

MEDICINAL HERB PLANTING LIST

1

Nathaniel Whitmore **11/20/2016**

rough draft
priorities in **bold**

Agrimony *Agrimonia eupatori*
 A. gryposepala
Alfalfa *Medicago sativa* – for drying
Aloe *Aloe vera* – for pots?

American Ginseng *Panax quinquefolium*
–native woodland herb
Angelica *Angelica archangelica* – fresh
Arbor-vitae *Thuja occidentalis* – shrub
Arnica *Arnica montana* - for garden
Artichoke *Cynara scolymus* - herb & veg.
Ashwaganda *Withania somnifera* -in garden
Asparagus *Asparagus spp.* – food & med.
 need to research various species
Astragalus *Astragalus membranaceus*
- priority for garden

Bai Zhi *Angelica dahurica* - ?
Bai Zhy *Atractylodes macrocephala* -?
Balloon Flower *Platycodon grandiflorum*
- flower & medicinal, priority
Balm-of-Gilead *Populus candicans* – *
Balsam Fir *Abies balsamea* - *
Basswood *Tilia Americana* – edible leaf
Bee Balm *Monarda spp.* – medicinal flower
Belladonna *Atropa spp.* – great for walks
Birch *Betula lenta*
 B. spp.
Blackberry *Rubus fruticosus & spp.*
 - food as well as medicine
Black Cohosh *Actaea racemosa*
 – med. perennial
Black Haw *Viburnum prunifolium* –
Black Horehound *Ballota nigra*
Black Spruce *Picea mariana* – transplant
Black Walnut *Juglans nigra*
Blessed Thistle *Cnicus benedictus*
Bloodroot *Sanguinaria canadensis*
–native
Blueberry *Vaccinium spp.* –

Blue Cohosh *Caulophyllum thalictroides*
 - native medicinal, trans. from wild
Blue Flag *Iris versicolor* – native, wetland
Blue Vervain *Verbena hastata* - n., wet.
Boneset *Eupatorium perfoliatum* –encourage
Borage *Borago officinalis* – will likely self-seed
Broom *Sarothamnus scoparius*
Buckthorn *Rhamnus spp.* – have in wild
Buplelurum *Bupleurum spp.* - priority
Burdock *Arctium lappa* – med.

Calamus *Acorus calamus* - from wild
Calendula *Calendula officinalis* –
 Priority, self-seeder
California Poppy *Eschscholzia californica*
 - for fresh harvest
Catnip *Nepeta cataria* - fresh & dried
Cayenne *Capsicum frutescens* –
Celandine *Chelidonium majus* – fresh
Chamomile *Matricaria recutita* priority
 Anthemis nobilis
Chickweed *Stellaria media and spp.*
 - outside of garden, edible, med.
Chicory *Cichorium intybus* –
Chiretta *Andrographis paniculata* -?
Chrysanthemum – .
 Chrysanthemum morifolium
Chuan Xiong *Ligusticum wallichii* -?
Cilantro *Coriandrum sativum*
 - culinary & medicinal
Cinquefoil *Potentilla spp.* – good in wild
Clary Sage *Salvia sclaria* –
Codonopsis *Codonopsis pilosula* – vine
Coltsfoot *Tussilago farfara* – in wild
Comfrey *Symphytum officinale*
 - roots and leaves
Common Mallow *Malva neglecta*
 - weed for poultices
Coptis *Coptis chinensis*
 Coptis trifolia
Cornsilk *Zea mays* -
Corydalis *Coridalis ambigua* - ?
Crampbark *Viburnum opulus* – med. shrub
Cucumber *Cucumis sativus* – already in garden
Current *Ribes spp.* – medicinal shrubs

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- Culver's Root –
Veronicastrum virginicum
- Cyperus** *Cyperus rotundus* & spp. - wet
- Dan Shen** *Salvia miltiorrhiza* –
- Deadnettle *Lamium spp.* – okay in wild
- Devil's Club *Oplopanax horridus* ?
- Dogwood *Cornus spp.* – nat. great flower
- Dong Quai** *Angelica sinensis*
Angelica polymorpha
- Du Huo *Angelica pubescens* - ?
- Echinacea** *Echinacea spp.* – priority for garden
- Elder** *Sambucus canadensis* –
- Elecampane** *Inula helenium* - perennial
 already planted
- Eluthero *Eleutherococcus senticosus*
- English Ivy *Hedera helix* – med. for fence
- Eucalyptus *Eucalyptus globules* - priority
- Evening Primrose *Oenothera biennis* -
- Eyebright *Euphrasia officinalis* -
- False Unicorn Root -
Chamaelirium luteum
- Fennel *Foeniculum vulgare* –
- Feverfew *Tanacetum parthenium* -planted
- Fieldmint *Mentha arvensis* - mint section
- Figwort *Scrophularia nodosa* –
- Flax *Linum usitatissimum* –
- Forsythia *Forsythia suspensa* – shrub
- Foxglove *Digitalis spp.* – for show/em.
- Garlic *Allium sativum* –
- Gentian** *Gentiana spp.* – what sp. for here?
Gentiana macrophylla
- Ginkgo *Ginkgo biloba* – for H.G.
- Ginseng** *Panax ginseng* - for show in garden
- Goldenrod *Solidago spp.* – okay in field
- Goldenseal *Hydrastis canadensis* – probably
 quite sellable and would be a focus except for promotion
 of Barberry as an invasive replacement
- Gooseberry *Ribes spp.*
- Gotu Kola *Centella asiatica* – for H.G.
- Grape *Vitis spp.*
- Hawthorn** *Crataegus spp.* -worm free?
- Helonias *Helonias bullata*
- Hemlock *Tsuga canadensis* -
- Henbane *Hyoscyomus niger* –toxic
 medicinal
- Hibiscus *Hibiscus spp.*
- Hickory *Carya spp.* –
- Hobblebush *Viburnum lantanoides*
- Holly *Ilex spp.*
- Holy Basil** *Ocimum sanctum* -priority
- Horehound** *Marrubium vulgare*
- Horseradish *Amoracia laphathifolia* - gar.
- Horsemint *Monarda punctata* & spp.
- Horse Chestnut - for fruits
Aesculus hippocastanum
- Huang Qin *Scutellaria baicalensis*
- Hydrangea *Hydrangea spp.* – near fence
- Hyssop** *Hyssopus officinalis* - healing garden
- Isatis *Isatis tintoria*
- Jack-In-The-Pulpit *Arisaema triphyllum*
Arisaema maculatum
- Japanese Knotweed *Fallopia japonica*
 -invasive
- Jimsonweed *Datura spp.* – priority flower
- Job's Tears *Coix lacryma-jobi*
- Jujube Date *Ziziphus jujuba* - ?
- Juniper *Juniperus spp.* –
- Labrador Tea *Ledum groenlandicum*
- Lady's Mantle** *Alchemilla vulgaris* -
- Lady's Slipper *Cypripedium spp.*
- Lavender** *Lavandula spp.* –
- Lemon Balm *Melissa officinalis* -
- Licorice** *Glycyrrhiza glabra* -
- Lily-of-the-Valley *Convallaria maialis*
- Linden *Tilia x vulgaris* - near garden
- Lobelia *Lobelia inflata* -
- Long Pepper *Piper longum*
- Lotus *Nelumbo nucifera* - ?
- Lovage *Ligusticum levisticum* - garden
- Lungwort *Pulmonaria officinalis* - moist
- Lycium** *Lycium chinense*
L. barbarum a.k.a. Gogi

MEDICINAL HERB PLANTING LIST

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- Magnolia *Magnolia spp.* –
 Maidenhair Fern - native
 Maple *Acer spp.* –
 Marjoram *Origanum marjorana* -
Marshmallow *Althea officinalis* - roots
 Mayapple *Podophyllum peltatum* - native
Meadowsweet *Filipendula ulmaria* -
 primary herb for production
Milk Thistle *Silybum marianum* -
 Milkweed *Asclepias spp.* – allow near gar.
 Mimosa *Mimosa spp.* - ?
 Monkshood *Aconitum spp.* –for toxic garden
 Morning Glory *Ipomoea spp.*
 Motherwort *Leonurus cardiaca* -
 Mountain Ash *Sorbus spp.* – native s. tree
Mulberry *Morus spp.*
 Mullein *Verbascum thapsus* - in wild
 Mustard *Brassica spp.*
- Nettle** *Urtica urens and spp.* – wild spot
- Oat** *Avena sativa* – for “milky” harvest
 Oregano *Oreganum vulgare* –
- Parsley *Petroselinum spp.* –
 Partridge Berry *Mitchella repens* - native
 Paw Paw *Asimina spp.*
 Pennyroyal *Hedeoma pulgoides*
Peony *Paeonia lactiflora* - med. flower
 Peppermint *Mentha piperita* -for production
 in area to compete with spreading plants?
 Periwinkle *Vinca minor*
 Picrorrhiza *Picrorrhiza kurroa*
 Pine *Pinus spp.* arboretum
 Pleurisy Root *Aclepias tuberosa* -med. flower
 Poke *Phytolacca americana* - for “wild” spot
 Poplar *Populus spp.* - wildcrafting priority
 Prickly Ash *Zanthoxylum americanum* -?
 Prickly Chaff *Achranthes aspera*
 Prickly Pear *Opuntia spp.*
 Prince Seng ??? possible to grow?
 Psuedostellaria heterophylla
 Privet *Ligustrum spp.*
 Pulsatilla *Anemone pulsatilla* ?
- Puffball *Calvatia spp.* – garden beneficial
 Pumpkin *Curcubita pepo*
 Purslane *Portulaca oleracea*
- Quackgrass *Elytrigia repens*
 Quassia *Picrassma amara*
 Queen Anne’s Lace *Daucus carota*
- Ramp *Allium tricoccum*
 Raspberry *Rubus idaeus and spp.*
 Rattlesnake Master *Eryngium spp.*
 Red Alder *Alnus rubra*
Red Clover *Trifolium pretense*
 Red Root *Ceanothus americanus*
 Redwood *Sequoiadendron giganteum*
Rehmannia *Rhemannia glutinosa* -?
Rhodiola *Rhodiala rosea*
 Rhododendron *Rhododendron spp.*
Rhubarb *Rheum palmatum*
 R. officinale
- Rice *Oryza sativa* - cool for demo
 Rose *Rosa spp.*
Rosemary *Rosmarinus officinale*
 Rue *Ruta spp.*
 Rush *Juncus spp.* – wetland plants
- Saffron *Crocus sativus*
 Sage *Salvia officinalis* -
 St. John’s Wort *Hypericum perforatum*
 San Pedro *Trichocereus pachanol*
 Sarsaparilla *Smilax spp.* – vine for fence
 Sassafras *Sassafras albidum.* – in woods
 Scullcap *Scutellaria lateriflora* -
 Scotchbroom *Cytisus scoparius* -
 Seneca Snakeroot *Polygala senega*
 Self-heal *Prunella vulgaris* -useful weed
 Shepherd’s Purse - useful weed
 Capsella bursa-pastoris
 Skunk Cabbage *Symplocarpus foetidus*
Slippery Elm *Ulmus fulva* -priority
 Small Flowered Willow –
 Eplobium parviflorum
 Smartweed *Polygonum spp.*
 Soapwort *Saponaria officinalis* -
 Solomon’s Seal *Polygonatum biflorum*

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- Sorrel *Rumex acetosella*
Oxalis spp. } both in wild
- Soy *Glycine max*
- Spearmint *Mentha spicata* - for mint sect.
- Spicebush *Lindera benzoin* – native shrub
- Spilanthes** *Spilanthes spp.* – annual for garden
- Spikenard *Aralia racemosa* –
- Spiraea *Spiraea spp.* – good for walks
- Spurge *Euphorbia spp.*
- Stone Root *Collinsonia canadensis* - n
- Strawberry *Fragaria spp.*
- Sumac *Rhus spp.* – native shrub
- Sunchoke *Helianthus tuberosus*-
- Sweet Annie *Artemisia annua* –
- Sweet Clover *Melilotus officinalis*
Melilotus alba
- Sweet Grass** *Hierochloe odorata* –
- Sweet Gum *Liquidambar styraciflua*
- Sweet Cicely *Osmorrhiza spp.*
- Sycamore *Platanus occidentalis* -
- Tamarack *Larix laricina* –
- Tansy *Tanacetum vulgare* - to compete with plants that spread ???
- Teasel** *Dipsacus spp.* –
- Thistle *Circaea spp.* – weed w/ e. & m. uses
- Thyme *Thymus vulgaris*
- Tienchi Ginseng *Panax notoginseng* -?
- Tiger Lily *Lillium lancifolium*
- Tobacco *Nicotiana spp.* –
- Toothwort *Cardamine spp.*
- Tree Peony *Paeonia suffruticosa*
- Trillium *Trillium spp.* – native medicinal
- Trout Lily *Erythronium albidum*
- Turf Lily Grass *Ophiopogon japonicus*
- Turtlehead *Chelone glabra* -native, wet
- Umeboshi *Prunus mume* - healing tree
 (neighbor in Glen Spey has them)
- Unicorn Root *Aletris farinosa*
- Uva-Ursi *Arctostaphylos uva ursi*
- Valerian** *Valeriana officinalis* -
- Violet *Viola spp.* –
- Water Lily *Nymphaea odorata* -aquatic
- Water Plantain *Alisma plantago-aquata*
- Watercress *Rorippa nasturtium-aquatica*
- Wei Ling Xian *Clematis chinensis* -?
- White Sage** *Salvia apiana* –
- Wild Cherry *Prunus serotina* – med. tree
Prunus virginiana
- Wild Geranium *Geranium maculatum*
 -native with medicinal use
- Wild Ginger** *Asarum canadensis* - native
Asarum spp.
- Wild Indigo *Baptisia tinctoria* - n.
- Wild Lettuce *Lactuca spp.* – for outside garden
- Wild Leek *Allium tricoccum* – wild edible
- Wild Yam** *Dioscorea villosa* - vine
D. quatrinalia
- Willow *Salix alba & spp.* –medicinal tree
- Wood Betony *Betonica officinalis* – for H.G.
- Wormseed *Chenopodim ambrosiodes*
- Wormwood *Artemisia absinthum* – for H.G.
- Yarrow *Achillea millefolium* - encourage outside garden
- Yellow Dock *Rumex crispus and spp.*
- Yew *Taxus spp.* – landscape shrub good for walks
- Yucca *Yucca spp.* –