

Nathaniel Whitmore  
Ethnobotanical Study Group 10/6/2011

Agrimony *Agrimonia eupatori*  
    *A. gryposepala*  
Aloe *Aloe vera*  
Alfalfa *Medicago sativa*  
Angelica *Angelica archangelica*  
    *A. spp.*  
American Ginseng *Panax quinquefolium*  
Artichoke *Cynara scolymus*  
Ashwaganda *Withania somnifera*  
Asparagus *Asparagus officinalis*  
    *A. cochinchinensis*  
    *A. racemosus*  
Astragalus *Astragalus membranaceus*  
  
Barberry *Berberis spp.*  
Bee Balm *Monarda spp.*  
Birch *Betula lenta*  
Blackberry *Rubus fruticosus and spp.*  
Black Cohosh *Actaea racemosa*  
Black Haw *Viburnum prunifolium*  
Blue Cohosh *Caulophyllum thalictroides*  
Blue Vervain *Verbena hastata*  
Black Walnut *Juglans nigra*  
Boneset *Eupatorium perfoliatum*  
Bupleurum *Bupleurum spp.*  
Burdock *Arctium lappa*  
Butternut *Juglans cinerea*  
  
Calamus *Acorus calamus*  
Calendula *Calendula officinalis*  
California Poppy  
    *Eschscholzia californica*  
Cascara Sagrada  
Catnip *Nepeta cataria*  
Cayenne *Capsicum frutescens*  
Cedar *Calocedrus decurrens*  
    *Cedrus*  
    *Juniperus*  
    *Thuja occidentalis*  
Celandine *Chelidonium majus*  
Chamomile *Matricaria recutita*  
    *Anthemis nobilis*  
Chaparral *Larrea tridentate*  
    *Larrea mexicana*

Chaste Tree *Vitex agnus-castus*  
Chickweed *Stellaria media and spp.*  
Chicory *Cichorium intybus*  
Chinese Scullcap *Scutellaria*  
Cinnamon *Cinnamomum cassia*  
    *Cinnamomum zeylanicum*  
Cinquefoil *Potentilla spp.*  
Cleavers *Galium aparine*  
Codonopsis *Codonopsis pilosula*  
Coltsfoot *Tussilago farfara*  
Comfrey *Symphytum officinale*  
Cornsilk *Zea mays*  
Cranberry *Vaccinium macrocarpon*  
Cyperus *Cyperus rotundus*  
  
Dandelion *Taraxacum officinale*  
Dan Shen *Salvia miltiorrhiza*  
Devil's Club *Oplopanax horridus*  
Dong Quai *Angelica sinensis*  
    *Angelica polymorpha*  
  
Echinacea *Echinacea spp.*  
Elder *Sambucus canadensis*  
Elecampane *Inula helenium*  
Eluthero *Eleutherococcus senticosus*  
  
Fennel *Foeniculum vulgare*  
  
Garlic *Allium sativum*  
Ginger *Zingiber officinalis*  
Goldenseal *Hydrastis canadensis*  
Gravelroot *Eupatorium purpureum*  
Green Tea *Camellia sinensis*  
  
Hawthorn *Crataegus spp.*  
Hemlock *Tsuga canadensis*  
Holy Basil *Ocimum sanctum*  
Hops *Humulus lupulus*  
Horse Chestnut  
    *Aesculus hippocastanum*  
Hyssop *Hyssopus officinalis*  
  
Japanese Knotweed  
Jewelweed *Impatiens aurea & pallida*  
Juniper\* *Juniperus spp.*

Kava Kava *Piper methysticum*  
 Kelp *Nereocystis leutkeana* & spp.  
 Kudzu *Pueraria montana*  
  
 Lavender *Lavandula* spp.  
 Lemon Balm *Melissa officinalis*  
 Licorice *Glycyrrhiza glabra*  
           *G. uralensis*  
 Lobelia *Lobelia inflata*  
 Marshmallow *Althea officinalis*  
  
 Meadowsweet *Filipendula ulmaria*  
 Milk Thistle *Silybum marianum*  
 Motherwort *Leonurus cardiaca*  
 Mugwort *Artemisia vulgaris*  
 Mullein *Verbascum thapsus*  
  
 Nettle *Urtica urens* and spp.  
 Nutmeg *Myristica fragrans*  
  
 Oak *Quercus* spp.  
 Oat *Avena sativa*  
 Oyster Mushroom *Pleurotus ostreatus*  
  
 Passionflower *Passiflora incarnata*  
 Peppermint *Mentha piperita*  
 Peony *Paeonia lactiflora*  
 Pine *Pinus* spp.  
 Plantain *Plantago major*  
           *Plantago lanceolata*  
 Poke *Phytolacca americana*  
 Prickly Ash *Zanthoxylum americanum*  
 Pulsatilla *Anemone pulsatilla*  
  
 Raspberry *Rubus idaeus* and spp.  
 Red Clover *Trifolium pretense*  
 Reishi *Ganoderma lucidum* and spp.  
 Rosemary *Rosmarinus officinale*  
  
 Sage *Salvia officinalis*  
 Saw Palmetto *Serenoa repens*  
 St. John's Wort *Hypericum perforatum*  
 Sarsaparilla *Smilax* spp.  
 Scullcap *Scutellaria lateriflora*  
           *S. galericulata*, *S. epilobifolium*  
 Self-heal *Prunella vulgaris*

Senna *Senna* spp.  
 Shiitake *Lentinula edodes*  
 Slippery Elm *Ulmus fulva*  
 Solomon's Seal *Polygonatum biflorum*  
 Sweetgrass *Hierochlae odorata*  
  
 Teasel *Dipsacus* spp.  
 Thyme *Thymus vulgaris*  
 Tienchi Ginseng *Panax notoginseng*  
 Turkey Tail *Trametes versicolor*  
 Turmeric *Curcuma longa*  
  
 Valerian *Valeriana officinalis*  
 Violet *Viola* spp.  
  
 White Sage *Salvia apiana*  
 Wild Cherry *Prunus serotina*  
                   *Prunus virginiana*  
 Wild Yam *Dioscorea villosa*  
                   *D. quatrinalia*  
 Willow *Salix alba* and spp.  
 Witch Hazel *Hamamelis virginica*  
  
 Yarrow *Achillea millefolium*  
 Yellow Dock *Rumex crispus* and spp.

**Add to or subtract from list.**

**Organize by category**  
**(for example):**  
**Diaphoretics**  
**Heat-Clearing Herbs**  
**Alteratives**  
**Expectorants**  
           **Warming Expectorants**  
           **Cooling Expectorants**  
**Tonics**  
           **Chi Tonics**  
           **Yin Tonics**  
           **Blood Tonics**  
           **Nervines**  
           **Hormonal Regulators**  
**Digestives**  
           **Aromatics**  
           **Bitters**  
**Diuretics**  
**Laxatives**  
**Anthelmintics**  
**Emmenagogues**