



Date: 1 August 2006
Black Hills National Forest, Custer County,
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Lakota Name:	“peji hota ape blaskaska” (grey herb with flat leaf)
Common English Name:	Cudweed Sagewort, Louisiana Sagewort, Man’s Sage, White Sage, Foothill Sagewort
Botanical Name:	<u>Artemisia ludoviciana</u> , <u>Artemisia gnaphaloides</u>
Native Range:	Prairie foothills and plains
Season of Growth:	Warm season perennial
Plant Family:	Asteraceae, Aster

Common Use:

- Drug (Anti-diarrheal), Infusion used for diarrhea.
- Drug (Cold Remedy), Infusion used for colds and sore throats.
- Plant used to make wreaths and bracelets for the Sun Dance and used in the sweat lodge.
- Other (Incense & Fragrance), Plant burned as incense.
- Other (Protection), Smudged on the body and home to ward off evil spirits.

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