

## GUIDE TO THE PLANTS

In the following pages you will find descriptions and illustrations—either drawings or photographs—of 126 medicinal plants that grow in the Appalachian region. Here you will find the names of the plants, a description that will help you identify the plant, information about when the plant flowers, where to look for it, what part to harvest, and what it has been used for.

## *ACER SPICATUM LAM.*

(ACERACEAE)

COMMON NAMES: Mountain maple, goosefoot maple, low maple, mountain maple bush, spiked maple.

DESCRIPTION:\* A tall shrub or small tree that grows to 30 feet in height. Bark is drab-colored, flaky, or furrowed. Young branchlets are downy near tips. Leaves are thin, downy beneath, 3-lobed or sometimes 5-lobed, with coarse-toothed margins. Flowers are small, greenish-yellow, and generally in upright narrow spikes 3 to 5½ inches long. Fruit, which is red or yellow, matures from July through October; it is about ¾ inch long at maturity.

FLOWERING PERIOD: Late May to early October.

HABITAT: Cool woods.

HARVEST: Bark.

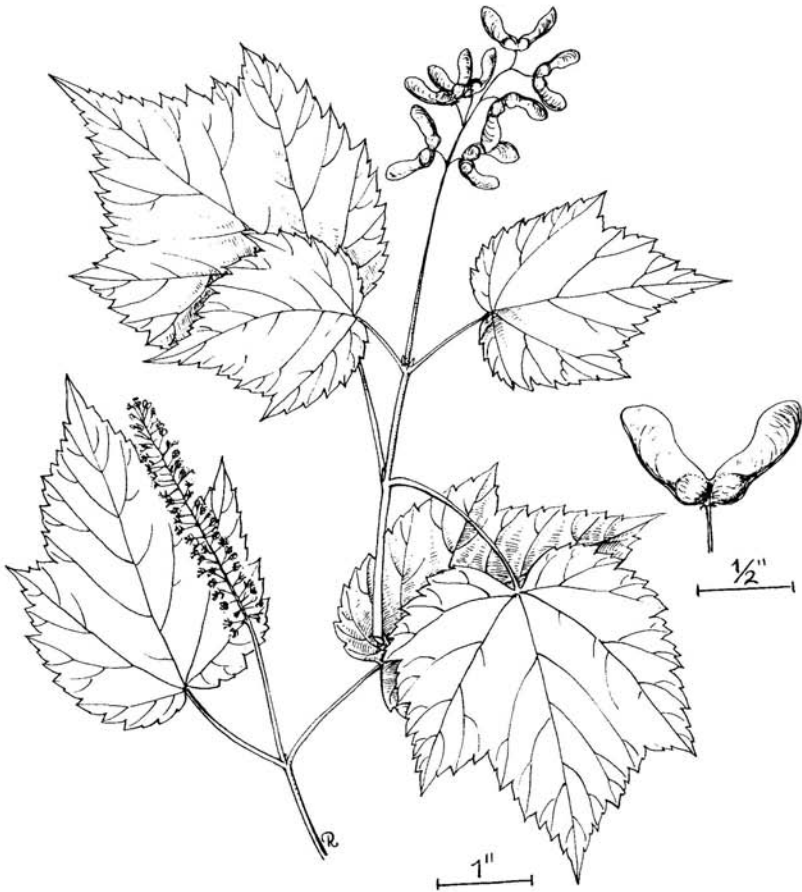
USES: The bark of this plant is used as an anthelmintic, tonic, and ophthalmic. In Colonial times the bark was used for a rose-tan dye.

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\*See glossary (page 21) for definitions of terms used to describe the plants and their uses.

*ACER SPICATUM* LAM.

(ACERACEAE)



## *ACHILLEA MILLEFOLIUM L.*

(ASTERACEAE)

**COMMON NAMES:** Common yarrow, bloodwort, carpenter's grass, dog daisy, gordoloba, green arrow, milfoil, nosebleed, old man's pepper, sanguinary, soldier's woundwort, thousand-leaf, thousand-leaved clover, thousand-seal, yarrow.

**DESCRIPTION:** A perennial that grows to 1 to 3 feet in height. Foliage is finely cut. Leaves are aromatic, and have simple stems without stalks. Flowers are flattish and mostly white, passing to shades of deep rose-purple, clustered densely and flatly on top.

**FLOWERING PERIOD:** April to October.

**HABITAT:** Abundant in pastures, old fields, roadsides, and waste places.

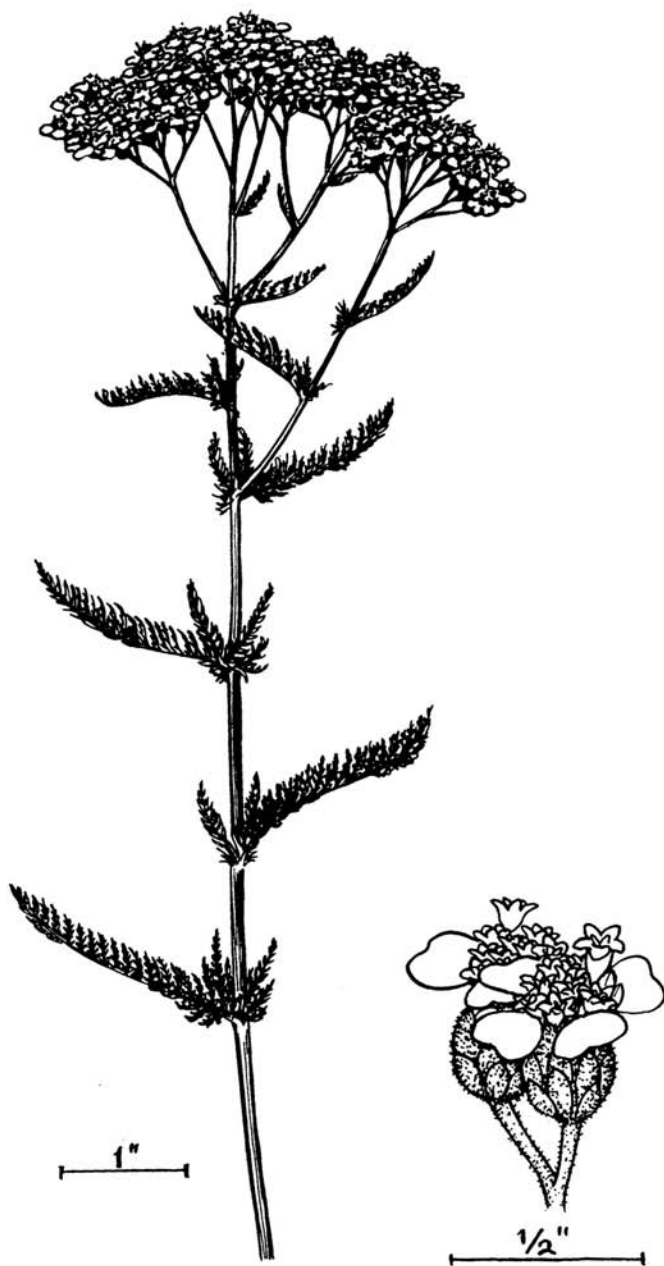
**HARVEST:** Herb and leaves in August when in flower.

**USES:** The herb is an aromatic with diaphoretic and emmenagogue activity; it has been used as a vulnerary.



*ACHILLEA MILLEFOLIUM* L.

(ASTERACEAE)



## *ACORUS CALAMUS L.*

(ARACEAE)

COMMON NAMES: Sweet flag, beewort, bitter pepper root, calamus, drug sweetflag, flagroot, Myrtle flag, pine root, reed acorus, sweet cane, sweet cinnamon, sweet flagroot, sweet grass, sweet Myrtle, sweetroot, sweet rush, sweet sedge, sweet segg.

DESCRIPTION: A perennial. Leaves are long, narrow, and sharp-edged, and have a distinct fragrance. Flower stalk, which is 2 or 3 inches long and club-like, appears halfway up the leaf. Stalk is covered with tiny crowded greenish-yellow flowers. Plant has creeping rhizome.

FLOWERING PERIOD: May to July.

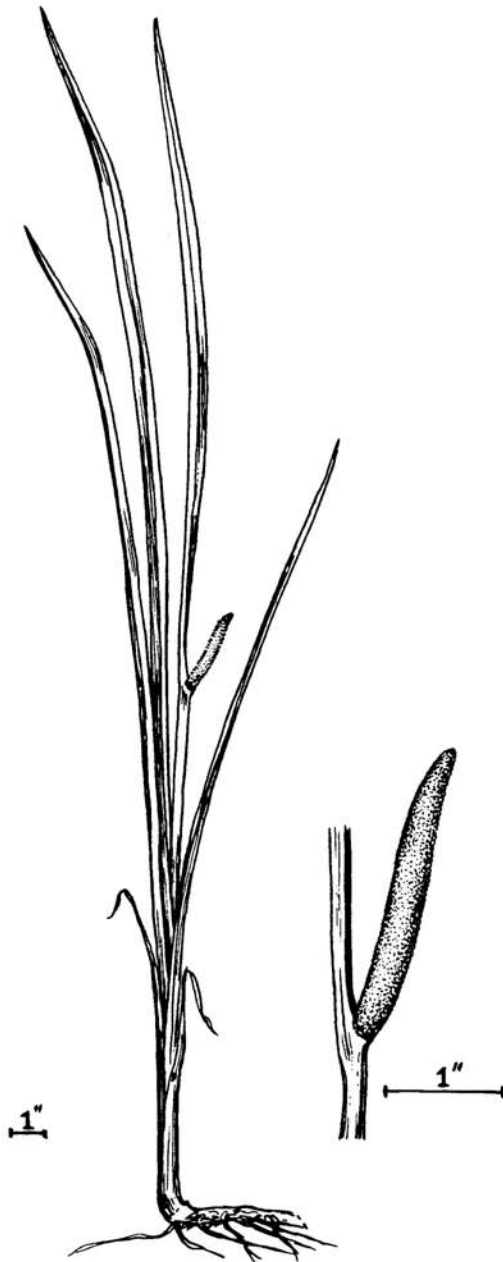
HABITAT: Swamps and edges of streams, marshes, and pond margins.

HARVEST: Rhizomes in early spring, or root in August.

USES: Plant has many uses, ranging from a flavoring agent and insecticide to tonic. In Appalachia, the root is chewed to clear the throat and to cure stomach gas; and the powdered or ground plant is used in sachets.

*ACORUS CALAMUS* L.

(ARACEAE)



## *ADIANTUM CAPILLUS-VENERIS L.*

(POLYPODIACEAE)

COMMON NAMES: Southern maidenhair, black maiden's hair fern, lady's hair, maidenhair, venus' hair fern.

DESCRIPTION: A perennial fern with fronds, or stems of small leaflets, arranged alternately along a continuous stem. The pale green leaflets are fan-shaped with blunt lobes on outer curved edge. Stems are deep red-brown to shiny black. Rhizomes are creeping.

FLOWERING PERIOD: Non-flowering plant.

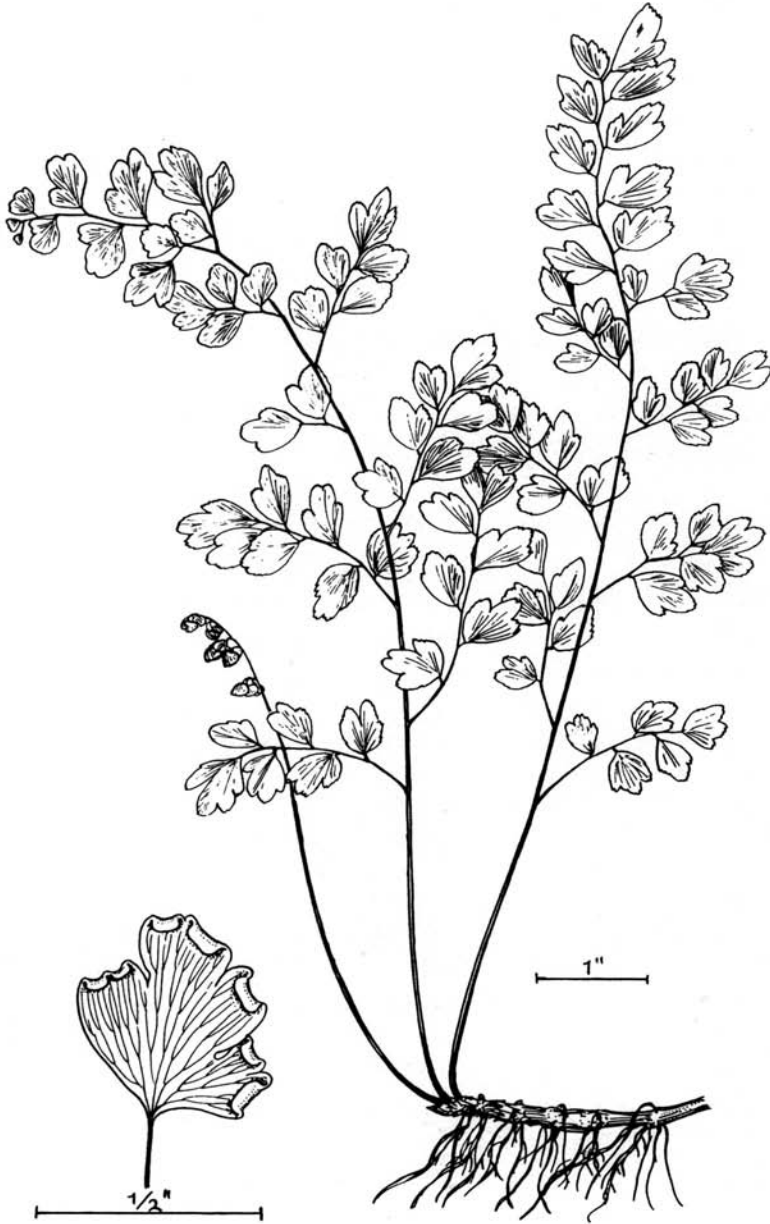
HABITAT: Moist, shaded, and limy rocks or steep banks; humus-rich woods.

HARVEST: Roots and leaves.

USES: According to existing sources, this plant has been used for an expectorant, tonic, and astringent. In Europe a tea of the herb is used to treat coughs, catarrh, and respiratory infections as well as menstrual discomfort.

*ADIANTUM CAPILLUS-VENERIS* L.

(POLYPODIACEAE)



*ADIANTUM PEDATUM L.*

(POLYPODIACEAE)

COMMON NAMES: American maidenhair, hair fern, maidenhair, maidenhair fern, rock fern, sweet fern.

DESCRIPTION: A perennial fern with fronds, or stems of small leaflets arranged alternately along a continuous stem. The pale green leaflets are fan-shaped with blunt lobes on outer curved edge. Stems are deep red-brown to shiny black. Rhizomes are creeping.

FLOWERING PERIOD: Non-flowering plant.

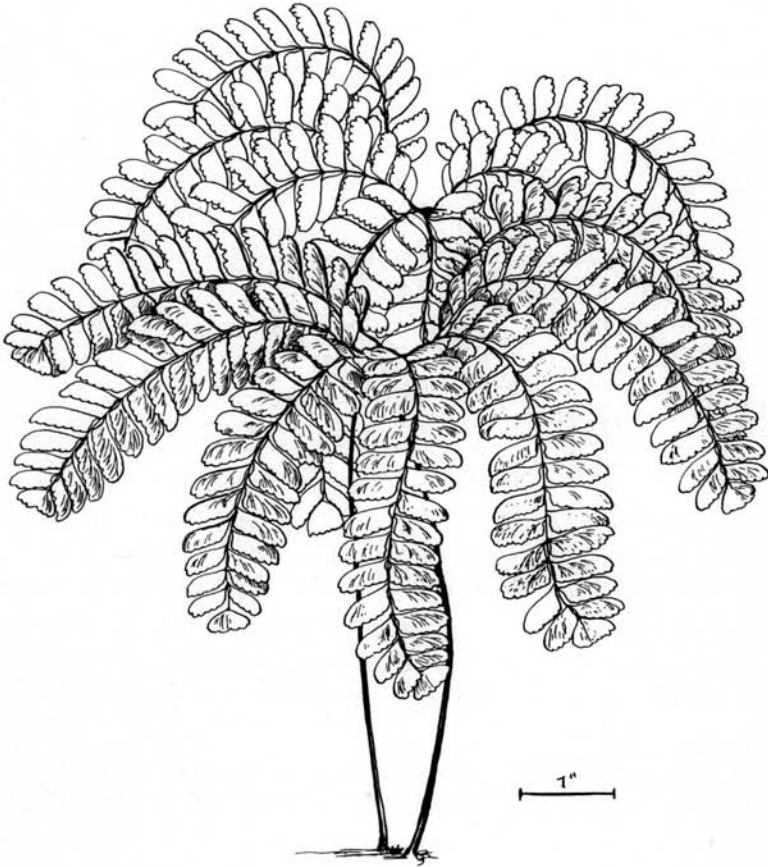
HABITAT: Moist, shaded, and limy rocks or steep banks; humus-rich woods.

HARVEST: Leaves.

USES: This herb is used as a refrigerant, expectorant, and tonic. A tea of this herb is used to treat coughs, nasal congestion or catarrh, and hoarseness.

*ADIANTUM PEDATUM* L.

(POLYPODIACEAE)



## *AESCULUS HIPPOCASTANUM L.*

(HIPPOCASTANACEAE)

COMMON NAMES: Common horsechestnut, buckeye tree, horsechestnut.

DESCRIPTION: A large tree that grows to 100 feet in height. Buds are large and sticky, nearly black. Leaves have 5 to 7 pointed leaflets 4 to 8 inches long and broader at top than at base. Flowers have large spreading white petals with red markings at base; the flowers occur in showy clusters up to 1 foot long. The fruit is round and prickly and contains a round shiny brown nut 2 inches long.

FLOWERING PERIOD: April to May.

HABITAT: Cultivated areas and some wooded areas.

HARVEST: Bark and fruit in the fall.

USES: The bark is reported to have value as a tonic and febrifuge. Traditionally, people of Appalachia have carried a nut to prevent rheumatism. In Europe, an alcohol extract of the nut was used to treat hemorrhoids and is considered a vasa-constrictor.



*AESCULUS HIPPOCASTANUM* L.

(HIPPOCASTANACEAE)



## *ALETRIS FARINOSA* L.

(LILIACEAE)

COMMON NAMES: Whitetube stargrass, ague grass, ague horn, agueroot, aletris root, aloe, aloeroot, backache root, blazing star, colicroot, crow corn, devil's bit, false unicorn root, huskwood, huskwort, mealy starwort, rheumatism root, stargrass, starwort, true unicorn root, unicorn's horns, unicorn plant, unicorn root, white colicroot.

DESCRIPTION: A perennial with wide, grass-like leaves spreading in a flat rosette around the base of a spike-like stem. White to yellow tubular flowers are arranged along the stem. Flowers have 6 lobes. Plant has a short thick root or rhizome.

FLOWERING PERIOD: May to July.

HABITAT: Moist locations in woods and meadows.

HARVEST: Rhizomes and roots in fall.

USES: The rhizomes and roots are reported to have therapeutic use as a diuretic tonic and sedative. The plant is known as colicroot because it has been used to treat colic, and ague-root because of its value in treating rheumatism, often called ague in Colonial times. In Appalachia a mixture of roots and brandy or whisky is drunk as a treatment for rheumatism.

*ALETTRIS FARINOSA* L.

(LILIACEAE)



## *ALNUS SERRULATA* (AIT.) WILLD.

(CORYLACEAE)

COMMON NAMES: Hazel alder, alder, American alder, black alder, candle alder, common alder, green alder, notch-leaved alder, red alder, smooth alder, speckled alder, swamp alder, tag alder.

DESCRIPTION: A shrub or small tree 4 to 25 feet in height with smooth, brownish-gray bark, which is strongly aromatic. The finely sawtoothed leaves are somewhat leathery, 2 to 4½ inches long, oval in shape, and broadest at the middle. Male flowers are borne in drooping catkins, female flowers in small, erect, oval cone-like catkins that turn hard and woody and remain on the shrub throughout winter.

FLOWERING PERIOD: February to May.

HABITAT: Swamps, wet woods, stream margins, and moist areas.

HARVEST: Bark of stems in early spring or late fall.

USES: The bark has been used as an alterative and the powdered drug as an ophthalmiatric. In Appalachia, the chewed bark is used to treat wounds and ulcers. The bark has also been used for brown dye.

*ALNUS SERRULATA* (AIT.) WILLD.

(CORYLACEAE)



## *AMARANTHUS HYBRIDUS L.*

(AMARANTHACEAE)

**COMMON NAMES:** Smooth pigweed, amaranth, careless, green amaranth, green opened amaranth, hybrid amaranthus, love lies bleeding, pigweed, prince's feather, red cockscomb, slender pigweed, slim amaranth, spleen amaranth, wild beet.

**DESCRIPTION:** An annual 1 to 6 feet in height, erect, branched above. Leaves are alternate, petioled, 3 to 6 inches long, dull green, rough, hairy, ovate or rhombic, with wavy margins. Flowers are small, with greenish or red terminal panicles. Taproot is long, fleshy, red or pink.

**FLOWERING PERIOD:** June to October.

**HABITAT:** Waste places, cultivated fields, and barn yards.

**HARVEST:** Leaves and herb.

**USES:** Because of its astringent quality, this plant has been used in treating dysentery, ulcers, and hemorrhage of the bowel.

*AMARANTHUS HYBRIDUS* L.

(AMARANTHACEAE)





## *ANGELICA ATROPURPUREA* L.

(UMBELLIFERAE)

**COMMON NAMES:** Purplestem angelica, alexanders, American angelica, angelica, archangel, Aunt Jerichos, bellyache root, common angelica, dead nettle, great angelica, high angelica, masterwort, masterwort aromatic.

**DESCRIPTION:** A shrub that grows to 7 feet in height. Stem is purplish. Three saw-toothed leaves occur at the tip of each leaf-stem. Leaves are alternate and compound; leaflets are 3-parted with serrate margins. White or greenish flowers occur in terminal clusters at the end of stalk. Stalks and clusters are arranged in a semicircle or umbel.

**FLOWERING PERIOD:** June to August.

**HABITAT:** Mostly cultivated in gardens; in rich low grounds, and near streams and swamps.

**HARVEST:** Root in fall.

**USES:** The drug contains volatile oil that is used as a flavoring agent and in treating colic and flatulence. Some sources list it as an expectorant. A confection prepared by sugaring the boiled stems is considered a gourmet favorite. In Europe a root infusion is used to treat dyspepsia and stomach diseases and is considered diuretic and expectorant.



*ANGELICA ATROPURPUREA* L.

(UMBELLIFERAE)



***APLECTRUM HYEMALE* (MUHL.) TORR.**

(ORCHIDACEAE)

COMMON NAMES: Puttyroot, Adam-and-Eve-root.

DESCRIPTION: A perennial orchid that grows from a series of bulb-like roots attached by narrower roots. The plant has a single, broad, elliptical pointed leaf at the base. Flower spike, which arises from the root, has small leaflike structures enclosing the stem. Flower is purplish toward its base and brown toward its summit, with white lip.

FLOWERING PERIOD: May to June.

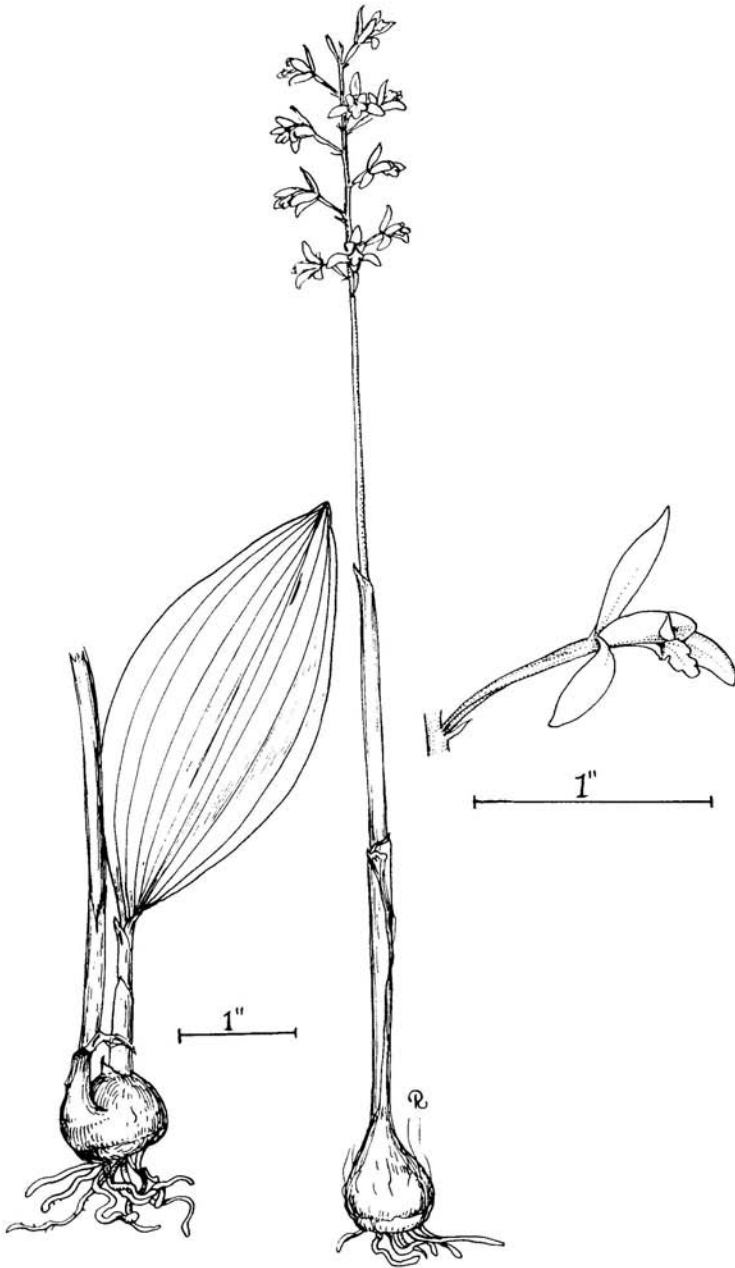
HABITAT: Moist shaded woods and in set soil of flood plains.

HARVEST: Roots in fall.

USES: Plant is reputed to have value in treating bronchial ailments.

*APLECTRUM HYEMALE* (MUHL.) TORR.

(ORCHIDACEAE)



## *APOCYNUM ANDROSAEMIFOLIUM* L.

(APOCYNACEAE)

**COMMON NAMES:** Spreading dogbane, American ipecac, bitter dogbane, bitter-root, black Indian hemp, catch fly, colicroot, common dog's-bane, dogbane, fly trap, honey bloom, Indian hemp, milk ipecac, milkweed, rheumatism wood, wandering milkweed, western wallflower, wild ipecac.

**DESCRIPTION:** A perennial that grows to 3 to 6 feet in height, and is widely spread from horizontal rootstock. Leaves opposite, nearly sessile. Flowers large, oval, and whitish. The pods are double, 4 to 6 inches long, and slender. The plant produces a milky juice.

**FLOWERING PERIOD:** June to August.

**HABITAT:** Open woods, roadside banks, meadows, thickets, and stream banks.

**HARVEST:** Roots and rhizomes in late fall.

**USES:** This plant, which is extremely poisonous, is a cardioactive drug. It has been used also as a tonic, diuretic, and purgative.

*APOCYNUM ANDROSAEMIFOLIUM* L.

(APOCYNACEAE)



## *APOCYNUM CANNABINUM* L.

(APOCYNACEAE)

COMMON NAMES: Hemp dogbane, American hemp, amyroot, bitter-root, Bowman's root, Canadian hemp, choctaw root, glabrous hemp, Indian hemp, Indian physic, milkweed, rheumatism weed, silkweed, wild cotton.

DESCRIPTION: This perennial is generally 3 to 6 feet in height, and is unbranched except near the top. It has large elliptical, opposite leaves with short stalks. It produces whitish-green flowers borne on terminal clusters, and a milky juice. The pods are double, 4 to 6 inches long, and slender. The seeds are tufted.

FLOWERING PERIOD: May to July.

HABITAT: Dry waste places and forest borders.

HARVEST: Roots and rhizomes in late fall.

USES: This plant is a cardiotoxic drug that is extremely poisonous. It has been used as a diuretic, diaphoretic, expectorant, and emetic. Because of its use by American Indians in treating dropsy, it has been called dropsy weed. Indians also used the tough fibrous bark to make fishing nets, and some western Indians chewed dried bits of the latex. The plant exhibits cytotoxicity but no antitumor activity.

*APOCYNUM CANNABINUM* L.

(APOCYNACEAE)



## *ARALIA NUDICAULIS* L.

(ARALIACEAE)

COMMON NAMES: Wild sarsaparilla, American sarsaparilla, American spikenard, false sarsaparilla, rabbit's foot, sarsaparil, sarsaparilla, sarsaparilla root, shotbush, small spikenard, small spikeweed, spignet, spikenard, sweetroot, Virginian sarsaparilla, wild licorice.

DESCRIPTION: A short-stemmed perennial that grows to 1 foot in height. Flowers are small and greenish-yellow in 3 clusters of 12 to 30 flowers on the stalk. Plant produces purplish-black berry-like fruits.

FLOWERING PERIOD: May to July.

HABITAT: Deep mountain woodlands.

HARVEST: Roots in late summer and fall.

USES: The roots and rhizomes have been used as a diuretic, diaphoretic, and cough remedy.



*ARALIA NUDICAULIS* L.

(ARALIACEAE)



## *ARALIA RACEMOSA* L.

(ARALIACEAE)

COMMON NAMES: American spikenard, American sarsaparilla, Indian root, life-of-man, old man's root, petty morrel, pigeon weed, spignet, spikenard.

DESCRIPTION: A perennial 1 to 9 feet in height, with a single leaf stalk. Leaf is divided into 3 parts, each with five leaflets. Flowering stalk is elongated, with small greenish-yellow flowers in clusters. Produces a blackish or purplish berry. Root is larger than the root on *nudicaulis*.

FLOWERING PERIOD: June to August.

HABITAT: Bluffs, deep woods, and river banks.

HARVEST: Roots in summer and fall.

USES: Roots and rhizomes have been used to treat rheumatism, syphilis, coughs, and shortness of breath. In Appalachia, a tea made of roots is used for backache.

*ARALIA RACEMOSA* L.

(ARALIACEAE)



## *ARCTIUM LAPPA L.*

(ASTERACEAE)

COMMON NAMES: Great burdock, beggar's buttons, burdock, clotbur, lappa.

DESCRIPTION: A biennial or perennial 3 to 8 feet in height, with many flowered heads. Leaves are large, broad, and rounded—like those on rhubarb. The tube-shaped flowers are pale pink, deep purple, or white. Big brown, round, bristly burrs are a common characteristic of the plant.

FLOWERING PERIOD: July to October.

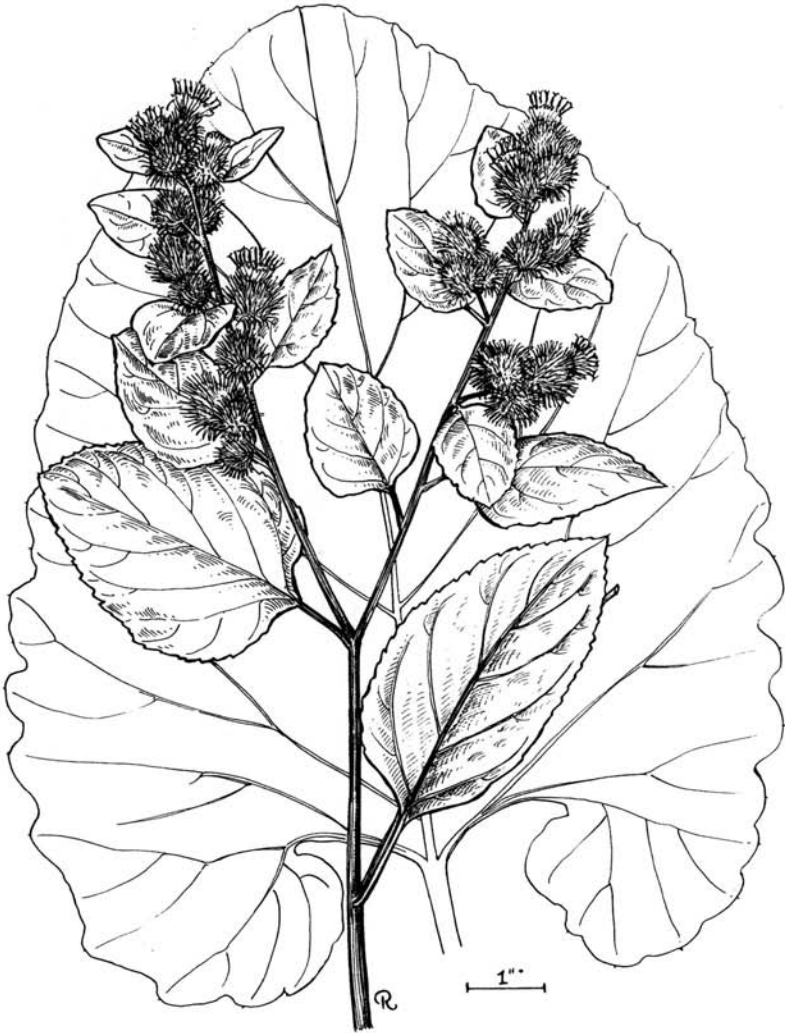
HABITAT: Fields and roadsides.

HARVEST: Root of plant's first year of growth; can be harvested anytime.

USES: The United States Dispensatory no longer lists this herb as medicinally valuable, but in the past it was quite popular for treating many ailments. In Spain and France it has been used to purify the blood and to cure skin blemishes and minor wounds. In 18th Century America it was prescribed as a cure for gonorrhoea and syphilis. In Appalachia, a tea of roots or seeds is used to treat rheumatism and to purify the blood.

*ARCTIUM LAPPA* L.

(ASTERACEAE)



## *ARCTIUM MINUS* (HILL) BERNH.

(ASTERACEAE)

**COMMON NAMES:** Common burdock, burdock, clotbur, cuckoo button, smaller burdock.

**DESCRIPTION:** A biennial or perennial 3 to 8 feet in height, with many flowered heads. Leaves are large, broad, and rounded—like those on rhubarb. The tube-shaped flowers are pale pink, deep purple, or white. Big, brown, round, bristly burrs are a common characteristic.

**FLOWERING PERIOD:** June to October.

**HABITAT:** Fields and pastures.

**HARVEST:** Roots in the fall of plant's first year of growth; seeds the second year of growth.

**USES:** Plant is a diaphoretic, diuretic, alterative, and depurative. It is used externally in salves or as a wash for burns, skin irritations, and minor wounds.

*ARCTIUM MINUS* (HILL) BERNH.

(ASTERACEAE)



## *ARISAEMA TRIPHYLLUM* (L.) SCHOTT.

(ARACEAE)

COMMON NAMES: Indian Jack-in-the-pulpit, bog onion, cuckoo plant, dragon root, dragon turnip, Indian turnip, Jack-in-the-pulpit, lords and ladies, meadow turnip, memory root, pepper turnip, priest's pintle, small Jack-in-the-pulpit, starchwort, swamp turnip, thrice-leaved arum, wake robin, wild turnip.

DESCRIPTION: A perennial that has 2 stalks of 3 leaves each, and grows another stalk topped with a green tubular pulpit, which has a hood turned down over it that protects an inside green or dark purple tube. The pulpit stalk has brilliant crimson berries in dense clusters.

FLOWERING PERIOD: April to June.

HABITAT: Rich damp woodlands and bogs.

HARVEST: Corm in summer or fall.

USES: The boiled corms of this plant were a mainstay in the diet of the American Indians. Because of the needle-like calcium oxalate crystals, the raw corm is extremely irritating and toxic. The plant has been used as an expectorant, irritant, and diaphoretic.



*ARISAEMA TRIPHYLLUM* (L.) SCHOTT.

(ARACEAE)



## *ARISTOLOCHIA SERPENTARIA* L.

(ARISTOLOCHIACEAE)

COMMON NAMES: Virginia snakeroot, birthwort, Dutchmans-pipe, pelican flower, sangrel, sangrel-root, serpentaria, serpentry root, snakeroot, snakeweed, thick birthwort.

DESCRIPTION: This perennial is 1 to 2 feet in height. It has an erect stem and heart-shaped leaves that taper to a point at the tip. Brownish pipe-like flowers grow from base of the plant stem.

FLOWERING PERIOD: May to June.

HABITAT: Forests, woodlands, and stream banks.

HARVEST: Rootstock and roots in fall.

USES: Preparations from this herb have been used as aids in dyspepsia, as antispasmodics, diaphoretics, and emmenagogues.

*ARISTOLOCHIA SERPENTARIA* L.

(ARISTOLOCHIACEAE)



## *ASARUM CANADENSE* L.

(ARISTOLOCHIACEAE)

COMMON NAMES: Canada wild ginger, black snakeroot, black snakeweed, broad-leaved sarabacca, Canada snakeroot, cat-foot, colicroot, coltsfoot, coltsfoot snakeroot, false colt's foot, heart snakeroot, Indian ginger, southern snakeroot, wild ginger.

DESCRIPTION: A low-growing stemless perennial with heart-shaped soft leaves growing from a rhizome. Thick, brownish, bell-shaped flowers, purple inside, are found near the root. The flowers are often hidden under dry leaves. The stem has a spicy odor.

FLOWERING PERIOD: April to May.

HABITAT: Cool, moist, deep woods and slopes.

HARVEST: Rhizome in spring or fall, and roots anytime.

USES: The first common name of this plant, Canada wild ginger, indicates the aromatic quality of its rhizome. It was used as a flavoring agent in Colonial America in place of Jamaica ginger. The rhizome has value as an expectorant, antiseptic, and tonic. In Appalachia a root tea is used to relieve stomach gas.

*ASARUM CANADENSE* L.

(ARISTOLOCHIACEAE)



## *ASCLEPIAS SYRIACA* L.

(ASCLEPIADACEAE)

COMMON NAMES: Common milkweed, common silkweed, cottonweed, milkweed, silkweed, silky swallow-wort, wild cotton.

DESCRIPTION: A perennial that generally grows to 4 to 5 feet in height. Leaves are broadly oval, opposite, or whorled, pubescent beneath, and measure 4 to 8 inches long. Dull greenish-purple flowers are clustered in a head.

FLOWERING PERIOD: June to August.

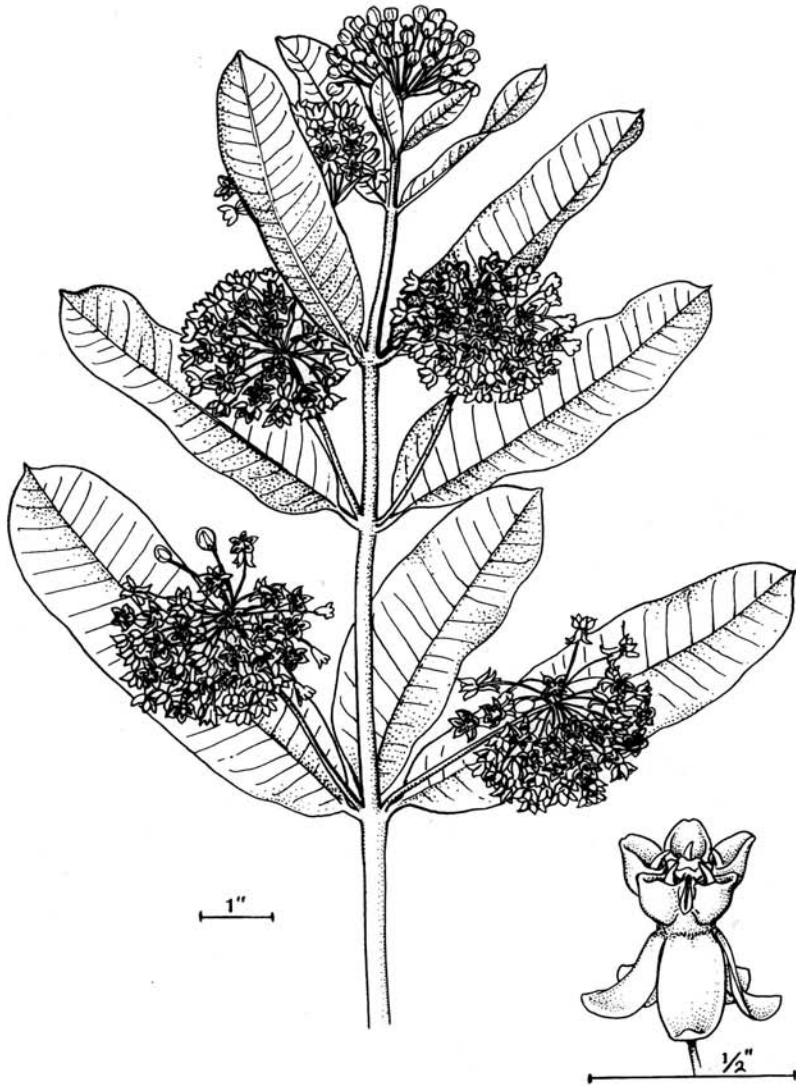
HABITAT: Thickets, meadows, fields, orchards, and along roadsides.

HARVEST: Roots in fall.

USES: Reputedly this plant is valuable as an expectorant, antirheumatic, diaphoretic, and diuretic. It is also a source of glucoside and alkaloid. In Appalachia it is used to treat warts and moles. The white juice of this plant is extremely irritating to the eyes.

*ASCLEPIAS SYRIACA* L.

(ASCLEPIADACEAE)



## *ASCLEPIAS TUBEROSA* L.

(ASCLEPIADACEAE)

COMMON NAMES: Butterfly milkweed, butterfly weed, Canada root, chigger flower, fluxroot, Indian nosy, orange apocynum, orange milkweed, orangeroot, orange swallow-wort, pleurisy root, rubber root, silkweed, swallow-wort, tuberous-rooted swallow-wort, tuber root, white root, wind root, wind weed, wine tree.

DESCRIPTION: A very leafy, slightly hairy perennial that grows to 2 to 3 feet in height. Leaves are 2 to 6 inches long, narrow, alternate, and short petioled. Orange-yellow flowers are in umbels. Fruit is a pod. Seeds have white silky hairs.

FLOWERING PERIOD: May to August.

HABITAT: Sandy, dry open soils, pastures, and roadsides.

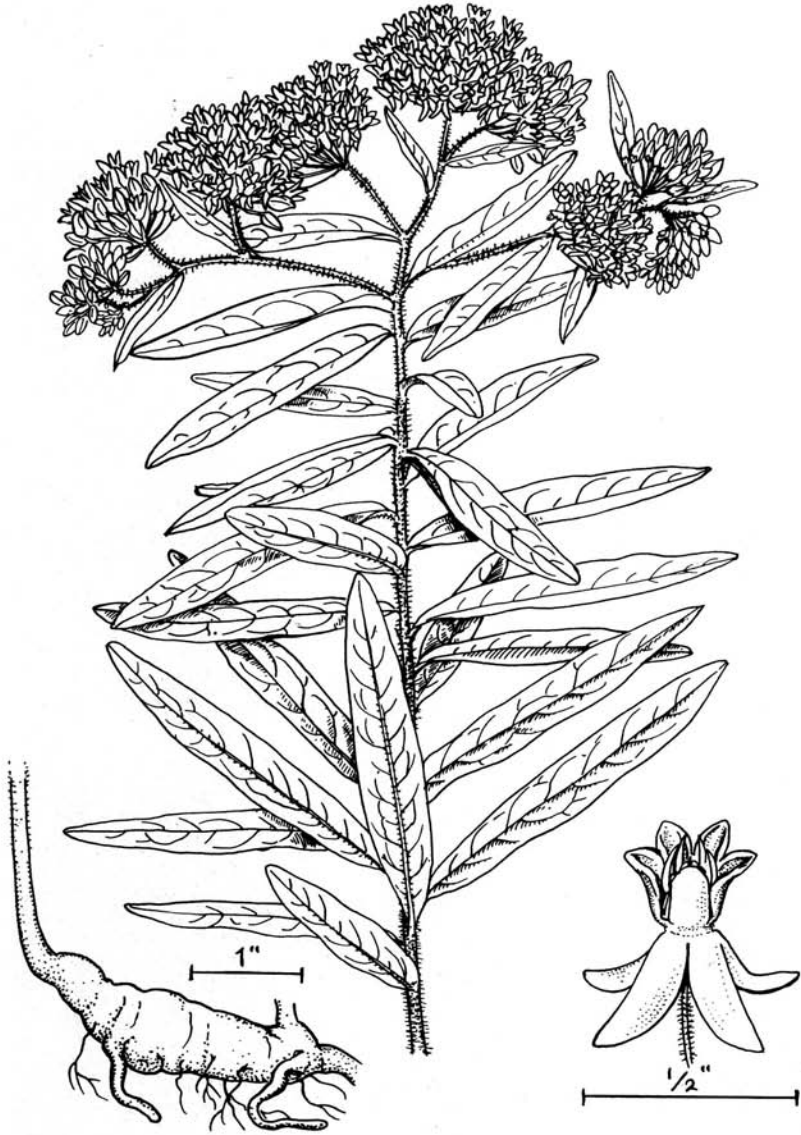
HARVEST: Roots in fall.

USES: The plant has been used as an expectorant, diaphoretic, and emetic, and to treat rheumatism. Indians of Appalachia made a tea of the leaves to induce vomiting.



*ASCLEPIAS TUBEROSA* L.

(ASCLEPIADACEAE)



## ***BAPTISIA TINCTORIA* (L.) R. BR.**

(FABACEAE)

COMMON NAMES: Wild indigo, clover bloom, dyer's baptisia, false indigo, horsefly weed, indigo broom, indigo weed, rattlebush, rattleweed, yellow broom, yellow wild indigo.

DESCRIPTION: A perennial that grows 2 to 4 feet in height. Stem is erect, and has alternate branches that contain several whorls of 3 clover-like leaflets. Each branch has a whorl of 3 leaflets where it attaches to the stem. Leaves are nearly sessile. Yellow flowers, which are arranged at the tops of the highest branches, are ½ inch long, and form brown ½-inch cylindrical pods.

FLOWERING PERIOD: April to August.

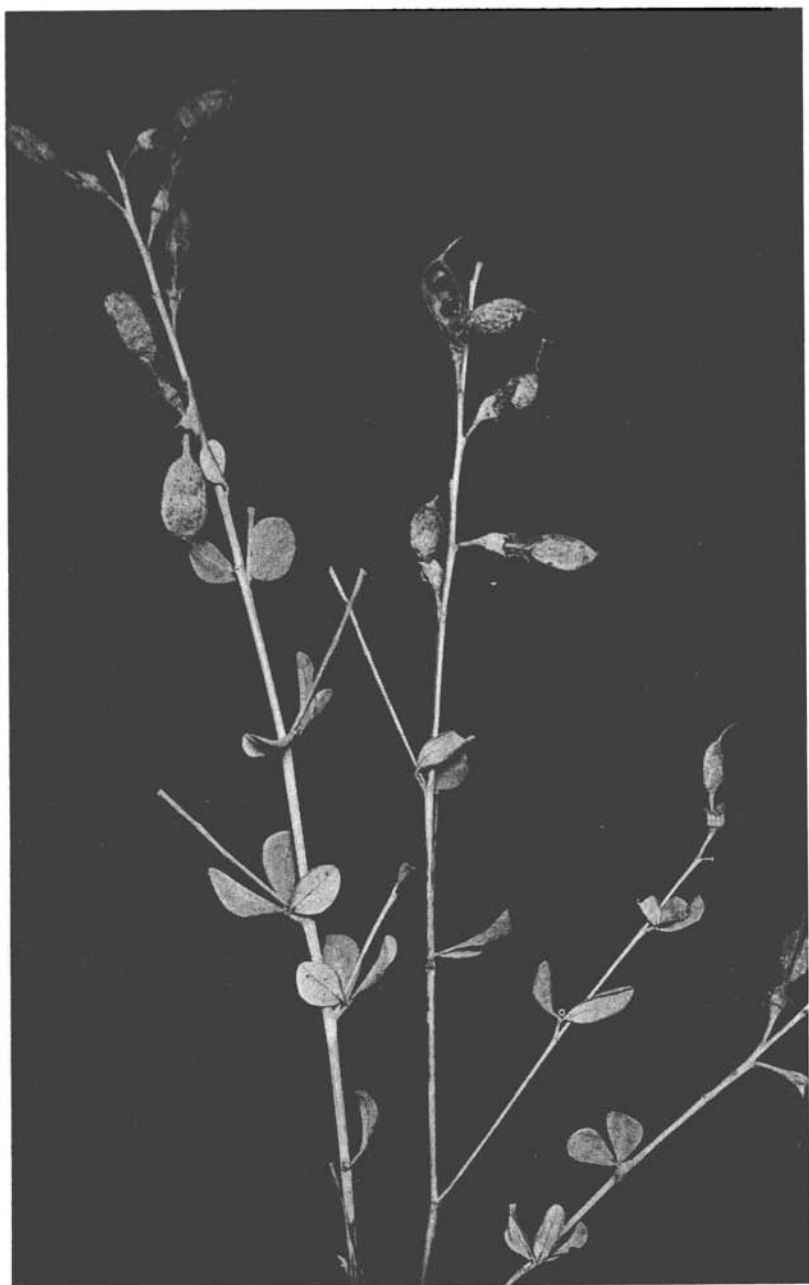
HABITAT: Mostly in dry open woods and clearings.

HARVEST: Roots in fall, herb in summer.

USES: Most authors agree that the herb has value as a febrifuge, tonic, purgative, and antiseptic.

*BAPTISIA TINCTORIA* (L.) R. BR.

(FABACEAE)



## ***BERBERIS VULGARIS L.***

(BERBERIDACEAE)

**COMMON NAMES:** European barberry, American barberry, barberry, common barberry, dragon grape, guild tree, jaundice barberry, jaundice berry, pepperidge bush, sow berry, wood sour, yellow root.

**DESCRIPTION:** A perennial shrub that grows to 8 feet in height. Leaves are small, ovate, grayish below; leaves on young sprouts are spiny. Yellow flowers are in racemes 1 to 2 inches long. Fruit is oblong, scarlet to purple. Inner wood is yellow. Bark is gray, having sharp spines at nodes.

**FLOWERING PERIOD:** May to July.

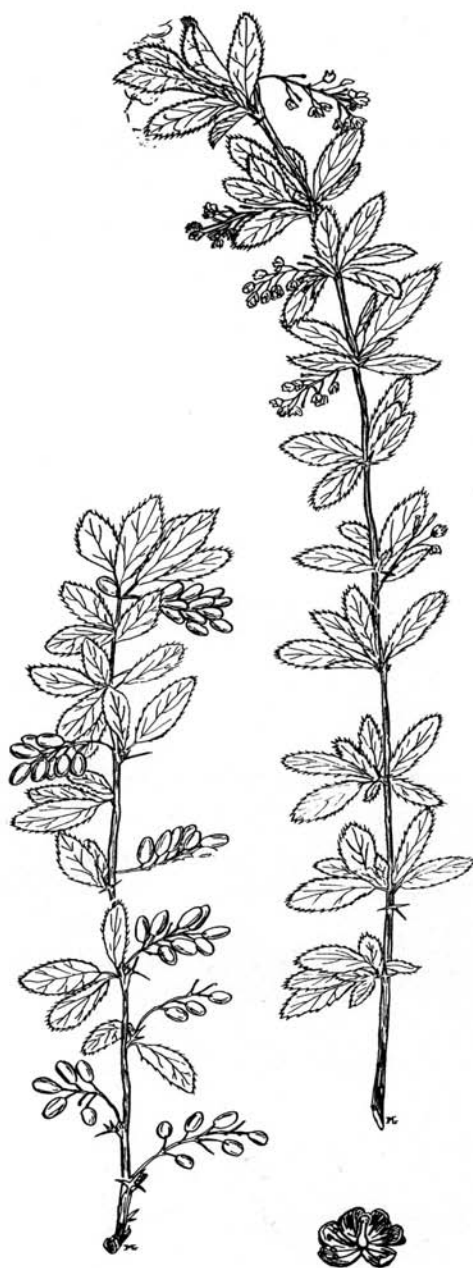
**HABITAT:** Pastures, thickets, and fence rows.

**HARVEST:** Root and stem, root bark, and fruit in fall.

**USES:** The fruit is rich in Vitamin C and has been used in treating certain vitamin deficiencies. The root bark, which is astringent, has been used to treat diarrhea, dysentery, and jaundice. In Europe, a root infusion is used to treat chronic dyspepsia.

*BERBERIS VULGARIS* L.

(BERBERIDACEAE)



## **BETULA LENTA L.**

(CORYLACEAE)

COMMON NAMES: Sweet birch, black birch, cherry birch, mountain mahogany, river birch, spice birch.

DESCRIPTION: A tree that grows to 80 feet in height. Bark is dark reddish-brown, close-fissured into thick plates on old trunks. Leaves are 2½ to 5 inches long and 1½ to 3 inches wide (widest near the base); they are also finely toothed on the edges, and rounded at the base. Bark and leaves are sweet and aromatic. Tree bears both male and female flowers in catkins or caterpillar-like spikes ½ inch long.

FLOWERING PERIOD: April to mid-May.

HABITAT: Rich woods and moist, well-drained to shallow soils.

HARVEST: Bark and twigs from May to late September.

USES: The bark of this plant contains small quantities of methyl salicylate and has a pleasant aromatic flavor similar to wintergreen. The bark has been used as an astringent, antiseptic, antipyretic, and antirheumatic. The sap may be made into vinegar. Birch beer is also made from this tree.

*BETULA LENTA* L.

(CORYLACEAE)



***CAULOPHYLLUM THALICTROIDES***  
**(L.) MICHX.**

(BERBERIDACEAE)

**COMMON NAMES:** Blue cohosh, blueberry cohosh, blueberry root, blue ginseng, papoose root, squaw root, yellow ginseng.

**DESCRIPTION:** A perennial that grows to 3 feet in height. It has an almost sessile leaf at top, and leaflets are either 2- or 3-lobed. In spring, plant sends up a small, elongated axis of yellowish-green flowers. Rootstock is knotty and matted.

**FLOWERING PERIOD:** April to early June.

**HABITAT:** Richly wooded mountains and hardwood glades.

**HARVEST:** Rhizomes and roots in the fall.

**USES:** This herb has been called papoose root or squaw root because of its use by American Indians to facilitate childbirth. The rhizome has been used to treat chronic rheumatism, bronchitis, and colic.



*CAULOPHYLLUM THALICTROIDES*  
(L.) MICHX.

(BERBERIDACEAE)



## *CEANOTHUS AMERICANUS* L.

(RHAMNACEAE)

COMMON NAMES: Jersey tea ceanothus, New Jersey tea, red root, wild snowball.

DESCRIPTION: A shrub that grows to 2 to 3 feet in height. It has straggling, downy, alternate, ovate, finely-toothed leaves that are pale green below and dark green above. The plant produces white flowers on long stalks at upper axils.

FLOWERING PERIOD: May to September.

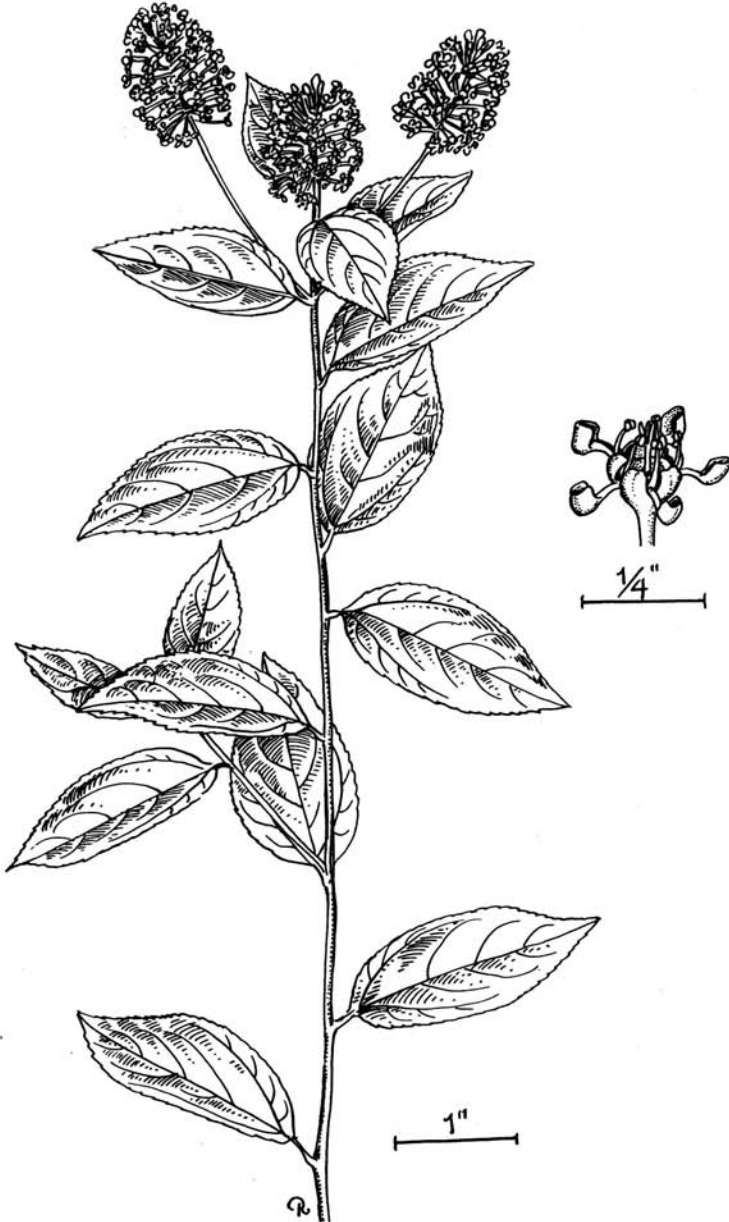
HABITAT: Upland deciduous forests, roadsides, dry open woods, and rocky banks.

HARVEST: Bark of root, root, and leaves.

USES: The root is reportedly used as an astringent, stimulant, antispasmodic, expectorant, and sedative. According to one authority, the root is also used to treat respiratory ailments. In Europe it has been used to reduce high blood pressure and to treat enlarged spleen. The leaves are used for a tea.

*CEANOTHUS AMERICANUS* L.

(RHAMNACEAE)



## *CHAMAELIRIUM LUTEUM* (L.) GRAY

(LILIACEAE)

COMMON NAMES: Fairywand, blazing star, devil's bit, false unicorn, grub root, helonias, rattlesnake root, star root, starwort.

DESCRIPTION: A perennial that grows to 4 feet in height. Plant produces a rosette of basal leaves from which a spike rises. A few narrowly linear leaves may be found on the spike. Male and female flowers are on different plants. The male flowers are white and, when dried, yellowish; the female flowers are greenish.

FLOWERING PERIOD: April to July.

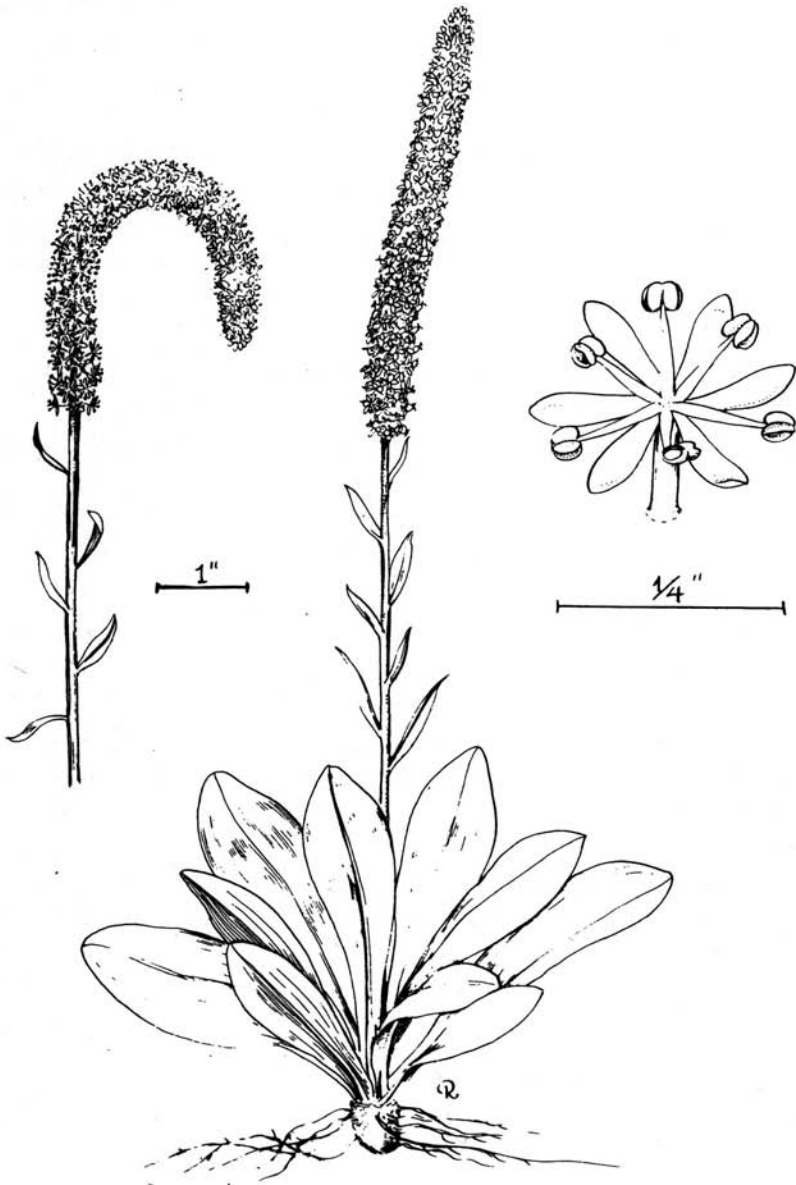
HABITAT: Bogs and wet places in woodlands, meadows, and thickets.

HARVEST: Rootstock in fall.

USES: This herb has been used as a diuretic, diaphoretic, anthelmintic, purgative, and tonic.

*CHAMAELIRIUM LUTEUM* (L.) GRAY

(LILIACEAE)



## ***CHELONE GLABRA* L.**

(SCROPHULARIACEAE)

**COMMON NAMES:** White turtlehead, balmony, bitter herb, fishmouth, salt-rheum weed, shellflower, smooth snakehead, snakehead, snakemouth, true snakehead, turtle bloom, turtlehead.

**DESCRIPTION:** A perennial that grows to 3 feet in height. Leaves are opposite, narrow, and 2 to 6½ inches long. Flowers are rose-white and about 1 inch long. A pale, beard-like structure is found within the turtlehead flower tube.

**FLOWERING PERIOD:** August to October.

**HABITAT:** Low grounds, woodland, margins of streams, and wet thickets.

**HARVEST:** Herb at flowering time; leaves in spring.

**USES:** The leaves have been used for reducing inflammation, and as an anthelmintic and tonic.

*CHELONE GLABRA* L.

(SCROPHULARIACEAE)



## *CHENOPODIUM AMBROSIOIDES* L.

(CHENOPODIACEAE)

COMMON NAMES: Mexican tea, ambrosia, ambrosia-like chenopodium, American wormseed, goose foot, Jerusalem oak seed, Jerusalem tea, jesuit tea, Spanish tea, stickweed, stinking weed, wild wormseed, wormseed, wormseed goose-foot.

DESCRIPTION: An annual that grows to 3½ feet in height. Branches sprout profusely from the base. Leaves are alternate, ovate to lanceolate in shape, and about 5 inches long. Small, greenish flowers grow along small, leafless spikes in the axils of the leaves.

FLOWERING PERIOD: July to October.

HABITAT: Waste places, cultivated ground, abandoned fields.

HARVEST: Fruit in summer, entire plant or seed from August to November.

USES: Primary use is in the manufacturing of chenopodium oil, which is used to treat intestinal worms, both in humans and animals. The pollen is allergenic. In Mexico it is cooked and eaten as a vermifuge, and in Europe it is used as an infusion. In New Mexico, Spanish speaking people use a tea made of the leaves to encourage milk flow and to relieve post-delivery pains.



*CHENOPODIUM AMBROSIOIDES* L.

(CHENOPODIACEAE)



## ***CHIMAPHILA MACULATA* (L.) PURSH.**

(PYROLACEAE)

**COMMON NAMES:** Spotted wintergreen, dragon's tongue, pepsissewa, ratsbane, rheumatism root, spotted pipsissewa, wild arsenic, wintergreen.

**DESCRIPTION:** An evergreen perennial that grows to 10 inches in height. Leaves are dark green, blunt-toothed, and wedge-shaped. Flowers are about ½ inch in size, flesh-colored, with violet pollen sacs.

**FLOWERING PERIOD:** May to June.

**HABITAT:** Coniferous and hardwood forests.

**HARVEST:** Leaves.

**USES:** According to at least two authorities, this plant is used as a diuretic, tonic, and astringent. It is used also, according to other authorities, to treat skin eruptions, certain types of cancer, acute rheumatism, and syphilis. Still other uses are as an aromatic and alterative.

*CHIMAPHILA MACULATA* (L.) PURSH.

(PYROLACEAE)



***CHIMAPHILA UMBELLATA* (L.) NUTT.**

(PYROLACEAE)

**COMMON NAMES:** Common pipsissewa, bitter wintergreen, fragrant wintergreen, ground holly, king's cure, love-in-winter, noble pine, pine tulip, pipsissewa, prince's pine, princess pine, pyrole, rheumatism weed, waxflower, wintergreen.

**DESCRIPTION:** An evergreen perennial that grows to 10 inches in height. Leaves are dark green, blunt-toothed, and wedge-shaped. Flowers are about ½ inch in size, flesh-colored, with violet pollen sacs.

**FLOWERING PERIOD:** May to June.

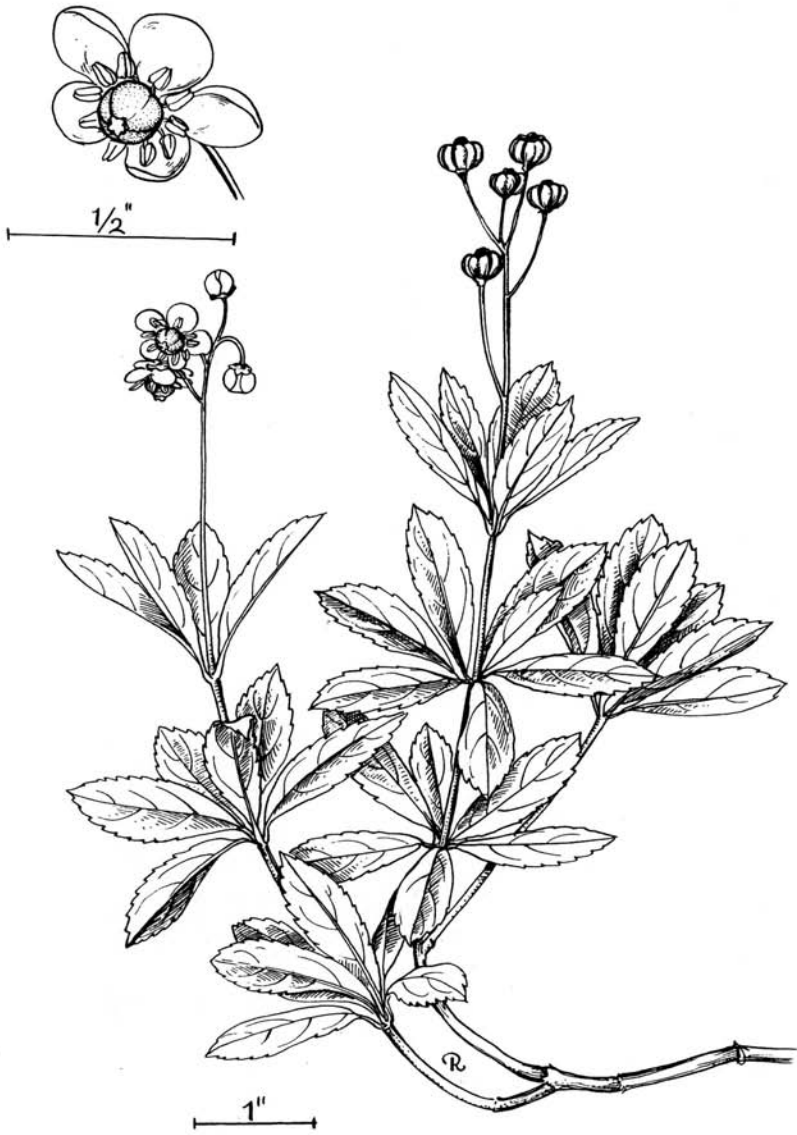
**HABITAT:** Coniferous and hardwood forests, and acid woodlands.

**HARVEST:** Leaves and herbs in late summer or early fall.

**USES:** The dried leaves are reportedly used as a diuretic, astringent, tonic, and antirheumatic.

*CHIMAPHILA UMBELLATA* (L.) NUTT.

(PYROLACEAE)



## *CHIONANTHUS VIRGINICUS* L.

(OLEACEAE)

COMMON NAMES: Fringe tree, American fringe tree, flowering ash, graybeard tree, old man's beard, poison ash, shavings, snowdrop tree, snowflowers, white fringe, white fringe tree.

DESCRIPTION: A shrub or tree about 35 feet in height. Leaves are opposite. Produces many white flowers on long stems, in panicles. Berries are fleshy, globular, and purple.

FLOWERING PERIOD: April to May.

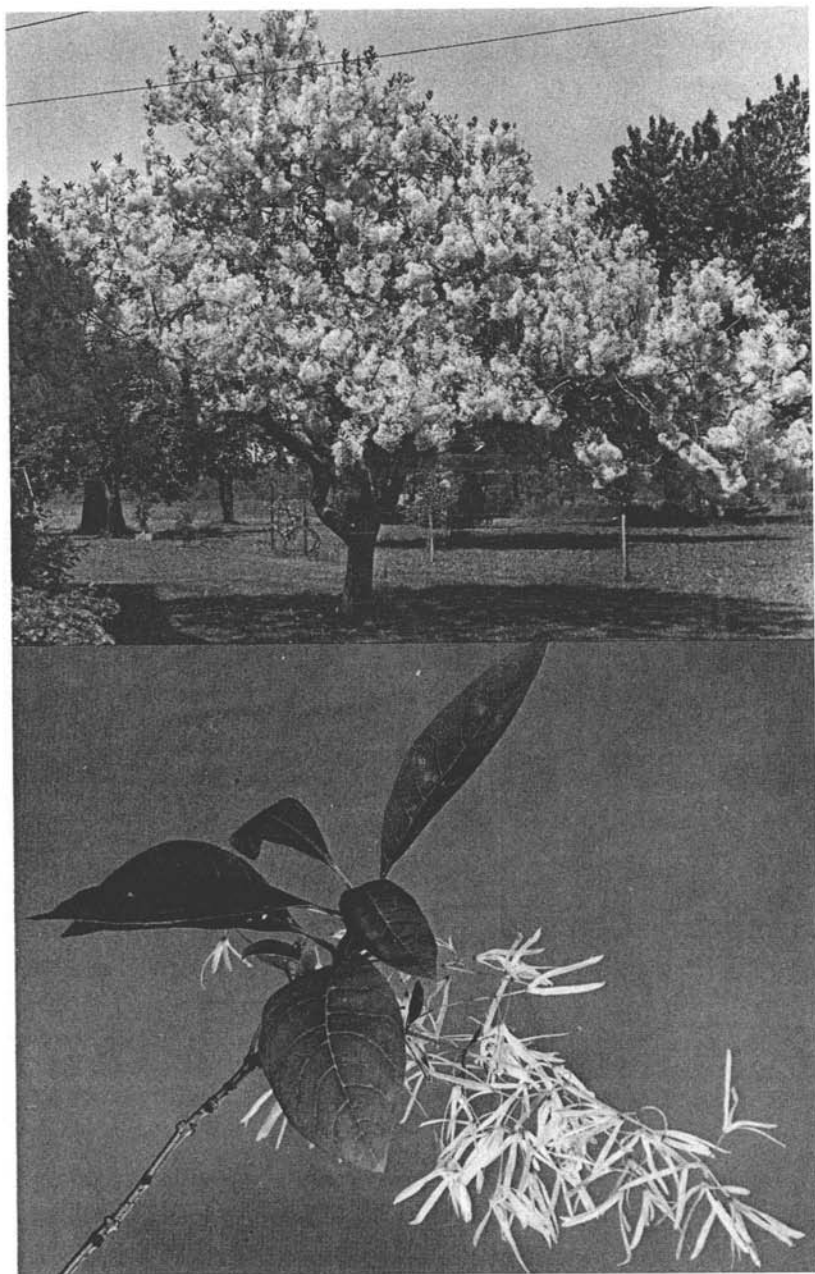
HABITAT: Damp woods, thickets, bluffs, and dry woods.

HARVEST: Root bark and fresh bark of trunks in the fall.

USES: The bark is used as a tonic, diuretic, and astringent; it is also used to reduce fever. In Appalachia a liquid of boiled root bark is applied to skin irritations.

***CHIONANTHUS VIRGINICUS* L.**

(OLEACEAE)



## ***CIMICIFUGA AMERICANA* MICHX.**

(RANUNCULACEAE)

COMMON NAMES: American bugbane, bugbane, mountain bugbane, mountain rattle-top, summer cohosh.

DESCRIPTION: A perennial shrub that grows to 3 to 4 feet in height. The plant resembles *C. racemosa* (L.) Nutt but is not as tall; and it has shorter lateral spikes of small, white flowers plus a terminal spike.

FLOWERING PERIOD: July to September.

HABITAT: Moist woods.

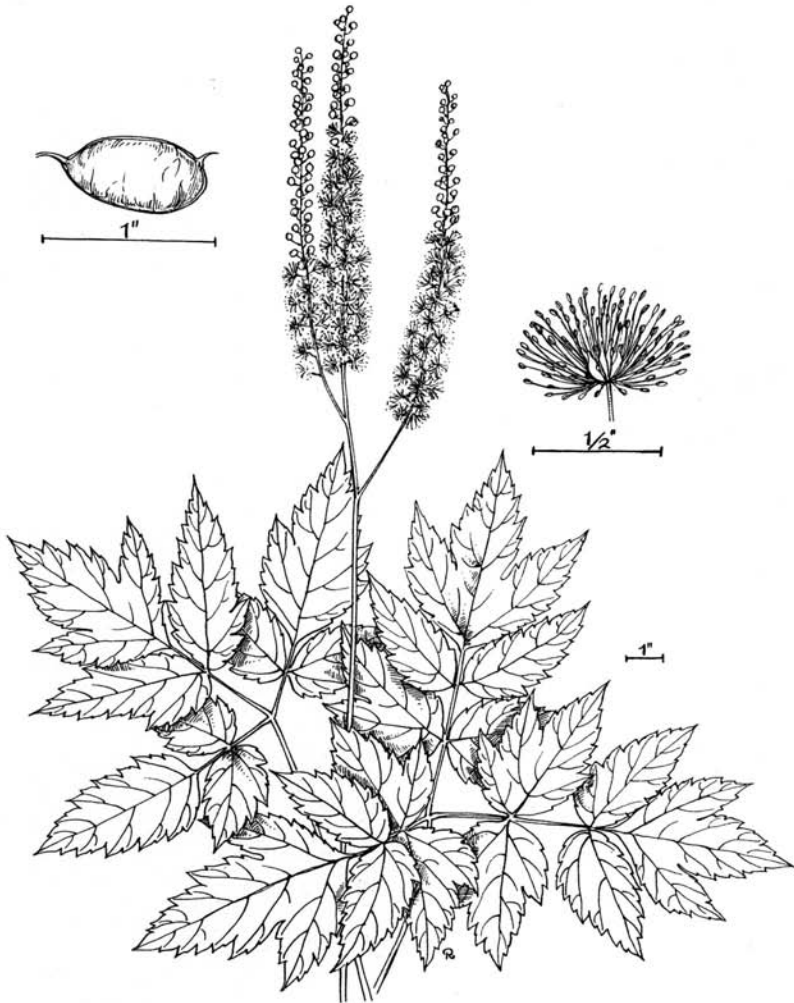
HARVEST: Rhizomes and roots at end of growing season.

USES: This plant is used as an antispasmodic in some areas.  
(See *C. racemosa*.)



*CIMICIFUGA AMERICANA* MICHX.

(RANUNCULACEAE)



## *CIMICIFUGA RACEMOSA* (L.) NUTT.

(RANUNCULACEAE)

COMMON NAMES: Cohosh bugbane, battle weed, black cohosh, black snakeroot, blueberry, blue ginseng, bugbane, cohosh, columbine-leaved leontice, cordate rattle-top, false cohosh, heart-leaved rattle-top, heart-leaved snakeroot, meadow rue leontice, papoose root, rattle root, rattlesnake root, rattle-top, rattleweed, richweed, squaw root, yellow ginseng.

DESCRIPTION: A perennial shrub that grows to 8 feet in height. Each of the leaf stems holds 2, 3, or 5 leaflets. The plant is topped with a slender spike of small, white flowers. The rhizome or root is knotted.

FLOWERING PERIOD: June to August.

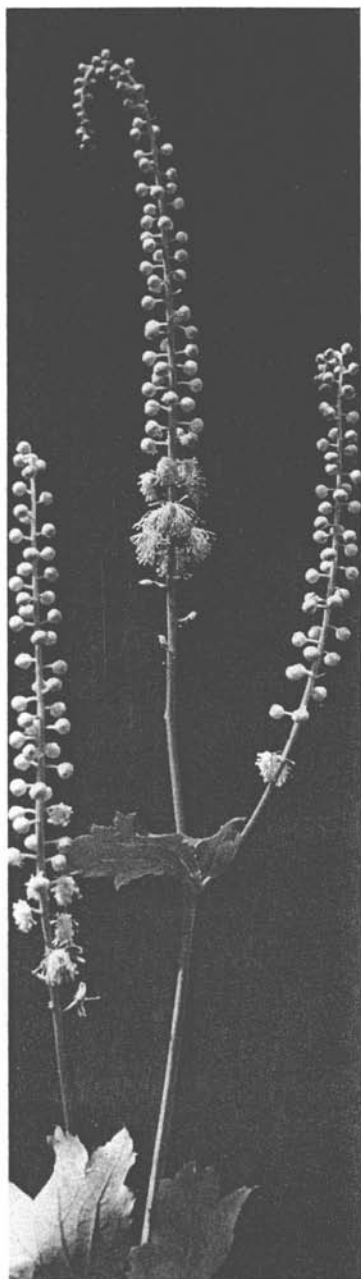
HABITAT: Rich, open woods.

HARVEST: Rhizomes and roots in the fall.

USES: The roots and rhizomes are considered valuable in treating chronic rheumatism. The plant is also used as an expectorant, astringent, emmenagogue, and bitter tonic. In Appalachia, a tea made from the root is used to treat sore throat.

*CIMICIFUGA RACEMOSA* (L.) NUTT.

(RANUNCULACEAE)



## *CNICUS BENEDICTUS L.*

(ASTERACEAE)

**COMMON NAMES:** Blessed thistle, bitter thistle, bitterweed, blessed carduus, carduus, cursed thistle, holy thistle, our-lady's thistle, spotted carduus, spotted thistle, St. Benedict's thistle.

**DESCRIPTION:** This annual grows to about 2 feet in height. Leaves are thistle-like, toothed, lobed, and spiny. Plant produces many flowered yellow heads.

**FLOWERING PERIOD:** April to August.

**HABITAT:** Roadsides and waste places.

**HARVEST:** Herbs and tops in bloom; ripe seed.

**USES:** The upper portion of this plant has been used to treat worms; and it is also used in an emmenagogue, stimulant, tonic, and emetic. Because it is hemostatic, the seed is also useful as an emetic. In Europe, ground parts of the plant are mixed with wine for use as an aperitif.

*CNICUS BENEDICTUS* L.

(ASTERACEAE)



## ***COLLINSONIA CANADENSIS* L.**

(LAMIACEAE)

**COMMON NAMES:** Citronella horse balm, broadleaf collinsonia, Canadian collinsonia, citronella, hard hack, heal-all, horse balm, horseweed, knob grass, knobroot, ox balm, richweed, stone root.

**DESCRIPTION:** A perennial that grows to 3 feet in height. Leaves are opposite, large, coarsely toothed, and roughly ovate in shape. Strongly scented lemon-yellow flowers are arranged vertically along opposite branches of the main stem. Plant rises from a thick, woody rhizome.

**FLOWERING PERIOD:** July to September.

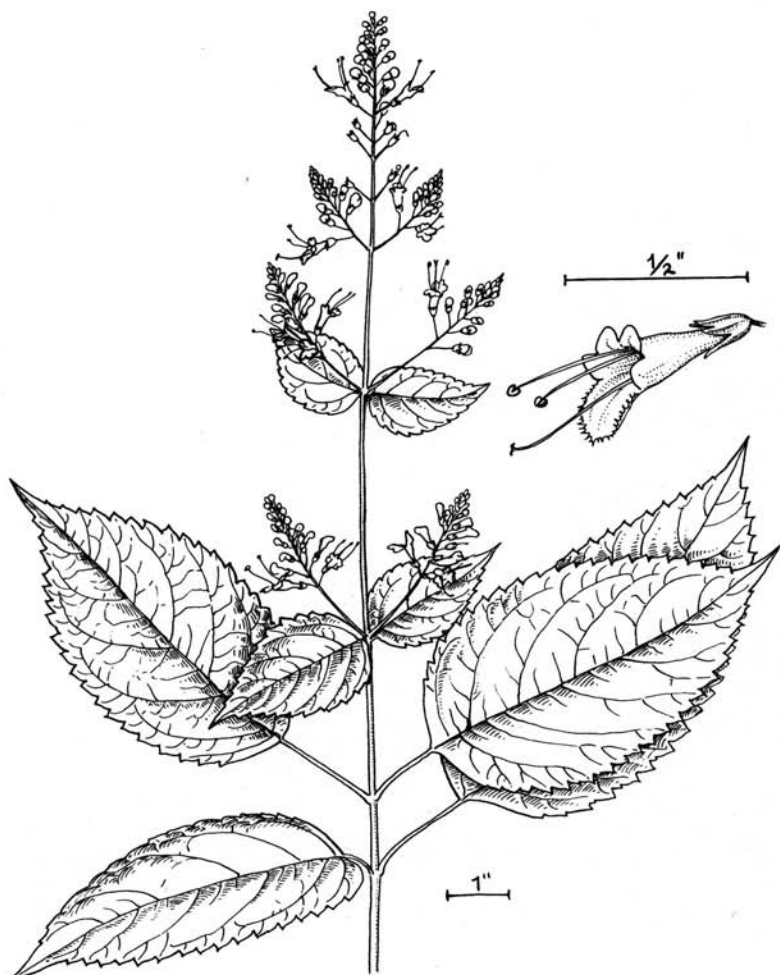
**HABITAT:** Rich, moist woods.

**HARVEST:** Herb at flowering; root in fall.

**USES:** Roots are used as a sedative and antispasmodic, diuretic, astringent, and tonic.

*COLLINSONIA CANADENSIS* L.

(LAMIACEAE)



**COMPTONIA PEREGRINA (L.) COULT.**

(MYRICACEAE)

COMMON NAMES: Sweet fern, Canadian sweetgale, fern bush, ferngale, ferngate, meadow fern, shrubby fern, shrubby-sweet fern, spleen fern, spleenwort bush, spleenwort fern, sweet bush, sweet ferry.

DESCRIPTION: A sweet-smelling, many-branched, perennial shrub that grows to 3 feet in height. Small branches are lightly hairy. Leaves are alternate, 3 to 6 inches long, linear, and deeply cleft. Produces fuzzy pistillate flowers in catkins, and ¼ inch shiny, brown nutlets.

FLOWERING PERIOD: April.

HABITAT: Open, sterile woodlands; clearings, pastures, and dry woods.

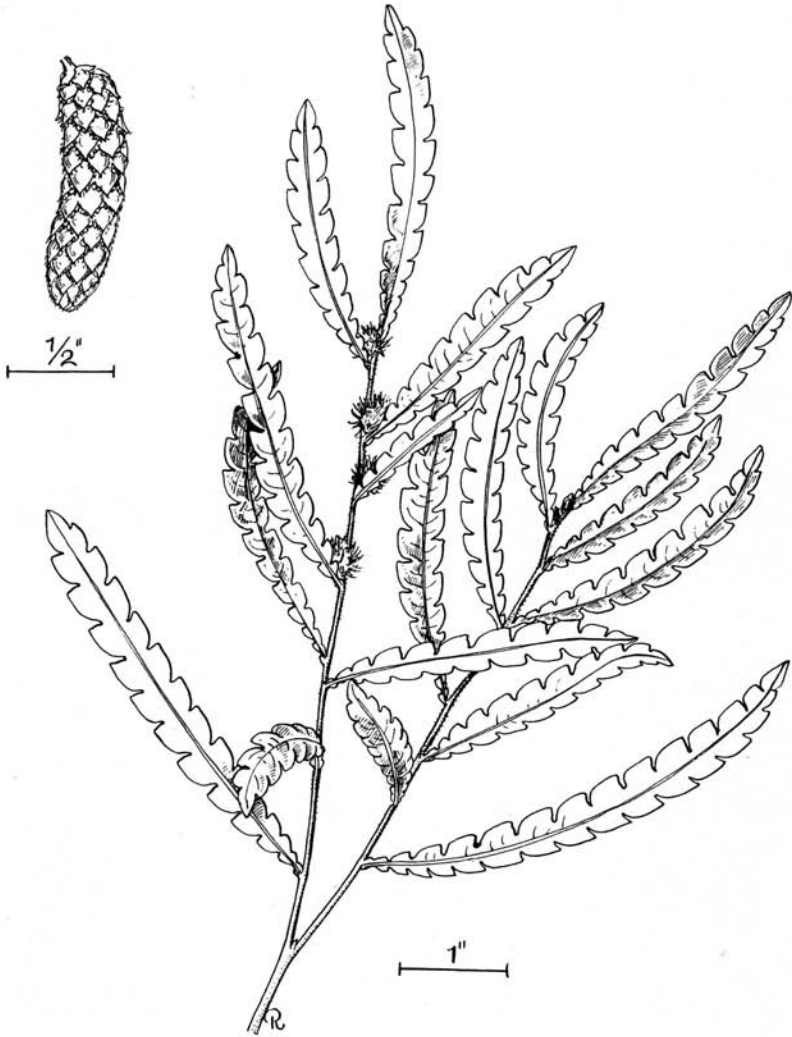
HARVEST: Leaves.

USES: The U.S. Dispensatory states that a decoction of the plant is used to treat diarrhea. Another authority says the plant has value in treating poison ivy.



*COMPTONIA PEREGRINA* (L.) COULT.

(MYRICACEAE)



## *CORALLORHIZA* (CHAT.)

(ORCHIDACEAE)

COMMON NAMES: Coralroot, crawleyroot, dragon's claws.

DESCRIPTION: A perennial saprophytic orchid that has no green foliage. Produces spike-like flowering stem, with yellow, brown, or purplish flowers arranged along the stem. Rhizomes are coral-like, and clustered.

FLOWERING PERIOD: July to September.

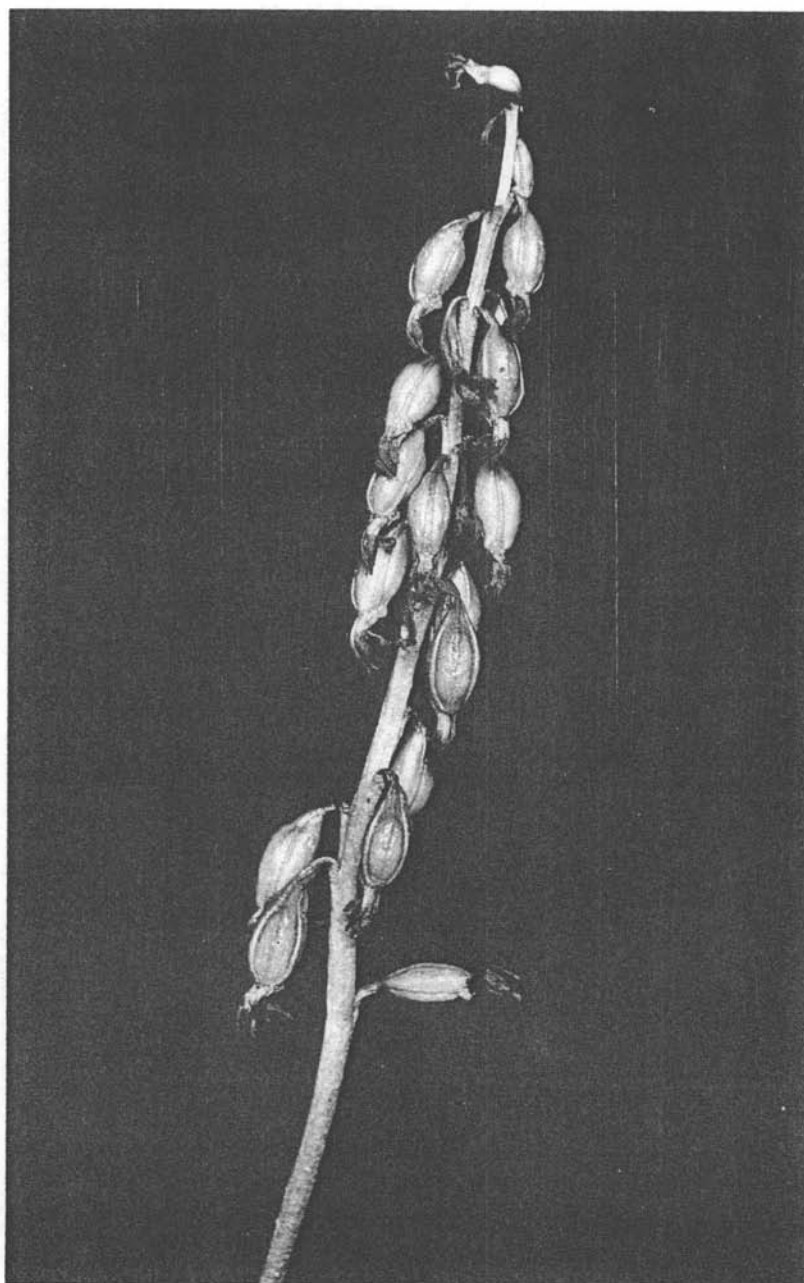
HABITAT: Uplands, damp woods, thickets, swamps, coniferous and deciduous woods.

HARVEST: Root.

USES: The plant is diaphoretic, and is used as a sedative.

*CORALLORHIZA* (CHAT.)

(ORCHIDACEAE)



## *CYPRIPEDIUM CALCEOLUS* L.

var. *PARVIFLORUM* (SALISB.) FERN.

(ORCHIDACEAE)

**COMMON NAMES:** Yellow lady's slipper, American valerian, lady-slipper, nerve root, small golden slipper, small moccasin flower, small yellow lady's slipper, yellow Indian shoe, yellow moccasin.

**DESCRIPTION:** An aromatic perennial that grows to 4 to 28 inches in height. Ovate, alternate leaves grow from sheaths around stem of plant. It has large, sac-like yellow "slippers". Flower petals range from greenish yellow to purplish brown.

**FLOWERING PERIOD:** April to June.

**HABITAT:** Bogs and moist places.

**HARVEST:** Roots in fall.

**USES:** The plant is used as a sedative and in treating neuralgia. In Appalachia, a root tea is used to treat nervous ailments and headaches.

*CYPRIPEDIUM CALCEOLUS* L.

var. *PARVIFLORUM* (SALISB.) FERN.

(ORCHIDACEAE)



## *DATURA STRAMONIUM* L.

(SOLANACEAE)

COMMON NAMES: Jimsonweed, apple of Peru, apple Peru, devil's trumpet, Jamestown weed, jimsonweed datura, mad apple, stink apple, stinkweed, stinkwort, stramonium, thorn apple.

DESCRIPTION: An ill-scented annual weed that grows 1 to 5 feet in height. Leaves are 4 to 6 inches long, broad, unevenly and largely toothed. Flowers are long, tubular, pale blue in leaf axils or stem forks. Plant produces large prickly capsules as fruit.

FLOWERING PERIOD: July to October.

HABITAT: Forest edge, fields, roadsides, and waste ground.

HARVEST: Leaves and tops when plant is in flower; seeds when mature.

USES: This extremely poisonous plant is used as an antispasmodic, antiasthmatic, and anodyne sedative. The dried leaves are frequently mixed with saltpeter and burned in a treatment for asthma. In Appalachia, a poultice made from blossoms is used to treat wounds and to kill pain; also, dried leaves are smoked in a pipe to relieve asthma. In the Southwest, the plant is used by Zuni Indians as a hallucogenic. In Europe, where the plant has been known for centuries, it is used to treat pulmonary disease, nervous afflictions, and nymphomania. And legend has it that the Delphic Oracle inhaled smoke from burning *Datura* leaves to induce visions.

*DATURA STRAMONIUM* L.

(SOLANACEAE)



## *DIOSCOREA VILLOSA* L.

(DIOSCOREACEAE)

COMMON NAMES: Atlantic yam, China root, colicroot, devil's bones, dioscorea, rheumatism root, wild yam, yam.

DESCRIPTION: A twining perennial vine that grows to 15 feet in height. Bottom 3 leaves are sometimes whorled. Plant has an alternate heart-shaped leaf base; and stems of tiny, greenish flowers grow opposite some of the leaves. Produces triangular capsules as fruit. Rootstock is slender, infrequently branched.

FLOWERING PERIOD: May to July.

HABITAT: Deciduous woods, thickets, swamps, and wet woods.

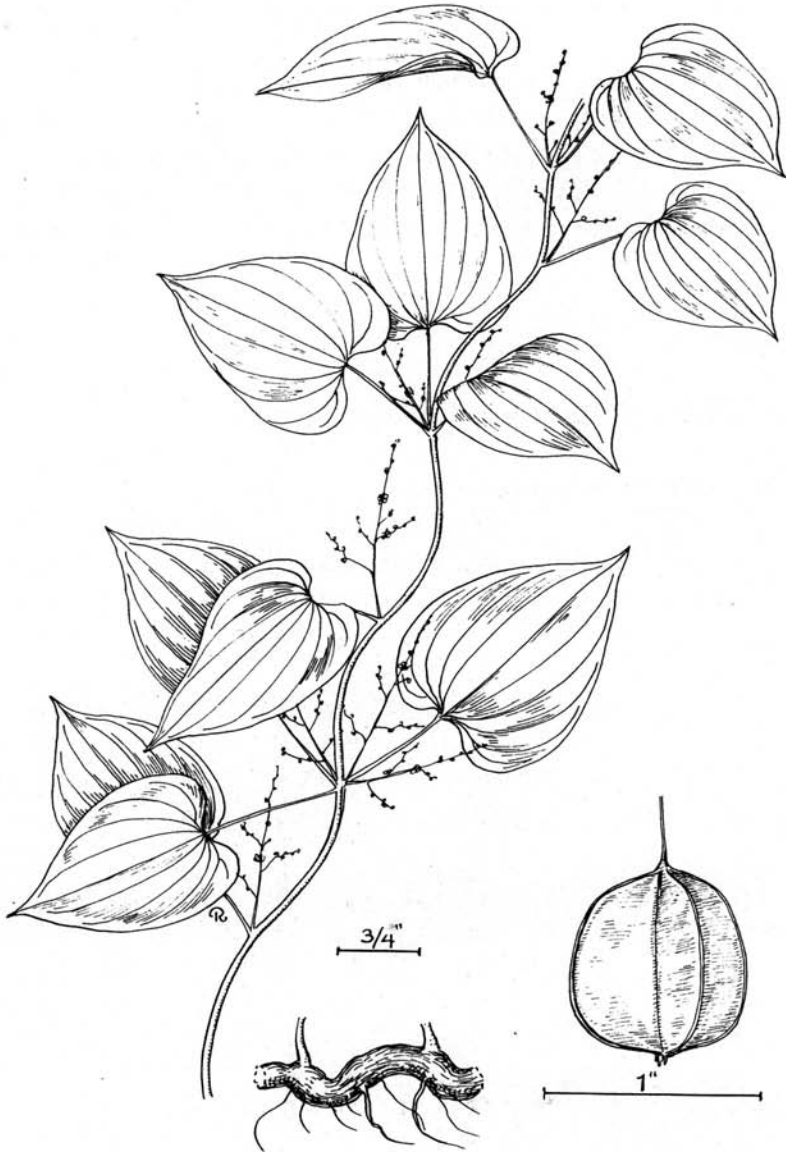
HARVEST: Roots in fall.

USES: This herb is used as an expectorant, emetic, antispasmodic, and diaphoretic.



*DIOSCOREA VILLOSA* L.

(DIOSCOREACEAE)



## *ECHINACEA PURPUREA* (L.) MOENCH

(FABACEAE)

COMMON NAMES: Purple echinacea, black Sampson, comb-flower, hedgehog, purple cone flower, red sunflower.

DESCRIPTION: A perennial that grows to 2 to 5 feet in height. Leaves are alternate, ovate to lanceolate in shape; bases contract abruptly to long, sometimes winged stems; leaf margins are toothed; and uppermost leaves have no stems. Flower heads are purple to white. Plant has thick, acid-tasting black roots.

BLOOMING PERIOD: June to August.

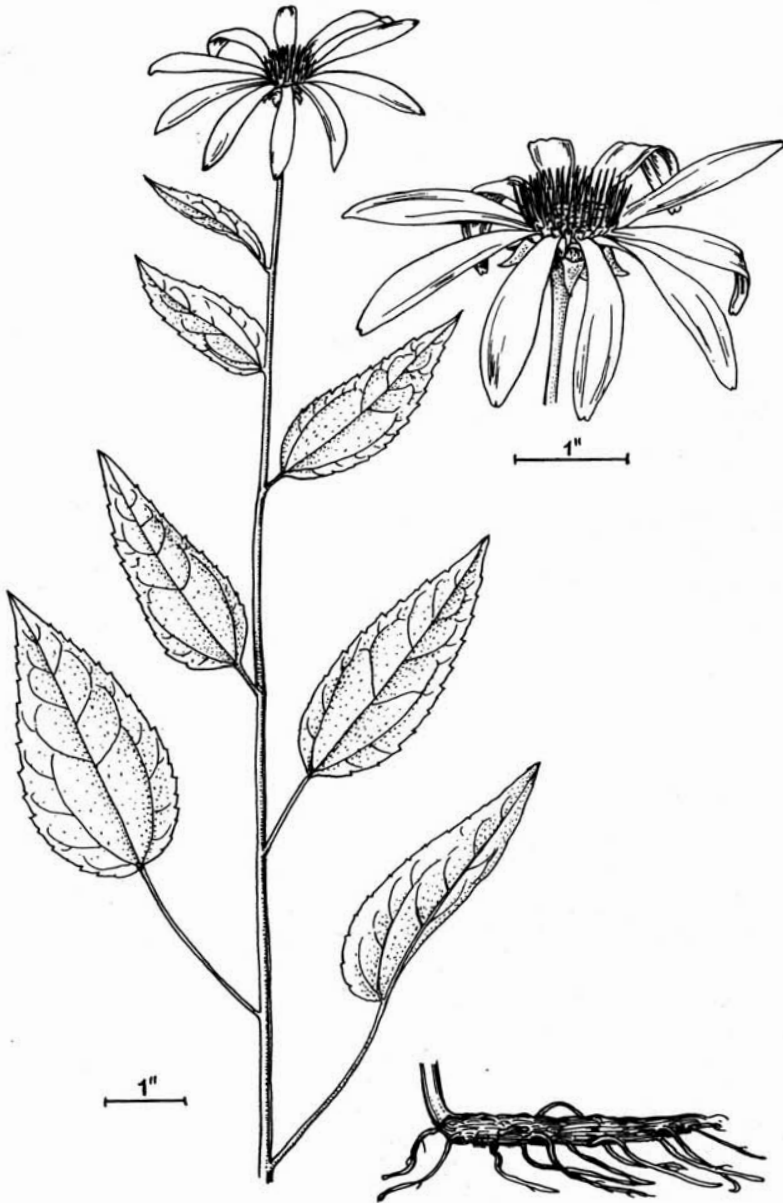
HABITAT: Dry open woods and road banks.

HARVEST: Roots in fall.

USES: U.S. Dispensatory states that this plant reportedly increases the body's resistance to infection. Tinctures of *Echinacea* species have been used in corn remedies.

*ECHINACEA PURPUREA* (L.) MOENCH

(FABACEAE)



## *ERYNGIUM AQUATICUM* L.

(APIACEAE)

COMMON NAMES: Button snakeroot eryngo, button snake-root, corn snakeroot, eryngo, feverweed, rattlesnake flag, rattlesnake master, rattlesnake weed, water eryngo.

DESCRIPTION: An erect, coarse-branched, perennial that grows to  $\frac{1}{2}$  to 5 feet in height. It has firm elongate-to-lanceolate lower leaves; upper leaves are sessile. The plant bears fruit from September to November.

FLOWERING PERIOD: Late July to September.

HABITAT: Fresh to brackish marshes, streams, ponds and bogs, and wet pinelands.

HARVEST: Rootstock in fall.

USES: In large doses, infusions have been used as emetics. Also used as a diaphoretic and expectorant.

*ERYNGIUM AQUATICUM* L.

(APIACEAE)



## *EUONYMUS ATROPURPUREUS* JACQ.

(CELASTRACEAE)

COMMON NAMES: Eastern wahoo, American spindle tree, arrow-wood, bitter ash, bleeding heart, burning bush, bursting heart, Indian arrow-wood, pegwood, purple strawberry bush, skewerwood, spindle tree, strawberry bush, wahoo.

DESCRIPTION: A shrub or small tree that grows to 25 feet in height. It has green 4-sided branches and purplish flowers. Produces seeds in prominent scarlet 4-lobed fruit.

FLOWERING PERIOD: May to July.

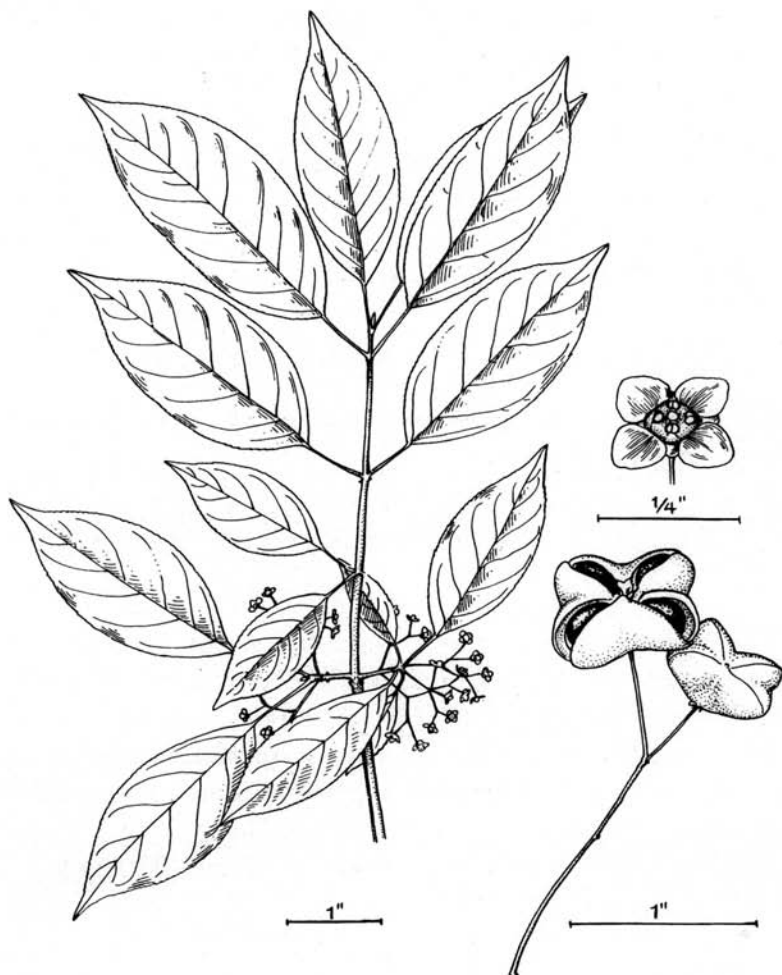
HABITAT: Rich woods and thickets, stream banks, swamps, and forests.

HARVEST: Bark of root and stem any time of the year.

USES: The bark is reported to be of value as a drastic purgative.

*EUONYMUS ATROPURPUREUS* JACQ.

(CELASTRACEAE)



## *EUPATORIUM PERFOLIATUM L.*

(ASTERACEAE)

COMMON NAMES: Boneset, ague-weed, common boneset, crosswort, feverwort, Indian sage, Joepye, sweating plant, sweating weed, teagel, thorough-stem, thoroughwax, thoroughwort, throughstem, vegetable antimony, wild Isaac, wild sage.

DESCRIPTION: A perennial that grows to 1 to 5 feet in height. Heavy stems are lightly hairy. Leaves are opposite, and grow completely together at the base. Produces flat heads of white- or purple-tinged flowers.

FLOWERING PERIOD: Late July to October.

HABITAT: Swamps, marshes, low ground, alluvial woods, damp areas, and pastures.

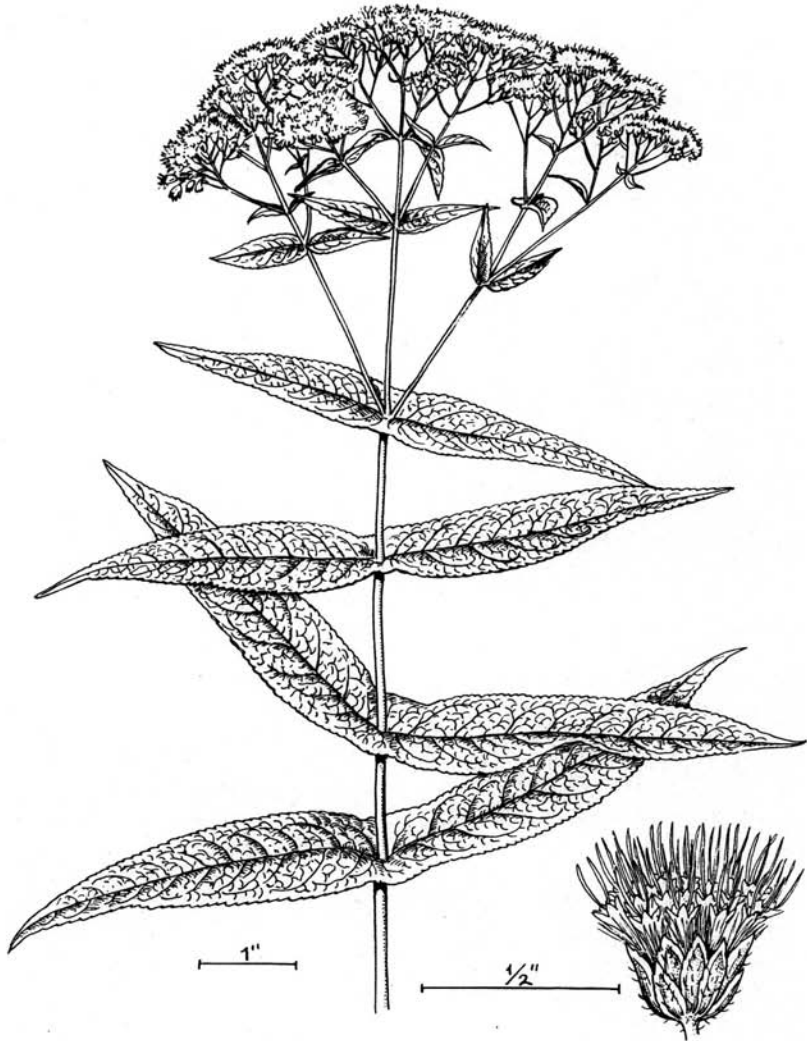
HARVEST: Herb in spring, leaves and flowering tops in late summer (Avoid coarse stems.)

USES: This plant is used as a stimulant to promote digestion, strengthen the viscera, and restore body tone. It is also considered sudorific, alterative, antiseptic, cathartic, emetic, febrifuge, diuretic, and astringent. In Appalachia, a tea made of the leaves is used to treat coughs and consumption, and it is used as a laxative.



*EUPATORIUM PERFOLIATUM* L.

(ASTERACEAE)



## *EUPATORIUM PURPUREUM* L.

(ASTERACEAE)

COMMON NAMES: Bluestem Joe-pyeweed, gravelroot, green-stemmed Joe-pyeweed, hempweed, Indian gravelroot, Joe-pyeweed, jopiroot, jopiweed, kidneyroot, king-of-the-meadow, marsh milkweed, motherwort, niggerweed, purple boneset, purple thoroughwort, queen-of-the-meadow, quillwort, stinkweed, sweet Joe-pyeweed, tall boneset, trumpetweed.

DESCRIPTION: This perennial grows to 3 to 10 feet in height. Leaves are in two's and five's, and in whorls to 1 foot long; they are coarsely toothed, and smell like vanilla. Stem is solid in cross-section and tinged with purple. Heads of flowers range from creamy white to purple-tinged.

FLOWERING PERIOD: July to September.

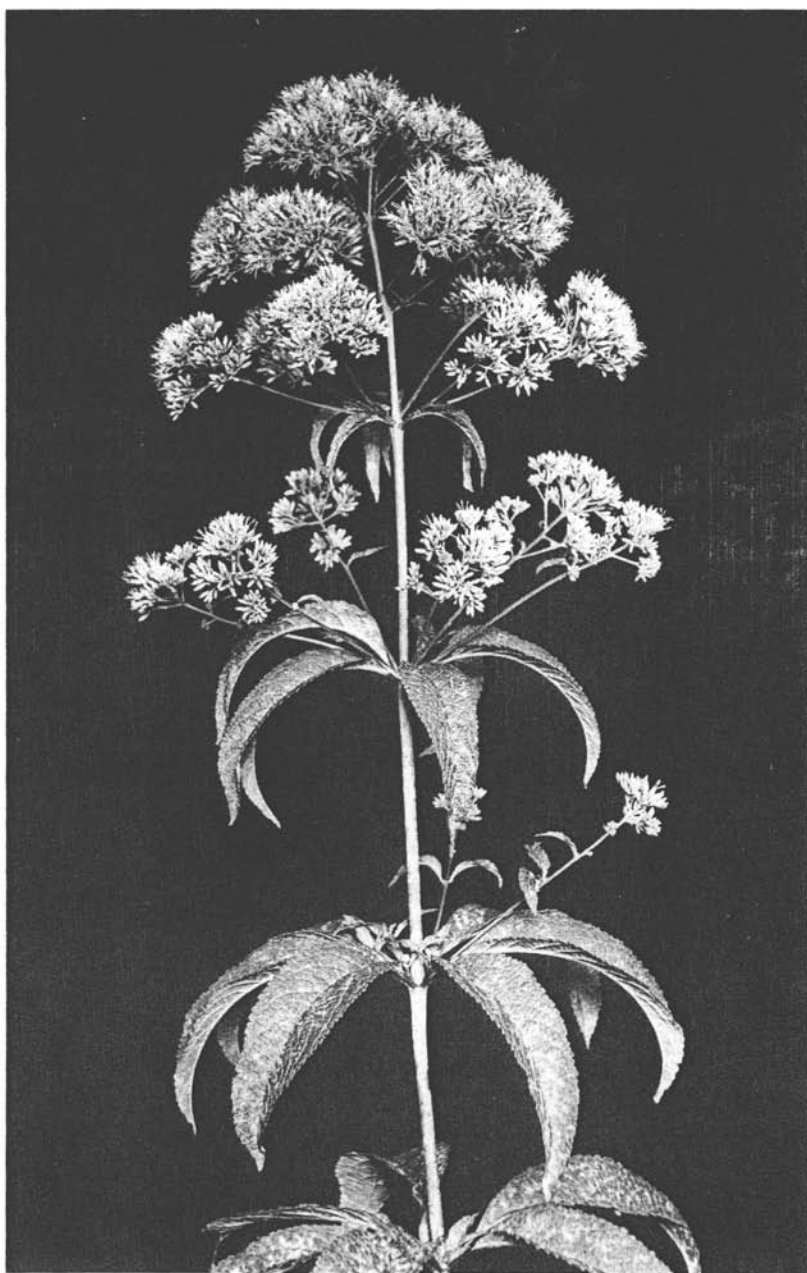
HABITAT: Rich, dry to moist, chiefly calcareous woods.

HARVEST: Rhizome in fall; leaves and flowering tops in summer and fall (Avoid coarse stems.)

USES: This plant is used for urinary disorders. The roots and herb are diuretic, stimulant, tonic, and astringent; they were used by American Indians, who also used the fruit for red or pink dye.

*EUPATORIUM PURPUREUM* L.

(ASTERACEAE)



***FRAGARIA VIRGINIANA* DUCHESNE.**

(ROSACEAE)

COMMON NAMES: Virginia strawberry, Indian strawberry, scarlet strawberry, strawberry, wild strawberry.

DESCRIPTION: A low-running perennial with 3 ovate toothed leaflets. The flowers have 5 white petals, and the fruit is red.

FLOWERING PERIOD: March to June or later.

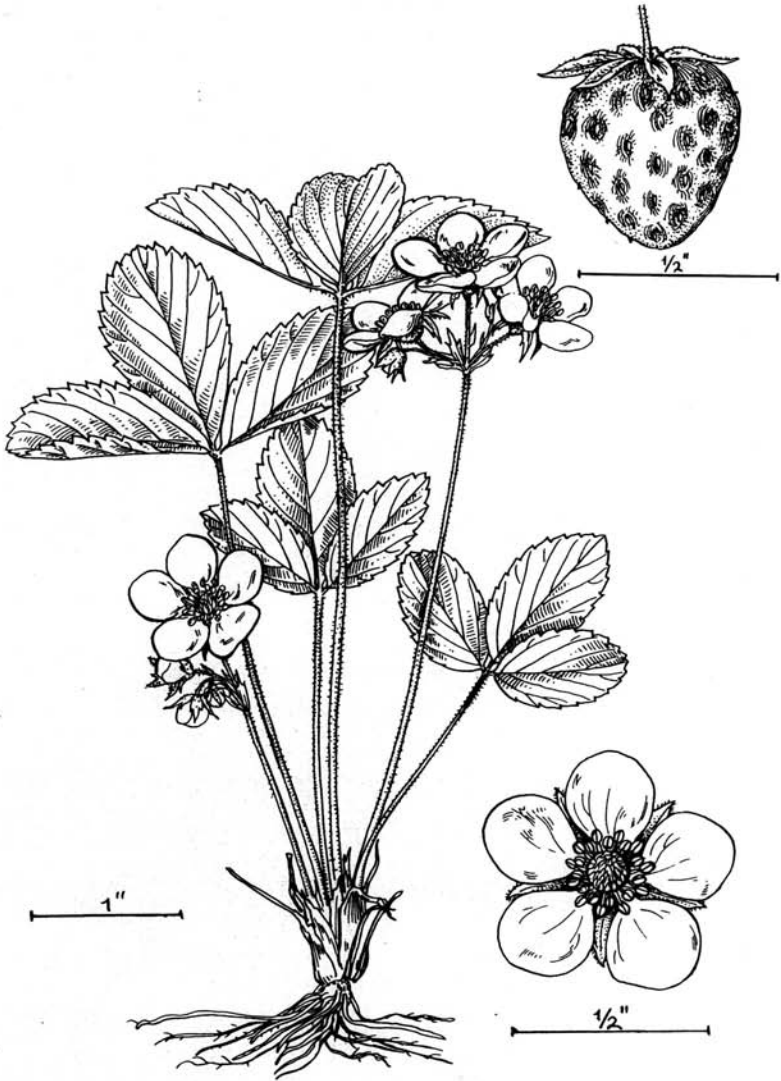
HABITAT: Fields, open slopes, borders of woods.

HARVEST: Leaves and fruit.

USES: Leaves of this plant are mildly astringent; the fruit has been used as an old-time gout remedy and refrigerant.

*FRAGARIA VIRGINIANA* DUCHESNE.

(ROSACEAE)



## *FRAXINUS AMERICANA* L.

(OLEACEAE)

COMMON NAMES: White ash, American ash, American white ash, ash, biltmore ash, biltmore white ash, cane ash, smallseed white ash.

DESCRIPTION: A tree that grows to 120 feet in height. Bark is ashy gray and furrowed. Leaves are 8 to 12 inches long, with 5 to 9 (mostly 7) leaflets 3 to 5 inches long, rounded at the base and about half as wide as they are long. The winged seeds are from 1 to 3 inches long, narrow, flat, and one-seeded; and they occur in clusters.

FLOWERING PERIOD: April to May.

HABITAT: Rich upland to lowland woods, lower to middle slopes.

HARVEST: Inner bark of trunk and roots, and stem in the spring.

USES: The bark of this plant is tonic, cathartic, diuretic, a febrifuge, diaphoretic, astringent, antiarthritic, and alterative. It has been prescribed for headache followed by fever, fever sores of the lips, and constipation. In Appalachia, the chewed bark is used as a poultice on sores, and a tea made from the buds is used for snakebite.

*FRAXINUS AMERICANA* L.

(OLEACEAE)



## *GALIUM APARINE L.*

(RUBIACEAE)

COMMON NAMES: Catchweed bedstraw, bedstraw, catchweed, cheese rennet herb, chicus, clabbergrass, cleavers, cleaver's herb, cleaves, cleverwort, goosegrass, goose's hare, milksweet, poor robin, savoyan, scratchweed, spring cleavers, turkey grass.

DESCRIPTION: An annual that has a weak, reclining, bristly 4-angled stem, with hairy joints. Leaves occur in whorls of 8. Flowers are white in cymes. Fruit is very bristly.

FLOWERING PERIOD: May to July.

HABITAT: Rich woods, thickets, seashores, waste ground, and shady areas.

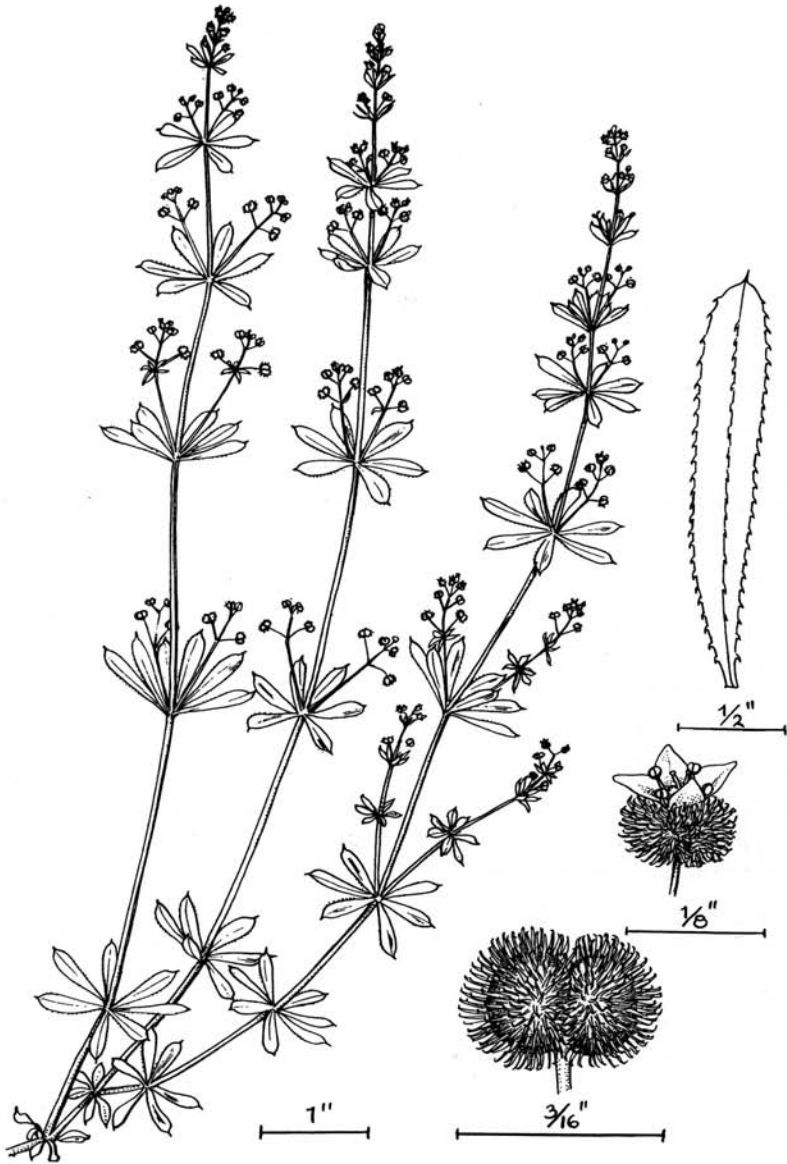
HARVEST: Herb in May and June, during flowering.

USES: The U. S. Dispensatory lists the plant as an anti-scorbutic. The herb is also a diuretic, tonic, astringent, antispasmodic; and it is used to treat inflammation of the kidneys and bladder. The seeds are used as a coffee substitute in Sweden; and the dried plant is used as a tea in some countries.



*GALIUM APARINE* L.

(RUBIACEAE)



## *GAULTHERIA PROCUMBENS* L.

(ERICACEAE)

**COMMON NAMES:** Checkerberry wintergreen, aromatic wintergreen, berried tea, boxberry, Canadian tea, checkerberry, chequerberry, chidkerberry, clink, creeping wintergreen, deerberry, dewberry, ground holly, ground ivy, grouse berry, hillberry, ivory plum, mountain berry, mountain tea, mountain teaberry, partridge berry, pigeonberry, red-berry tea, red pollom, roxberry, spiceberry, spicy wintergreen, spring wintergreen, teaberry, three-leaved wintergreen, trailing gaultheria, wax cluster, winterberry, wintergreen.

**DESCRIPTION:** A low, creeping, aromatic, evergreen shrub, with 2- to 6-inch branches. Leaves are shiny and waxy. Single white, nodding flowers are in racemes in axils. Produces bright red berries in fall and winter.

**FLOWERING PERIOD:** June to August.

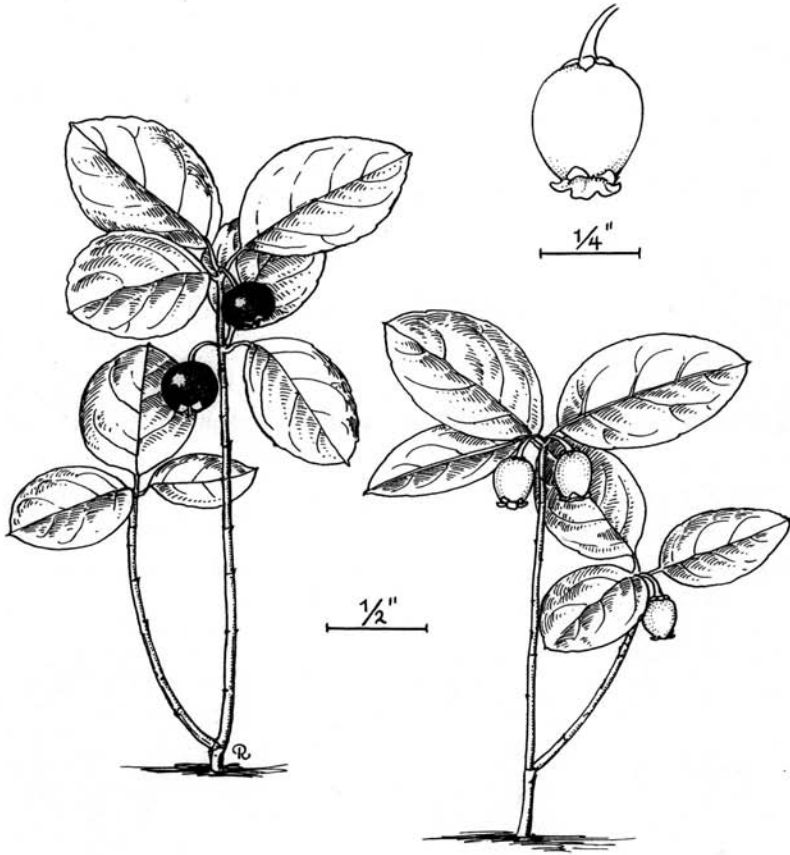
**HABITAT:** Sterile woods and clearings, dry wooded areas; commonly found growing with rhododendron, mountain laurel, and other members of the heath family.

**HARVEST:** Herb and leaves in fall.

**USES:** The plant is primarily a source of true wintergreen oil, which is used as a flavor, counterirritant, astringent, and carminative. Wintergreen oil is extremely toxic if consumed internally.

*GAULTHERIA PROCUMBENS* L.

(ERICACEAE)



***GELSEMIUM SEMPERVIRENS* (L.) AIT.**

(LOGANIACEAE)

COMMON NAMES: Yellow jessamine, Carolina jessamine, evening trumpet flower, false jasmine, false jessamine, gelsemium, jasmine, wild jasmine, wild jessamine, woodbine, yellow jasmine root.

DESCRIPTION: A perennial vine with horizontal, branched, cylindrical rootstock. Leaves are short-stalked, lanceolate, aromatic, and evergreen, with smooth margins. Flowers are showy, fragrant, and tubular.

FLOWERING PERIOD: March to May.

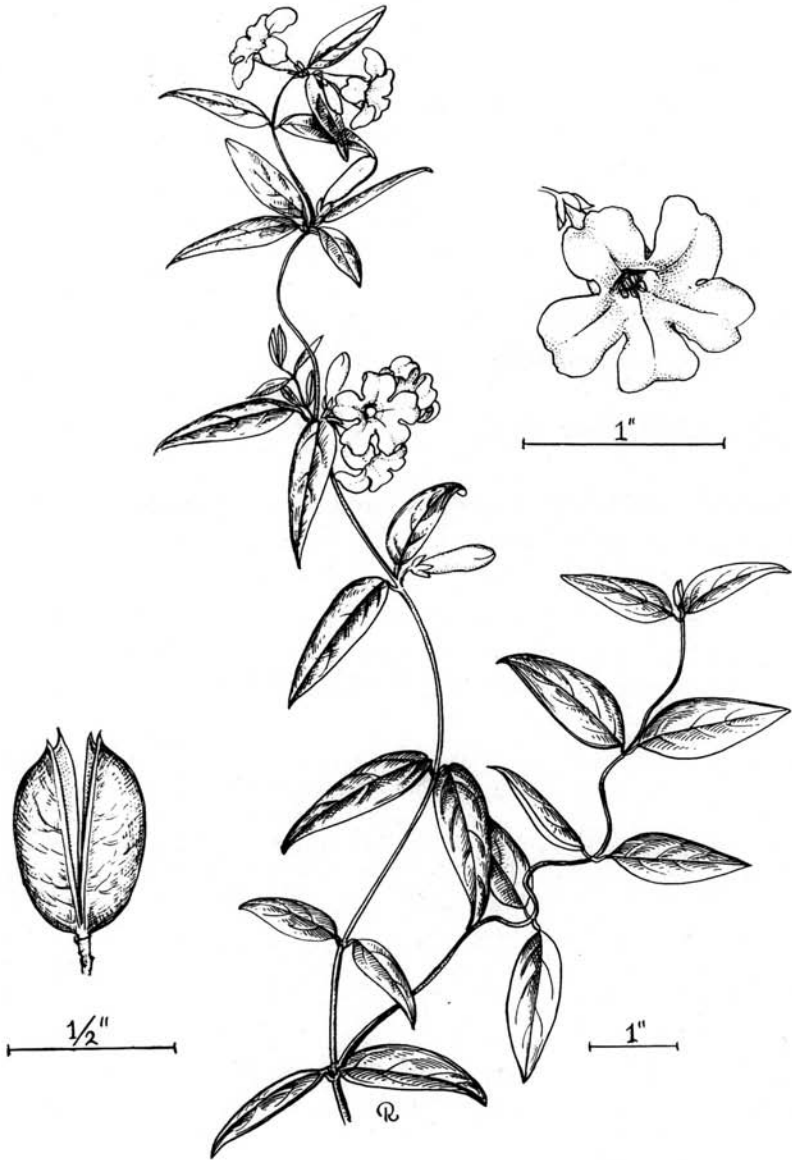
HABITAT: Thickets, roadsides, fence rows, dry and damp woods, and sandy areas.

HARVEST: Roots and rhizomes just after flowering in fall.

USES: This is a very poisonous plant. Preparations made from the roots and rhizomes have been used as central nervous-system depressants, febrifuge, anodyne, and antispasmodic.

*GELSEMIUM SEMPERVIRENS* (L.) AIT.

(LOGANIACEAE)



## *GENTIANA VILLOSA* L.

(GENTIANACEAE)

COMMON NAMES: Sampson's snakeroot, marsh gentian, straw-colored gentian, striped gentian.

DESCRIPTION: A perennial with several smooth ascending stems. Leaves are oblanceolate. A cluster of crowded, tubular, greenish-white to purplish-green flowers is found at top of the plant.

FLOWERING PERIOD: August to October.

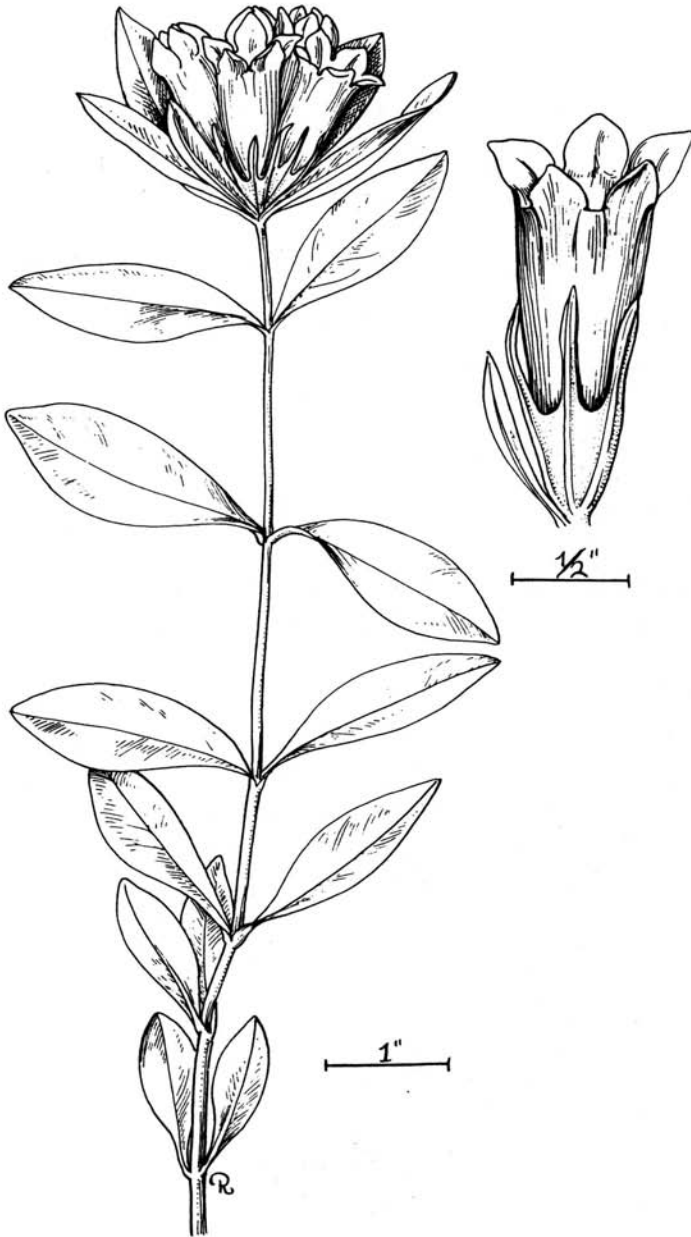
HABITAT: Meadows, brooksides, slopes, calcareous rocks, woods, and pinelands.

HARVEST: Root in fall.

USES: The rhizome has been used to treat indigestion, gout, and rheumatism; and it has also been used as an antiemetic. Because of its bitter flavor, probably the most useful application of this plant is as a tonic and astringent. In Appalachia, a root tea is drunk as a tonic, and a piece of the root is sometimes worn or carried to increase one's physical powers.

*GENTIANA VILLOSA* L.

(GENTIANACEAE)



## ***GERANIUM MACULATUM* L.**

(GERANIACEAE)

**COMMON NAMES:** Spotted geranium, alum bloom, alumroot, American kind, American tormentil, astringent root, chocolate flower, common crane's bill, cranesbill, cranesbill geranium, crowfoot, dove's foot, old maid's-nightcap, shameface, spotted cranesbill, stork bill, tormentil, wild cranesbill, wild geranium.

**DESCRIPTION:** A perennial 1 to 2 feet in height, with a single stem and thick rhizomes. Leaves are 3 to 6 inches across, and deeply cleft. Produces 3 to 5 loose, rosy-purple to white flowers, 1 inch across.

**FLOWERING PERIOD:** April to June.

**HABITAT:** Rich woods and meadows.

**HARVEST:** Leaves and rhizomes in spring, just before plant flowers, or in late summer.

**USES:** The leaves have been used as a vulnerary. However, the roots and rhizomes, which contain much tannin, are very astringent, antiseptic, styptic, and diuretic; and they have been used to treat diarrhea. In Appalachia, a tea made from the whole plant is used to treat dysentery and sore throat.



*GERANIUM MACULATUM* L.

(GERANIACEAE)



## *HAMAMELIS VIRGINIANA* L.

(HAMAMELIDACEAE)

**COMMON NAMES:** Witch hazel, common witch hazel, hamamelis, long boughs, pistachio, snapping hazel, snapping hazel-nut, southern witch hazel, spotted alder, striped alder, tobacco wood, white hazel, winterbloom, wood tobacco.

**DESCRIPTION:** A crooked tree or shrub usually 8 to 15 feet in height, with forking branches and smooth, brown bark. The leaves are roundish to round-oval, 3 to 5 inches long, thick, and borne on a short stalk. Yellow, thread-like flowers appear in late fall or early winter after the leaves have fallen. Fruits occur in clusters along the stem and mature the following season, when they burst open and eject shiny black seeds.

**FLOWERING PERIOD:** September to November.

**HABITAT:** Dry to moist woods.

**HARVEST:** Leaves, twigs, and bark in fall.

**USES:** The twigs, leaves, and bark are used to prepare witch hazel extract, which has been used in shaving lotions and to treat bruises and sprains. The fresh leaves of the plant contain high concentrations of tannin, which makes them very astringent.

*HAMAMELIS VIRGINIANA* L.

(HAMAMELIDACEAE)



**HEDEOMA PULEGIOIDES (L.) PERS.**

(LAMIACEAE)

COMMON NAMES: American pennyroyal, American false-pennyroyal, mock pennyroyal, pennyroyal, pennyroyal of America, pudding grass, squaw mint, stinking balm, thickweed, tickweed.

DESCRIPTION: A branched annual that grows to 18 inches in height. Leaves are erect, hairy, small, and ovate, with the broad end at the base. Produces clusters of aromatic, tiny, bluish flowers about 1/4 inch long.

FLOWERING PERIOD: July to September.

HABITAT: Dry soils, woodlands, pastures, and meadows.

HARVEST: Leaves, flowering tops and small stems in full bloom; plants just before flowering.

USES: This herb is used as an antispasmodic, rubifacient, and stimulant. A tea is used in Appalachia for treating pneumonia.

*HEDEOMA PULEGIOIDES* (L.) PERS.

(LAMIACEAE)



***HEPATICAC ACUTILOBA DC.***

(RANUNCULACEAE)

COMMON NAMES: Sharplobe hepatica, heart liverleaf, hepatica, liverleaf, liverwort, noble liverwort, sharplobed liverleaf.

DESCRIPTION: A perennial that grows to 9 inches in height. Liver-shaped leaves have 3 to 5 lobes, and each leaf stalk has one leaf. Produces a single white to purplish flower in spring.

FLOWERING PERIOD: March to April.

HABITAT: Rich calcareous woods.

HARVEST: Leaves in the spring.

USES: This herb has been used as a tonic, mild astringent, and diuretic.

*HEPATICA ACUTILOBA* DC.

(RANUNCULACEAE)



## *HYDRANGEA ARBORESCENS* L.

(SAXIFRAGACEAE)

COMMON NAMES: Smooth hydrangea, sevenbark, wild hydrangea.

DESCRIPTION: A perennial shrub that grows to 10 feet in height, with stems rising from base of the plant. It has large, opposite, ovate leaves, and produces white or greenish flowers at top of branches. Many varieties are recognized.

FLOWERING PERIOD: May to July.

HABITAT: Rich woods, calcareous rocky slopes, banks of streams.

HARVEST: Root in the fall.

USES: The roots and rhizomes have been used as diuretics, cathartics, and tonics. Some authorities say that the drug has value in preventing kidney stones.



*HYDRANGEA ARBORESCENS* L.

(SAXIFRAGACEAE)



## *HYDRASTIS CANADENSIS* L.

(RANUNCULACEAE)

**COMMON NAMES:** Goldenseal, eyebalm, eyebright, eyeroot, goldenroot, ground raspberry, hydrastis, Indiana dye, Indian paint, Indian plant, Indian turmeric, jaundice root, Ohio curcuma, orange root, tumeric, wild turmeric, yellow eyewright, yellow paintroot, yellow puccoon, yellowroot, yellowwort.

**DESCRIPTION:** A perennial that grows to 1 foot in height. It has 1 stem with two 5- to 7-lobed leaves near the apex, which is topped with 1 greenish-white flower. Several single leaf stocks topped with flowers that have no petals rise from the roots. Fruit looks like a raspberry but is inedible.

**FLOWERING PERIOD:** April to May.

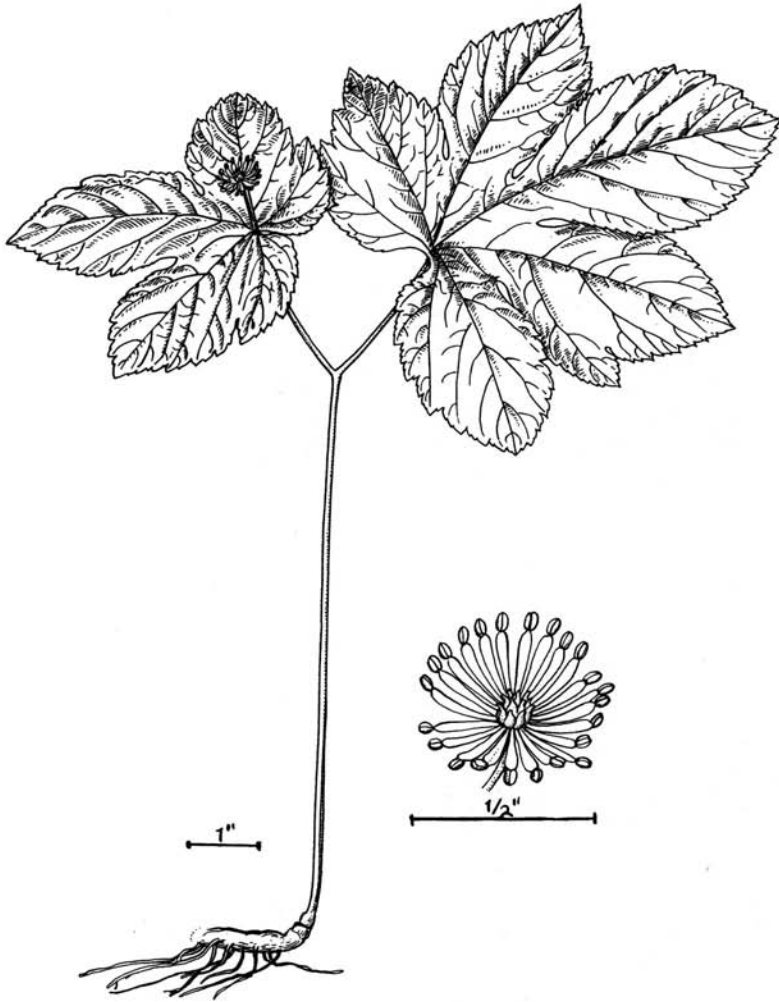
**HABITAT:** Rich woods.

**HARVEST:** Rootstock in fall; leaves or tops in late summer or fall, after seeds ripen.

**USES:** The pulverized rhizomes and roots have been used a long time to treat mouth ulcers, and as a hemostatic. This preparation has also been used as a diuretic in catarrhal conditions, and as an astringent for treating certain eye conditions. In Appalachia, a root tea is used as a tonic.

*HYDRASTIS CANADENSIS* L.

(RANUNCULACEAE)



***JEFFERSONIA DIPHYLLA* (L.) PERS.**

(BERBERIDACEAE)

COMMON NAMES: American twinleaf, ground squirrel pea, helmet pod, rheumatism root, twinleaf, yellow root.

DESCRIPTION: An erect shrub that grows to 2 feet. Stalk is topped by 2 identical, opposite, half-ovate leaf segments. Flowers are white, 1 inch across. Fruit is a large capsule.

FLOWERING PERIOD: March to April.

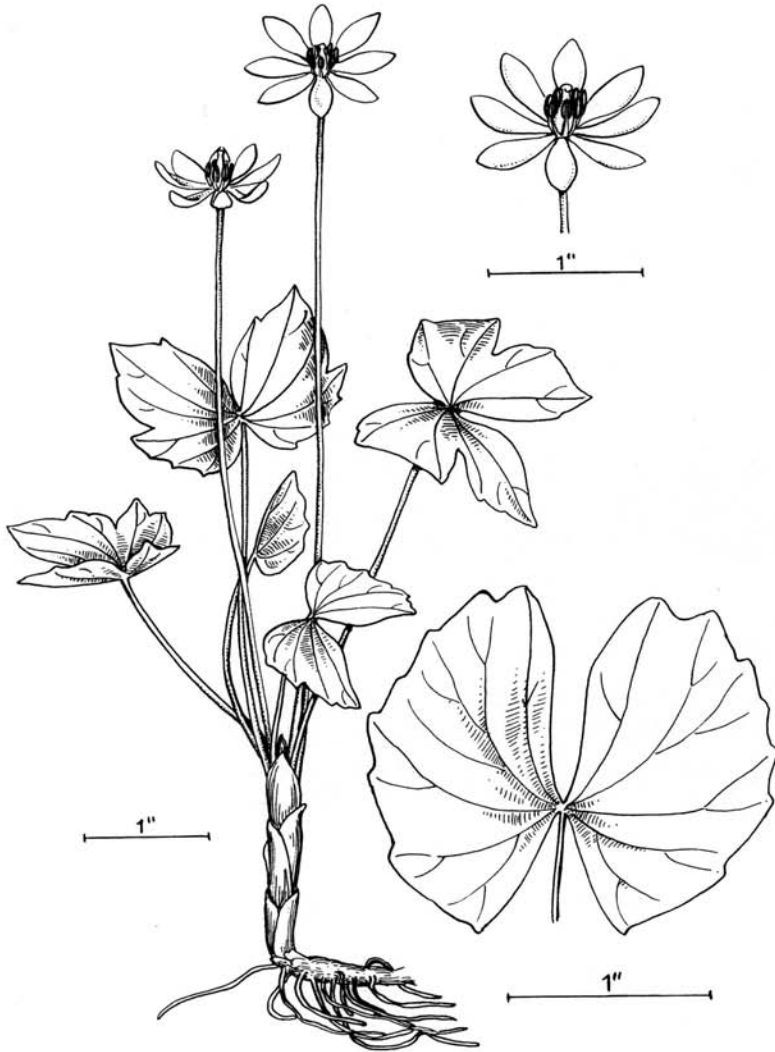
HABITAT: Rich, damp, shaded woods.

HARVEST: Root in fall.

USES: The rhizomes and roots have been used to treat chronic rheumatism, dropsy, spasms, and as a gargle. In small doses, the drug is an expectorant; in large doses it is an emetic. It also has been considered a diuretic, alterative, and antispasmodic.

*JEFFERSONIA DIPHYLLA* (L.) PERS.

(BERBERIDACEAE)



## *JUGLANS CINEREA* L.

(JUGLANDACEAE)

COMMON NAMES: Butternut, filnut, lemonnut, oilnut, white walnut.

DESCRIPTION: A tree usually 40 to 60 feet in height, with light gray bark divided into broad, flat ridges by moderately deep furrows. Leaves are compound with 11 to 17 leaflets arranged opposite each other, from 2 to 3 inches long, and with very short stems. Elliptical pointed fruit is 1½ to 2½ inches long and occurs in clusters of 2 to 5 or singly. The strong smelling, sticky husk is covered with hairs and contains an edible nut that has a hard, thick, deeply furrowed shell.

FLOWERING PERIOD: April to June.

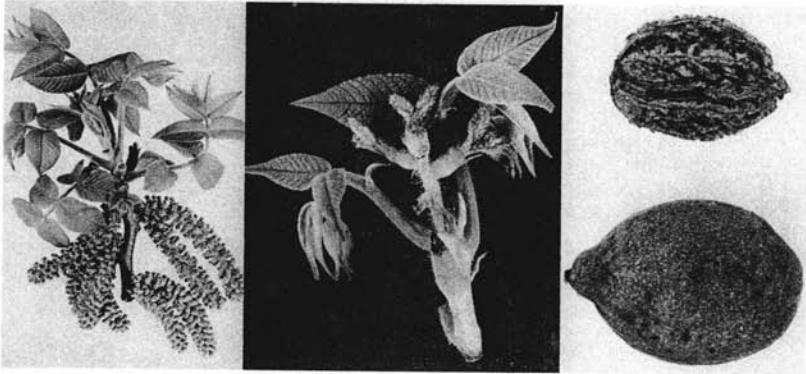
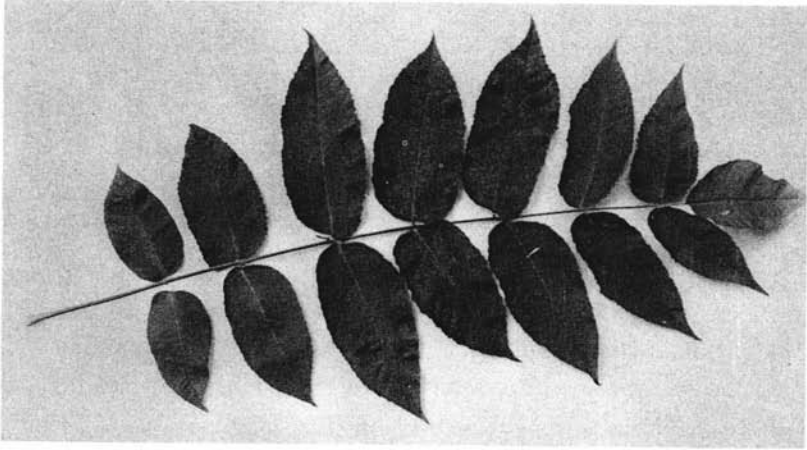
HABITAT: Rich woods and along rivers on well drained soils.

HARVEST: Inner bark of root any time of year; leaves and nuts in the fall.

USES: The bark has been used as a rubifacient and cathartic. Oil extracted from the fruit is reportedly valuable in treating tape worms and fungus infections. In Appalachia, a tea made from the bark is used as a laxative.

*JUGLANS CINEREA* L.

(JUGLANDACEAE)



## *JUGLANS NIGRA L.*

(JUGLANDACEAE)

COMMON NAMES: Black walnut, American walnut, eastern black walnut, walnut.

DESCRIPTION: A valuable tree that often grows to more than 120 feet in height, with almost black bark divided into rough ridges by deep, narrow furrows. Leaflets are alternate, commonly 12 to 23 per stem, finely toothed, and 3 to 3½ inches long. The fruit occurs singly or in clusters of 2 or 3, and has a thick, somewhat fleshy, aromatic husk; the fruit is roundish, about 1½ to 2 inches in diameter, edible, and has a hard, rough, deeply furrowed shell.

FLOWERING PERIOD: April to June.

HABITAT: Rich woods and limestone soils.

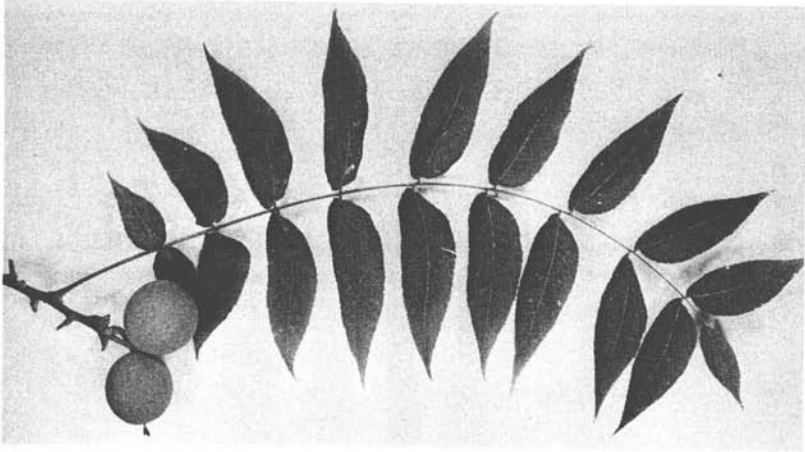
HARVEST: Inner bark of root; leaves and nuts in fall.

USES: The root bark is cathartic. A leaf infusion is used as an astringent and against bedbugs.



*JUGLANS NIGRA* L.

(JUGLANDACEAE)



## *JUNIPERUS COMMUNIS* L.

(PINACEAE)

COMMON NAMES: Common juniper, dwarf juniper, gorst, ground juniper, hackmatack, horse savin, juniper, juniper bush, prostrate juniper.

DESCRIPTION: A small evergreen shrub or tree 12 to 30 feet in height, low and spreading or upright. The bark of trunk is shreddy and reddish brown. Needles are straight, sharp-pointed, ridged, and nearly at right angles to branchlets. Dark purple fruit is round, fleshy, berry-like, and about  $\frac{1}{4}$  inch in diameter.

FLOWERING PERIOD: March.

HABITAT: Dry soil.

HARVEST: Fruit in fall and winter.

USES: The fruit is used commercially in flavoring gin, and has value as a diuretic and urinary antiseptic. In Europe, it is used to treat arteriosclerosis.

*JUNIPERUS COMMUNIS* L.

(PINACEAE)



## *JUNIPERUS VIRGINIANA* L.

(PINACEAE)

COMMON NAMES: Eastern redcedar, Carolina cedar, cedar, cedar apple, evergreen, juniper, pencil cedar, red cedar, red juniper, red savin, savin, Virginia cedar.

DESCRIPTION: A small erect evergreen tree 20 to 50 feet in height. Trunk is lobed, buttressed, and has thin, red-tinged, fibrous, peeling bark. Foliage has needle and scale form. Produces smooth, round, berry-like bluish fruit with 1 or 2 seeds.

FLOWERING PERIOD: February to March.

HABITAT: Pasture land; dry, rarely wet, open woods; or calcareous rocky slopes and barrens.

HARVEST: Leaves and mature fruits.

USES: The leaves have been used as a stimulant, emmenagogue, and taeniafuge. In Appalachia, a mixture of nuts, leaves, and twigs is boiled and inhaled as a treatment for bronchitis. In New Mexico, some Spanish-speaking people use a boiled mixture of bark and water to treat skin rash.

*JUNIPERUS VIRGINIANA* L.

(PINACEAE)

