

They used to--like this elm--they peel the bark off. Then the inside of it, they used to get it and peel it. Then roll it up and tie it and just put it in a pot and boil it. It's good.

(I've heard about that, I think, but I've never tried any.)

We used to make tea out of that.

(Could they ever just dry that bark and then make their tea later?)

Yeah, they used to dry it. They peel it off from inside of the bark, and then just fold it up and tie it in bunches. And even when it's dry, it's good tea. They used it.

(Can you get that from just any elm tree?)

Just any of these trees. (Probably slippery elm--jj.)

(What about the time of year--could you get it any time or just certain time?)

Any time. And you know when these children have the "runs"? They used to go to these plum bushes and get the roots of this plum and use this bark to check their bowels. They used to boil it.

(Did they have a name for this elm bark tea?)

hww.k

(How would you just call an elm tree--is there a name for that?)

hww.k --same thing.

OTHER WILD PLANT TEAS

(This other kind of tea you were talking about where they took some kind of green weeds--?)

Yeah, there was green weeds they used to get. And then another kind--you know there's always a little ponds or little lakes out in the field, and they have these yellow flowers. (Possibly a compositae such as broom weed--jj.) And they used to use that for tea, too.

(The flowers?)

No, the whole thing. Used to pull them up and cut the roots off and just