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*Astragalus canadensis*

[Synonyms : *Astragalus brevidens*, *Astragalus canadensis* var. *brevidens*, *Astragalus canadensis* var. *canadensis*, *Astragalus canadensis* var. *carolinianus*, *Astragalus canadensis* var. *longilobus*, *Astragalus carolinianus*, *Astragalus halei*, *Astragalus oreophilus*, *Astragalus torreyi*, *Phaca canadensis*, *Tragacantha canadensis*]

**MILK VETCH** is a perennial. Native to North America it has small pea-like, mauve-tinged, green or pale yellow flowers.

It is also known as Canada milk vetch, Canadian milkvetch, *Kolvvedel* (Swedish), and Little rattlepod.

The flowers are pollinated by long-tongued bees, bumble bees and several kinds of butterfly. *Canadensis* means 'of or from Canada or north-eastern North America'.

The roots (which were a staple food for the North American Blackfoot Indians) were eaten raw or boiled in broth or blood.

The plant's seeds were eaten by horses.

Both the Blackfoot and Dakota Indians respected medicinal attributes in the roots. Its action was considered to be sufficiently gentle to be suitable for children and it was given to them particularly to reduce fever. The roots also provided a cough medicine, and an ingredient for poultices used on cuts.