

or just cook it and strain it. Then put fresh water in them, grease and salt. Let them cook. Put eggs in them too, sometimes. But I'd rather have mine so without any eggs, polk salad, but some of them does. I always do it that way.

### ROOT MEDICINE

(Well, I've heard that Polk salad is kind of good as a medicine in the spring. I've heard it kind of cleans the blood out. Is that-- anything to that?)

The roots, I guess.

(Oh, the roots?)

Yeah, you take the roots and get some of them there spice wood.

They call it spice wood too. Well, now that's good for your blood.

They say it's good. Just get them and get spice wood limbs and boil them and drink them. Put sugar in it, you know.

(Well, now is spice wood the same thing as sassafras?)

Uh-huh. Yeah, it's the same thing.

(Oh, that's the same one?)

No, that's not the same thing. But you can fix the same thing.

(Oh, I see.)

Sassafras though, you can take the roots and this here spice wood, you take the limbs. Now sassafras, we use the roots on that.

(Does that grow around here? That spice wood?)

Yeah, back out there you find little bunches of it around.

(Is it a tree or--?)

No, it's just a-bushes, like a great big bush. They're about that big. Big as, same as them bushes.

(About three feet, two feet tall?)

Yeah.