!diistsiin

Diwozhii

Black greasewood plant

Sarcobatus Vermiculatus



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• Seven sticks tied together.



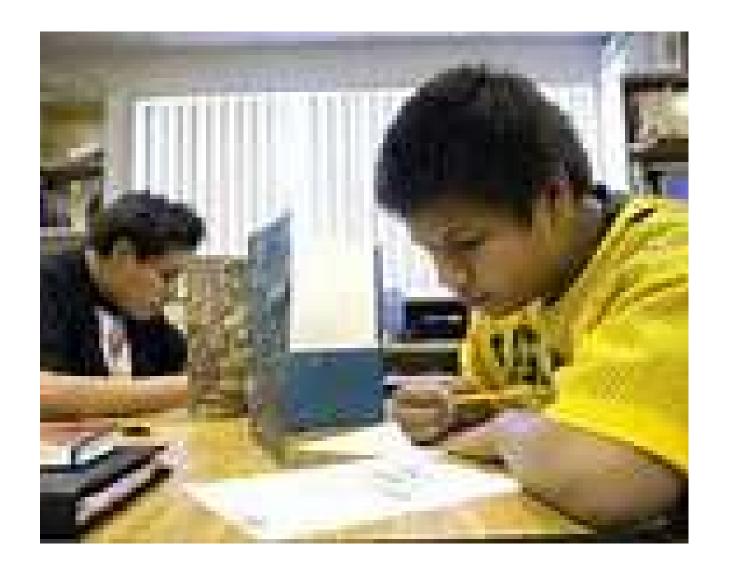
http://www.youtube.com/watch?v=2b0GMN0PBIQ

/Gradma an Talks About Navajo Stirring Sticks

Local resident, Agnes Dan, talks about Navajo stirring sticks called "ádístsíín" in Navajo. These stirring sticks, also called "mush sticks," are a common house-hold item within the Navajo home. Mush sticks are made from the stem of the greasewood plant (Sarcobatus vermiculatus), called "dówozhii" in Navajo. Navajos typically hang them in their homes in the kitchen or above the door. When a person has them, it is said that your household will never be without food. Agnes Dan is a Navajo elder that typically makes ádístsíín and sells them to local community members. Ádístsíín is typically used in a girl's puberty ceremony (kinaaldá) as well to make Navajo cake (alkaad). I asked her to tell us a little more about it. This is a typical item given as graduation gifts, gifts for a new home, or as a wedding gift. Enjoy!

Other uses

- Focus
- discipline



Other used foot

- Cooperation
- Planning



Na'nitin y1'1t'4h7g77 1t'4.