

# Helpful Plants

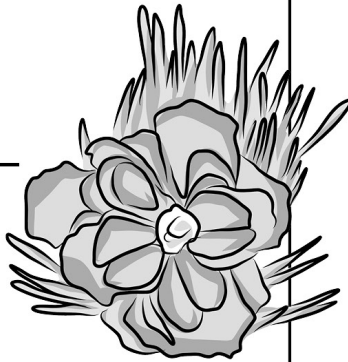
Plants across the Southwest have been used for thousands of years for many purposes. Knowledge about safely and respectfully gathering plants is passed down from generation to generation.

**DIRECTIONS:** Unscramble the CAPITALIZED letters below to learn about each plant.

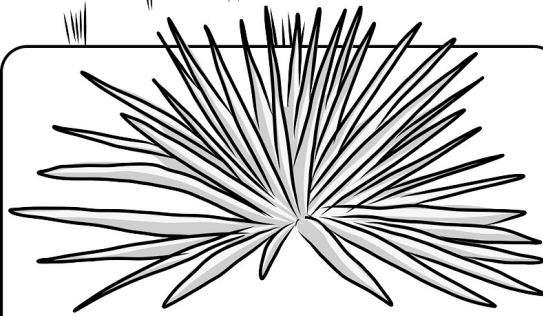
**Warning:** Do not pick or eat anything without an expert's permission. Some plants are poisonous.

## Piñon Pine Tree

Piñon nuts from the cone of the piñon pine tree are a tasty treat in the fall. You can eat them raw, bake them into foods, or SORAT them.



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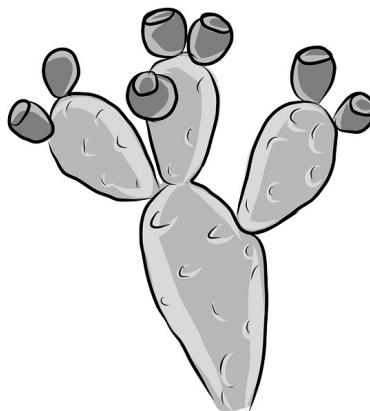


**Yucca** The root of the yucca is used as shampoo and soap. It contains saponins, a natural compound that makes it YMOFA.

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## Prickly Pear Cactus

The fruit of the prickly pear can be turned into bright KPNI dye to add color to food, wool, and paint.



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What are other ways people use and appreciate plants?