

The Willow Plant

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The Many Uses Of the Willow Plant

The Shoshone plant named the, “Willow Plant” or “Seuhevi” in Shoshone can be used for many things. Before we get into what they can be used for let's look into the history of the plant. The plant was called, “The Woman's Plant.” It was named this because the plant would be used to make cradle boards for their children and because the woman would pick it. The men didn't like the smell of the plant and usually were out doing other things for their families so the woman would pick this plant.



The Different Colors of the Willow Plant

With there being many different colors of the Willow Plant you should know that they all serve different purposes as well.

GREY- Used to make medicines.

GREEN AND LIGHT GREEN- More flexible and can be used for making things such as baskets and more.

RED- This one is known for being heavy and used for making shelters. (Some tribes use it for smoking.)

Medical Uses for the Willow Plant

You can use the Willow Plant to stop bleeding, relieve pain, headaches, cramps and stop bug bites from swelling.

To stop the blood you can make it into a poultice from the inner bark and put it in the open wounds, You can also use this poultice into a tea which can help with colds and other illnesses.

(You can use the grey willow plant to make the medicines)

Non Medical Uses for Willow Plant

Other than the medical uses for the willow plant you can also use this plant for many more uses. Such as survival purposes.

You can use the willow plant to make arrow shafts and fishing weires. You can use the heavier and longer pieces to make the arrow shafts.

Use the strong red willow to make tripods for cooking.

Split the flexible green willow plant to make baskets.

Cut down willow plant and use for roasting hot dogs and marshmallows during campfires.

Here is an example of what a willow plant looks like.

