

INDIAN TURNIP (Psoralea esulenta)

Gets ripe in April.

(What's the name of it?)

I don't know what the English name for it is, but in dialect it's called (Apache name for esculenta). Yeah, well I'll have to show you how to say it. In April and May, that's when its ripe. This other is a sand plant comes from the sand country. Certain fruits and plants they just good for 30 days. And after that they wither and they go to waste so to speak. There's another variety around Anadarko and up in Fort Cobb. There is a lot of them around that lake, and I'd like for you all to gather up some. Now, it's practically done gone, but I want to show you just what they look like. They grow in the places like this. (around rocks.) You can't hardly..they're gone now, that's a few days ago. You see we had a time finding them. There is 2 of them, but you got to go down about 6 or 8 inches. You dig all the way around it because..let's see, we might find a better one. They been ripe here 60 days ago. They're just like any other plant, at the right season, they're all right. They're similar to this (points to a purple flower). They're about this color, yeah. But when these fall over and dry up, they're no good. But whenever they're in full bloom that's when they're tender, that's when you eat them. They're just a small one. Way back in the old days, in the spring time they send children out. They get them and they eat them see? Just for a past time. I don't know whether they good or not, but they're good to eat. They ain't got no bitter taste or nothing.

(Are they kind of sweet tasting?)

Oh, no, they don't taste sweet either.

(Just kind of in-between?)