meqsaunateng- Clinic-aamun ayaucuunata pitailan. Irnianka pilaranka

Very useful. We didn't have to drink a lot of it. We weren't brought to the clinic. I tell my children

irniarit muutaarpakarqatki inerqularyaaqanka. Sinus-aarturangelriit-llu maani yuut

not to bring their kids to the hospital too much. Sinus problems are increasing now.

Julia Brown: Napartailan unegna nunaka. Taugaam augkut angeryiit tuarr-llu uqurrarmek avuqerluki pilalriit.

We don't have spruce trees on the coast, but I think oil was added to the resin.

Angeqluki pitullruaput- laavkaanun-llu pivakayuilamta niirquraranka atulallrit- allamek ilaarkaitua

We used them for gum especially not being able to go to the store much, and I am hearing the uses, I don't have anything else to add.

Chevak: qupuanret

unarciaq (cigyagkat) Taluyiluteng For fishtrap

(everyone) taluyiaqameng- qupurluki- Cigyak

When making fish traps, the wood that is split.

Lena Long: Keggmarra'arluku qupenqigqaarluku nemiarutnguluku.

They are bitten and split a couple times and used for ---

teggvak- for land otter wall' ilulirat (nanillrit) for mink or muskrat "taluyaruat"

or for the inside of traps

(Yuk) Qup'issuuterluteng- m }

(Kusk) Aitarutet }Splitting tool

(Church) Quputet }

(and all) mellgar "men's knife"

Mary Gregory: Cross piece for chum salmon dried fish arviqrutekluki

used to keep fish from folding over when split to dry

Modesta Myers: " " (ditto)

Insert cigyak Strong

Mumeq (drumstick)

can be bent for drum

qantanek (bowls)

tumnat (with shallow bent wood sides)

Chevak: (kevguka'ar) with handle bottom part "allungak"

White Spruce Root

Nasqunaq/Qamigunaq

Mimernaq

Talliruari (Chevak "pretend arms")

Mimernat-

Keputem teguyaraa- "cakin" (Chevak) Kepun

(verb) cakivvluku (shred)

Mary Gregory (Bethel): Ipuucituit- they make ladles w/ them / (coast) Angassaq/ Arulamirun

"A" frame for kayak parts

ayaperviik left and right - female frowning and male smiling/ supports on each side of kayak when embarking or disembarking.

passitet (don't crack) - pestle

aqumgautet - mat on bottom of kayak

Tim Myers: Tamakut carrangllungqessuitet

Those don't have anything *<u>bad</u>*

Mary Gregory: nemruyutet Net shuttles

Nemiarutet (Chevak)

Qilagcuun (Kusk)

(Yukon) Negaqerrun (to measure mesh size)

(kusk) Negarcuun

Masks - Kegginaqut Allat-*Others*- Cutting board Aavangtiit (burls) used to make bowls

Masks

Julia Brown (Kongiganak): Yaaruitet - Story knives

Naanguanek - toys

Patutaucuaraat - tobacco box

Cecelia Andrews (Chevak): Nuguanek - whole families -toys-dolls

Aluuyaat - oval shaped large boat

Qungagyailkutet - shoe horn

egnerrlugcailkun

Cottonwood ***Populus balsamifera*, Salicaceae**

Qeltengulluut Avngulget Qugniilnguut (kusk)(Yukon)

Chevak: Kelaacit (Cottonwood)

Chevak: Ciqut - inner/wood

Aruvagkat- Puyur----------,araqluki

Smoke wood

Art - eg. dogteam or other toys

RuthAnn Elia: Temait - naparrluki puyurcivignek/mamteraqluki tepkeggluteng

Trunk used for smokehouse walls, as the wood makes the smokehouse smell good

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Cranberries

epuit-cuyarluki qallangeqertelluki anerniqellrianun assirtut

The stem and leaves are cooked in water until boiling starts, good for breathing/lung ailments.

Kavirlit (kusk) Tumaglit (BB, Cvk, HBC, Coast) Passiarkat (Yuk)

Kitngiit (Kot)

Mary Active (Togiak): Puqlamek qallarvalriamek kuvluki assirtut anerniqellrianun. Quselrianun cali kavirlit ayuquciicetun assirtut.

Pour boiling water over plant, good for breathing ailments. Cranberries are good for colds.

(Cvk) Taperrnanun kaviruteklukі- Mingqaanun qaraliqluki - dye for (pink shade)

Dye for basket grass.

Lena Long: Juice-ait saarralaunaki assirtut meqluki unuaquaqan (for health) aukegcautnguluteng-llu.

The juice without sugar added, drink daily for good health and also to help maintain healthy blood

Modesta Myers: Yuilqurmi pissulria kaikuni neqkaunani kaigngaituq. Filling if nothing to eat.

When a person is out in the wilderness without food, he will not be hungry, they are filling.

Akutaq

Cranberry sauce (Yup'ik turkey day)

Good for urinary tract

Lena Long: Kelipissuutmun ekluki (stems) (bake) during the flu epidemic, saved a family on the Yukon

Put in baking pan.

Ruthann Elia: Atsat ayuquciicetun wall' saarralamek wall' honey-mek auluki yungcautet kailleq elpegnaituq-taugaam atsanek nerrleq assirtuq, except salmonberries

The berries plain, or added with a little sugar or honey is medicinal. They won't make you feel hungry. Eating berries is good for you.

(cloudberries)

Julia Brown: Kavirlit atutullruit for "lipstick" urunrami upnerkami.

Berries picked in the spring thaw were used for lipstick

Mary: Kavirlilinertuaq- nuvluki uyamililuki.

Becomes very acidic when ripe, can create sores on palate or tongue.

-------- - *strung together for necklace*

Food - Jam-aliluki - akutanun -qerpertaq - pie

Used to make jam, in akutaq, pike fish egg akutaq

Mary Active: Acsiuraq- mixed with flour-boiled.

Carolyn Parker: cranberry salad, cranberry bread or cake.

Anaan: Atsaarrluki- carrirluki yuum ilua. Unuaquaqani wall' yaaliakuani anarluki. Green-aanek avuluki quagcit pilaggaarluki, kavirlinek avuluki - keniluki quacit

---------- - *Cleans the intestines. Excreted the next day or the following day. Sourdock cut and cooked are mixed with cranberries.*

upnerkami patuluki tua-ill' blueberries-aat ekluki uquggluk green-ani augarluki, wall' uksuarmi blackberries-aat avuluki mix-arluki. Yuum iluanun carriutekluki.

in the fall and are stored. Mold removed from the top. Or blackberries can be used in the fall. This is good used to clean the intestines

Mary Gregory: Iron-aalirtut. *They are full of iron*

Crowberries Blackberries ***Empetrum nigrum*, Ericaceae**

(kusk)Tan'gerlit (Cvk)Kavlakuaraat (yuk)Paunrat

(cvk)Medicinal Igyariqellriit kavlakuaraat mecuitnek igmarluki.

Swallowing the juice is good for sore throat.

Anaan: Meqsuircautnguluteng (suutupapaugut -joke)

Good to relieve thirst

(Stems)Tan'gerpakutak-kavlakutak-paunrakutak

(cvk) maurluqa egturyarcuutekluki puyuqluki.

My grandmother smoked them for mosquito repellant

Ruthann Elia: Passiarkat wall' allat suilqumi meqsuanarqut - Paunrat taugaam meqsuirnaqluteng.

Cranberries or other berries make you thirsty. Blackberries relieve thirst

Cecelia Andrews: Dye for grass (baskets).

Thecla Paul (Pilot Station): Iilliqellriamun quartelegnun -(eye drop-aqluki) Juice-aa taugaam

The juice is used as eye drop for sore eyes.

Anaan: Cook head of seal all day, take the brain out, throw back of skull. Mix w/blackberries, no sugar added. Makes a tasty delicacy.

Ruthann Elia: Good for blood and seggarcautnguluteng. My children like them better than cranberries.

good f*or energy*

Cecelia Andrews: Tengucuat (tomcod livers) mix blackberries-tenguggluk iingirqameng (snowblindness).

Tomcod liver akutaq. For snowblindness.

Julia Brown: Mikelngullemteni ilaput maniutelallruaput ulumta tungutaciit.

When we were children we showed each other how the berries made our tongues black.

Mary Active: Tan'gerpiit teglegarkarniitut

Labrador tea Ledum palustre , Ericaceae

Ayut

Mary Active: Auk-gguq kenrituuq, unuaquaqan atuyunaituq.

Blood slows down, cannot be used daily.

Cecilia Andrews: Aturpallagluki pinarqenricugnarqut. Augmun kitugiluni, messiurluki, elnguriluki.

I don't think they can be used too much. Restores blood health, ? ?

Anaan: Blood pressure-aaqa ayurrlainarmek apiatam kinguani kumlangan merlua. Health aide-at yuvrirluku-atakumi tagvailegma. Nasqulngulqa assiriluni. Blood

I drank cold ayuq tea at noon for my blood pressure. The healthaide checked my blood pressure in the evening, my headache was gone and my blood

pressure-aaqa mayuumalleq atraqertelliniuq. Qanrulluki-llu ayumek atullemnek. Taugaam niitelartua, kesianek neqeksunaitniluki. (to be used occasionally, not always every day).

pressure which was high, was lower. I told them I was drinking ayuq tea.

Modesta Myers: 3 yrs ago quserpallemni, kass'at yungcautait cakaniutnguvkenateng. Tua-llu aanama qanruyutai umyuaqngamki- ayut, caigglut, mermun puqlamun

When I had a big cough and medicine was not helping. I remembered what my mom used to tell me, tea made from ayuq and caiggluk mixed.

akurrluki, tin foil-amek patuluki. Tua-i-llu akuyutaqluki, kiituani cuuriuq. Malrurqugnek ernerpak malrurqugnek meraqlua caaskam avganek. Maa-i

In a pan of water covered with tin foil, stirring occasionally until the tea is strong. I drank 1/2 a cup twice a day. Now today

quseryarpialangerma cakneq quseryuuni.

I don't get a bad cough any more.

Mary Active: Maurluma leggluki, atuma iluanun elliluki aruvirtellua. Caami-llu arugpagtellaku enerlurput aruvirtelluku.

My grandmother burned it for smoking me. I don't know why she smoked it where our house would get smoky.

Annie Blue: Tua-i-gguq tarvarluku. Egalret tamalkuita ikirrluki qalarulluki anevkarluki. Quserpiim-llu nalliini enet iluat ayurniinarqaqluni.

That was purification. All the windows were opened, as she would be telling it to leave the house. The houses always smelled like ayuq during the influenza-big cough.

Mary Active: Tamuagurnaurait-llu ilaita makut

Some people also chewed the leaves.

Modesta Myers: Caaqama ilaita atemtun "Uicimallertun" pisqellaratnga. Tumyarami ayunek aruvisqellua qaspeqa nacaa all'uku qillerqelluku. Ilumkun aruviisqellua. (Purification)

I am instructed to purify myself periodically. Purifying my path by putting my qaspeq, with the hood on and allowing the smoke to go inside.

Cecilia Andrews: Kegginaitgun tangvagluki cuuciita elegciluteng caarrluk aug'artelluki. (Jesus-aam atrakun)

Used today w/modern religious ceremonies. (In Jesus' name)

It removes spiritual impurities.

Wiinga-llu anirtuutaqelluaqa. Nasqumkun nangteqlua qavcini ernerni tupayuinii.

That is also what healed me. I was ill, unconscious for 3 days.

Thecla Paul: Cat iliitni cam mat'um tuparqellua. It'ganka cat tamarmi Cupugvagluni. Maurluma ayuq kumarrluku aruvagqellinilua. Tupiima carrarmek meq'ertellua. Tua-i-llu assirilua. Assirivkarlua taum ayum.

There was once something that woke me. My feet, my whole body felt a very cold a breeze. My grandmother purified me. When I woke, she gave me a little bit to drink and I was all better again. That purification is what restored my health.

Julia Brown (1): maurluma apaurluma naullulrianek niitaqami augutun ayunek piluku qanerluni "anirtaqulluku caarrluum wani pingailkiiten!" Uivaarluni aipaa naulluun capuciruarluku.

My grandmother and grandfather did the same purifying with ayuq. They circled the person who was ill with the smoke saying that the person is protected from the illness.

Julia Brown (2): nine or eight years ago ugna aanaka 4-aallrani iqvallruukuk. Ayainanmegni Qamiqiq'ngllruunga (migrane). Iinrukaunii-llu. Umyuaqngamku maurlullma qanlallri. Iinruuniluki. Iika tenguqlirian urumek-patuluki ayunek-llu iqmiglua. Tutgargarqa piaqa iinrunilua. Urut puqlangaqata cimiraqluki kumlalngurnek. Assiriama iqvarlunuk. Iinrulua urunek iika pategluku ayumek-llu tamuallua.

About 8 or 9years ago, my granddaughter who is named after my mom, and I were out berry picking. I began having a migraine headache. I did not have any medicine with me, but I remembered that my grandmother used to say that they were medicinal. As my eye began throbbing, I covered them with moss and chewed on ayuq. I kept replacing the moss with cool ones when it became warm. I got well with moss compress over my eyes and chewing on ayuq leaves.

Nunaungamta nunamek iinrungqertukut.

We are made from the earth so we have natural medicine that heals us from the earth.

Sophie Alexie: Qangvaq cali elder-aat qanrutkellrua, ilangarrnerralriit tauten paiqata ataam nunam tepiinek ataam tepngevkarluku pituit, pissurpailgata.

Elders say that those who have lost a family member require purification so that they can smell of the earth/nature again before going out to hunt.

Cecilia Andrews: Wangkutnek piyugngaluta, kiingan agayulirta pivkenani. Wangkutnek bless-araqluta.

We can purify ourselves, it is not limited to any special person who performs the purification ceremony, it is a blessing.

Mary Gregory: Depress-angllemni-aanama camek brown-aamek cikiqeraqlua kineryuypalriani ukinriusngataqan aneryaalqa. Ikirtellriatun piaqluku. Maaten piaqa ayuullinilia.

When I was depressed, my mother use to give me something that was brown. ? When my breathing became difficult, breathing tubes closing, it seemed to open them up again, I found out it was ayuq.

Wormwood, Stinkweed ***Artemisia tilesii*, Asteraceae**

kuskokwim - Qanganaruat - Togiak-

St Mary's/chv - caiggluut

Togiak – Naunerrluut

Quagciit (quunarqelriit naugararqameng) SM/Kot/PS/Kusk/

(leaves) aatunat (Chevak) naunrayagaat (seeds) 1 (Rumex arcticus)

Qugniilnguq -(tog) (kusk)

Avngulek (naugaralria) -SM/Kot/

Uqvigpik -PS

Alder ***Alnus crispa*, Betulaceae**

Caaritet- SmS caarin/ cuukvaguaq (kot) (PS) (chv) (SM) Red Alder

Auguqsuli – (kusk) Kavirutnguyunguat

Caarilluk – (tog-BB)

Cuukvaguaq – (Kong)

Lichen ***Nephroma arcticum, Nephromataceae (lichen)***

Grn Brn

Uruq K SM Uruq

Uruvak BB Kot

(Fresh)uruq sm

URUT (chv) (kong)

Ciruneruat PS

Reindeer Moss

Ungagaaraat

Nunapiggluut

Nunapik (tog) B

(kiagmi assirtut) used in yuurqaar

Winter Cress ***Eriopherom u*?, Cyperaceae**

Qingkit Kusk (white) roots edible-used in making broth

Ungusqunguat

Qamiqunayagaat

Qamiqunguat (tog)

Anaan: tengtarkat (cotton-flies away in wind)

Melquruat (SM)

Chv-Qikmiruat (the pussy willow like part)

Evgeraraat (grass part)

Nasquruat (Yukon)

Evesraaraat (togiak) grass part.

Naunerrluut

Annie Blue (TB): Qallallratni – Qakuani yuvrirluki, mamellrulliniluteng- Ciqrutnguluki maqilriani, yuurmiurluku assirluni TG-lleq qatugautnguluteng cali assirtuut.

After boiling use liquid while taking a steam bath, liquid splashed on rocks in the steam bath. Breathing the steam is good, it is also good used as compress.

Tim Meyer: Meq'aqluki Pinarquq naulluulriani.

The juice is good to drink when ill.

Ruthann Elia: Puqlirluki imaq an'arkaq quyurtelaraa, Aruvani an'aqan caarluk cali antelaraa. (boiling/simmering)

It is supposed to remove the bad substance by pooling it together. It removes the bad substance when the smoke comes out.

Meq'aqluni pivallanrilkurrluki piaqluteng. Mam'issuutai amlertut, Pupignun- erurluku kilineq-

It doesn't require a lot, just a little to drink. It has a lot of healing properties, for sores, cleaning wounds

Uksuarmi brown-aaruluki tuarr' kayunrulalria.

It seems that they are the strongest in the fall when they turn brown.

Anaan: Kangrit pick-alarput yurarpailgata. Nurse-am qanruciatun 5min qallualluki egenra glass-anun naivluki patunqegcaarluku ikiqetaarpeknaku.

The top of the plant is picked before the dancing season starts. As instructed by the nurse, it is boiled for 5 min., the liquid is poured and tightly sealed in a glass jar for storage.

Akngirtaqameng wall' kirciuraqameng puqlirluki tuall' towel-aamun nemrulluki. Elliluki akngirnarqellriamun.

When one gets hurt or is in pain, hot water is poured, placed on towel to wrap over the area in pain.

Thecla Paul: Wangkuta tauten puqlamek kuvikluki.

That is also how we use the plant, pouring hot water on the plant.

Maqimi cali kuvuurutnguluki.

Also in the steam bath, pouring the juice and steaming it.

Pupignun cali carriutnguluki (cali egturyat pupigcetellritnun).

We also use it to clean sores and also the sores caused by the mosquitoes.

Mary Gregory: Ukut vit C-ait quvigtut-codiene-atun ayuqellriatun akngialleq assirtuq. Kiisciigatellriani uqurramek ilaluku anevkaraqluku kiisciigatleq.

They are loaded with vitamin c, it is also like it has codeine used to relieve pain. ???

Saal-amek avuluku mingulituut. Arthritis-aallemni, tukniut. Arivnemnek kitugcillruuq pingayuni ernerni-puqllassutekun patgumaluku.

A salve is made by mixing shortening with it. It is powerful for my arthritis. It healed my joints when I used it for hot compress for 3 days.

Cecilia Andrews: Nenret irumni puvelria kepciqniluki pillruyaaqut. Makunek (?) reference to tape

???

Tukulleka nangerrluku puvellrani mecungqamaluku makuneng assiriluni-llu merluki cali pituaput.

When my finger was swollen, it was healed with these soaked. We also drink the juice.

Modesta Myers: Wiinga naugaarallritnek ayagluki qillrulluki maqiaqama kaugtuaraluki aturlaranka.

I tie the young plants together and use them when I steam.

Lena Long: Ciisqumkun pingerma piqaqsaitua taugaam ut'reskuma piciqua.

I have a bad knee. I have never used the plant but I will when I get home.

Mary Active: Makut ukveqpiaranka cakneq arnat quyurtellratni niicugniyarturyugluki. Aiparma maqivik kumarluku akingqarraarluki wavet elliaqluki. Ciquuurluni waniwa piyuayuarrlua. Seed-ait kanevlaranka elatemnun nautulliniut.

I have a lot of faith in the medicinal properties of the plant. When the women gathered I really wanted to listen. My husband uses them when we are taking a steam bath steaming them and now I can walk again. I spread the seeds outside my house and that is where they do grow.

Julia Brown: Makut caiggluut pitaitaqan-llu nutaan ayagluta pitaqluta, iqvallemni qukaqa mernungellrani augum pianga avurraarlua mernulriamun ellisqelluki. Mernuirullua. Irniamnun tutgaramnun iinruvkalaranka, ellaitnun elitesqelluki. Cumaciq'langraitki pilartut. Ellmeggnun nautuut, menuunateng nautuut.

When there aren't any plants close by, we go out to gather them. When I had sore back muscles from berry picking, I was told to pick the plants and to place them on the sore muscles as a compress. The soreness went away. I give them to my children and my grandchildren for medicine because I want them to learn. Even if they do not like the taste, they consume it. They grow as a pure plant.

Mary Gregory: Cukvaguaq/Caarin-Yukon Caarilluk-BB Coast, HBC, Yukon, Kotlik

Tim Myers: Kaviruteklukі

Julia Brown: Neqliaqamta ayagteklaraput neqnun.

We use them for poles to dry fish when we are cutting fish.

Mary Active: Ayagtekluki neqliaqamta.

Use for poles when drying fish.

Lena Long: Kaviruteklukі piciatun canun, tuntut qeciatnun. Puyuqutekluki-llu neqnun.

We use for red dye on various things, on reindeer skin. We also use as smoke wood for fish.

Modesta Myers: Puyuqutekluki. Qeltairluki, puqlararmek, brown-soap-amek avuluku kaviruteklukі.

We use for smoke wood. The bark is soaked in warm water mixed with brown soap and used for dye.

Cecilia Andrews: Cukvaguat cuyait puqlamek kuvluki igyariqellrianun atularaput.

The bark is soaked in hot water and used to relieve sore throat.

Mary Gregory: Un'gani murakelarait matnerit puqlanertuluteng.

They are used for firewood along the coast because they produce a lot of heat.

Thecla Paul: Murakerpallularanka puyuqiaqama. Ermigcuutmun ekluki puqlamek kuvluki seal skin-anun kaviruteklukі.

I primarily use for smoke wood. Place the bark in a basin, add hot water and use for seal skin dye.

Pauline Hunt (Kotlik): Qukluki uksumi, cali kiagaqan ilait mamterailnguq avgaik nuvuuruluki mamterauluki. Cali aanairutka amiitnek egaluki mer'utekluki TB-lrianun. Cali kavirtaqluki piciatun skin-aitnun kavircarluki. Seal skin- inside out-arluki mingeqluku imirluku-llu neqcirluku.

They are used for fire wood during the winter, some also use for smokehouse walls split in half and laid side by side. My late mother cooked the bark and used as a medicinal drink for those ill with TB. They are also used as a dye for all kinds of skins. Seal skins are turned inside out, sewed and filled with fish for storage.

Ruthann Elia: Naugaarluki qeltairraarluki qamna ilua qupluki eglukaliurluku. Muragarmek qamna ilua (yualukiurluku) ilupeqerluku qasrum painganun. Qasruuq-Qaltakiurluku.

Annie Blue: Ayagtekaqluki pilaqeput. Wiinga man'a qanemcikesciigataqa.

We use for supports. I don't have a lot to say about this.

Pauline Hunt: Tanglungqelluunga cukvaguanek piliagnek.

I use to have snowshoes made of

Green Sphagnum Moss ***Sphagnum spp*, Sphagnaceae**

Uruq Urutaq Red Sphagnum

Mary Active: Nengauni-gguq terikaniarcuqataqan uruq cungagcetellria akulluku uqumek ilaaqluku tua-i-llu elliviim manuqerarnun puyacirluku, puyangenkata-llu akulluki neqcarkiurluki.

When her in-law is going to ?? , she mixes green moss with seal oil and ages it in the cache, when aged enough she mixes it for food (akutaq ?)

Cecelia Andrews: Qayam keluinun uqumek ilaluki, wall'u angyanun umcigutekluki puyaciraarluki. Cali periutaqluki neqliraarluta.

They are mixed with seal oil and aged to seal seems on skin kayaks and boats. They are also used to clean and wash after handling food.

Mary Active: Avurluki tua-i-llu uksumi perriutqaqluki canun piciatun wall' qantanun.

Picked and stored to use as towels for dishes.

Mary Gregory: Akulluku mermek avuqaqluki, uruq avuqaqluku tua-llu qatringcaaraan urut augarluki qivirluku tan'gerpagnek qivirluku egmianun-llu tua-i nerluku, tua-i-gguq tengvailgan.

Bumble Bee Plant, Wooly Lousewort ***Pedicularis lanata or P. kanei*, Scrophulariaceae**

Ulevleruyak

Modesta Myers: Nanvat cenaitni nautuut

Mary Gregory: Nunapiim qaingani nautuut

Anaan: Ak'a-gguq saayugtullruit saayut nurnallratni

Mary Gregory: Used like sauerkraut. Whole plant is edible.

Pallas Buttercup ***Ranunculus pallasii*, Ranunculaceae**

Kapuukaraat

Mary Gregory: Tunguuralriinek kangerluteng. Aciit qaterluteng. Kiingan cuassarluni.

Pick just when thawing spring before flowering.

Caayutun ayuqluteng-llu cuuriaqluteng. Qagatmi nauluteng (approx 8" to 12" tall). Nunam qaingani nauluteng.

Pour hot water them and steep like tea. Grows on the ground. (leaves) look like tea leaves bought in stores.