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*Aralia hispida*

**AMERICAN DWARF ELDER** is a deciduous subshrub. Native to North America it has small dull white flowers.

It is also known as Angelica tree, *Aralia szortska* (Polish), *Aralia szczeciniasta* (Polish), *Aralie hispide* (French), Bristle-stem, Bristle-stemmed sarsaparilla, Bristly aralia, Bristly sarsaparilla, Dwarf elder, Prickly ash, Rough sarsaparilla, Sarsaparilla, Spikard tree, Toothache tree, and Wild elder.

*Hispida* is Latin (rough, hairy, bristly) meaning 'bristly or with rough, erect hairs'.

Both the Potawatomi and Algonkin North American Indian tribes are said to have used the roots for medicinal purposes, the latter as a remedy particularly for some heart disease.

Medicinally, the bark or roots have been used by North American herbalists to treat kidney disorders and fluid retention. The bark and root are used in homoeopathic treatments.