

ALTERNATE CROPS - PLANT LIST
March 2001 - Al Oliver, Special Crops Horticulturist

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Common name	Binomial name	parts used	O	M	F	AF	WC	FL	CG	Nat.
Agrimony	Agromonia eupatoria	herb		x						
Alfalfa	Medicago sativa	leaves		x					x	x
Allheal (healall)	Prunella vulgaris	herb		x						
Angelica (dong quai)	Angelica archangelica	root	x							
Angelica	Angelica sinensis	root		x						
Angelica	Angelica dahurica (bai-zhi)	root		x						
Anise	Pimpinella anisum	seed	x							
Anise hyssop	Agastache foeniculum	seed		x						
Arbutus	Arbutus menziesi	fruit			x		x		x	x
Arnica	Arnica chamissonis/spp.	flowers		x						x
Arnica	Arnica montana	flowers		x						x
Armoise	Artemesia herba-alba	herb	x							
Artichoke	Cynara scolymus	flowers			x					
Arugula	Eruca vesicaria	herb			x					
Ashwagandha	Withsonia somnifera	root		x						
Astragalus (Huang qi)	Astragalus membranaceus	root		x					x	
Astragalus	Astragalus americana	root		x						
Balsamroot	Balsamorhiza sagittata	shoots/root		x	x		x			
Barberry	Berberis vulgaris	rt/stm/bark		x						
Basil	Ocimum basilicum 'var'	herb	x		x					
Bay laurel	Laurus nobilis	leaf			x					
Bearberry (kinikinnick)	Arctostaphylos uva-ursi	leaves		x			x			x
Beargrass	Xerophyllum tenax	leaves						x		x
Bedstraw	Galium verum	whole plant		x				x		
Bergamot	Monarda didyma	leaf/flower		x	x					
Betony	Sthacys officinalis	fl/herb		x						
Billberry	Vaccinium myrtillus	leaf/berries		x						
Birch	Betula lenta	twigs/sap	x		x		x			
Bitter melon	Momordica charantia	fruit			x					
Bitterroot	Lewisia rediviva	root		x	x		P			x
Blackberry	Rubus fruiticosis	root			x		x		x	x
Black cohosh	Cimicifuga racemosa	root		x					x	
Black currant	Ribes nigrum & spp.	leaves/fruit		x	x		x		x	x
Bloodroot	Sanguinaria canadensis	rhizome		x						
Blueberry	Vaccinium spp	berries		x	x		x		x	
Blue cohosh	Caulophyllum thalictroides	rhizome		x						
Borage	Borago officinalis	herb		x						
Buckthorn	Rhamnus frangula	bark		x	x					x
Burdock (gobo)	Arctium lappa	root & herb		x						
Burdock	A. tomentosum	root & herb		x	x					x
Buplerum (Chai Hu)	Buplerum falcatum, B.chinensis	root		x						
Butchers broom	Ruscus aculeatus	all parts		x						
Calamus (sweet flag)	Acorus calamus americanus	root		x						
Calamus (Shi Chang Pu)	Acorus tatarinowii	root		x						
Calendula	Calendula officinalis	flower/herb		x					x	
Candystick	Allotropa virgata	flower						x		x
Capsicum (Cayene)	Capsicum spp.	fruit		x	x				x	

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Caraway	Carum carvi	seed	x		x					
Cascara	Rhamnus purshiana	bark		x			x			
Catnip	Nepeta cataria	herb	x						x	
Celery (seed)	Apium graveolens	seed	x							
Chamomile (english) *	Chamaemelum nobile	flower		x					x	
Chamomile (german)	Matricaria recutita	flower		x					x	
Chamomile (roman) *	Anthemis nobilis	flower	x	x					x	
Chastetree	Vitex agnus-castus	seed		x						
Chervil	Anthriscus cereifolium	herb			x					
Chickweed	Stellaria media	leaves		x			x			x
Chicory	Cichorium intybus 'magdeburg'	root		x	x		x			x
Chives	Allium spp.	herb			x					
Chokecherry	Prunus virginiana	bark		x	x		x		x	x
Chrysanthemum greens	Chrysanthemum coronarium	herb			x					
Clary sage	Salvia sclarea	herb	x							
Cleavers	Galium aparine	herb		x			x			x
Clover - crimson	Trifolium incarnatum	herb/flower		x						x
Clover (sweet)	Trifolium spp.	flower		x			x			x
Codonopsis (Dang shen)	Codonopsis pilosula	root		x						
Coltsfoot	Tussilago farfara	leaves		x						x
Comfrey	Symphytum officinalis	leaves		x						
Conifer boughs	Conifer spp.	boughs	x				x	x	x	x
Conifer cones	Conifer spp.	boughs					x	x	x	x
Coriander	Coriandrum sativum	seed	x							
Corn	Zea mays	silk/cobs		x	x				x	
Cornmint	Mentha arvensis "piperascens"	herb	x							
Corktree (Huang bai)	Phellodendron chinense	bark		x						
Couch grass	Agropyron repens	rhizomes		x			x			
Cranberry	Vaccinium macrocarpon	leaves/fruit		x	x				x	x
Cranberry (highbush)	Viburnum trilobum	fruit			x		x		x	x
Cumin	Cuminum cyminum	seed	x		x					
Dandelion	Taraxacum officinale 'sativum'	Leaf/root		x	x		x			x
Devils club	Echinopanax horridum	rt/stem/bark		x			x			x
Devils club (aka)	Oplopanax horridus	rt/ &stm/brk		x			x			x
Dill & European dill	Anethum graveolens	herb/seed	x		x					
Elderberry (blue)	Sambucus cerulea	flower/fruit		x	x		x			x
Elderberry (black)	Sambucus nigra	flower/fruit		x	x		x			x
Elecampane	Inula helenium	root		x						
Ephedra	Ephedra sinica (Ma Huang)	herb		x						
Ephedra	Ephedra nevadensis	herb		x						
Echinacea	Echinacea purpurea	herb & root		x					x	
Echinacea	Echinacea angustifolia	herb & root		x					x	
Echinacea	Echinacea pallida	herb & root		x					x	
Evening primrose	Oenothera biennis	seed	x	x						
Eyebright	Euphrasia officinalis	herb		x						
False box	Pachistima myrsinites	herb						x		
Feverfew (tanaset)	Chrysanthemum parthenium	herb		x					x	
Fenugreek	Trionella foenum-graecum	seed		x	x					

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Fennel	<i>Foeniculum vulgare</i>	seed	x		x					
Fireweed	<i>Epilobium angustifolium</i>	nectar			x		x		x	x
Fo-ti (He shou wu)	<i>Polygonum multiflorum</i>	root		x						
Foxglove	<i>Digitalis purpurea</i>	herb		x						
Garlic	<i>Allium sativum</i>	bulbs	x	x	x				x	
Ginger (wild Canadian)	<i>Asarum caudatum</i> (canadense)	root/rhizome		x			x			x
Glossy privet (Lu Rong)	<i>Ligustrum lucidum</i>	fruit		x						
Goldenrod	<i>Solidago odora</i>	flower		x			x			
Goldenseal	<i>Hydrastis canadensis</i>	root		x						
Ginkgo	<i>Ginkgo biloba</i>	leaves		x					x	
Ginseng	<i>Panax quinquefolius</i>	root		x	x				x	
Ginseng	<i>Panax ginseng</i> (Ren Shen)	root		x	x				x	
Gotu Kola	<i>Centella asiatica</i>	herb		x						
Gotu Kola (aka)	<i>Hydrocotyle asiatica</i>	herb		x						
Hairy manzanita	<i>Arctostaphylos columbiana</i>	branches						x	x	x
Hawthorn	<i>Crataegus oxycantha</i>	bry/flow/lf		x			x		x	
Hawthorn	<i>Crataegus monogyna</i>	bry/flow/lf		x			x		x	
Hawthorn	<i>Crataegus douglasii</i>	fl.bud/lf/bery		x			x			x
Hazelnut (filbert)	<i>Corylus avellana</i>	nut		x	x		x		x	
Healall	<i>Prunella vulgaris</i>	herb		x						
Hemp	<i>Cannibus sativa</i>	herb/seed	x	x	x				x	
Hops	<i>Humulus lupulus</i>	flower			x					
Horsetail	<i>Equisetum arvensa</i>	herb		x			x		x	x
Horsechestnut	<i>Aesculus hippocastanum</i>	nuts		x					x	
Horseradish	<i>Amoracia rusticana</i>	root			x				x	
Huckleberry	<i>Vaccinium</i> spp.	frt/brnch			x		x	x	x	x
Hydrangea	<i>Hydrangea arborescens</i>	root		x						
Hyssop	<i>Hyssopus officinalis</i>	herb	x	x	x					
Indigo	<i>Baptisa australis</i>	roots						x		
Jerusalem artichoke	<i>Helianthis tuberosis</i>	tubers			x				x	
Juniper	<i>Juniperus communis</i>	berries	x	x	x		x		x	x
Juniper	<i>Juniperus scopulorum</i>	berries	x	x	x		x		x	x
Kiwi (regular & hardy)	<i>Actinidia</i> spp.	fruits			x				x	
Labrador tea	<i>Ledum groenlandicum</i>	leaves		x	x		x		x	x
Lady's mantle	<i>Alchemilla vulgaris</i>	leaf/root		x						
Lavender	<i>Lavandula officinalis</i>	flower/herb						x	x	
Lavender	<i>Lavandula intermedia</i> ,	herb	x					x	x	
Lavender	<i>Lavandula angustifolia</i>	herb							x	
Lavender (spike)	<i>Lavandula latifolia</i>	herb	x					x	x	
Lemon balm	<i>Melissa oficinalis</i>	leaves		x	x				x	
Lemon thyme	<i>Thymus xcitriodorus</i>	herb		x	x					
Lemon grass	<i>Cymbopogon citratus/flexuosis</i>	leaves	x		x					
Licorice (Mediterranean)	<i>Glycyrrhiza glabra</i>	root		x	x				x	
Licorice (Gan-cao)	<i>Glycyrrhiza uralensis</i>	root		x	x				x	
Licorice (Am. Wild)	<i>Glycyrrhiza lepidota</i>	root/stem		x	x		x			
Lilly of the valley	<i>Convallaria majalis</i>	whole plant		x						
Lingonberry	<i>Vaccinium vitis-idaea</i>	berries		x	x		x			
Linden	<i>Tillia</i> spp.	flowers			x				x	

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Lobelia	Lobelia inflata	herb/seed		x						
Lobelia	Lobelia siphilitica (great)	herb/seed		x						
Lomatium	Lomatium dissectum	herb/seed		x						
Lovage (Chuan xiong)	Levisticum officinale	herb		x						
Chinese okra	Luffa acutangula	fruit			x					
Chinese okra	Luffa cylindrica	fruit			x					
Marjoram	Origanum majorana	herb	x		x					
Marshmallow	Althea officinalis	root		x						
Milk thistle	Silybum marianum	seed		x					x	
Mitsuba - Jap. parsley	Cryptotaenia japonica	herb			x					
Moss	Moss spp	herb						x		x
Motherwort	Leonurus cardiaca	flow. herb		x						
Mountain ash	Sorbus spp.	fruit		x						x
Mugwort	Artemesia vulgaris	flower buds		x						
Mullein	Verbascum thapsus	leaves		x					x	x
Myrobalan	Phyllanthus emblica	----		x						
Nettles (stinging)	Urtica dioica	herb		x	x		x			x
Oats	Avena sativa	seed /herb		x	x				x	
Ocimum	Ocimum gratissimum		x							
Okra	Abelmoschus esculentus				x					
Oregano	Origanum vulgare 'kaliteri'	leaves		x	x					
Oregon grape	Mahonia aquilolium	rt/stm/bark							x	x
Oregon grape (aka)	Berberis aquifolium								x	x
Oregon grape (tall)	Mahonia nervosa								x	x
Paprika	Capsicum annum	fruits		x	x					
Parsley	Petroselinum crispum	herb			x					
Passion flower	Passiflora caerulea	herb		x						
Pawpaw	Astimina triloba	fruit			x					
Pearly everlasting	Anaphalis margaritacea	flower						x		x
Peony	Paeonia albiflora trichocarpa	root		x						
Peony	Paeonia officinalis	root		x				x	x	
Peony (tree)	Paeonia suffruticosa (Mu Dan Pi)	root		x						
Peony	Paeonia lactiflora (Bia Shao)	root		x						
Peppermint	Mentha x piperita	herb	x		x					
Peppers	Capsicum spp.	fruits		x	x					
Penilla	Piniella ternata (Ban xia)	----		x						
Pennyroyal	Mentha pulegium	herb	x	x	x					
Pineapple weed	Matricaria discoidea	herb		x						x
Pipsissewa (prince's pine)	Chimaphila umbellata	herb		x		x	x			x
Plantain	Plantago lanceolata	leaves		x						
Plantain	Plantago asiatica (Che qian)	leaf/seed		x						
Plantain	Plantago major	leaf/seed		x						x
Plantain	Plantago ovata (psyllium)	seed		x						
Pollen	(product from bees)			x	x	x			x	x
Poplar	Populus spp.	wood/bark				x	x		x	x
Poplar	Populus balsamifera (balm)	buds		x			x			x
Poppy (opium)	Papaver somniferum	seed		x	x					
Pumpkin	Cucurbita pepo	fl/leaf/seed		x	x				x	

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Purple mint	<i>Perilla frutescens</i>	herb/seed	x		x					
Pussy willow	<i>Salix caprea/dicolor</i>	branches						x		
Pyrethrum	<i>Chrysanthemum cinerariofolium</i>	flower	x							x
Pyrethrum	aka. <i>Tanacetum cinerariofolium</i>	flower	x							x
Quinine	<i>Parthenium integrifolium</i>	----		x						
Raspberry	<i>Rubus idaeus</i>	leaves		x	x					x
Red clover	<i>Trifolium pratense</i>	herb/flower		x			x		x	x
Red-flowering currant	<i>Ribes sanguieum</i>	flowers						x		
Redosier dogwood	<i>Cornus sericea</i>	branches						x		
Rose (baldhip)	<i>Rosa gymnocarpa</i>	hips		x	x		x			
Rose (rosehip)	<i>R. canina, laevigata, rugosa 'jubilee'</i>	hips		x	x					x
Rose (oil)	<i>Rosa x damascena, gallica</i>	flowers	x							
Roseroot	<i>Rhodiola rosea</i>	leaf/flow/rt		x						
Rosemary	<i>Rosmarinus officinalis</i>	herb	x		x					
Royal jelly	(product from bees)	jelly								x
Rhubarb	<i>Rheum palmatum 'tanguticum'</i>	root		x						
Rhubarb	<i>Rheum xcultorum</i>	root			x				x	
Rue	<i>Ruta graveolens</i>	all parts		x						
Safflower	<i>Carthamus tinctoris</i>	whole plant		x						
Saffron	<i>Crocus sativus</i>	stigma			x					
Sage (garden)	<i>Salvia officinalis</i>	leaves	x		x					
Sagebrush	<i>Artemisia tridentata/canna</i>	leaf/flower					x			x
Salal	<i>Gaultheria ahallon</i>	branches						x		x
Sarsaparilla	<i>Aralia nudicaulis</i>	root		x			x			x
Saskatoon	<i>Amelanchier alnifolia</i>	fruit			x	x	x		x	x
Savory (summer)	<i>Satureja hortensis</i>	herb			x					
Schizandra (Wu wei zi)	<i>Schizandra chinensis</i>	berries		x						
Scotch broom	<i>Cytissus scoparius</i>	branches						x		
Sea buckthorn	<i>Hippophae ramnoides</i>	fruit	x	x	x				x	
Seneca	<i>Polygala senega</i>	root		x						
Senna	<i>Cassia marilandica</i>	leaf & pods		x						
Senna	<i>Cassia acutifolia</i>	leaf & pods		x						
Shallots	<i>Allium cepa</i>	bulb			x					
Sheep sorel	<i>Rumex acetosella</i>	herb		x			x			x
Sheperds purse	<i>Capsella bursa-pastoris</i>	herb		x			x			
Siberian ginseng (Wu jia)	<i>Eleutherococcus senticosis</i>	root		x						
Scullcap (huahg-qin)	<i>Scutellaria baicalensis</i>	herb		x						
Scullcap	<i>Scutellaria lateriflora</i>	herb		x						
Skunk cabbage	<i>Lysichiton americanum</i>	root		x						x
Slippery elm	<i>Ulmus fulva</i>	bark		x						
Slippery elm	<i>Ulmus rubra</i>	bark		x						
Soapwort	<i>Saponaria officinalis</i>	root		x						
Sorrel (garden)	<i>Rumex acetosa</i>	leaves			x					
Speedwell	<i>Veronica officinalis</i>	herb		x						
Spearmint (native)	<i>Mentha spicata</i>	herb	x		x					
Spearmint (scotch)	<i>Mentha gracilis</i>	herb	x		x					
Spikenard	<i>Aralia racemosa</i>	root		x						
Stevia	<i>Stevia rebaudiana</i>	leaves			x					

