

# DAKOTA NATIVE MEDICINE GARDEN

The Gibbs Farm teaching garden is planted in the shape of a turtle. The turtle is a traditional Dakota symbol that signifies fertility, long life and perseverance (the turtle has inhabited the earth since prehistoric times). The turtle garden is situated with its head to the east to catch the first light of the day. Its head and tail are planted with sage, considered one of the four sacred herbs given to humans at the dawn of their

existence on earth. Sage, when burnt and smudged, is considered to be able to cleanse and renew, like the dawn. The turtle's legs are planted with sweet grass which sways in the wind to give the illusion of movement to the turtle. The plants in the garden are all herbs that Native Americans would have gathered in the wild before contact with non-Natives.

**Please do not use any herbs without first consulting your physician or herbalist.**

Thank you to the St. Paul Garden Club for funding the Turtle Garden Rejuvenation Project and to Cathy Croghan for her extensive research for this project.

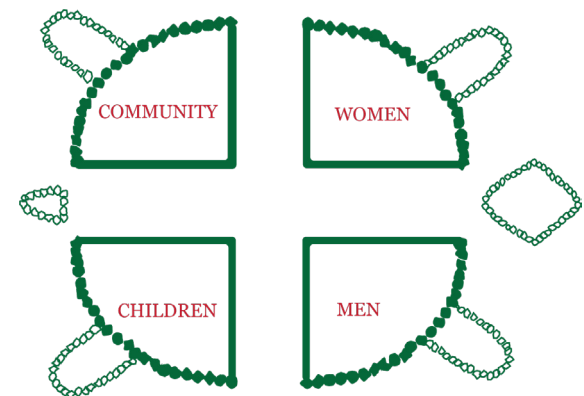
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RCHS, 323 Landmark Center, 75 Fifth Street, St Paul, MN 55102.

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# GIBBS FARM

## DAKOTA NATIVE MEDICINE GARDEN



Gibbs Farm is a program of Ramsey County Historical Society



## COMMUNITY GARDEN

<b>Alum Root</b>	Treats sore throat.
<b>Blue Flag</b>	Treats swelling and colic.
<b>Blue Vervain</b>	Treats stomach ache.
<b>Culver's Root</b>	Treats snakebite.
<b>Hoary Verbena</b>	Treats stomach ache.
<b>Large Beardtongue</b>	Treats chest pain.
<b>Pale Purple Coneflower</b>	Treats sore eyes, snakebite and stings.
<b>Purple Poppymallow</b>	Treats internal pain, aching body, head colds.
<b>Rattlesnake Master</b>	Treats stomach disorders, nausea, snakebite, poisons. Expectorant to clear lungs. Diuretic.
<b>Upright Prairie Coneflower</b>	Treats chest pain and wounds.
<b>Wild Bergamot</b>	Treats abdominal pain.
<b>Yarrow</b>	Reduces fever, anticoagulant, blood purifier, coagulant when used externally.

## CHILDREN'S GARDEN

<b>American Licorice</b>	Treats earaches, fevers, toothache.
<b>Blue Flag</b>	Treat swelling and colic, stimulates liver and gall bladder.
<b>Blue Vervain</b>	Treats stomach ache.
<b>Calamus</b>	Treats colds, cough, toothache, colic.
<b>Canada Milk Vetch</b>	Treats fever.
<b>Yarrow</b>	Reduces fever, anticoagulant, blood purifier, coagulant when used externally.

## WOMENS GARDEN

<b>Alum Root</b>	Treats sore throat.
<b>Autumn Onion</b>	Treats bee and wasp stings.
<b>Big Blue Stem</b>	Treats stomach ache, cleans birth canal.
<b>Columbine</b>	Aids heart and kidney, treats headaches, diarrhea and fever.
<b>Fringed Sagwort</b>	Treats irregular menstruation.
<b>Sweet Joe Pye Weed</b>	Aids rheumatism, cleans birth canal, kidney aid, tonic.
<b>Noddling Wild Onion</b>	Treats colds, fever, stomach aches, colic.
<b>Dotted Blazing Star</b>	Treats bladder issues, kidney aid, regulate menses, improves appetite.
<b>Yarrow</b>	Reduces fever, anticoagulant, blood purifier, coagulant when used externally.

## MENS GARDEN

<b>Big Blue Stem</b>	Treats stomach ache, reduces prostate.
<b>Columbine</b>	Aids heart and kidney, treats headaches, diarrhea and fever. Also used as a male contraceptive.
<b>Prickly Pear Cactus</b>	Treats burns and used for wound dressing, stomach aid, and for arthritis.
<b>Purple Coneflower</b>	Treats poisonous conditions, headache, enlarged glands, snake bites and stings.
<b>Wild Bergamot</b>	Treats abdominal pain.