

Scientific Name	Common Name	Part Used	Details
Asclepias asperula	antelopehorns	latex	Latex used as a chewing gum.
Asclepias asperula	spider milkweed	root	Used as a bronchial dilator and to stimulate lymph drainage from lungs.
Asclepias asperula	spider milkweed	root	It acts like snuff and causes violent sneezing, which is supposed to banish the malady
Asclepias asperula	spider milkweed	root	Finely ground roots in water for labor pains and to facilitate expulsion of placenta
Asclepias asperula	spider milkweed	root	Used as a laxative.
Asclepias asperula	spider milkweed	root	Used to stimulate perspiration.
Asclepias asperula	antelopehorns	specific part unknown	Plant used as ceremonial emetic.
Asclepias asperula	spider milkweed	root	Used after childbirth to shorten uterine contractions and to promote post-birth discharge.
Asclepias asperula	spider milkweed	root	Used as a heart tonic.
Asclepias asperula	spider milkweed	root	Used after childbirth to stimulate change from colostrum to milk.
Asclepias asperula	spider milkweed	root	Used to stimulate menstruation and as an abortifacient.
Asclepias asperula	spider milkweed	root	Used to stimulate menstruation and as an abortifacient.
Asclepias asperula	spider milkweed	root	Sniffed powdered root used to induce sneezing.
Asclepias asperula	spider milkweed	root	Used after childbirth to shorten uterine contractions and to promote post-birth discharge.
Asclepias asperula	spider milkweed	root	Used as a bronchial dilator and to stimulate lymph drainage from lungs.
Asclepias asperula	spider milkweed	root	Used as a bronchial dilator and to stimulate lymph drainage from lungs.
Asclepias asperula	spider milkweed	root	Drink powdered root in water to relieve different pains or mix with water to make a poultice

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Asclepias asperula	spider milkweed	root	Drink powdered root in water to relieve different pains or mix with water to make a poultice
Asclepias asperula	antelopehorns	specific part unknown	Plant used as a snuff for catarrh.
Asclepias asperula	spider milkweed	root	Used as a heart tonic.
Asclepias asperula	spider milkweed	root	Used as a heart tonic.
Asclepias asperula	antelopehorns	specific part unknown	Infusion taken and used as lotion for mad dog or mad coyote bite on man or animal.
Asclepias californica	California milkweed	leaves	Leaves roasted under hot ashes and chewed.
Asclepias californica	California milkweed	specific part unknown	Dried, powdered plant applied to spider bites.
Asclepias cordifolia	heartleaf milkweed	latex	Latex boiled, condensed and chewed.
Asclepias cordifolia	heartleaf milkweed	root	Root used as a medicine.
Asclepias cryptoceras	pallid milkweed	latex	Latex used for ringworm.
Asclepias cryptoceras	pallid milkweed	root	Decoction of root used as a wash for headaches.
Asclepias cryptoceras	pallid milkweed	juice	Juice of plant used for horse with sore back.
Asclepias engelmanniana	eared milkweed	specific part unknown	Plant used for nasal congestion from a cold.
Asclepias eriocarpa	woollypod milkweed	specific part unknown	Plant used to make aprons.
Asclepias eriocarpa	woollypod milkweed	stem	Stem fiber made into twine and used to make network sacks for carrying acorns and other small seeds.
Asclepias eriocarpa	woollypod milkweed	specific part unknown	Used to make ropes and string.
Asclepias eriocarpa	woollypod milkweed	stem	Stem fiber made into twine and used to make fishing nets.
Asclepias eriocarpa	woollypod milkweed	milk	Milk stirred, heated, mixed with salmon fat or deer grease and used for chewing gum.
Asclepias eriocarpa	woollypod milkweed	flower	Sweet-scented flowers used by bees as a source of nectar.
Asclepias eriocarpa	woollypod milkweed	specific part unknown	Burning dried plant smoke inhaled for asthma.
Asclepias eriocarpa	woollypod milkweed	specific part unknown	Decoction of plant and plant salve used for colds.
Asclepias eriocarpa	woollypod milkweed	juice	Plant juice applied to cuts, sores and warts.
Asclepias eriocarpa	woollypod milkweed	juice	Milky juice used to reduce corns.

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Asclepias eriocarpa	woollypod milkweed	root	Powdered, dried roots inhaled to cause sneezing.
Asclepias erosa	desert milkweed	sap	Sap collected, set aside to solidify, heated over the fire and used as a chewing gum.
Asclepias exaltata	poke milkweed	root	Raw root eaten for stomach trouble.
Asclepias fascicularis	Mexican whorled milkweed	leaves	Boiled greens added to thicken manzanita cider.
Asclepias fascicularis	Mexican Whorled Milkweed	stem	Stem fiber used as cordage.
Asclepias fascicularis	Mexican Whorled Milkweed	specific part unknown	Species used for food.
Asclepias fascicularis	Mexican Whorled Milkweed	aerial parts	Boiled greens used for food.
Asclepias fascicularis	Mexican whorled milkweed	flower	Flowers considered poisonous.
Asclepias fascicularis	Mexican whorled milkweed	leaves	Poultice of fresh leaves used for snakebite.
Asclepias hallii	Hall's Milkweed	specific part unknown	Infusion of plant used as tonic after deliverance.
Asclepias incarnata	Swamp Milkweed	specific part unknown	Fiber used to make good twine.
Asclepias incarnata	Swamp-milkweed	stem	Fibre used for sewing moccasins
Asclepias incarnata	Swamp Milkweed	stem	Dried stems made into cord and used for tooth extraction.
Asclepias incarnata	Swamp Milkweed	flower head	Heads, deer broth or fat used to make soup.
Asclepias incarnata	Swamp Milkweed	flower head	Cut, dried heads stored for winter use.
Asclepias incarnata	Swamp-milkweed	root	Root is for a decoction to cure asthma
Asclepias incarnata	Swamp Milkweed	root	Root used as a carminative.
Asclepias incarnata	Swamp Milkweed	root	Root used as a cathartic.
Asclepias incarnata	Swamp Milkweed	root	Cold infusion of roots applied to heal babies navel.
Asclepias incarnata	Swamp Milkweed	specific part unknown	Decoction of plants taken for too little urine.
Asclepias incarnata	Swamp Milkweed	root	Root used as an emetic.
Asclepias incarnata	swamp milkweed	root	Root of the swamp milkweed used to expel tapeworms.
Asclepias incarnata	Swamp Milkweed	specific part unknown	Decoction of plants taken for the kidneys.
Asclepias incarnata	Swamp Milkweed	specific part unknown	Decoction of plants taken for lame backs.
Asclepias incarnata	Swamp Milkweed	root	Compound decoction of roots taken and used as wash for stricture.
Asclepias incarnata	swamp milkweed	root	Infusion of root used as a strengthening bath for children.

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Asclepias incarnata	swamp milkweed	root	Infusion of root used as a strengthening bath for children and adults
Asclepias incarnata	swamp milkweed	root	Root pulverized, made into a salve, and rubbed on scrofulous swellings.
Asclepias incarnata	Swamp Milkweed	specific part unknown	Decoction of plants taken for too much urine.
Asclepias incarnata	Swamp-milkweed	root	Root is for a decoction to cure whooping cough
Asclepias incarnata	Swamp Milkweed	specific part unknown	Decoction of plant used to increase one's strength to be able to physically punish a witch.
Asclepias involucrata	dwarf milkweed	specific part unknown	Infusion of plant used as a stomach medicine.
Asclepias involucrata	dwarf milkweed	root	Poultice of heated roots applied for toothaches.
Asclepias involucrata	dwarf milkweed	root	Dry powdered root and saliva used for unspecified illness.
Asclepias latifolia	broadleaf milkweed	sap	extracted from stems, dried and used as chewing gum
Asclepias latifolia	broadleaf milkweed	sap	fresh sap applied to reduce irritability of sores and to warts
Asclepias latifolia	broadleaf milkweed	leaves/stem	Ground leaf and stem powder inhaled for catarrh.
Asclepias nyctaginifolia	Mojave milkweed	specific part unknown	Infusion of plant given to infants with diarrhea.
Asclepias nyctaginifolia	Mojave milkweed	specific part unknown	Infusion of plant given to infants with diarrhea.
Asclepias perennis	Aquatic Milkweed	specific part unknown	Plant fibers used to make bowstrings.
Asclepias perennis	Aquatic Milkweed	root	Infusion of root taken with root of "virgin's bower" for backache.
Asclepias perennis	Aquatic Milkweed	specific part unknown	Rubbed on warts to remove them.
Asclepias perennis	Aquatic Milkweed	specific part unknown	Plant taken for "dropsy."
Asclepias perennis	Aquatic Milkweed	specific part unknown	Plant taken as a laxative.
Asclepias perennis	Aquatic Milkweed	specific part unknown	Plant taken for "gravel."
Asclepias perennis	Aquatic Milkweed	root	Infusion of root taken for venereal diseases.
Asclepias pumila	plains milkweed	leaves	Infusion of leaves taken for diarrhea.
Asclepias pumila	plains milkweed	leaves	Infusion of leaves taken by children with diarrhea.
Asclepias quadrifolia	Fourleaf Milkweed	specific part unknown	Plant fibers used to make bowstrings.
Asclepias quadrifolia	Fourleaf Milkweed	specific part unknown	Rubbed on warts to remove them.

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Asclepias quadrifolia	Fourleaf Milkweed	specific part unknown	Plant taken for "dropsy."
Asclepias quadrifolia	Fourleaf Milkweed	specific part unknown	Plant taken for as a laxative.
Asclepias quadrifolia	fourleaf milkweed	root	Infusion of root taken with root of "virgin's bower" for backache.
Asclepias quadrifolia	Fourleaf Milkweed	specific part unknown	Plant taken for "gravel."
Asclepias quadrifolia	Fourleaf Milkweed	root	Infusion of root taken for venereal diseases.
Asclepias speciosa	showy milkweed	specific part unknown	Plant used as a Eagleway, Female Shootingway, Beautyway and Beadway emetic.
Asclepias speciosa	showy milkweed	stem	Stem fibers shredded to make a woman's skirt.
Asclepias speciosa	showy milkweed	stem	Stems used as a poor substitute for Indian hemp.
Asclepias speciosa	showy milkweed	latex	Milky latex allowed to harden and used as chewing gum.
Asclepias speciosa	showy milkweed	flower	Floral bud clusters used to thicken soup.
Asclepias speciosa	showy milkweed	fruit/berry	Inner layer of fruit used for food.
Asclepias speciosa	showy milkweed	flower	Open flowers cut up for a sort of preserve.
Asclepias speciosa	showy milkweed	flower	Flowers boiled with soup or meat, flour added and eaten as a gravy.
Asclepias speciosa	spider milkweed	leaves/pods	cooked and added to meat dishes, to increase the palatability
Asclepias speciosa	showy milkweed	buds	Whole buds boiled with meat or in water to make soup.
Asclepias speciosa	showy milkweed	flower	Used as a flavoring agent for old stew and soup.
Asclepias speciosa	showy milkweed	buds	Young, unopened buds boiled with meat, grease, gravy or soup and eaten.
Asclepias speciosa	showy milkweed	top/shoot	Tea made from top part of plant, strained, and liquid applied to the eyes with a clean cloth to treat snowblindness and other forms of blindness.
Asclepias speciosa	spider milkweed	whole plant	an infusion for sore breasts, also given to mothers if they have faulty lactation
Asclepias speciosa	showy milkweed	root	Used as an expectorant for bronchial problems.
Asclepias speciosa	showy milkweed	sap	Traditionally used as a remedy for warts.

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Asclepias speciosa	showy milkweed	root	Used to induce urination and perspiration.
Asclepias speciosa	showy milkweed	root	Decoction of root taken for "bloody diarrhea."
Asclepias speciosa	showy milkweed	root	Decoction of root taken for "general out-of-sorts feeling and emaciation."
Asclepias speciosa	showy milkweed	tops	Decoction of plant tops strained and used as an eye medicine.
Asclepias speciosa	showy milkweed	root	Fresh roots chewed or dried, pulverized and boiled and used for stomachache.
Asclepias speciosa	showy milkweed	root	Traditionally used to stimulate lactation.
Asclepias speciosa	showy milkweed	root	Used to induce urination and perspiration.
Asclepias speciosa	showy milkweed	specific part unknown	Plant used as a Eagleway, Female Shootingway, Beautyway and Beadway emetic.
Asclepias speciosa	showy milkweed	root	Used to induce urination and perspiration.
Asclepias speciosa	showy milkweed	root	Used as an expectorant for bronchial problems.
Asclepias speciosa	showy milkweed	root	Hot decoction of root taken to bring out the rash of measles.
Asclepias speciosa	showy milkweed	root	Root poisonous in large amounts.
Asclepias speciosa	showy milkweed	root	Decoction of roots taken for headaches and general debility.
Asclepias speciosa	showy milkweed	root	Poultice of mashed roots applied for rheumatism.
Asclepias speciosa	showy milkweed	seeds	Decoction of seeds used to draw poison from snakebites.
Asclepias speciosa	showy milkweed	latex	Latex rubbed on skin sores.
Asclepias speciosa	showy milkweed	root	Used for gallbladder attacks.
Asclepias speciosa	showy milkweed	root	Poultice of mashed root applied to swellings.
Asclepias speciosa	showy milkweed	root	Decoction of root taken for "general out-of-sorts feeling and emaciation."
Asclepias speciosa	showy milkweed	root	Decoction of root taken for cough, especially from tuberculosis.
Asclepias speciosa	showy milkweed	root	Decoction of root taken in small doses for venereal diseases.

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Asclepias speciosa	showy milkweed	latex	Latex used as an antiseptic and healing agent on sores, cuts and ringworm.
Asclepias speciosa	showy milkweed	sap	Latex or pulverized seeds used as an antiseptic and healing agent on sores.
Asclepias speciosa	showy milkweed	bark	Inner bark used for binding or tying.
Asclepias speciosa	showy milkweed	juice	Milky juice used for temporary branding of livestock.
Asclepias speciosa	showy milkweed	milk	"Milk" from the broken stems used in cases of emergency for branding stock temporarily.
Asclepias stenophylla	slimleaf milkweed	root	Root given to children to increase the appetite.
Asclepias stenophylla	slimleaf milkweed	root	Root given to children who refused to eat to help them regain their appetite for the prairie turnip, Psoralea esculenta, a food staple, and other foods.
Asclepias subulata	Rush Milkweed	specific part unknown	Plant used as a physic.
Asclepias subulata	Rush Milkweed	specific part unknown	Plant used as an emetic.
Asclepias subulata	Rush Milkweed	specific part unknown	Plant used for sore eyes.
Asclepias subulata	Rush Milkweed	specific part unknown	Plant used for stomach disorders.
Asclepias subulata	Rush Milkweed	specific part unknown	Plant used for many ailments.
Asclepias subulata	Rush Milkweed	specific part unknown	Plant considered poisonous.
Asclepias subverticillata	whorled milkweed	pod	Pods gathered when two thirds ripe and the cotton used for weaving clothing.
Asclepias subverticillata	whorled milkweed	seeds	Spun seed hair made into string used in prayer sticks.
Asclepias subverticillata	whorled milkweed	pod	dance kilts, belts, and other articles woven from this fiber
Asclepias subverticillata	whorled milkweed	seeds	Ripe seed silk mixed with grease and used as chewing gum.
Asclepias subverticillata	whorled milkweed	buds	First buds eaten by children.
Asclepias subverticillata	whorled milkweed	specific part unknown	Used by the mother to produce a flow of milk.
Asclepias subverticillata	whorled milkweed	sap	To draw out soreness from the face
Asclepias subverticillata	whorled milkweed	coma	Coma made into cords and used for fastening plumes to the prayer sticks.

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Asclepias syriaca	Common Milkweed	shoot	identified in a string
Asclepias syriaca	common milkweed	bark	Outer bark used for making cords.
Asclepias syriaca	common milkweed	bark	Outer bark used for sewing thread.
Asclepias syriaca	Common Milkweed	shoot	
Asclepias syriaca	Common Milkweed	shoots/buds/flowers	dried them for winter food
Asclepias syriaca	common milkweed	flower	Flowers cut up, stewed and eaten like preserves.
Asclepias syriaca	common milkweed	buds	Buds used in soups.
Asclepias syriaca	common milkweed	specific part unknown	Plant eaten before a feast to increase the appetite.
Asclepias syriaca	common milkweed	sprout	Sprouts used in early spring for food.
Asclepias syriaca	common milkweed	leaves/pods/sprouts/tops	Tender leaves, young green seed pods, sprouts and tops cooked as greens.
Asclepias syriaca	common milkweed	spouts/buds/fruits	
Asclepias syriaca	common milkweed	root	Cold decoction of root added to food to produce postpartum milk flow.
Asclepias syriaca	common milkweed	buds	Buds eaten or decoction of root used for chest discomfort.
Asclepias syriaca	common milkweed	specific part unknown	Plant taken as a laxative.
Asclepias syriaca	common milkweed	root	Infusion of dried, pulverized roots and rhizomes taken by women for temporary sterility.
Asclepias syriaca	common milkweed	specific part unknown	Rubbed on warts to remove them.
Asclepias syriaca	common milkweed	specific part unknown	Plant taken for dropsy.
Asclepias syriaca	common milkweed	leaves	Infusion of leaves taken as a stomach medicine.
Asclepias syriaca	common milkweed	specific part unknown	Compound decoction of plants taken to prevent hemorrhage after childbirth.
Asclepias syriaca	common milkweed	milk	Milk used for warts, bee stings and cuts.
Asclepias syriaca	common milkweed	root	Compound decoction of roots taken for stricture.
Asclepias syriaca	common milkweed	root	Infusion of root taken with root of "virgin's bower" for backache.
Asclepias syriaca	common milkweed	stalk	Stalks cooked as greens and used for rheumatism.

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Asclepias syriaca	common milkweed	specific part unknown	Plant taken for "gravel."
Asclepias syriaca	common milkweed	root	Infusion of root taken for venereal diseases.
Asclepias syriaca	common milkweed	milk	Milk of fresh plant applied to warts and ringworm.
Asclepias syriaca	common milkweed	juice	Milky juice used to mount precious stones into necklaces, earrings, collars, and bracelets.
Asclepias syriaca	common milkweed	fibers	Plant fibers used to make bowstrings.
Asclepias syriaca	common milkweed	stalk	Mature stalk fiber chewed and used for popgun wadding by little boys.
Asclepias tuberosa	butterfly milkweed	root	"In the Omaha tribe this medicine and its rites belonged to the Shell Society. ... The ceremonials connected with digging, preparation, consecration, and distribution occupied four days."
Asclepias tuberosa	Butterfly Milkweed	specific part unknown	Used for breast, stomach and intestinal pains.
Asclepias tuberosa	Butterfly Milkweed	seeds	Seeds boiled in "new milk" and used for diarrhea.
Asclepias tuberosa	Butterfly Milkweed	root	Roots used for rheumatism.
Asclepias tuberosa	Butterfly Milkweed	root	Root used for rheumatism.
Asclepias tuberosa	butterfly milkweed	root	Root pulverized and used for cuts, wounds, and bruises.
Asclepias tuberosa	Butterfly Milkweed	specific part unknown	Plant used in ceremonial chant lotion.
Asclepias tuberosa	butterfly milkweed	root	Some Asclepias species used for colic.
Asclepias tuberosa	butterfly milkweed	root	Plant used as a diaphoric, expectorant, and for bronchial dilation.
Asclepias tuberosa	Butterfly Milkweed	root	Poultice of root used or decoction taken for bruises and swellings.
Asclepias tuberosa	butterfly milkweed	root	Plant used as a diaphoric, expectorant, and for bronchial dilation.
Asclepias tuberosa	butterfly milkweed	root	Used for pleurisy and mild pulmonary edema.
Asclepias tuberosa	Butterfly Milkweed	specific part unknown	Used as an expectorant and taken for pleurisy.
Asclepias tuberosa	Butterfly Milkweed	specific part unknown	Infusion used for "bloody flux."

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Asclepias tuberosa	butterfly milkweed	root	Plant used to stimulate skin and mucosal circulation and secretions; thus it is used for dry skin and hair, frequent nighttime urination, and to aid the body's adjustment to changes in heat and humidity.
Asclepias tuberosa	Butterfly Milkweed	root	Infusion of root used for heart trouble.
Asclepias tuberosa	butterfly milkweed	root	
Asclepias tuberosa	butterfly milkweed	root	In case of hemorrhage one should drink it [the root].
Asclepias tuberosa	Butterfly Milkweed	root	Seeds or root used as gentle laxative.
Asclepias tuberosa	butterfly milkweed	root	Plant used as a diaphoric, expectorant, and for bronchial dilation.
Asclepias tuberosa	Butterfly Milkweed	multiple parts	Plant used for influenza.
Asclepias tuberosa	Butterfly Milkweed	root	Poultice of root used or decoction taken for lameness.
Asclepias tuberosa	Butterfly Milkweed	root	Infusion of roots used as a wash for arms, shoulders and body for lifting.
Asclepias tuberosa	butterfly milkweed	root	Used for pleurisy and mild pulmonary edema.
Asclepias tuberosa	Butterfly Milkweed	root	Used as an expectorant and taken for pleurisy and lung inflammations.
Asclepias tuberosa	Butterfly Milkweed	root	Root eaten raw for bronchial and pulmonary trouble.
Asclepias tuberosa	Butterfly Milkweed	leaves	Poultice of bruised leaves bound to snakebites.
Asclepias tuberosa	Butterfly Milkweed	root	Poultice of smashed roots applied to legs and running shoes dampened or washed for running strength.
Asclepias tuberosa	butterfly milkweed	root	Plant used to stimulate skin and mucosal circulation and secretions; thus it is used for dry skin and hair, frequent nighttime urination, and to aid the body's adjustment to changes in heat and humidity.

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<i>Asclepias tuberosa</i>	butterfly milkweed	root	Plant used to stimulate skin and mucosal circulation and secretions; thus it is used for dry skin and hair, frequent nighttime urination, and to aid the body's adjustment to changes in heat and humidity.
<i>Asclepias tuberosa</i>	butterfly milkweed	root	Root pulverized and used for cuts, wounds, and bruises.
<i>Asclepias tuberosa</i> L.	Butterfly Milkweed	stem	Stems used to make belts.
<i>Asclepias verticillata</i>	whorled milkweed	leaves/shoot	Leaves and young shoots boiled with meat and eaten.
<i>Asclepias verticillata</i>	whorled milkweed	whole plant	Infusion of entire plant taken by nursing mother with scanty flow of milk.
<i>Asclepias verticillata</i>	whorled milkweed	root	Root used as a sudorific.
<i>Asclepias verticillata</i>	whorled milkweed	whole plant	A tea of the whole plant drunk by mothers unable to produce milk
<i>Asclepias verticillata</i>	whorled milkweed	specific part unknown	Plant used for nose troubles.
<i>Asclepias verticillata</i>	whorled milkweed	root	Root chewed, saliva swallowed and strong decoction taken for snakebite.
<i>Asclepias verticillata</i>	whorled milkweed	specific part unknown	Plant used for throat troubles.
<i>Asclepias verticillata</i>	whorled milkweed	root	Root used as a stimulant.
<i>Asclepias verticillata</i>	whorled milkweed	specific part unknown	Used as a planting stick.
<i>Asclepias viridiflora</i>	green milkweed	root	Root pieces stored for winter soups.
<i>Asclepias viridiflora</i>	green milkweed	specific part unknown	Plant used to spice soups.
<i>Asclepias viridiflora</i>	green milkweed	root	Fresh roots used for food.
<i>Asclepias viridiflora</i>	green milkweed	root	Poultice of chewed roots applied to swellings.
<i>Asclepias viridiflora</i>	green milkweed	whole plant	Infusion of whole plant taken by mothers to increase their milk.
<i>Asclepias viridiflora</i>	green milkweed	root	Pulverized roots given to children with diarrhea.
<i>Asclepias viridiflora</i>	green milkweed	root	Poultice of chewed roots applied to sore eyes.
<i>Asclepias viridiflora</i>	green milkweed	whole plant	A tea of the whole plant drunk by mothers unable to produce milk
<i>Asclepias viridiflora</i>	green milkweed	root	Poultice of chewed roots applied to nursing baby's sore gums.

