

You are viewing one of thousands of biographies – click below for more, including Search box and access to Plant associated organisations.

[Plant Biographies](#)

[Bibliography](#)

---

*Carya pallida*

[Synonyms : *Hicoria pallida*]

**SAND HICKORY** is a deciduous tree. Native to eastern North America it has yellowish-green catkins and thickly-husked fruit.

It is also known as Pale hickory, Paleleaf hickory, Pallid hickory, and Pignut hickory.

The flowers are pollinated by the wind.

In the State of Illinois (United States) it is considered to be an endangered species.

*Pallida* is Latin (pale, colourless) with reference to the colour of the flowers.

From records it would seem that sand hickory might almost have been the preserve of the North American Cherokee Indians. Apart from food they used the inner bark for basketry, and the wood for making cooking tools, tool handles, arrow shafts, blowgun darts, barrel hoops and fuel.

As a medicine the Cherokees used sand hickory for a range of ailments and problems including colds, poliomyelitis pain, some female disorders, sore mouths and dressings for cuts.

The sweet-tasting kernels have been eaten locally but they are a little small.

The small thin-shelled nuts are eaten by squirrels and mice.

The tough wood has been used locally for making tool handles and can still be burnt as fuel today.

Medicinally, local herbalists have recommended chewing the inner bark to ease oral sores and it has also been used for dressing wounds.