

! 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 uses (cont.)

- Cooperation
- Planning



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