Comparative Seed Manual: CANNABACEAE

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This seed manual consists of photos and relevant information on plant species housed in the Integrative Subsistence Laboratory at the Anthropology Department, University of California, Santa Barbara. The impetus for the creation of this manual was to enable UCSB graduate students to have access to comparative materials when making in-field identifications. Most of the plant species included in the manual come from New World locales with an emphasis on Eastern North America, California, Mexico, Central America, and the South American Andes.

Published references consulted[1]:

1998. Moerman, Daniel E. *Native American ethnobotany*. Vol. 879. Portland, OR: Timber press.

2009. Moerman, Daniel E. *Native American medicinal plants: an ethnobotanical dictionary*. OR: Timber Press.

2010. Moerman, Daniel E. *Native American food plants: an ethnobotanical dictionary*. OR: Timber Press.

Species included herein:

Celtis occidentalis

[1] **Disclaimer**: Information on relevant edible and medicinal uses comes from a variety of sources, both published and internet-based; this manual does **NOT** recommend using any plants as food or medicine without first consulting a medical professional.

Celtis occidentalis

Family: Cannabaceae
Common Names: Hackberry, American hackberry, Sugarberry, Beaverwood, Northern hackberry, Nettle tree, False elm
Habitat and Growth Habit: This plant is native to North America including the United States and Canada. Its native distribution is in stream banks, flood plains, rocky hillsides, and open woods.
Human Uses: Hackberry tree wood is flexible and has been used to make barrel hoops or in floors of homes. The fruit is edible. Americans have made the whole fruit into cakes by pulverizing the whole fruit, seed included. As well, the dried fruit has also been used as a spice. Even more, Native Americans have used this plant to relieve sore throats, relieve colds, and regulate menstruation. In urban places hackberry is used as a shade tree because it is tolerant to draught.
Sources Consulted:
https://plants.usda.gov/core/profile?symbol=ceoc, accessed May 8, 2019.
http://www.wildflower.org/plants/result.php?id_plant=CEOC, accessed May 8, 2019.
https://www.arborday.org/trees/treeguide/TreeDetail.cfm?ItemID=845, accessed May 8, 2019.
https://sciencing.com/interesting-hackberry-tree-6513384.html, accessed May 8, 2019.