

FLOWERS OF SOAPWEED (YUCCA) EATEN; ROOT USED AS SHAMPOO

(Tell me some more about this soapweed you mentioned when we first started talking.)

Oh, yeah. They used to get--when it blooms--there's white flowers on there. They just take that white things, and they used to cook that. Tastes something like cabbage.

(What's the Arapaho name for that?)

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(Could you ever dry those?)

No, they didn't dry them. Just eat them when they first bloom.

(Did very many people eat those?)

Yeah, Arapahoes used to eat them.

(Did they ever cook them with anything, or just by themselves?)

Just cook them with--like bacon and grease or some kind of fat.

(The leaves of that plant are sort of pointed on the end--sharp. Can you eat those leaves, too?)

No. Just--you know, there's always a stem in the middle, and it blooms and it's got white flower. And that white part (is what's eaten)--they don't get that round thing--(either the stem or the ovary)--just the leaves (petals) of it--that's what they used to use. Then the root of it, they used it to wash their head with.

(How did they use that?)

They get it and then took the skin off of it and then boil it. And they would have it in a pot or something, and they used to wash their heads with it. It's just like soap.

(Have you ever used it yourself?)

No.