Jerusalem Artichoke (Helianthus tuberosa): Tuber—food for diabetics and babies.
Black-eyed Susan (Rudbeckia hirta): Roots—medicinal tea for colds, worms, wash for sores and snake bites.
Jewelweed (Impatiens biflora): Leaves, stems—counteract poison ivy or eczema.

Strawberries (Fragaria vesca): Fruit, leaves, root—anemia, diabetes, drink for fever, soothe sunburn, tea for calming, diarrhea, urinary disorders.
Beebalm (Monarda or Bergamot): Oswego tea: Leaves, stems, flowers for tea—antiseptic, burns, eruptions, worms, sore throat, settle stomach.
Cardinal Flower (Lobelia cardinalis): Can have side effects. Roots, leaves—contraceptive, colds, sore throat, cramps, nervous conditions, food.
Milkweed (Asclepias syriaca): Warts, sores, cuts, bites, cough, medicine, swelling. Use sprouts, leaves, stalks, juice, seeds, roots, buds, flowers (boil once or twice).

Purple Coneflower (Echinacea): Roots—stimulate immune system, antibiotic, antiviral, fever, infections, allergies.
Spiderwort (Commelina erecta or Tradescantia commelinaeae): Roots— laxative, kidney, stomach, women’s issues. Leaves— poultice for stings, bites, cancer, astringent.
Seed—roasted, ground.
Comfrey (Symphytum officinale): Leaves and roots—oil, cell producer, broken bones, bruises, tissue damage, sores, bites, burns.
Ginger (Zingiber officinale): Snake root: Root and leaves—contraceptive, colds, sore throat, cramps, nervous conditions, food.
New England Aster (Symphyotrichum novae-angliae): Leaves and flowers added to kinemetic ink (smoking & smudging). Root and flowers tea used for diarrhea and fever. Attracts deer, food.

Woodland Native Americans foraged plants for food and medicine. For spiritual reasons and convenience, important plants were grown close to the home. This garden represents a sacred hoop or wheel of the Four Directions, moving clockwise or counterclockwise. East is yellow for Spring. South is red for Summer. West is blue for Fall. North is white for Winter. The east is a Three Sisters Garden planted by Native Americans from about AD 700 on. Corn (Tipi Sister) was planted in hills with beans (Climbing Sister) planted around the corn stalk. Squash or gourds (Spreading Sister) was planted around the mounds. In addition to food, corn was used to treat migraines and infections, beans were used to reduce blood pressure and squash was used to expel worms.