



The **ECOLOGY** and **NATIVE-AMERICAN FOLKLORE, MEDICINE, FOOD** and **USES** of the **HERBS, PLANTS, SHRUBS & TREES** common to the dry area known as:

“THE RAINSHADOW OF THE ROCKIES”



**A Salute to a Great Lady,
Native-American Ambassador,
Botanist, Illustrator, Poet, Teacher & Writer**

The Ecology of the Plants that Thrive along the Eastern Foothills of the Northern Rockies & the Great Plains Beyond... **18 Chapters from the Lifetime Study & Botanical Writings, Poetry & Artwork of Elnora A. (Stenersen) Old Coyote**

Elnora came to me in 2007, saying, “I have a truckload of manuscripts and I’d like to publish them in your magazine.” Thus began our six-year collaboration and friendship. Elnora is a Norwegian whose father was a new settler to Montana in the early 1900s, Harvard educated, and married to *John M. Old Coyote*, a full-blooded Crow Indian. She taught at MSU Bozeman and authored several books. Well into her nineties, she now resides in Billings.

She loves the arid area that is her home. She often described to me the concept of the “rainshadow,” where the moisture coming in eastward from the Pacific Ocean was all dropped to the west of the Rockies but could not climb over the expanse of the mountains, creating the dry ecosystem she called “*The Rainshadow of the Rockies.*”

Elnora has worked with many tribal people to learn everything about the plants native to this area and how its indigenous peoples cherished them and used them to sustain life, in ceremony, and in healing. She then went on to teach this valuable information about our native land, which must be preserved for all times and for all peoples. Between ‘07 and ‘12, *Natural Life* was proud to publish 18 articles featuring her favorite and most important of the local plants. The PDFs of these articles, titles listed below, are now available to download online at NaturalLifeNews.com. —*Denis Ouellette, Ed.*

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| <ul style="list-style-type: none"> ❁ Echinacea ❁ Sagebrush Country! ❁ Poisonous Plants Part 1: Lupine, Locoweed, Milk Vetch, etc. ❁ Poisonous Plants Part 2: Larkspur, Hemlock, Poison Ivy, etc. ❁ Cottonwood ❁ Oregon Grape: The Holly of the Rockies ❁ Dandelions ❁ Lodgepole Pine ❁ Subalpine Fir | <ul style="list-style-type: none"> ❁ Symbiosis Part 1: Lichen, Algae & Fungus ❁ Symbiosis Part 2: Milkweed & the Monarch Butterfly ❁ Symbiosis Part 3: Yucca & the Yucca Moth ❁ Bearberry—“Kinnikinnick” ❁ Western Chokecherry ❁ Mustards ❁ Junipers ❁ Ponderosa Pine ❁ Quaking Aspen |
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