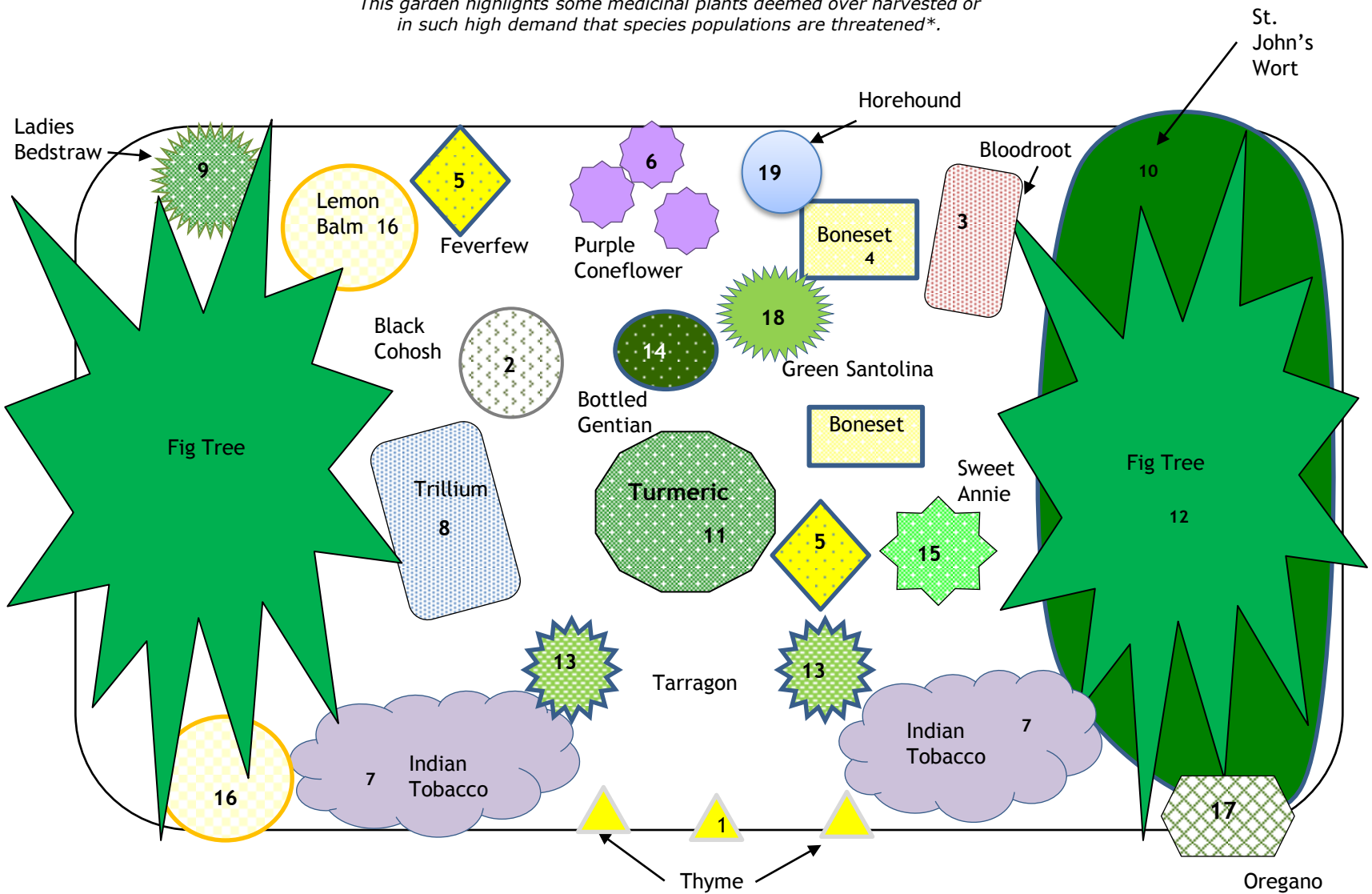


Medicinal Herb Garden

This garden highlights some medicinal plants deemed over harvested or in such high demand that species populations are threatened.*



*As determined by United Plant Savers.

Note: Garden subject to change from drawing due to weather, wildlife, etc. 6/11

Stephen Foster, in *Planting the Future*, reminds us that conservation resources around the world focus much more on animals than plants. It is our mission to introduce medicinal plants considered “At Risk” or “To Watch” determined by United Plant Savers, a grass roots organization dedicated to preserving medicinal plant species around the globe. Plants are noted as such in the hopes of raising awareness of our interdependence on the plant world for food, medicine, healing, and for the removing of noxious gases in air and soil and water.

| | Plant | Status | Civil War use | Locations | Plant parts used | Medicinal uses (DO NOT consume these plants, Consult your doctor) |
|----|---|----------|---------------|---|--|--|
| 1 | Thyme <i>Thymus Vulgaris</i> | | | Mediterranean native of the mint family | Leaves and stems. Fresh or dried. A good source of iron. | Antiseptic, antispasmodic, tonic and carminative (relieves gas). |
| 2 | Black Cohosh <i>Cimicifuga racemosa</i> | At risk | yes | Eastern US perennial; Native to VA | Dried root or rhizome | Important birthing herb for American Indians and then used by early settlers; relieves mood and neurological symptoms at onset menses. |
| 3 | Bloodroot <i>Sanguinaria canadensis</i> | At risk | yes | North America herbaceous perennial; Native to VA | Rhizome | Most common use is bronchitis; used by Native Americans as dye and body paint. |
| 4 | Boneset <i>Eupatorium perfoliatum</i> | | | Nova Scotia to Florida | Leaves and flowering tops | Stimulant, laxative |
| 5 | Feverfew <i>Tanacetum parthenium</i> | | | Native to Europe, N. America and Australia | All parts. Prolific reseeded. | Fever reducer, arthritis, headaches |
| 6 | Purple Coneflower <i>Echinacea spp</i> | At risk | yes | North America: dry prairies | Whole plant | Antidote for snake bite, other venomous bites, stings; nonspecific immunostimulant. |
| 7 | Indian Tobacco <i>Lobelia inflata</i> | To-watch | yes | North America perennial | Roots in older herbal preparations; modern day usage prefers leafy tops & partial seed | Not related to other tobacco species; antispasmodic and expectorant for respiratory conditions |
| 8 | Trillium spp. | At risk | | North America, Eastern Asia perennial; White variety native to VA | Dried root or rhizome | Native Americans preferred white flowering species as most potent; astringent, antispasmodic, expectorant, uterine tonic. |
| 9 | Lady's Bedstraw <i>Galium verum</i> | | | Fields Europe, North America | Whole plant | Bed stuffing hence its common name; used to curdle milk and color cheese; Galium comes from the Latin Gala which means milk; Cherokee used for diuretic and antispasmodic complaints |
| 10 | St. John's Wort <i>Hypericum perforatum</i> | | yes | Native to Europe and Asia perennial | Aerial parts | Nervine (nerve tonic); German Commission E recommends topically for first degree burns; mild to moderate depression. |
| 11 | Turmeric <i>Curcuma longa</i> | | | S Asia perennial with tubers | Root or tubers | Root contains curcumin used in curry powders; extensive research is being conducted on the properties of this root in a host of diseases. |
| 12 | Brown Turkey Fig <i>Ficus caria</i> | | | Native to Middle East; small bush or tree | Fruit | Laxative, demulcent |
| 13 | Tarragon <i>Artemisia dracunculus</i> | | | Native to the United States, Asia and Siberia | Leaves | The root was formerly used to cure toothache |
| 14 | Bottled Genian <i>Gentiana clausa</i> | To-watch | | Quebec to NC or TN | Root | Tonic and appetite stimulant |
| 15 | Sweet Annie <i>Artemisia annua</i> | | | Annual herb native to Asia | Leaves, stems and flowers. Prolific reseeded. | Prevent malaria and possible anti-cancer properties. Also known as Wormwood. Prolific reseeded. |
| 16 | Lemon Balm <i>Melissa officinalis</i> | | | Originated primarily in So. Europe, now naturalized from No. Am. to New Zealand | Leaves. Prolific reseeded. | Skin care; lotions, salves, lip balms, hair rinses, cleansers and more. Also used for culinary purposes, household cleaning and bee attraction. |
| 17 | Oregano <i>Oregano vulgare</i> | | | Native to the Mediterranean | Leaves | Indigestion, bloating, flatulence, coughs, urinary problems, bronchial problems, headaches, swollen glands. Used in the past to relieve fevers, diarrhea, vomiting, and jaundice. |
| 18 | Green Santolina <i>Santolina verins</i> | | | Native to the Mediterranean | Flowers and leaves | In the past, used as an astringent. Repels insects |
| 19 | Horehound <i>Marrubium vulgare</i> | | | Native to Europe, N. Africa and Asia | Leaves | Used to treat asthma, bronchitis, sore throat, cough and colds |