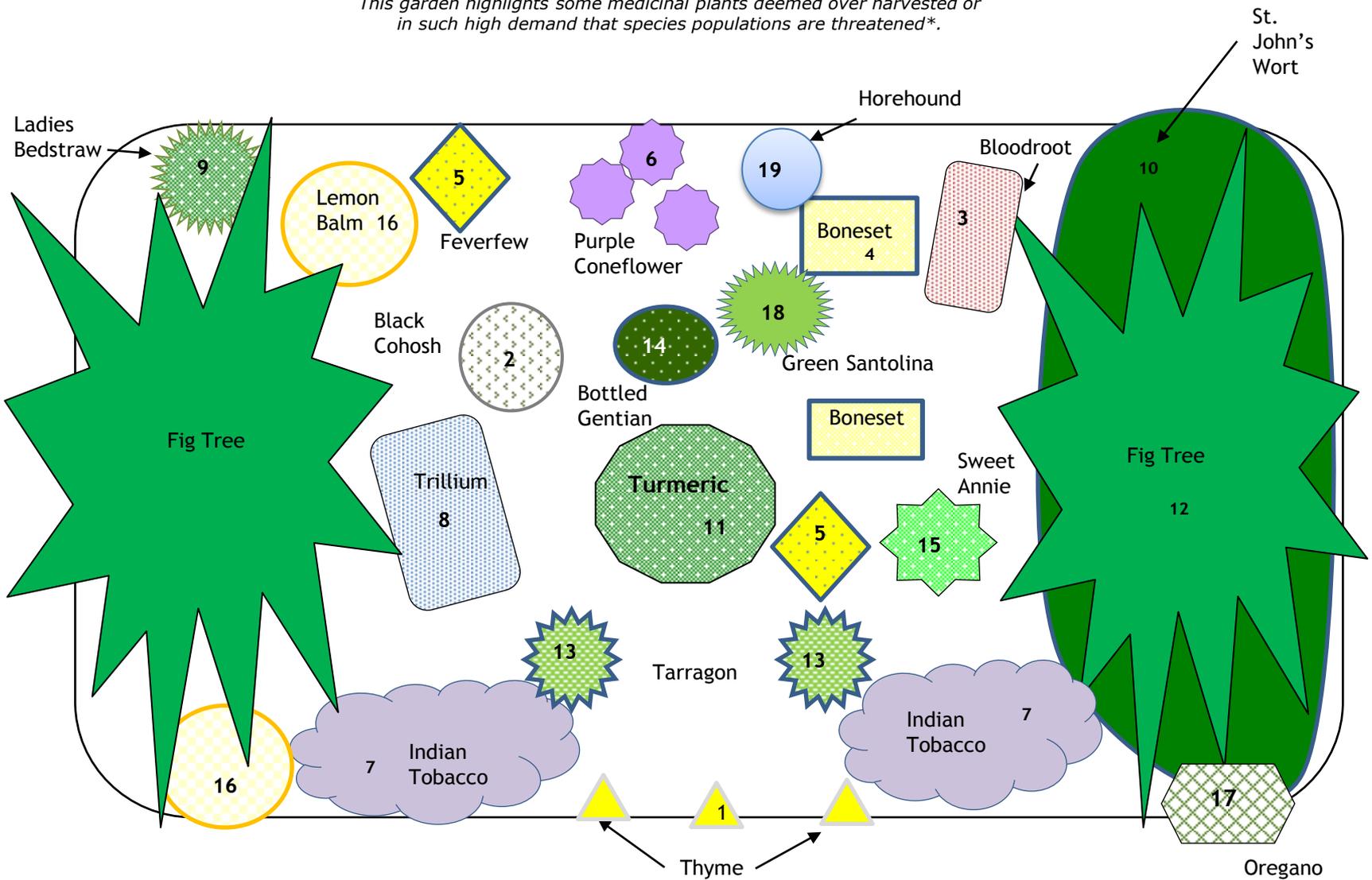


Medicinal Herb Garden

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 reseeder.	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 reseeder.	Prevent malaria and possible anti-cancer properties. Also known as Wormwood. Prolific reseeder.
16	Lemon Balm <i>Melissa officinalis</i>			Originated primarily in So. Europe, now naturalized from No. Am. to New Zealand	Leaves. Prolific reseeder.	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