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Anemone canadensis

[Synonyms : *Anemone dichotoma*, *Anemone dichotoma* var. *canadensis*, *Anemone pennsylvanica*, *Anemone pennsylvanicum*, *Anemonidium canadense*]

CANADA ANEMONE is a perennial. Native to central northern North America it has white flowers.

It is also known as *Anémone du Canada* (French), *Ängsanemon* (Swedish), Broad-leaf anemone, Canadian anemone, Crowfoot, *Kanadanvuokko* (Finnish), Little buffalo medicine, Meadow anemone, Pennsylvania anemone, Round-headed anemone, Round-leaved anemone, *Te-zhinga-maka* (Omaha and Ponca North American Indian), and Windflower.

Canadensis means ‘of or from Canada or north-eastern North America’.

Records mention that Canada anemone was one of the most highly regarded plants for medicine men in the Omaha and Ponca tribes. The plant was used internally and externally especially when treating sores. The Chippewa applied a root poultice for sores, used the leaves for stemming nosebleeds and bleeding wounds, and some of the tribe ate the root to ease throats for singing. Worms were treated with a root decoction by the Iroquois, and the Meskwaki used a root infusion for various eye problems.