

## **Plant List for *Will Wilson: AIR / Survey***

The plants listed below were cultivated by Marika Alvarado with assistance from Evie Carr for the exhibition *Will Wilson: AIR / Survey*. At the center of the exhibition is a new version of Wilson's *AIR Lab*, a hogan turned greenhouse containing local plant life and Medicines carefully chosen by Ms. Alvarado from her work as a Medicine Woman. Her wisdom and healing practice provides a local counterpoint to the ecological destruction highlighted in Wilson's photographs. Together, their collaboration speaks to the importance of cultural continuity, Indigenous wisdoms, and healing through the Earth.

### *Night Blooming Tobacco*

I use this plant for women's ceremonial baths. It is connected with the moon.



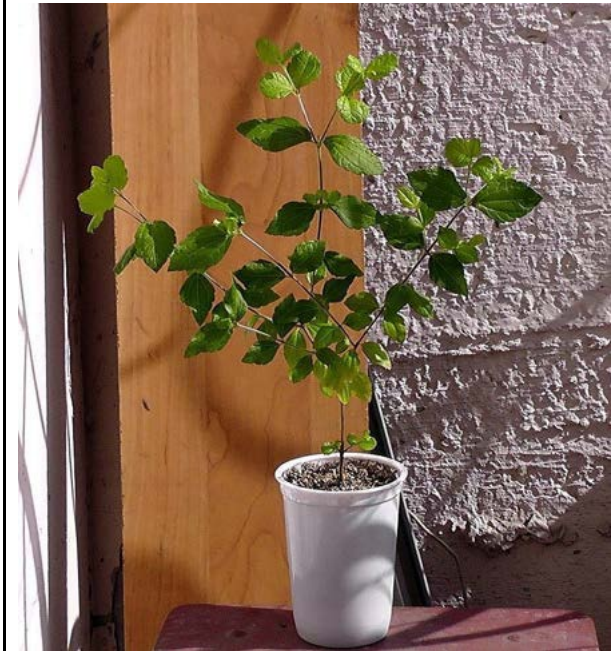
### *Sinicuichi- Sun Opener*

We are losing this plant in Texas. It is used in ceremony- it is calming to the body and it opens.



### *Calea*

This plant is also connected with the Moon. It is about healing in the Dream world.



### *Spanish Needles*

We are losing this plant in Texas. It is great for lower body infections.





*Dagga*

Use for calming the body, epilepsy, anxiety, and blood pressure.



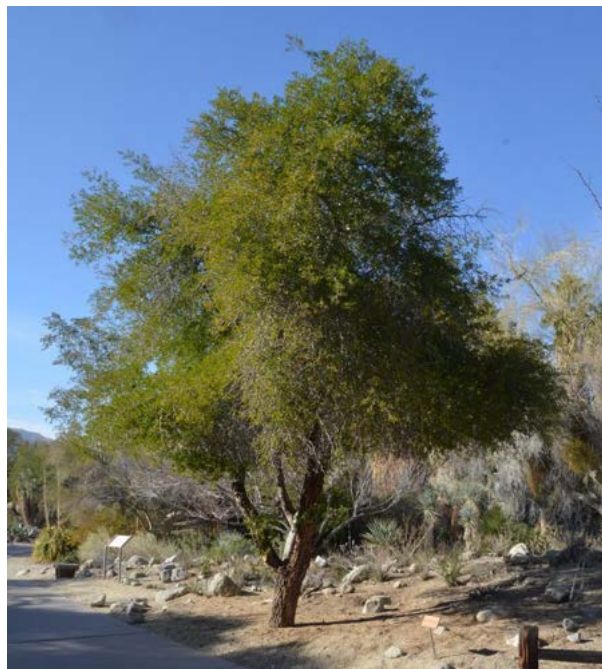
*Honey Mesquite*

Comes from a Nahuatl word: Mizquitl. It is antibacterial, antifungal, antidiabetic, and high protein .



*Ebano- Ebony*

The seeds are edible, they can be ground into a flour and are high in protein.



*Anachuaite- Mexican Olive Tree*

The flower and seed pods are used for Bronchitis.



*Muicle- Mexican Honeysuckle*

Wonderful plant for Arthritis.  
It is a digestive, and the leaves and flowers make a tea.





## *Sycamore*

They are full of drinkable sap, and you can also make a syrup. The bark can be made into a coffee substitute. You can use the large trees to cook meats with because they release a sweetness.



*Mexican Cinnamon*

Ceylon, used as an anti-inflammatory and for treating Diabetes and altitude illness.



*Vara Dulce- Kidneywood*

Also know as Palo Azul. This plant is a strong diuretic. It can treat urinary infections, kidney inflammation, and fever.





*Retama*

The young branches' leaves are used for pain, urinary tract infections, and lowering blood sugar.



*Chaparro Prieto- Texas Black Bush*

This plant is used for weight loss.



*Yerba de Buey- Texas Gum Weed*

This plant is a sedative, antispasmodic, and expectorant. Good on poison ivy, asthma and bronchitis.



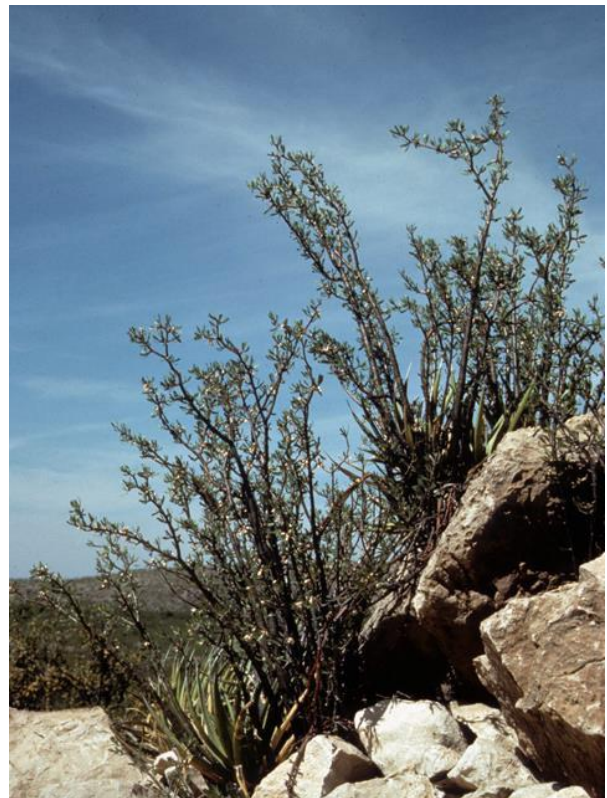
*Wild Mexican Oregano*

This plant is used for dysentery, and is an intestinal antiseptic.



*Sangre De Drago- Leather Stem*

This plant is antimicrobial. It has been used for hair loss and dandruff.





*Guajillo*

Also known as Catclaw mimosa. This plant is toxic.



*Chapotillo- Texas Torch Wood*

This is a bright burning wood.



*Amargoso- Goat Bush*

This plant is used to treat dysentery.



*Manzanita- Uva-Ursi- Bearberry*

This plant is an antiseptic and diuretic. It treats urinary tract issues and Poison Oak.



*Cenizo- Texas Sage*

This plant is used for sinus infections.





*Lacey Oak*

This plant is edible.



*Cactus Root*

These roots are a buffering agent.



*Nopales*

This plant is used to treat diabetes.



*Cow's Ear*

This plant is acidic, used for drawing out toxins.



*Agarita*

This plant is anti-bacterial and contains an anti-viral compound called berberine. You can use the whole plant.





## *Mullein*

The whole plant is medicine. It is used to treat bronchitis, colds, and tonsillitis.



## **BIO**

[Marika Alvarado](#) is a Lipan Mescalero Apache Medicine Woman based in Central Texas. She is the founder of Of the Earth Institute of Indigenous Cultures and Teachings, and is a direct descendant of generations of Medicine Women: traditional native healers of spirit and body, midwives, and plant medicine practitioners. Her mother, grandmother, and aunt handed the medicine down to her. As a child, she was taught the traditional way, as her family tended those who came to them in need. She believes in teaching all people who have the dedication and spiritual will to use these teachings as Mother Earth and the generations before her intended.