

LACTUCA SCARIOLA L.

(ASTERACEAE)

COMMON NAMES: Prickly lettuce, compass plant, wild lettuce, wild opium.

DESCRIPTION: An annual or perennial that grows to 2 feet in height. Flowers are yellow, but purple or bluish when dried. Stem has a few prickles. Leaves are cleft, with lobes arranged on either side of a common axis.

FLOWERING PERIOD: June to October.

HABITAT: Cultivated fields, waste or disturbed areas, dry soil, and gardens.

HARVEST: Leaves in summer or fall; milky juice of the stem in summer.

USES: The milky juice of this plant is extremely irritating to the eyes. The whole herb has been used as a diuretic, antispasmodic, and emollient.

LACTUCA SCARIOLA L.

(ASTERACEAE)



LEONURUS CARDIACA L.

(LAMIACEAE)

COMMON NAMES: Motherwort, common motherwort, lion's ear, lion's tail, lion's tart, throwwort.

DESCRIPTION: A perennial that grows to 3 to 6 feet in height. Stems are stout, with 2- to 5-inch long petioled leaves. The palmately lobed leaves have sharp teeth. Flowers are white to pink, and very hairy.

FLOWERING PERIOD: May to August.

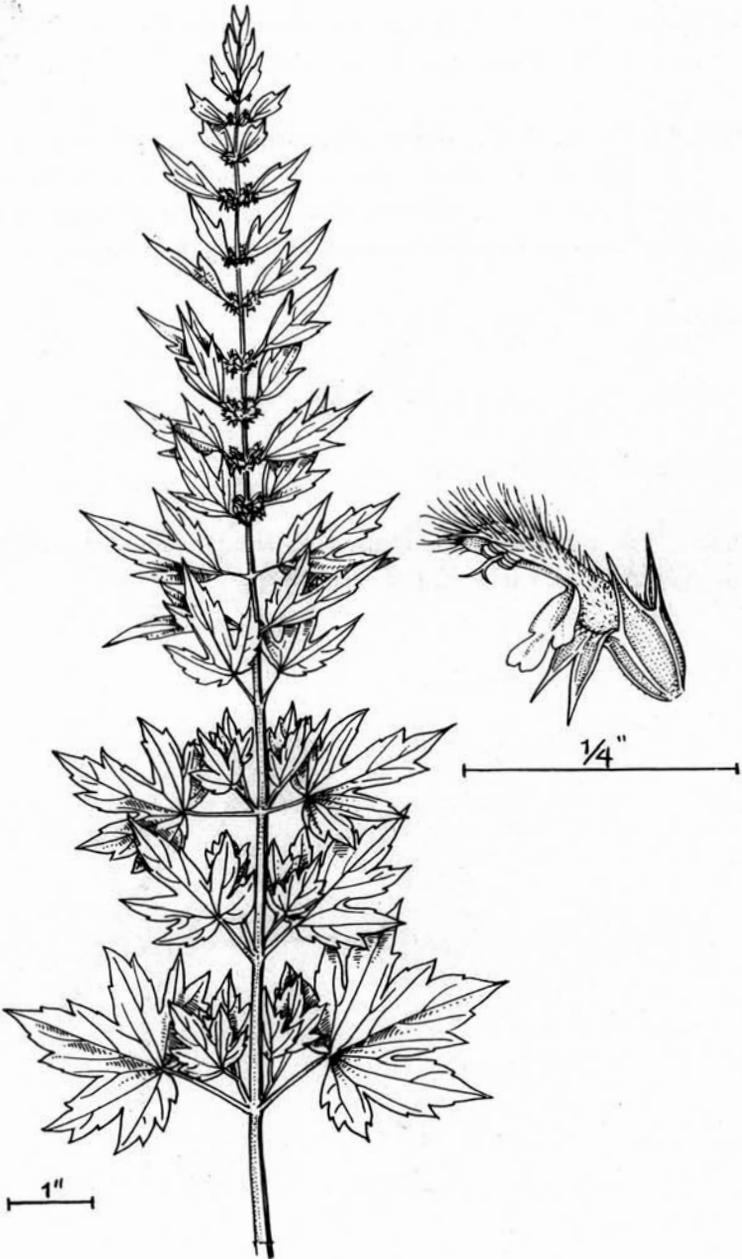
HABITAT: Waste places, roadsides, gardens, and pastures.

HARVEST: Herb at flowering time.

USES: The herb is used as a stimulant and emmenagogue. In Europe it has been used to treat heart palpitations and asthma.

LEONURUS CARDIACA L.

(LAMIACEAE)



LINDERA BENZOIN (L.) BLUME

(LAURACEAE)

COMMON NAMES: Common spicebush, allspice bush, Benjamin bush, feverbush, spiceberry, spicebush, wild allspice.

DESCRIPTION: A deciduous shrub that grows to more than 15 feet in height. Leaves are 3 to 5 inches long, alternate, elliptical, aromatic, with smooth margins. Produces greenish-yellow flowers in dense clusters and long, bright red berries.

FLOWERING PERIOD: March to May.

HABITAT: Damp woods and brooksides.

HARVEST: Bark and twigs.

USES: The aromatic bark is used to treat dysentery, coughs, and colds; and it is used as a vermifuge.

LINDERA BENZOIN (L.) BLUME

(LAURACEAE)



LIQUIDAMBAR STYRACIFLUA L.

(HAMAMELIDACEAE)

COMMON NAMES: Sweetgum, American storax, American sweetgum, bilsted, liquid storax, redgum, sapgum, star leaf gum, storax tree, styrax.

DESCRIPTION: A tree that grows to 140 feet in height. Corky ridges are often found on smaller branches. Leaves are star-shaped, with 5 lobes. Fruit is in woody globular capsules. Produces winged seeds.

FLOWERING PERIOD: March to May.

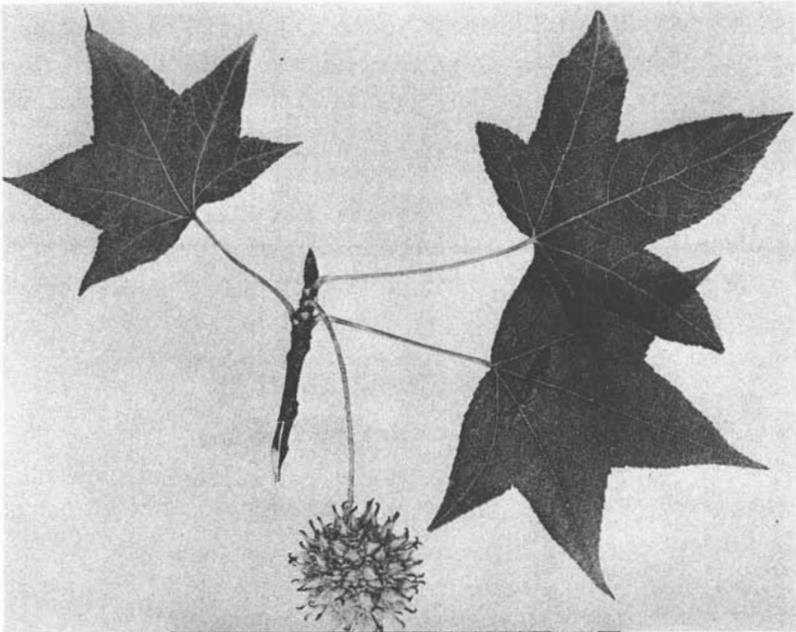
HABITAT: Swampy woods, alluvial areas, and moist soils.

HARVEST: Bark; gum from wounds in the trunk.

USES: This tree is an important source of the drug storax, a stimulating expectorant, weak antiseptic, desharpenner for tobacco and for treating scabies. Water- or brandy-soaked twigs are chewed to clean the teeth in some areas of Appalachia.

LIQUIDAMBAR STYRACIFLUA L.

(HAMAMELIDACEAE)



***LOBELIA INFLATA* L.**

(CAMPANULACEAE)

COMMON NAMES: Indian tobacco, asthma weed, bladder pod, bladder-podded lobelia, emetic herb, emetic weed, eyebright, field lobelia, gagroot, Indian Tobacco lobelia, lobelia, obelia, pukeweed, tobacco lobelia, vomitwort, wild tobacco.

DESCRIPTION: A branching annual that grows to 3 feet in height. Leaves are 1 to 3 inches long. Produces small, violet-pinkish-white flowers situated in axils of alternate leaves, the bottom of which greatly inflate in fruiting stage.

FLOWERING PERIOD: July to September.

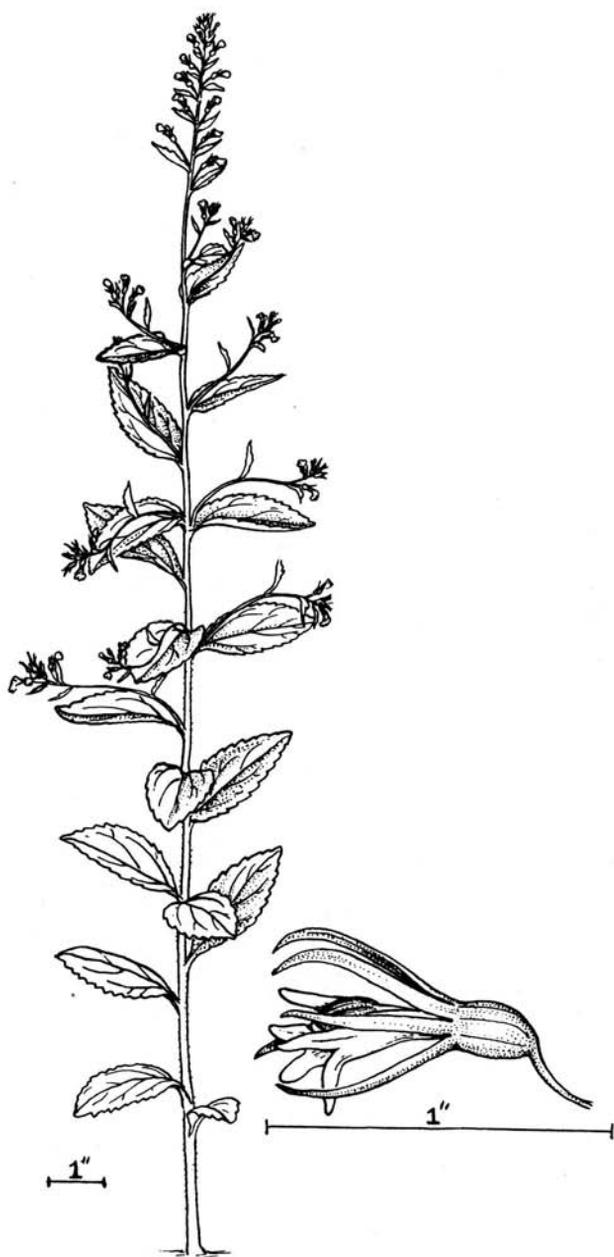
HABITAT: Weedy fields, roadsides, woods, and in partial shade.

HARVEST: Herb when in flower and forming seeds.

USES: The herb yields lobeline sulfate, which is used in anti-tobacco therapy. It is also used as a stimulant, antiasthmatic, and expectorant in cases of bronchitis.

LOBELIA INFLATA L.

(CAMPANULACEAE)



LYCOPUS VIRGINICUS L.

(LAMIACEAE)

COMMON NAMES: Virginia bugleweed, bugleweed, buglewort, carpenter's herb, gypsyweed, gypsywort, horehound, Paul's betony, purple archangel, sweet bugleweed, water bugle, water horehound, wolf foot, wood betony.

DESCRIPTION: A shrub with a 4-angled stem. Dark green or purple-tinged leaves are somewhat ovate, coarsely toothed, and narrowed at each end. Whorls of tubular flowers are borne in the leaf axils.

FLOWERING PERIOD: July to October.

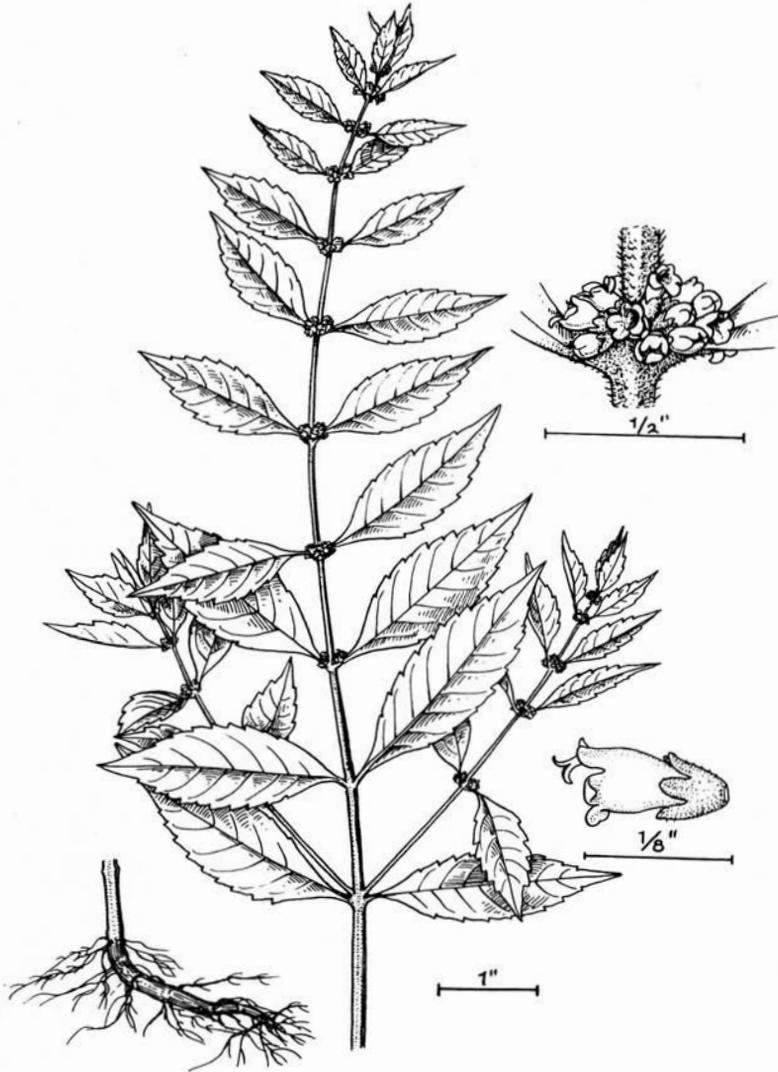
HABITAT: Rich, moist soil, in fields or forests.

HARVEST: Herb during flowering time.

USES: This herb is used as an astringent and sedative, and reportedly it has many other drug uses.

LYCOPUS VIRGINICUS L.

(LAMIACEAE)



MARRUBIUM VULGARE L.

(LAMIACEAE)

COMMON NAMES: White horehound, common hoarhound, common horehound, hoarhound, horehound, houndsbane, marrhue, marrub, marrubium, marvel, white hoarhound.

DESCRIPTION: A shrub that grows to 3 feet in height. Plant branches from base. Produces 2-inch, bitter, aromatic, round-ovate leaves that are whitish above and gray woolly below.

FLOWERING PERIOD: May to September.

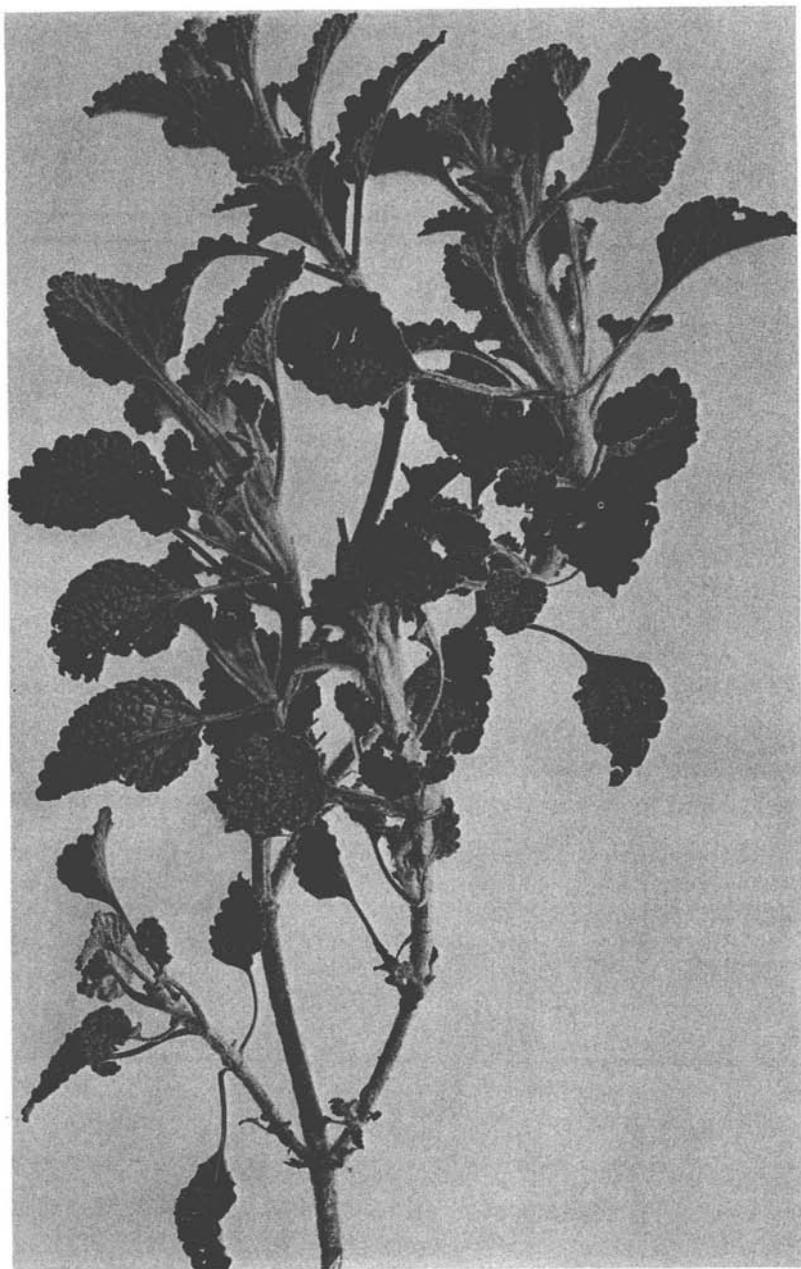
HABITAT: Waste places, pastures, and old fields.

HARVEST: Leaves and small stems in May before blooming.

USES: This plant is used in many pulmonary ailments as an expectorant, tonic, and emmenagogue. In Appalachia, the leaves are used to make a cough syrup. In Europe, it is considered a febrifuge and has been used to treat menstrual pain.

MARRUBIUM VULGARE L.

(LAMIACEAE)



MENISPERMUM CANADENSE L.

(MENISPERMACEAE)

COMMON NAMES: Common moonseed, Canada moonseed, maple vine, moonseed, Texas sarsaparilla, vine maple, yellow parilla, yellow sarsaparilla.

DESCRIPTION: A woody, twining perennial vine that grows from a thick root. Leaves are wide with 3 to 7 angles or lobes around the outside margin. Produces bunches of white or greenish flowers and small black grape-like berries.

FLOWERING PERIOD: June to August.

HABITAT: Thickets and light woodlands where there is rich soil; alluvial soils, rocky ravines, fence rows, and cool regions.

HARVEST: Rhizomes and roots during fall.

USES: The root has been used as a diuretic and a stomachic. Some also claim it has value in arthritic conditions and blood disorders.

MENISPERMUM CANADENSE L.

(MENISPERMACEAE)



MENTHA PIPERITA L.

(LAMIACEAE)

COMMON NAMES: Peppermint, brandy mint, lamb mint, lammint.

DESCRIPTION: A perennial that grows to 3 feet in height. It has a pungent mint smell, and dark green, serrated leaves. Produces purplish flowers in spike-like groups in axils and terminally.

FLOWERING PERIOD: Late June to October.

HABITAT: Brook banks, wet meadows, and other damp places.

HARVEST: Herb during early flowering time.

USES: The herb is a source of the volatile oil of peppermint. Cultivated plants are grown for this product, mostly in the Pacific Northwest coast area. In Appalachia, the herb has been used generally as a flavoring agent and in treating colic and indigestion. In Europe, it is considered a carminative and is believed to increase bile secretion.

MENTHA PIPERITA L.

(LAMIACEAE)



MENTHA SPICATA L.

(LAMIACEAE)

COMMON NAMES: Spearmint, brown mint, common mint, garden mint, lady's mint, sage of Bethlehem, Scotch mint, Scotch spearmint.

DESCRIPTION: A perennial that grows to 3 feet in height. It looks like other mints but is different in odor and taste from the others. It is less pungent than *M. piperita*, and not as cooling as peppermint. Leaves are oblong, lanceolate, toothed, and about 2 inches long. Flowers are in long spikes in the upper axils and terminally.

FLOWERING PERIOD: June to October.

HABITAT: Wet places near settlements.

HARVEST: Flowering top and leaves.

USES: The herb is of value as a flavoring agent, carminative, antiemetic, refrigerant; and it is used to treat colic.

MENTHA SPICATA L.

(LAMIACEAE)



MITCHELLA REPENS L.

(RUBIACEAE)

COMMON NAMES: Partridgeberry, checkerberry, creep-chequer berry, deer berry, hive vine, one berry, running box, squawberry, squaw vine, twinberry, two-eyed berry, two-eyed chequer berry, winter clover.

DESCRIPTION: This creeping, perennial vine is distinguished by small roundish evergreen leaves that are shiny above and frequently have white lines. Produces scented white flowers tinged with purple, and scarlet, 2-eyed berries.

FLOWERING PERIOD: May to July.

HABITAT: Damp, moist, deciduous woods; often found associated with hemlock and rhododendron.

HARVEST: Herb in fall.

USES: This plant has been used frequently in ornamental terraria. The bright, orange-red berry and dark green leaves are very attractive. Therapeutically, the plant has been described as astringent, diuretic, and topic.

MITCHELLA REPENS L.

(RUBIACEAE)



MONARDA DIDYMA L.

(LABIATAE)

COMMON NAMES: Oswego beebalm, American bee balm, bee balm, bergamot, horsemint, Indian's plume, low balm, mountain balm, mountain mint, Oswego tea, red balm, rose balm, scarlet balm.

DESCRIPTION: Stems sharply four-angled, to about 4 feet in height, aromatic, simple branches to 6 inches long; leaves ovate to lance-like, toothed, rounded at base, petioled, hairy, serrate, 5 to 6 inches long; bright crimson flowers to 2 inches long in large terminal clusters at top of plant; perennial.

FLOWERING PERIOD: July to September.

HABITAT: Rich woods, thickets, bottomlands, and stream banks.

HARVEST: Herb when flowering.

USES: This herb is described as being a rubefacient, stimulant and carminative. The U. S. Dispensatory lists it as being anthelmintic. This plant is a commercial source of the drug Thymol, which is of value as an antiseptic and flavor.

MONARDA DIDYMA L.

(LABIATAE)



***MYRICA CERIFERA* L.**

(MYRICACEAE)

COMMON NAMES: Southern wax myrtle, American vegetable tallow, American vegetable wax, bayberry, bayberry tallow, bayberry waxtree, bearing myrica, candleberry, candleberry myrtle, myrtle, southern bayberry, tallow shrub, waxberry, wax myrtle.

DESCRIPTION: A perennial shrub or small tree that grows to 35 feet in height, with waxy rough branchlets. The narrow evergreen leaves taper at both ends. Flowers are in form of short scaly catkins. Produces grayish berries.

FLOWERING PERIOD: April to June.

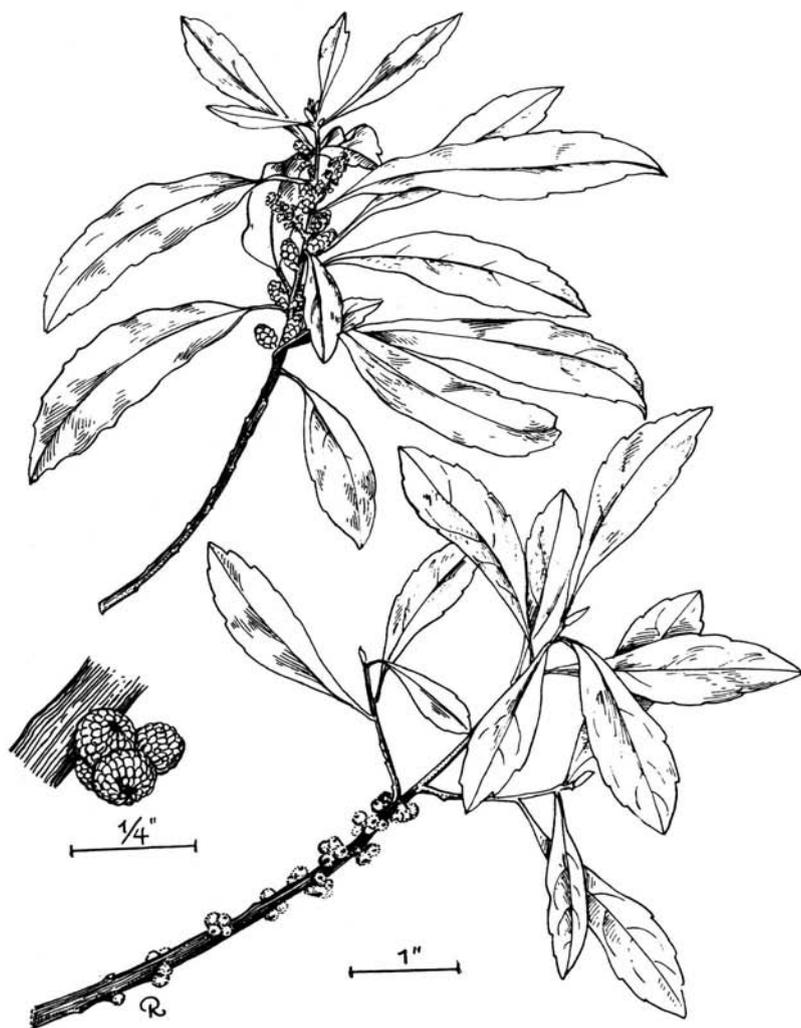
HABITAT: Poor, dry areas particularly; pine barrens and low woods.

HARVEST: Root bark in fall; roots are gently heated and bark stripped.

USES: The fruit is the main source of wax used in making candles. The root bark is astringent and emetic.

MYRICA CERIFERA L.

(MYRICACEAE)



NASTURTIUM OFFICINALE, R. BR.*

(BRASSICACEAE)

COMMON NAMES: Watercress, nasturtium, true watercress.

DESCRIPTION: A floating perennial. The large stems are freely rooting, thick, and hollow. Leaves are alternate and pinnately divided. Leaflets are entire.

FLOWERING PERIOD: April to October.

HABITAT: In thick beds in cold, flowing water of ditches, small rills, slow streams, brooks, and ponds.

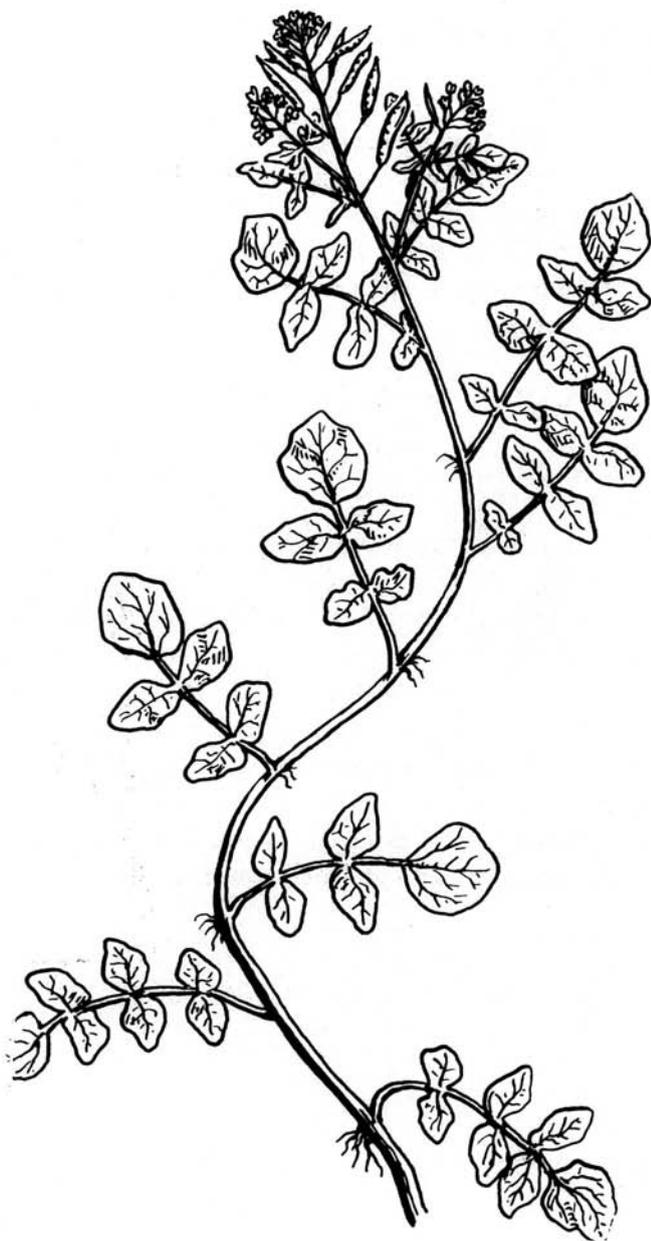
HARVEST: Herb, at any time.

USES: This floating herb is widely used as a fresh edible green. The leaves are very rich in vitamins A and C. Spanish-speaking people in New Mexico eat the plant as a treatment for kidney and heart trouble, and use it crushed in cold water as a treatment for tuberculosis. In Europe it is used to increase urine flow and to combat rheumatism and bronchitis. Pregnant women are warned not to use it because it may cause abortion.

*Synonym—*Radicula nasturtium-aquaticum* (L) Britten & Rendle.

NASTURTIUM OFFICINALE, R. BR.*

(BRASSICACEAE)



NEPETA CATARIA L.

(LAMIACEAE)

COMMON NAMES: Catnip, catmint, catnep, catrup, catwort, field balm, nip.

DESCRIPTION: An erect perennial that grows to 3 feet in height. Stem is whitish and downy. Leaves are heart-shaped, opposite, with long petioles, coarsely toothed, and about 2 to 3 inches long. The tubular flowers are $\frac{1}{4}$ to $\frac{1}{2}$ inch long, whitish with purple dots, and crowded toward the tips of the stems in dense spikes.

FLOWERING PERIOD: June to September.

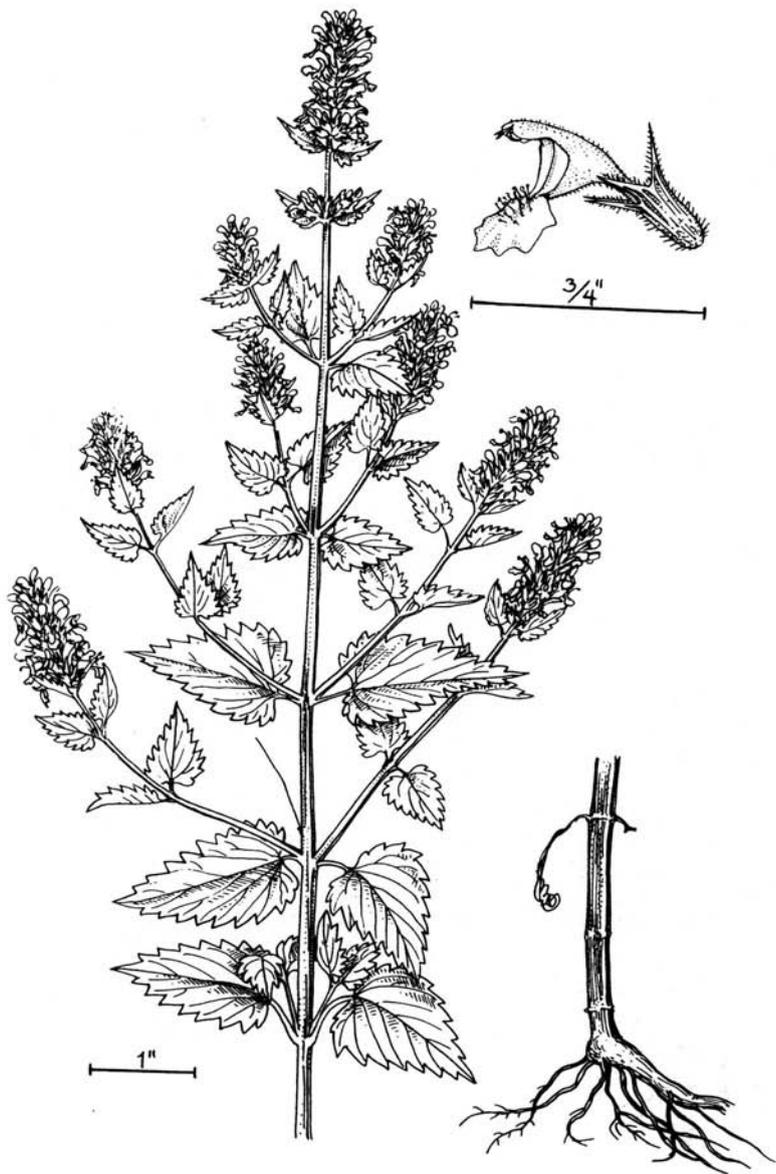
HABITAT: Dooryards, roadsides, and waste places.

HARVEST: Leafy flowering tops; herb when in full flower.

USES: As a therapeutic agent, it is used as an aromatic, stimulant, and carminative, particularly for infants. It has been used in cough remedies, and as an emmenagogue and refrigerant. The stimulating action of this plant upon cats is well known. In Appalachia, a tea made from the plant is used for treating colds, nervous conditions, stomach ailments, and hives; dried leaves and stalks are smoked for catarrh. In Europe it is used to bring on delayed menstruation.

NEPETA CATARIA L.

(LAMIACEAE)



PANAX QUINQUEFOLIUM L.

(ARALIACEAE)

COMMON NAMES: American ginseng, dwarf groundnut, five fingers, garantogen, garentoquere, gensang, ginseng, grantogen, jinshard, man's health, manroot, ninsin, redberry, sang, tartar root.

DESCRIPTION: A perennial about 6 to 8 inches long, with 2 to 4 leaves that are divided into 5 leaflets arranged palmately at the end of each leaf stalk. The small terminal stalk produces inconspicuous flowers and red berries. Roots are large and aromatic.

FLOWERING PERIOD: August.

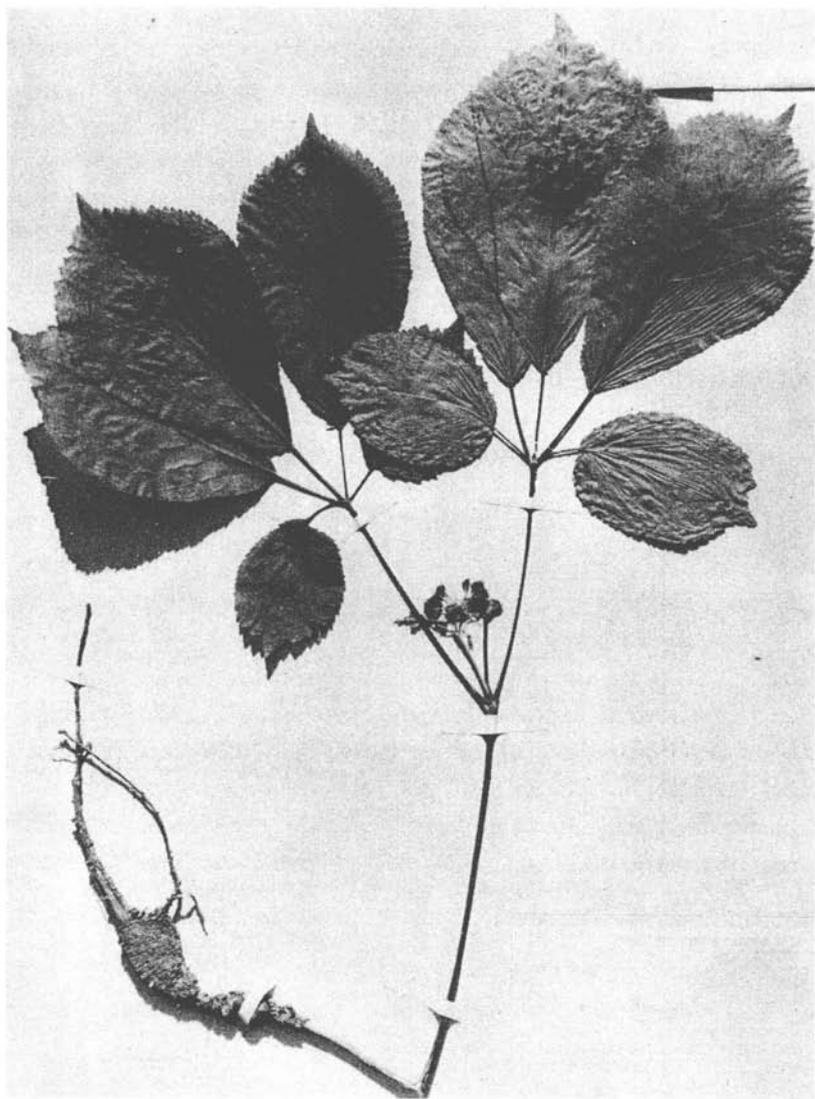
HABITAT: Rich and cool woods.

HARVEST: Roots at 3 to 5 years, in the fall.

USES: The therapeutic value of this plant has never been established in this country, yet this is one of the most valuable woodland crops in Appalachia. The cleaned dried roots are used in the Orient as a cure-all. Because ginseng roots branch to resemble the human body, they are revered and used as a medication for any ill. In China, the roots are used in the preparations of love potions and talismans. The largest amount harvested in Appalachia is shipped to Hong Kong, Singapore, and other areas where there are large Chinese colonies. Soviet Union scientists claim to have isolated various compounds that have therapeutic value. In Appalachia, a tea made of the root is used as a tonic and aphrodisiac.

PANAX QUINQUEFOLIUM L.

(ARALIACEAE)



PASSIFLORA INCARNATA L.

(PASSIFLORACEAE)

COMMON NAMES: Maypop passionflower, apricot vine, maypop, maypop herb, passionflower, passion vine.

DESCRIPTION: A vine that grows to 25 feet in height. Leaves are alternate, composed of 3—or rarely 5—finely toothed oval lobes. Flowers are large, flesh-colored, 2 inches across, with pink or purple corona. The fruit, which is 2 to 3 inches long, is smooth, yellow, and ovate.

FLOWERING PERIOD: May to July.

HABITAT: Thickets, fence lines, edge of woods, and wastelands.

HARVEST: Herbs, leaves, roots, flowering tops, and fruit during summer.

USES: This plant has been used as an antispasmodic, sedative, and a treatment for neuralgia and epilepsy. Also, the drug has been used to reduce blood pressure and to increase the rate of respiration. It is also reputed to be an aphrodisiac, particularly for elderly men. In Bermuda, the vine is used as a perfume base.

PASSIFLORA INCARNATA L.

(PASSIFLORACEAE)



PHYTOLACCA AMERICANA L.

(PHYTOLACCACEAE)

COMMON NAMES: Pokeweed, American nightshade, cancer jalap, cancerroot, chongras, coakum, cocum, cokan, common pokeberry, crowberry, garget, inkberry, jalap, pigeonberry, pocan, pocan bush, poke, pokeberry, pokeroot, red-ink plant, red wood, soko, skoke, Virginia poke.

DESCRIPTION: A perennial that grows to 9 feet in height. It has a thick, hollow, red stem, and an unpleasant smell. Leaves are ovate, entire, long, and petioled. Flowers are white to pinkish in terminal racemes. Produces spikes or racemes of dark purple berries.

FLOWERING PERIOD: July to September.

HABITAT: Rich, low ground, old fields, and recently cleared areas and roadsides.

HARVEST: Root in fall; ripe berries.

USES: Young shoots, when properly prepared in spring, are edible. Consumption of the plant is dangerous because it becomes poisonous as it matures. Medically it is a slow emetic and a purgative, with some narcotic properties. The dried root is reported valuable in treating hemorrhoids. In Appalachia, pokeberry wine is thought to help alleviate rheumatism; and in some areas dried fruits are used as a poultice on sores.

PHYTOLACCA AMERICANA L.

(PHYTOLACCAEAE)



PINUS PALUSTRIS MILL.

(PINACEAE)

COMMON NAMES: Longleaf pine, fat pine, Georgia pine, hard pine, heart pine, longleaf yellow pine, longstraw pine, pitch pine, rosemary pine, southern pine, southern yellow pine, turpentine pine, yellow pine.

DESCRIPTION: A large evergreen tree that grows to 80 to 120 feet in height, with coarse, scaly bark. Needles are a distinctive characteristic; they are about 8 to 18 inches long, and in groups of 3. Cones are 6 to 10 inches long, and somewhat cylindrical. Young form of tree is columnar, unbranched, and has very leafy trunk.

FLOWERING PERIOD: March to April.

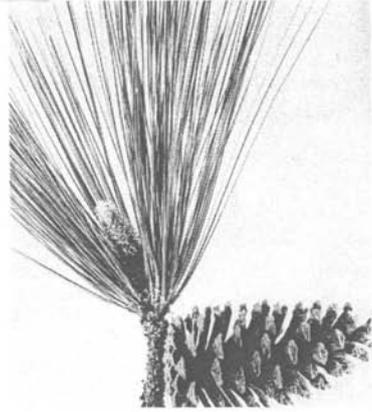
HABITAT: Sandy soil.

HARVEST: Sap in early April, and gum about last of April or first of May.

USES: This pine in southern Appalachia is a valuable source of turpentine, pine oil, tar, pitch, and rosin. The uses of turpentine oil as a rubefacient are well known. Rosin is widely used by athletes to protect their hands, and by violinists to prevent the bow from slipping and to produce better vibration. Pine tar from this source is used therapeutically for the same purpose as white pine tar. Pitch is of great value to the naval stores industry.

PINUS PALUSTRIS MILL.

(PINACEAE)



PINUS STROBUS L.

(PINACEAE)

COMMON NAMES: Eastern white pine, American deal pine, American white pine, New England pine, northern pine, northern white pine, soft deal-pine, soft pine, spruce pine, weymouth pine, white pine.

DESCRIPTION: An evergreen tree that sometimes grows to 200 feet in height. The soft bluish needles, which are 3 to 5 inches long and found in groups of 5, distinguish it from other pines. The cones are 4 to 8 inches long, thin, cigar-shaped, and often curved.

FLOWERING PERIOD: April to June.

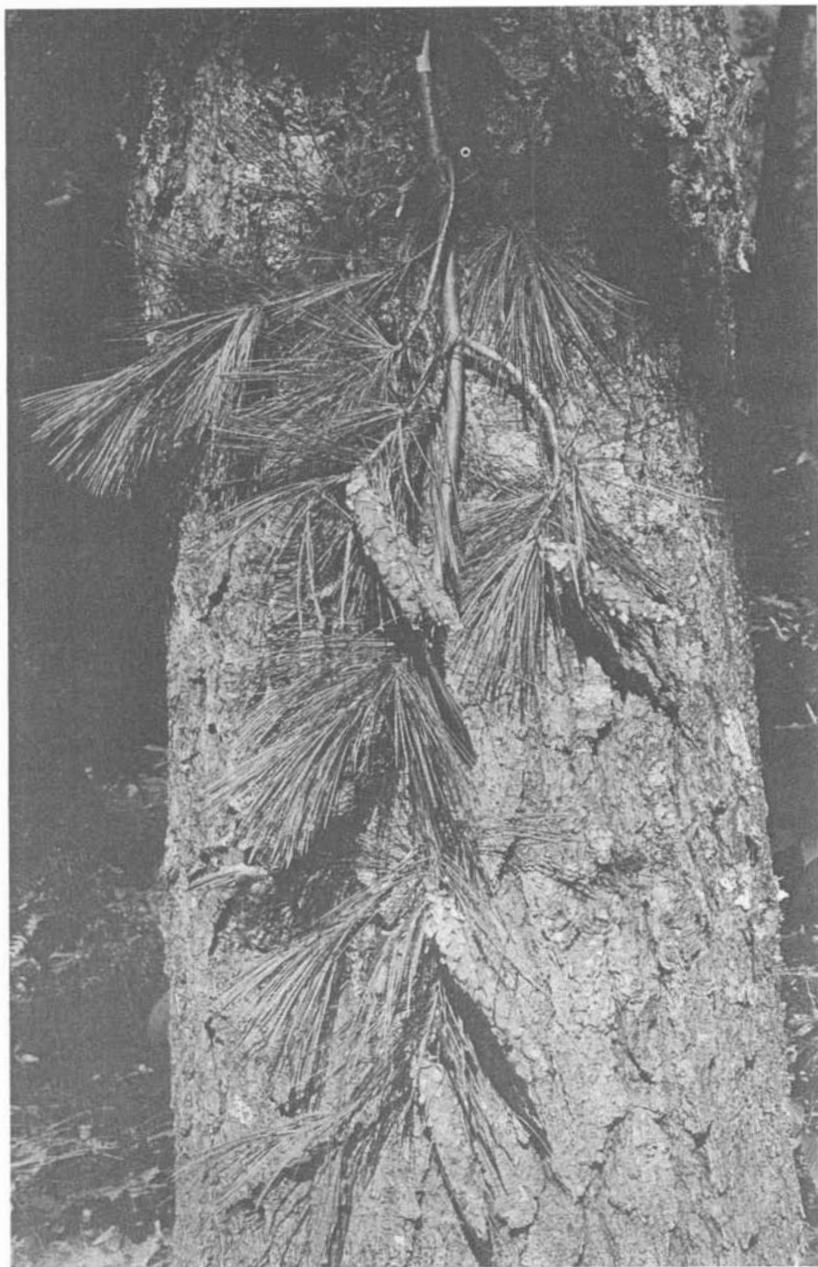
HABITAT: Woods, old fields.

HARVEST: Inner bark, rossed or natural.

USES: The bark is used as an astringent and expectorant; the wood has been used to produce white pine tar, which has value as an antiseptic, expectorant, and protective.

PINUS STROBUS L.

(PINACEAE)



PLANTAGO L. SPP.

(PLANTAGINACEAE)

COMMON NAMES: Plantain, black psyllium, blond psyllium, fleaseed, French psyllium, Indian plantago, plantago, psyllium, psyllium seed, ribgrass, ribwort, Spanish psyllium.

DESCRIPTION: A low, weedy perennial, with broadly elliptical to linear, prominently ribbed leaves. Flowers grow tightly at apex on erect spikes.

FLOWERING PERIOD: March to October.

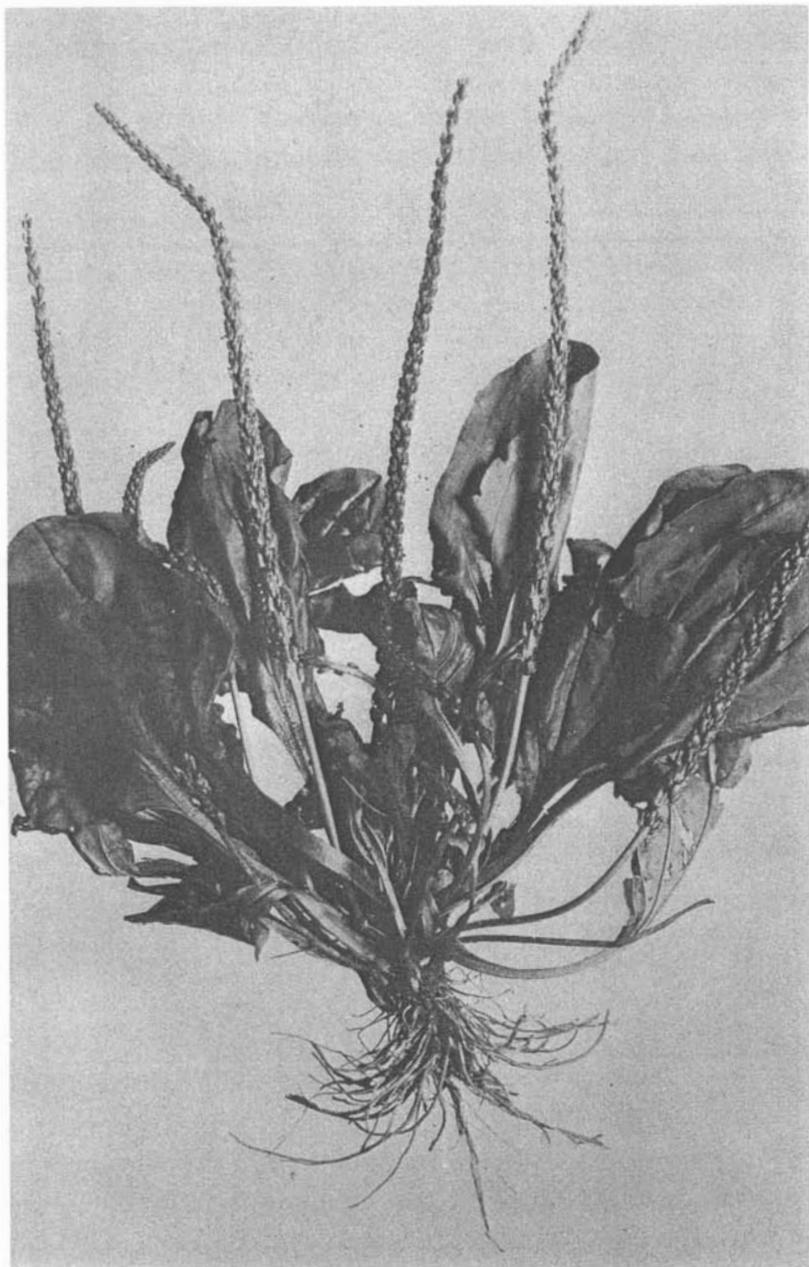
HABITAT: Roadsides, dooryards, lawns, poor soils, fields, and woods.

HARVEST: Seeds and leaves.

USES: The seeds are valuable as a bulk laxative. Soaking the seed in water causes it to exude a clear sticky gum, which has been used in manufacturing lotions and hair-wave sets. Some authorities report that the leaves are used as a vulnerary. In Appalachia, wet leaves of the plant are used as a poultice for snakebite and wounds; crushed fresh leaves are rubbed on wounds and skin eruptions, and are used for treating rectal itch. In Appalachia the leaves are used to make a tonic tea.

PLANTAGO L. SPP.

(PLANTAGINACEAE)



***PODOPHYLLUM PELTATUM* L.**

(BERBERIDACEAE)

COMMON NAMES: Common mayapple, devil's apple, duck's foot, ground lemon, hog apple, Indian apple, mandrake, mayapple, podophyllum, racoonberry, umbrella plant, vegetable calomel, vegetable mercury, wild jalap, wild lemon, wild mandrake, yellowberry.

DESCRIPTION: An erect perennial that grows to about 1 to 1½ feet in height. Two umbrella-like, palmately lobed leaves grow at the top of each plant, rarely 3. The plant produces a white flower in fork of leaves, and ovate yellow fruit.

FLOWERING PERIOD: March to May.

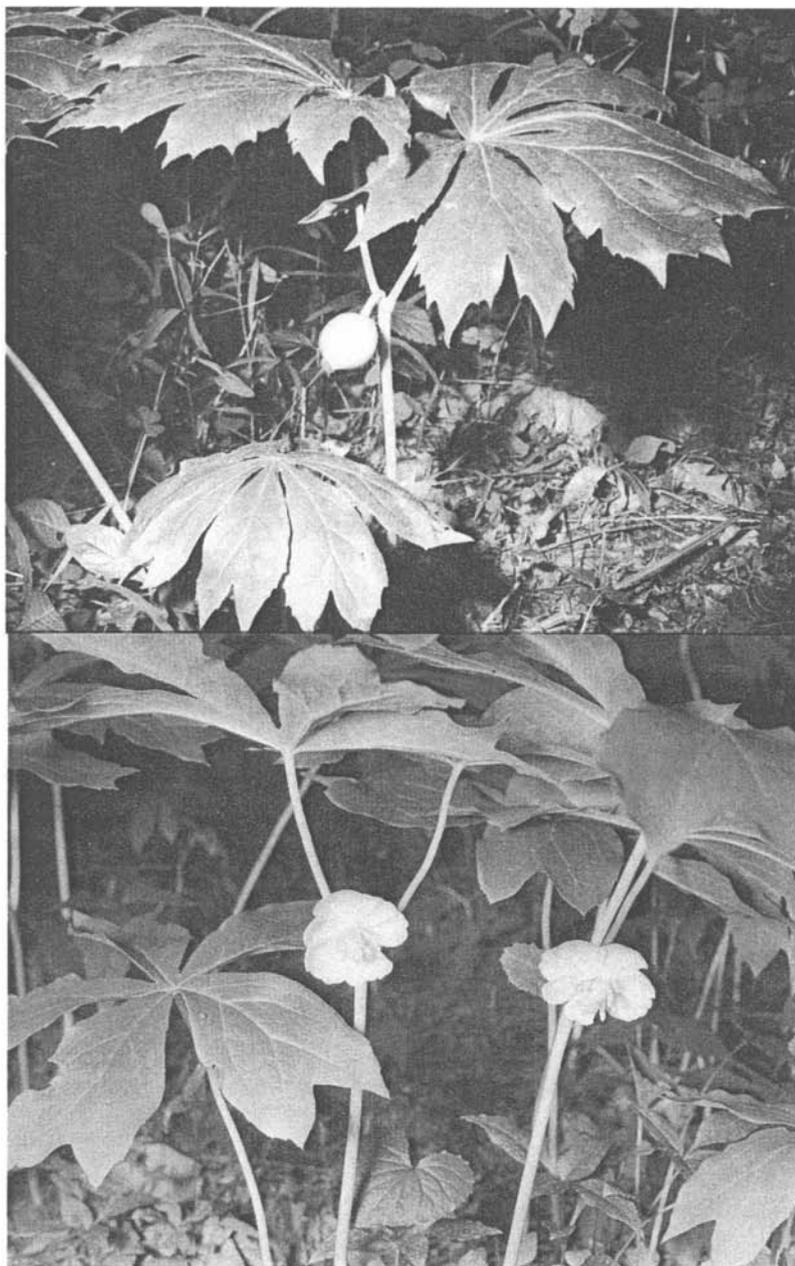
HABITAT: Deciduous forests in mountain areas, rich woods, thickets, and pastures; prefers shade.

HARVEST: Rootstock in fall and sometimes in spring before leaves appear.

USES: Improper use of this plant could be very dangerous. The roots and rhizomes are used as a purgative. A resin from the plant, called podophyllin, has been used to treat venereal warts. The resin is extremely allergenic; it exhibits anti-tumor activity. In Appalachia, a tea of bark and roots is used to treat constipation.

PODOPHYLLUM PELTATUM L.

(BERBERIDACEAE)



***POLYGALA SENEGA* L.**

(POLYGALACEAE)

COMMON NAMES: Seneca-snakeroot polygala, milkwort, mountain flax, rattlesnake root, senecaroot, seneca snake-root, senega root, senega snakeroot, seneka snakeroot.

DESCRIPTION: A perennial that grows to 2 feet in height. Several stems arise from crown, and have numerous alternate linear-shaped leaves. Dense spikes of white or pinkish flowers tinged with green terminate the stem. Produces seeds in capsules.

FLOWERING PERIOD: April to July.

HABITAT: Dry woods on limestone, rocky soils, and higher altitudes.

HARVEST: Root in autumn. (Knotty crown must be removed first.)

USES: The plant is reportedly used as an emetic, purgative, diuretic, expectorant, and tonic.

POLYGALA SENEGA L.

(POLYGALACEAE)



***POLYGONATUM BIFLORUM* (WALT.) ELL.**

(LILIACEAE)

COMMON NAMES: Small solomonseal, conquer-John, dwarf solomon's seal, hairy solomon's seal, sealwort, solomon's seal.

DESCRIPTION: A perennial that grows to 3 feet in height. It can be distinguished from *Smilacina racemosa* by the 1 to 4 flowers that hang from the axils of the leaves, which are about 4 inches long, 2 inches wide, and hairy below. Berries are globular, black or blue.

FLOWERING PERIOD: April to May.

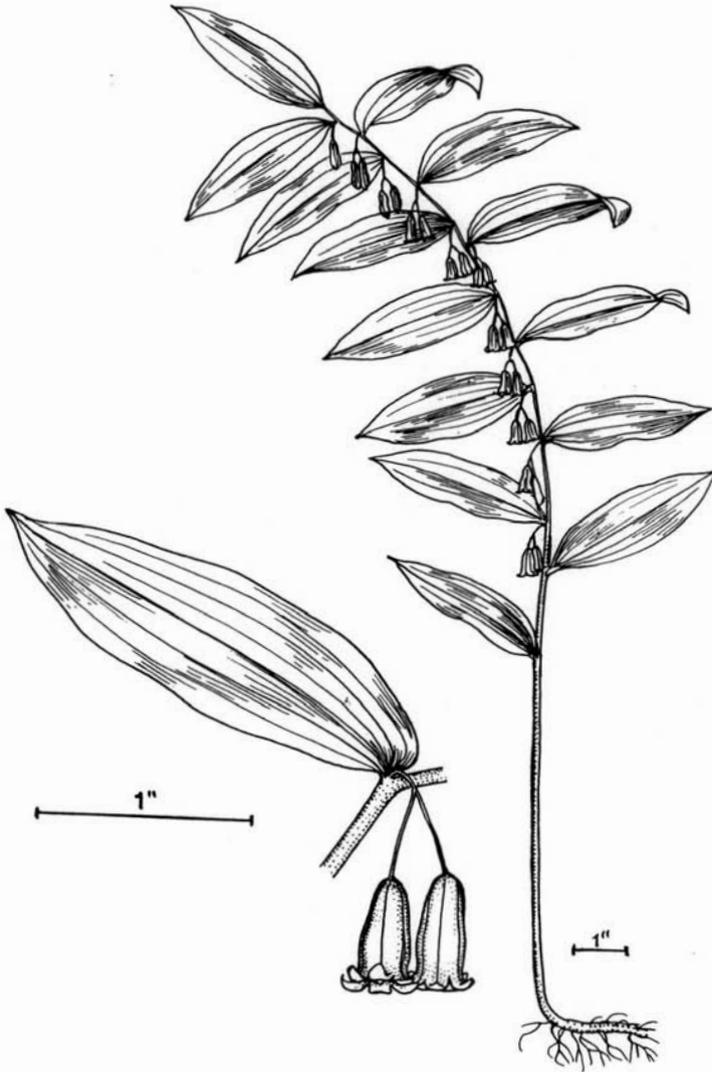
HABITAT: Dry to moist, sandy, loamy areas, or in rocky woods.

HARVEST: Root in fall.

USES: Roots and rhizomes are mildly astringent, diuretic, emetic, and tonic.

Polygonatum biflorum (WALT.) ELL.

(LILIACEAE)



POLYGONUM HYDROPIPER L.

(POLYGONACEAE)

COMMON NAMES: Marshpepper smartweed, arsmart, biting knotweed, biting parsicaria, biting tongue, common smartweed, doorweed, lakeweed, pepperplant, red knees, red shanks, red sharks, sickleweed, smartweed, water pepper, water smartweed.

DESCRIPTION: An annual that grows to 1 to 2 feet in height. It is erect and branched at base. Stems are reddish; and leaves are narrowly lanceolate and alternate, with smooth margins 1 to 4 inches long. Produces numerous small greenish flowers that are formed close together on the ends of nodding terminal spikes.

FLOWERING PERIOD: July to October.

HABITAT: Damp soil.

HARVEST: Herb.

USES: The herb is a diuretic and has been used in certain uterine disorders. In Europe it is used as a hemostatic drug to control internal and hemorrhoidal bleeding.

POLYGONUM HYDROPIPER L.

(POLYGONACEAE)



POPULUS BALSAMIFERA L.

(SALICACEAE)

COMMON NAMES: Balsam poplar, balm buds, balm of Gilead, Carolina poplar, cottonwood, hackmatack, poplar balsam, tacamahac poplar, tackamahac.

DESCRIPTION: A tree that may reach 100 feet in height; sometimes the trunk is 6 feet in diameter. The broad, pointed leaves are 3 to 6 inches long and 2 to 4 inches wide; they are rounded or slightly heart-shaped at the base, finely toothed, shiny dark green above, pale green often with rusty brown patches below. The buds and twigs are brownish red, and the large buds are very resinous and fragrant.

FLOWERING PERIOD: March to April.

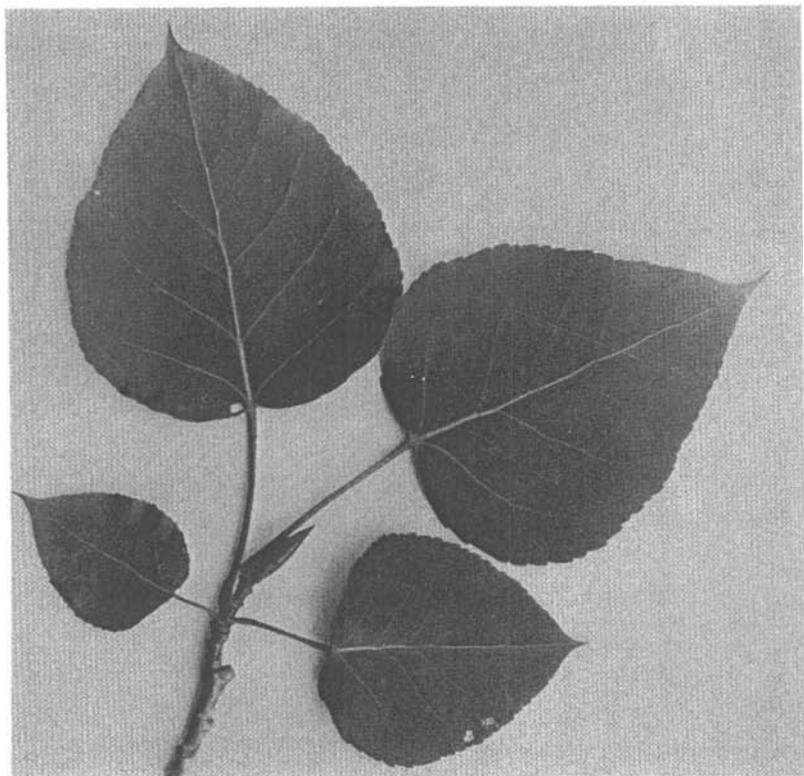
HABITAT: River banks, swamps, wastelands, and river bottoms.

HARVEST: Winter buds in February and March before opening.

USES: A tincture of the bark has reportedly been used to treat infections of the chest, kidneys, stomach, and for rheumatism, gout, and scurvy. The buds have been used as a vulnerary and pectoral. In Europe the fresh flowers are steeped in cold water, then strained and drunk to purify the blood.

***POPULUS BALSAMIFERA* L.**

(SALICACEAE)



PRUNELLA VULGARIS L.

(LAMIACEAE)

COMMON NAMES: Heal-all, blue curls, brownwort, carpenter's herb, carpenterweed, common selfheal, dragonhead, hookweed, self-heal, sickleweed, sicklewort.

DESCRIPTION: A perennial that grows to 2 feet in height. Usually the plant is much tufted, and sometimes it is horizontal. Leaves are round and bract-like. Violet purple blooms, about 1/2 inch long, are found in the axils of the leaves, in a close spike or head.

FLOWERING PERIOD: April to October.

HABITAT: Roadsides, lawns, fields, pastures, wastelands, and grasslands.

HARVEST: Herb from May to September, at flowering time.

USES: The herb is used as an aromatic and carminative. It has been used also as a gargle, and in treating hemorrhage and diarrhea.

PRUNELLA VULGARIS L.

(LAMIACEAE)



***PRUNUS SEROTINA* EHRH.**

(ROSACEAE)

COMMON NAMES: Black cherry, black choke, cabinet cherry, choke cherry, mountain black cherry, rum cherry, Virginia prune bark, whicky cherry, wild black cherry, wild cherry.

DESCRIPTIONS: A valuable tree that grows to 100 feet in height and has a straight trunk covered with rough, black bark. Inner bark is aromatic. The young branches are smooth and reddish. Leaves are shiny, smooth, and finely toothed, 2 to 5 inches long. Small white flowers occur in long drooping clusters at the end of the branches, followed by clusters of round, black berries that are edible but bitter.

FLOWERING PERIOD: April to May.

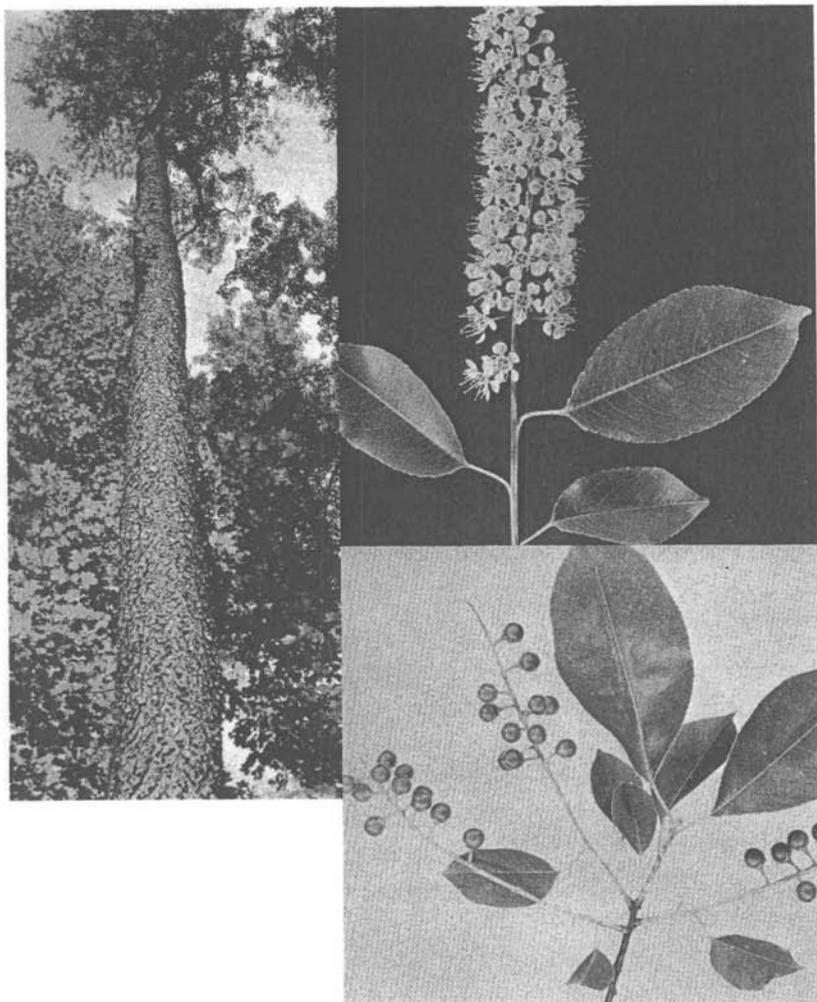
HABITAT: Along fence rows, roadsides, streamsides, pastures, and in dry woods.

HARVEST: Young, thin bark; and bark from older trees after it has been rossed; also, fruit when ripe.

USES: The bark is used primarily as a flavoring agent. The drug is an excellent expectorant. Appalachian wild cherry bark tea is used for coughs, colds, and cholera.

***PRUNUS SEROTINA* EHRH.**

(ROSACEAE)



QUERCUS ALBA L.

(FAGACEAE)

COMMON NAMES: White oak, common white oak, fork-leaf white oak, ridge white oak, stave oak, stone oak, tanner's oak.

DESCRIPTION: A tree that is usually 60 to 80 feet in height, but sometimes reaches 150 feet. The bark is a light ashy gray, variable in appearance—from loosely attached plates on young trees to narrow, rounded ridges with deep fissures on old trees. The smooth thin leaves, which are 5 to 9 inches long, have short stems and are usually divided into 7 to 9 smooth, rounded lobes.

FLOWERING PERIOD: March to May.

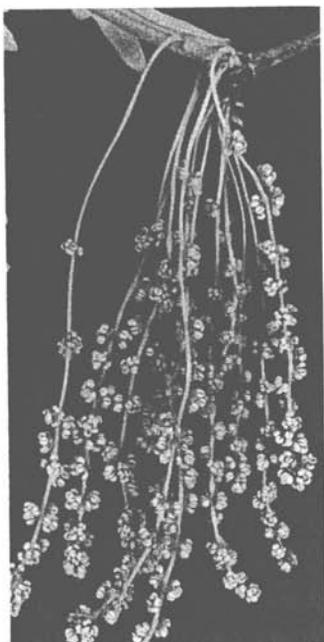
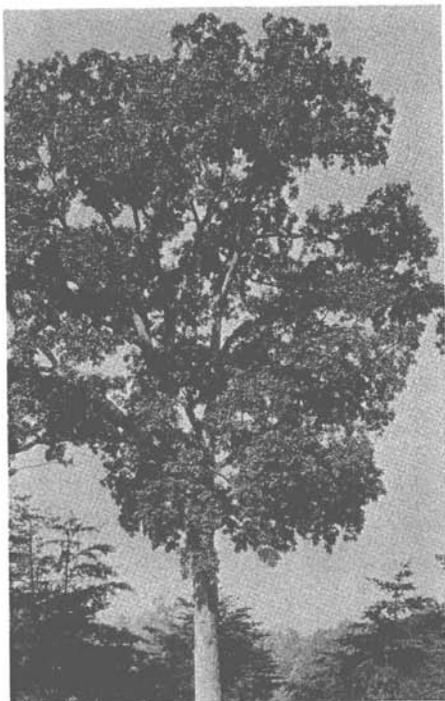
HABITAT: Widely distributed in hardwood forests of the eastern United States.

HARVEST: Inner bark, at any time; bark from older trees should be collected in spring.

USES: The pollen is reportedly allergenic. Because the bark contains tannins, it is used as an astringent and antiseptic. In Appalachia, a bark tea is used to treat burns and sore mouth. A chartreuse dye is obtained from the bark.

QUERCUS ALBA L.

(FAGACEAE)



RHUS GLABRA L.

(ANACARDIACEAE)

COMMON NAMES: Smooth sumach, common sumac, Pennsylvania sumach, scarlet sumac, shernoke, sumac, upland sumach, vinegar tree.

DESCRIPTION: A shrub or small tree that grows to about 15 feet in height. Leaves are 1 to 3 feet long, with 11 to 31 leaflets; each leaflet is 2 to 4 inches long and about 1 to 2 inches wide, pointed and sharp-toothed. Twigs are smooth. Produces greenish yellow flowers in clumps at branch ends, and roundish, flattened, bright red fruits or berries that are hairy and sticky.

FLOWERING PERIOD: May to July.

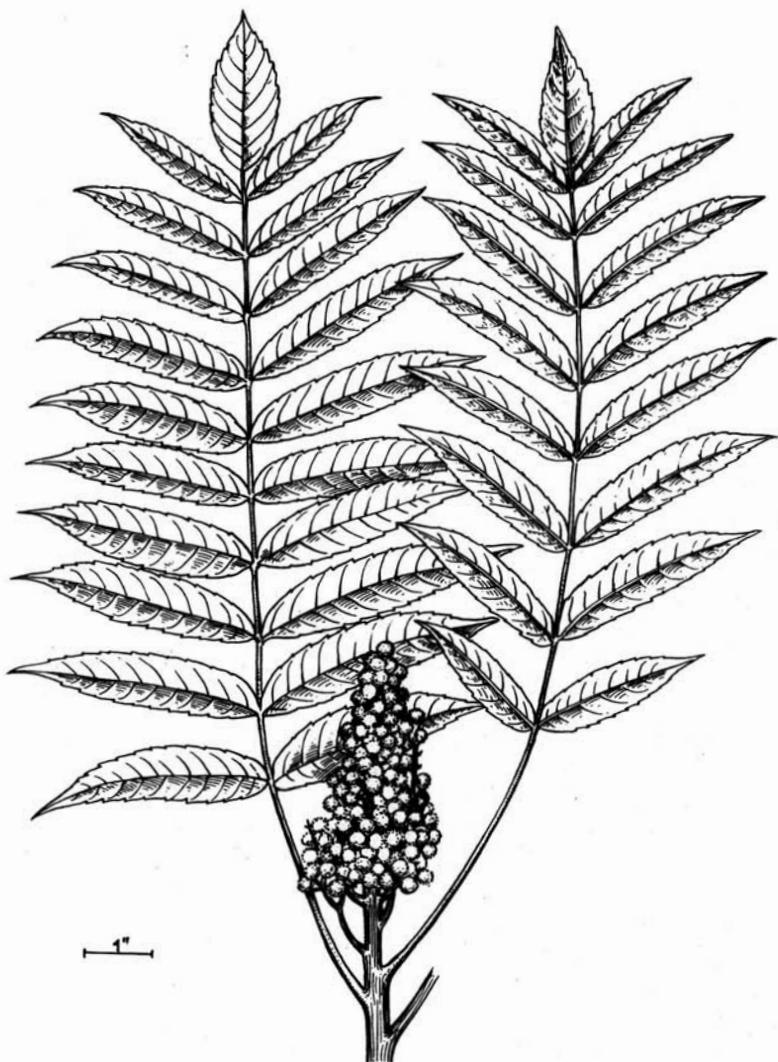
HABITAT: Old fields, power line cuts, roadsides, meadows, and pastures.

HARVEST: Bark of stem and roots, ripe fruit, and leaves.

USES: The dried ripe fruit of sumac is valuable as a source of tannic acid. Preparations of these fruits are effective as astringents, antidiuretics, and tonics. In Appalachia, leaves are smoked to treat asthma. The stems produce a yellow dye.

RHUS GLABRA L.

(ANACARDIACEAE)



RUBUS SPP. L.

(ROSACEAE)

COMMON NAMES: Blackberry, brambleberry, dewberry, raspberry.

DESCRIPTION: A prickly, shrubby or viny perennial that produces 5-petaled, white flowers. Fruit is either black or red.

FLOWERING PERIOD: May to August.

HABITAT: Old fields, waste lands, pastures, fence rows, forest borders.

HARVEST: Bark, fruit, leaves, root, and root bark.

USES: The roots and rhizomes of this plant have been used as astringents because of their high tannin content. In Appalachia, a tea made of roots is used to stop secretions. A fruit juice and wine made from the berries is used to control diarrhea. A tea made from the bark of wild raspberry is used to control dysentery.

***RUBUS* SPP. L.**

(ROSACEAE)



RUMEX CRISPUS L.

(POLYGONACEAE)

COMMON NAMES: Curly dock, bitter dock, curled dock, dock, garden patience, narrow dock, sour dock, yellow dock.

DESCRIPTION: A perennial that grows to 5 feet in height. Leaves are 6 to 12 inches long, linear, and curly-edged. Produces yellow to green flowers in panicles, and dense spikes of winged triangular seeds.

FLOWERING PERIOD: April to August.

HABITAT: Pastures, fields, and waste lands.

HARVEST: Roots, in late summer and fall.

USES: The roots of this plant are reportedly valuable as an astringent and mild laxative. In Appalachia, the root is placed in vinegar and the wash is used to treat ringworm; the leaves are used in a poultice to treat hives. The Indians used the root for a yellow dye.

RUMEX CRISPUS L.

(POLYGONACEAE)



***SALIX ALBA* L.**

(SALICACEAE)

COMMON NAMES: White willow, European white willow.

DESCRIPTION: A tree that grows to 80 feet in height, with spreading and drooping branches. Branchlets are often silky white when young; later they turn olive-brown. Leaves are 1 1/2 to 4 inches long, very narrow, sharp-pointed, very finely toothed, shiny green above and silky white below. Flowers occur in catkins.

FLOWERING PERIOD: April to May.

HABITAT: Stream banks, roadsides, and shaded moist areas.

HARVEST: Bark during flowering time; buds in spring.

USES: The therapeutic value of white willow buds is similar to that of *Populus* species. The bark is reportedly an expectorant, hemostatic, astringent, and tonic. In Appalachia, leaves and bark of different willows are used in a tea to break up fever.

SALIX ALBA L.

(SALICACEAE)



***SALIX NIGRA* MARSH.**

(SALICACEAE)

COMMON NAMES: Black willow, pussy willow, swamp willow, willow.

DESCRIPTION: A tree that often grows to 40 feet in height, but may reach 100 to 120 feet. Leaves are very narrow, 3 to 6 inches long and up to 3/4 inch wide, sharp-pointed, finely toothed, short-stemmed. Twigs are slender, reddish brown, and usually brittle. Produces male and female flowers in separate catkins; male catkins are 1 to 2 inches long and the female 1 1/2 to 3 inches long.

FLOWERING PERIOD: April to June.

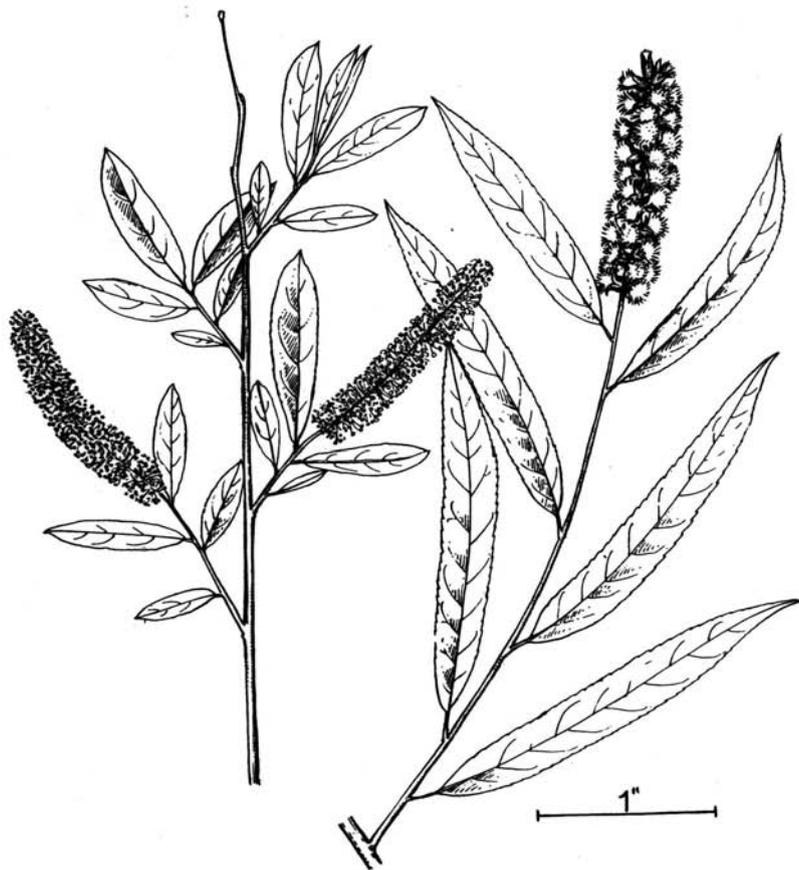
HABITAT: Banks of streams, lake shores, and in rich, low woods.

HARVEST: Strip bark with buds from 2- or 3-year-old branches in spring.

USES: The buds and bark are used for the same purposes as those of *S. alba*.

SALIX NIGRA MARSH.

(SALICACEAE)



SALVIA OFFICINALIS L.

(LAMIACEAE)

COMMON NAMES: Garden sage, meadow sage, sage, scarlet sage, true sage.

DESCRIPTION: A fuzzy perennial that grows to 2 1/2 feet in height. Leaves are lanceolate to narrowly elliptic, with rounded teeth, narrowing at base to long petioles. Flowers are in whorls of 4 to 8 in terminal spikes, blue or white.

FLOWERING PERIOD: July to September.

HABITAT: Dumps, waste lands, and gardens.

HARVEST: Herb at flowering time; leaves.

USES: Sage reportedly has many therapeutic uses. The drug is an astringent and carminative. In Appalachia, it was thought to serve as a laxative and a gargle; and it was used to treat baldness, loose teeth, and gas. European research suggests estrogen is present but has not been isolated. It has been used to help achieve regularity of menstrual period. However, its major use is for culinary purposes.

SALVIA OFFICINALIS L.

(LAMIACEAE)



SANGUINARIA CANADENSIS L.

(PAPAVERACEAE)

COMMON NAMES: Bloodroot, coonroot, pauson, puccoon, puccoon root, red Indian paint, red puccoon, redroot, snakebite, sweet slumber, tetterwort, turmeric, white puccoon.

DESCRIPTION: A perennial that grows to 6 to 14 inches in height, with a solitary leaf-stem. Leaves are palmately lobed around outer edge. In early spring, produces white flowers 1 to 2 inches in width. A distinctive characteristic of this plant is the red juice produced by the root.

FLOWERING PERIOD: April to May.

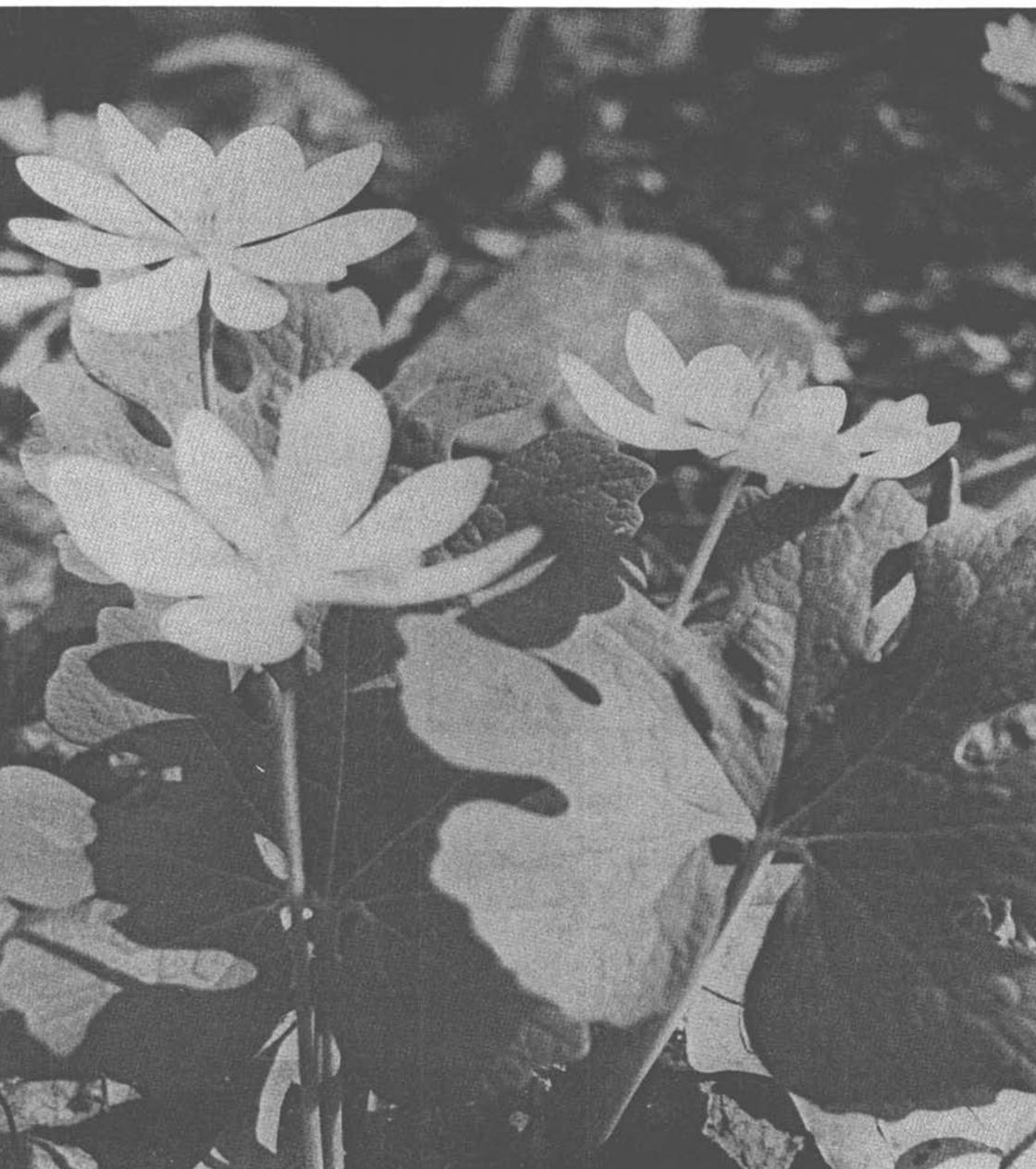
HABITAT: Deep, cool, moist, deciduous woodland slopes; rich woods.

HARVEST: Rootstock at time of flowering, in late summer or early fall.

USES: This plant is extremely poisonous. It is a source of morphine, and improper use should be avoided. The drug is an emetic, laxative, and emmenagogue; and because of its expectorant qualities, it has been used to treat chronic bronchitis. The plant is used both as a pain reliever and a sedative. When combined with oak bark, the roots give a red dye. In Appalachia, a piece of bloodroot is sometimes carried as a charm to ward off evil spirits.

SANGUINARIA CANADENSIS L.

(PAPAVERACEAE)



***SASSAFRAS ALBIDUM* (NUTT.) NEES**

(LAURACEAE)

COMMON NAMES: Sassafras, ague tree, cinnamon wood, common sassafras, red sassafrass, saxifras, smelling stick, white sassafras.

DESCRIPTION: A tree that grows to 40 feet in height. Twigs are green and produce leaves of 3 different shapes: 3-lobed, 2-lobed or mitten-shaped, and unlobed. All parts of the tree have a spicy aroma. Fragrant, yellowish-green flowers are borne in clusters. Male and female flowers are usually borne on different trees. In September the female flowers develop into dark blue 1-seeded berries, about pea size, that are borne on a thick red stalk.

FLOWERING PERIOD: March to April.

HABITAT: Along fence rows; in open woods and abandoned fields, and on dry ridges.

HARVEST: Root bark in spring and autumn; entire root in fall.

USES: The root bark can be used to prepare a tea. Root material can be distilled to make sassafras oil, which is used mainly as a flavoring agent in beverages, confectionery tooth paste, and the like. The tea has been used as a diaphoretic, stimulant, diuretic, and carminative; and it is used in Appalachia to treat bronchitis. The bark is reportedly used also as an insect repellent. Colonial Americans were advised to chew the bark of this tree to break the tobacco habit. Sassafras leaves have been used as a dye to make a soft yellow tan. And some research suggests that, under certain conditions, the leaves may be carcinogenic.

SASSAFRAS ALBIDUM (NUTT.) NEES

(LAURACEAE)



***SCROPHULARIA MARILANDICA* L.**

(SCROPHULARIACEAE)

COMMON NAMES: Maryland figwort, brownwort, bullwort, Carpenter's square, figwort, great pilewort, heal-all, Holme's weed, kernelwort, knotted root, murrian grass, pilewort, scrofula plant, square stalk, stinking Christopher.

DESCRIPTION: A perennial that grows to 9 feet in height, with 4-angled stems. Leaves are opposite, thin, 3 to 12 inches long, with toothed margins, ovate or rounded and broad at base, tapering to a point at tip. The small reddish-brown flowers are loosely arranged on irregular thin branches at the top of the plant.

FLOWERING PERIOD: June to October.

HABITAT: Rich woods and thickets, open woodlands, fallow fields, and roadsides.

HARVEST: Leaves, roots, and herb at flowering time.

USES: The herb is used as a tonic, diuretic, diaphoretic, and in reducing hemorrhoids.

SCROPHULARIA MARILANDICA L.

(SCROPHULARIACEAE)



SCUTELLARIA LATERIFLORA L.

(LAMIACEAE)

COMMON NAMES: Sideflowering skullcap, American skullcap, blue pimernel, blue skullcap, helmet flower, hooded willow herb, hoodwort, mad-dog, mad-dog skullcap, mad-dog weed, madweed, skullcap.

DESCRIPTION: An erect widely-branched perennial that grows to 30 inches in height. The stem is slender and 4-sided. Leaves are thin, 1 to 4 inches long, ovate, pointed, coarsely serrated, and opposite. The flowers are blue, 2-lipped, and arranged along spikes in each of the upper leaf axils.

FLOWERING PERIOD: July to October.

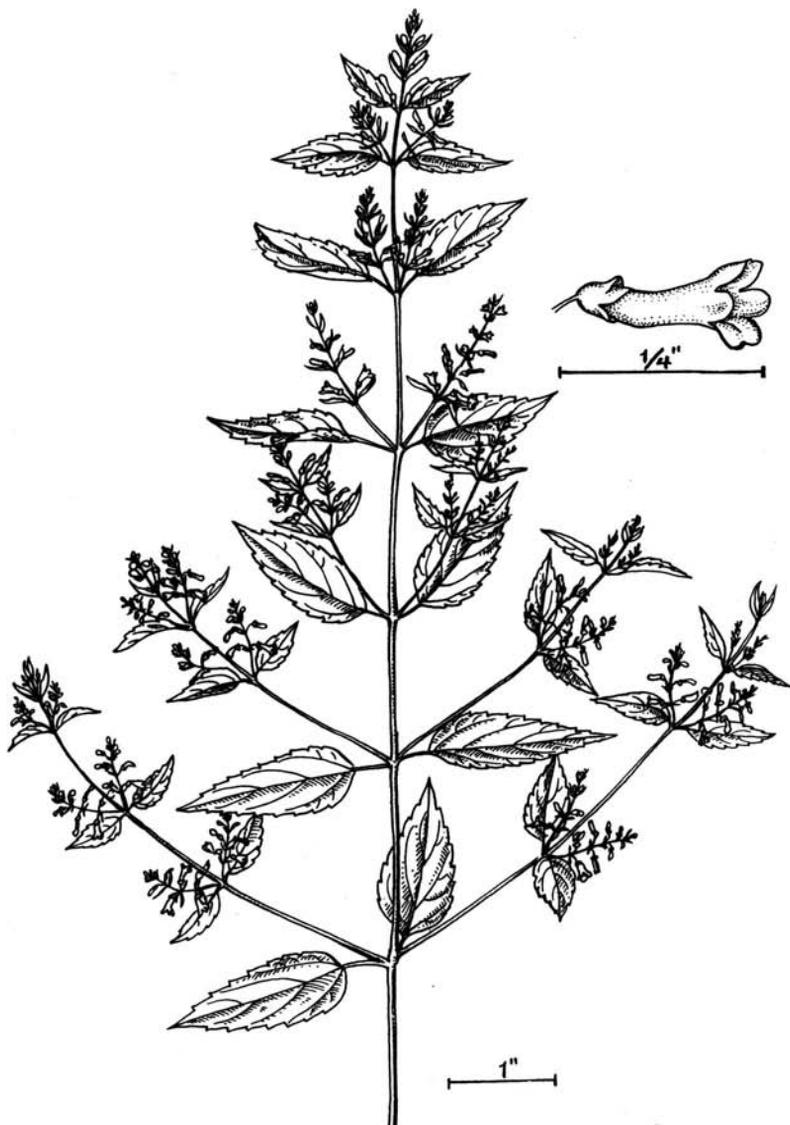
HABITAT: Alluvial thickets, meadows, swampy woods, moist areas, and shaded areas.

HARVEST: Herb in early summer.

USES: The plant has been used for treating hydrophobia, but without much success. It is reputed to be a nervine, tonic, diuretic, and antispasmodic.

SCUTELLARIA LATERIFLORA L.

(LAMIACEAE)



SENECIO AUREUS L.

(ASTERACEAE)

COMMON NAMES: Golden ragwort, butterweed, cocashweed, coughweed, false valerian, female regulator, golden groundsel, golden senecio, groundsel, liferoot, ragwort, squawweed, swamp squawweed, uncum, waxweed, wild valerian.

DESCRIPTION: A perennial that grows to 1 to 2 1/2 feet in height, with 1 to several erect flowering stems. The slender basal leaves are heart-shaped and long petioled (to 6 inches); the rest of the stem leaves are variously cleft, with lobes arranged on either side of the main mid-vein of the leaf. The spring-blooming composite flowers are yellow. The roots are characterized by horizontal creeping.

FLOWERING PERIOD: March to June.

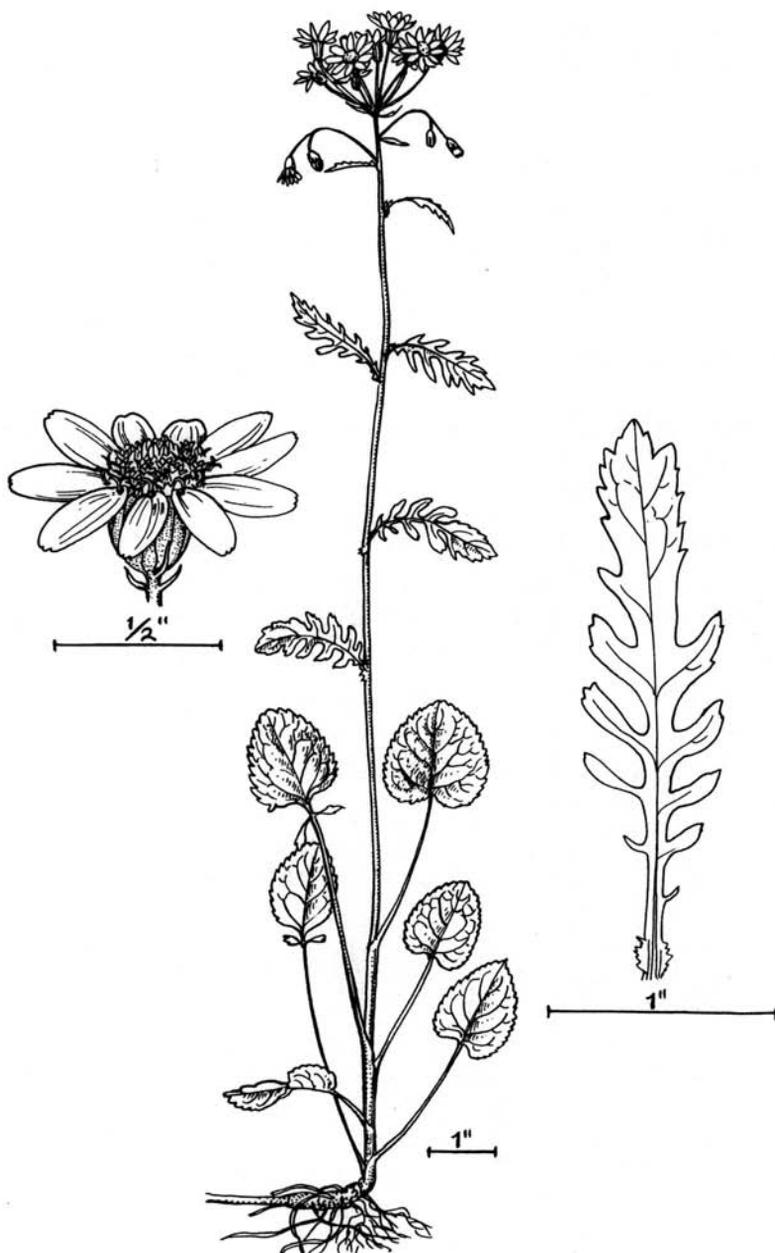
HABITAT: Rich calcareous woods and bottoms, upland swamps, and humid areas.

HARVEST: Root; herb in May when flowering; entire plant before flowering.

USES: As the common name, "coughweed", would indicate, the herb is an expectorant and pectoral. In addition to these qualities, it is listed as an emmenagogue and vulnerary.

SENECIO AUREUS L.

(ASTERACEAE)



SOLANUM CAROLINENSE L.

(SOLANACEAE)

COMMON NAMES: Horse nettle, apple of Sodom, ball nettle, bull nettle, Carolina horse nettle, nightshade, sand brier, tread-softly.

DESCRIPTION: A prickly erect perennial that grows to 3 feet in height. Leaves are shallowly lobed pinnately, broad, with yellow thorns on veins beneath. Flowers are pale violet to white. Fruit is a yellow berry.

FLOWERING PERIOD: May to September.

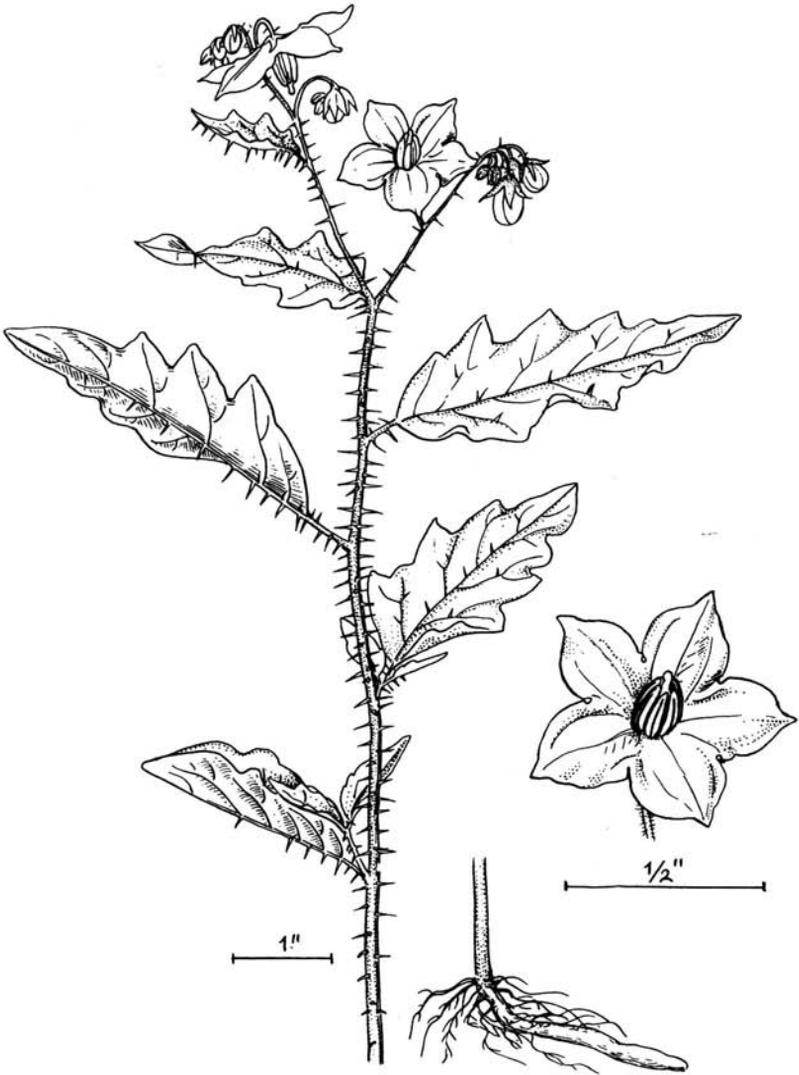
HABITAT: Sandy openings, dry fields, waste lands, and roadsides.

HARVEST: Berries, leaves, and rootstock in the fall.

USES: This plant is extremely poisonous. The berries, when properly prepared, have been used as diuretics, antispasmodics, anodynes; and according to the U. S. Dispensatory, they have also been used in a treatment for epilepsy.

SOLANUM CAROLINENSE L.

(SOLANACEAE)



SORBUS AMERICANA* MARSH.

(ROSACEAE)

COMMON NAMES: American mountainash, American rowan tree, American service tree, dogberry, Indian mozemize, life-of-man, masse-misse, missy-massy, missey-moosey, mountain ash, mountain sumach, quick beam, round tree, roundwood, wild ashe, wine tree, witchwood.

DESCRIPTION: A shrub or small tree that grows to 30 feet in height. Bark is smooth and light gray. Compound leaves consist of 11 to 17 narrow, pointed, toothed leaflets about 1 1/4 to 4 inches long. White flowers appear in dense, round, or flatish clusters about 3 to 6 inches across. Large, dense, showy clusters of bright red berries about the size of peas appear in late fall.

FLOWERING PERIOD: June to July.

HABITAT: Evergreen forests and waste areas.

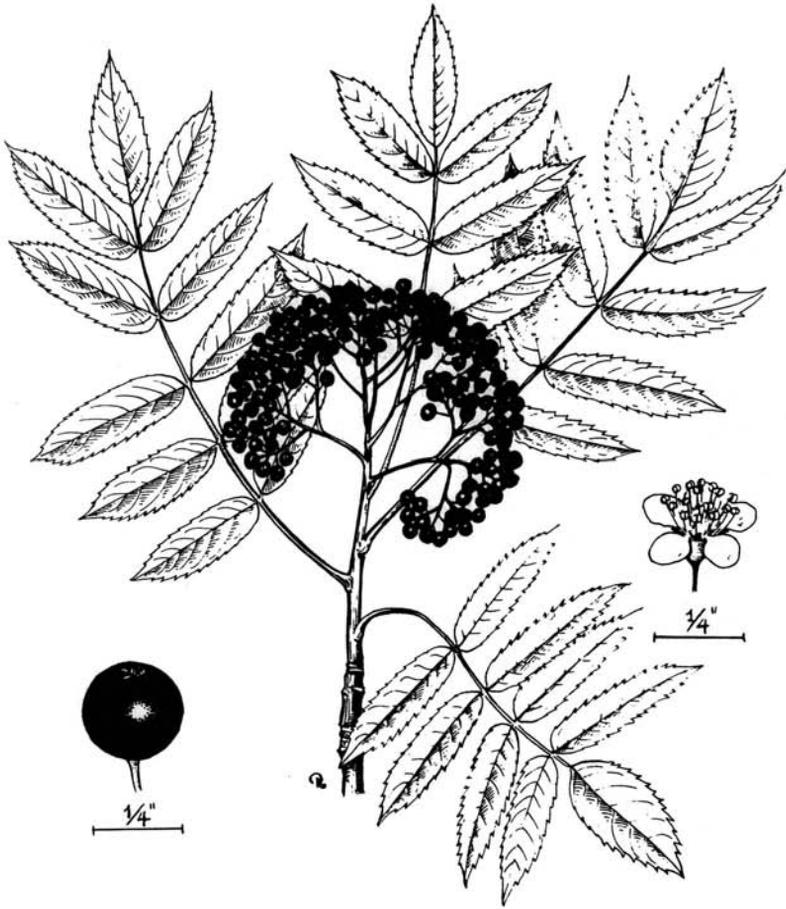
HARVEST: Bark and fruit.

USES: The berries have been used to treat scurvy and as a vermifuge. Bark preparations have been used for biliousness.

*Synonym = *Pyrus americana* (Marsh) D.C.

*SORBUS AMERICANA** MARSH.

(ROSACEAE)



SPIGELIA MARILANDICA L.

(LOGANIACEAE)

COMMON NAMES: Pinkroot spigelia, American wormroot, Carolina pink, Carolina pinkroot, Indian pink, Maryland pinkroot, perennial wormgrass, pinkroot, snakeroot, star bloom, unstillia, wormgrass.

DESCRIPTION: A perennial that grows to 1 to 2 feet in height. Leaves are opposite, without a petiole, lanceolate to broadly oval. Flowers are funnel-like, red on the outside, yellow on the inside, arranged on one side of a single spike. The funnel forms five lobes at the open end.

FLOWERING PERIOD: May to June.

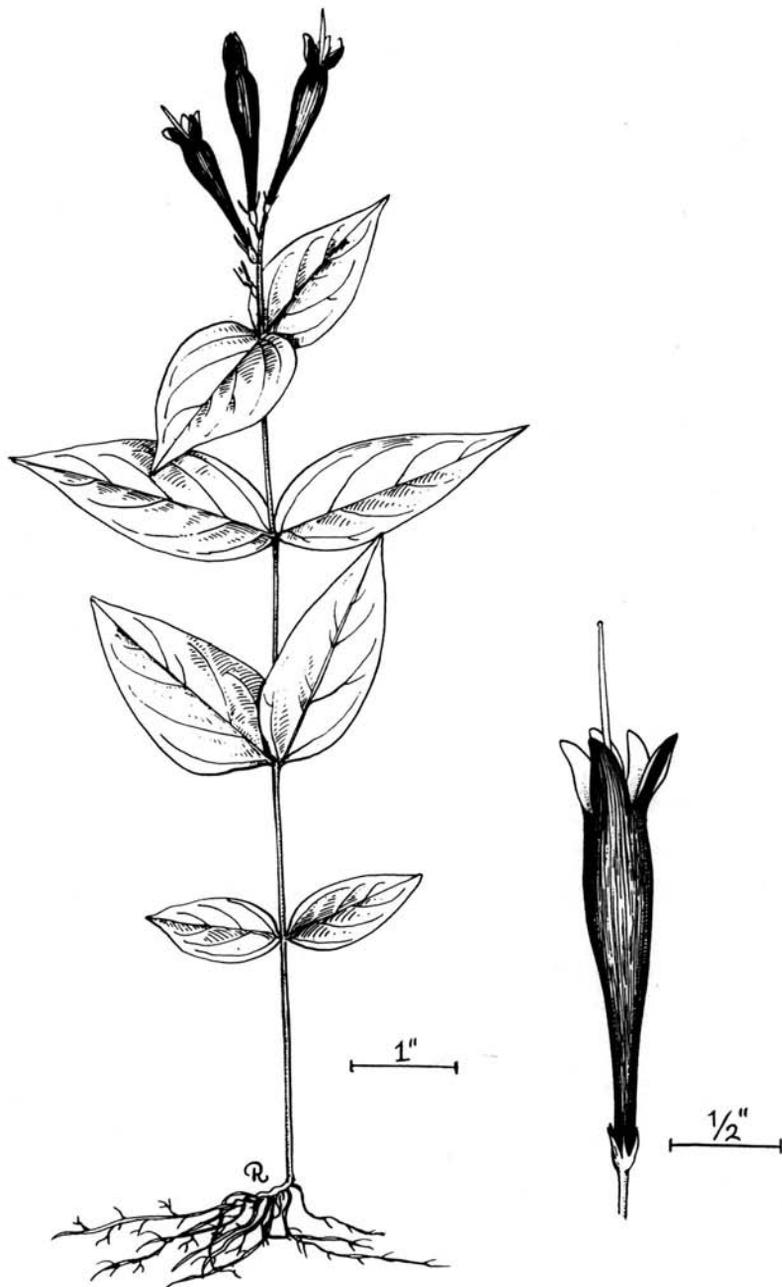
HABITAT: Rich woods.

HARVEST: Rootstock after flowering in early fall.

USES: The root is used as a vermifuge, anthelmintic, and cathartic. Some authorities say it is also a narcotic. In Appalachia, a tea made from the leaves is used to aid digestion.

SPIGELIA MARILANDICA L.

(LOGANIACEAE)



***STELLARIA MEDIA* (L.) CYRILLO**

(CARYOPHYLLACEAE)

COMMON NAMES: Chickweed, adder's mouth, common chickweed, satin flower, starwort, stitchwort, tongue grass, white bird's eye.

DESCRIPTION: An annual that grows to 12 inches in height. The plant is weak, with matted to upright trailing stems. Lower and median leaves are ovate; upper leaves are sessile and highly variable. Solitary flowers have 4 to 5 star-shaped white petals that are 2-cleft.

FLOWERING PERIOD: January to March.

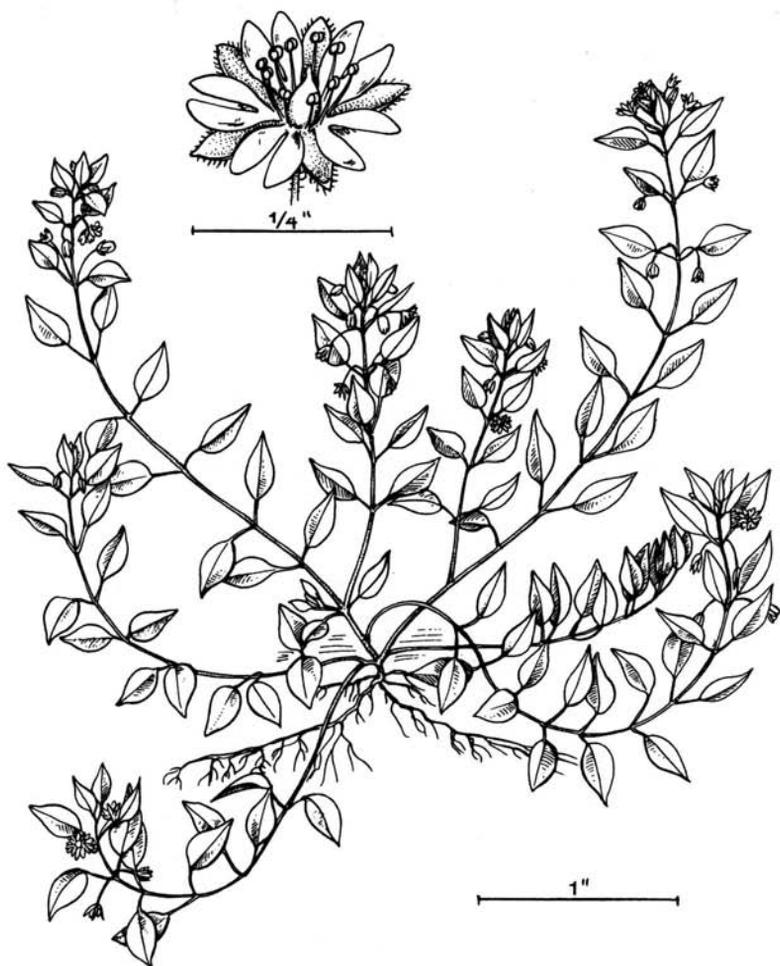
HABITAT: Found in dooryards, cultivated ground, waste land, damp woods, thickets, and gardens.

HARVEST: Herb.

USES: The herb is classed as a refrigerant, demulcent, and expectorant.

STELLARIA MEDIA (L.) CYRILLO

(CARYOPHYLLACEAE)



STILLINGIA SYLVATICA L.

(EUPHORBIACEAE)

COMMON NAMES: Queensdelight, cock-up-hat, cocyshat, marcony, nettle potato, queen's delight stillingia, queen's root, silver leaf, stillingia, yaw root.

DESCRIPTION: A perennial that grows to 3 feet in height. It is a milky-juiced plant with fleshy, crowded, leathery, stemless leaves that vary in shape: some are round, others sharply sawtoothed. Flowers are yellow.

FLOWERING PERIOD: May to July.

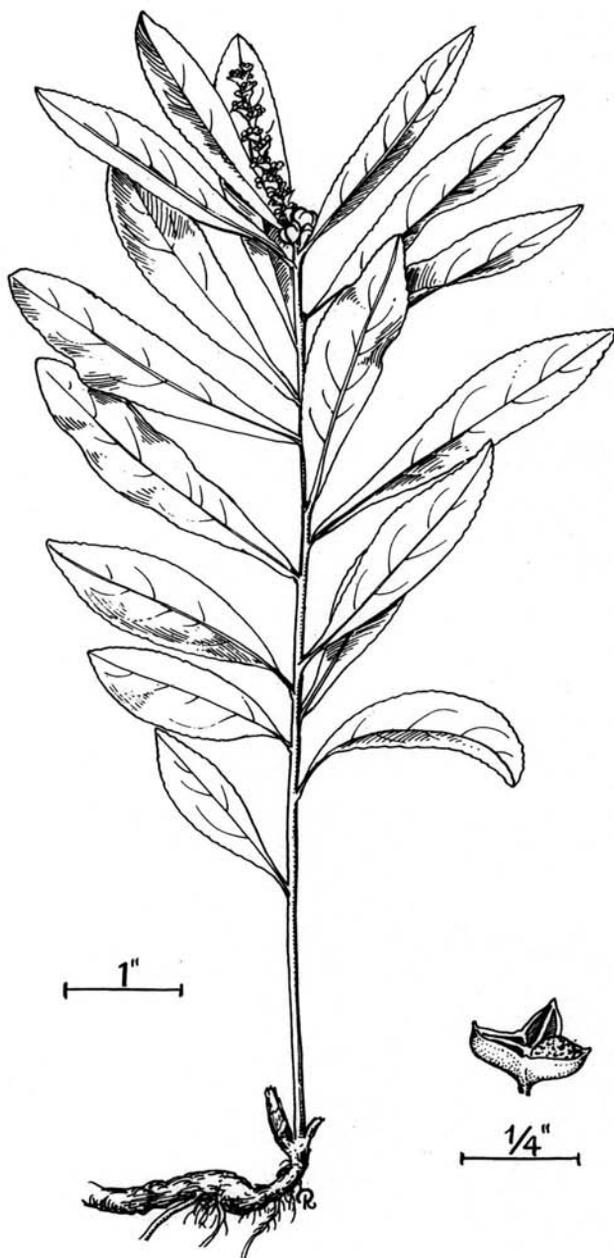
HABITAT: Sandy, dry soil, pine barrens, old fields, and forest openings.

HARVEST: Rootstock in August or September.

USES: The root has been classed as emetic, cathartic, and diuretic.

STILLINGIA SYLVATICA L.

(EUPHORBIACEAE)



TANACETUM VULGARE L.

(ASTERACEAE)

COMMON NAMES: Tansy, bitter buttons, common tansy, double tansy, English cost, ginger plant, golden buttons, hind heal, parsley fern, scented fern.

DESCRIPTION: A perennial 2 to 3 feet in height, with erect unbranched stems that grow in clumps. Pungent, aromatic, fern-like foliage is a common characteristic. Leaves are alternate, topped with flat heads of yellow, tubular, button-like flowers.

FLOWERING PERIOD: July to September.

HABITAT: Roadsides and borders of fields.

HARVEST: Herb.

USES: The herb has been used as an anthelmintic, emmenagogue, and stomachic. The dried flower heads are used frequently in flower arrangements.

TANACETUM VULGARE L.

(ASTERACEAE)



***TEPHROSIA VIRGINIANA* (L.) PERS.**

(FABACEAE)

COMMON NAMES: Virginia tephrosia, catgut, devil's shoe strings, goat's rue, hoary pea, rabbit pea, turkey pea.

DESCRIPTION: A perennial that grows to 2 feet in height. Stem is erect, simple, and leafy to the top, with narrowly elliptic leaflets arranged compoundly on either side of main stem, which is hairy. Flowers are large and densely cluttered on a terminal spike; they are yellowish white marked with purple. The podlike fruits are heavy and hairy, about 2 inches long.

FLOWERING PERIOD: Mid-May to August.

HABITAT: Dry, sandy woods and openings.

HARVEST: Herb in summer; roots in fall.

USES: The root of this plant is used as an insecticide and, according to the U. S. Dispensatory, as a vermifuge.

TEPHROSIA VIRGINIANA (L.) PERS.

(FABACEAE)



***TIARELLA CORDIFOLIA* L.**

(SAXIFRAGACEAE)

COMMON NAMES: Allegheny foamflower, coalwort, coolwort, false bitterwort, false miterwort, foam flower, gem fruit.

DESCRIPTION: A perennial that grows to 1 foot in height. The heart-shaped leaves are broad, shallowly lobed, toothed, 4 inches across. Flower petals are lanceolate, white or pinkish, and arranged on a spike-like stem.

FLOWERING PERIOD: April to July.

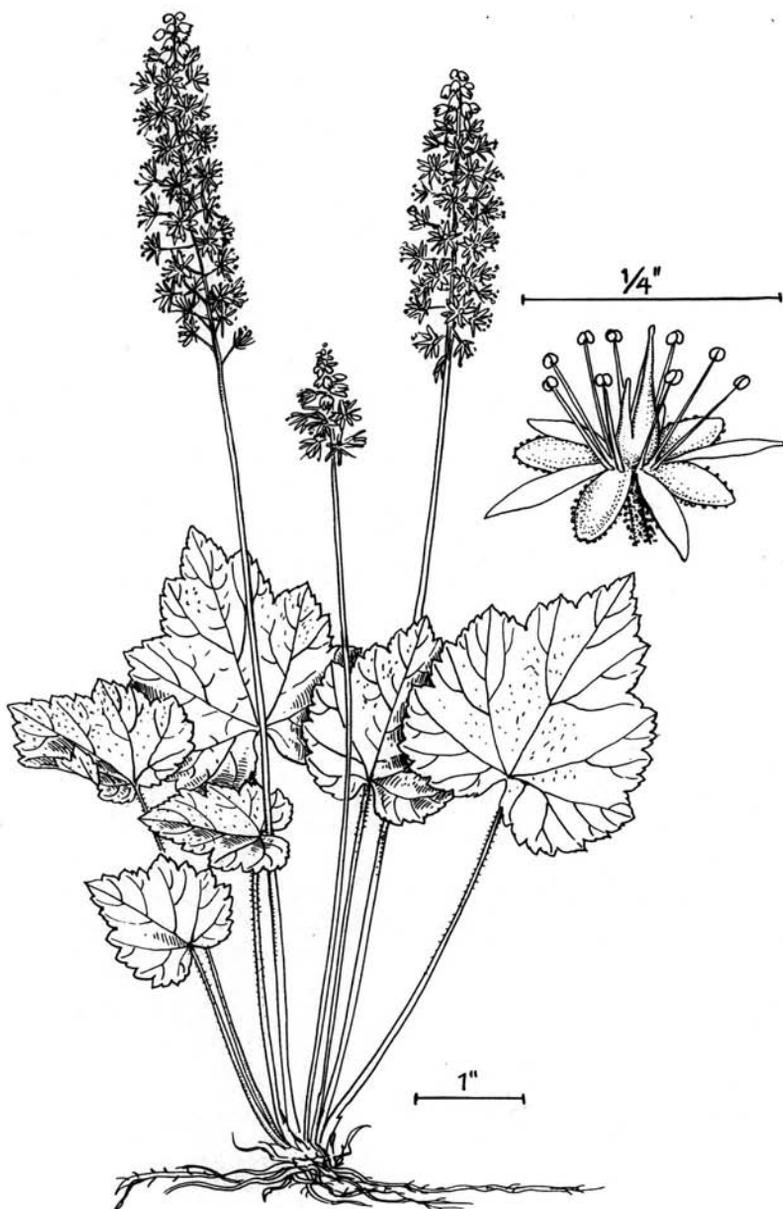
HABITAT: Rich woodlands and uplands.

HARVEST: Herb during flowering; root in fall.

USES: This herb is reputed to be useful as a tonic and diuretic. The root is classed as a diuretic and pectoral.

TIARELLA CORDIFOLIA L.

(SAXIFRAGACEAE)



TRIFOLIUM PRATENSE L.

(FABACEAE)

COMMON NAMES: Red clover, broadleaved clover, cleaver grass, common clover, common red clover, cow clover, meadow clover, purple clover, sweet clover.

DESCRIPTION: A biennial or perennial legume, with long-petioled, tri-foliolate leaves, each with 3 oval-shaped leaflets. The globular to ovate flower heads are dense and roseate colored.

FLOWERING PERIOD: May to September.

HABITAT: Roadsides, clearings, turf, fields, and meadows.

HARVEST: Flowers and herb.

USES: The flowers of this plant are therapeutically used as an antispasmodic, expectorant, sedative, and vulnerary. The U. S. Dispensatory reports that the flowers have been used in some anti-asthma cigarettes. In central Europe, clover has been used to regulate digestive functions, to improve the appetite, and to treat liver ailments.

TRIFOLIUM PRATENSE L.

(FABACEAE)



TRILISA ODORATISSIMA (WALT.) CASS

(ASTERACEAE)

COMMON NAMES: Vanilla trilisa, deerstongue, dogtongue, vanilla leaf, vanilla plant.

DESCRIPTION: An erect, stout perennial that grows to 2 to 3 feet in height. Basal leaves are large, smooth, spatula-like, with stem-clasping leaves diminishing as they ascend the stem. Leaves are alternate, and up to 10 inches long. Foliage is vanilla-scented. Flowers are in flat-topped purplish clusters.

FLOWERING PERIOD: July to September.

HABITAT: Open, low pine forests of the Southeast, damp fields, and barrens.

HARVEST: Leaves in early summer to fall.

USES: The herb has no reported drug use. However, it is used as a blend with tobacco, and because it is high in coumarin it has been used to flavor medicinal compounds.

TRILISA ODORATISSIMA (WALT.) CASS

(ASTERACEAE)



TRILLIUM ERECTUM L.

(LILIACEAE)

COMMON NAMES: Purple trillium, bath flower, bathwort, bethroot, bettroot, birthroot, birthwort, bumblebee root, daffydown-dilly, dishcloth, ground lily, ill-scented trillium, ill-scented wakerobin, Indian balm, Indian shamrock, lamb's quarters, nosebleed, orange blossom, purple wakerobin, rattlesnake root, red Benjamin, red trillium, red wakerobin, squaw flower, squaw root, stinking Benjamin, three-leaved nightshade, trillium, true love, wakerobin, wood lily.

DESCRIPTION: A perennial that grows to 1 to 2 foot in height. It has a single stout stem with a whorl of 3 broad leaves at the top, and a single brown or greenish purple ill-scented flower growing from the center of the whorl of leaves.

FLOWERING PERIOD: April to early June.

HABITAT: Rich, damp, shady woods.

HARVEST: Root in late summer or fall.

USES: The plant has been used as an antispasmodic, emmenagogue, emetic, expectorant, and uterine astringent. The Indians of Appalachia cooked pieces of the root in food as an aphrodisiac.

TRILLIUM ERECTUM L.

(LILIACEAE)



TSUGA CANADENSIS (L.) CARR.

(PINACEAE)

COMMON NAMES: Eastern hemlock, Canada hemlock, hemlock, hemlock fir, hemlock spruce, hemlock spruce pine, spruce pine, tan-bark tree, weeping spruce.

DESCRIPTION: An evergreen tree, usually 60 to 70 feet in height. Leaves are 1/3- to 2/3-inch long, needle-like, flattened, tapering from base to tip, bright green above, light silvery green with 2 white streaks below. Cones are small, 1/2 to 3/4 inch long. Bark is dark reddish-brown, and deeply furrowed.

FLOWERING PERIOD: April to early June.

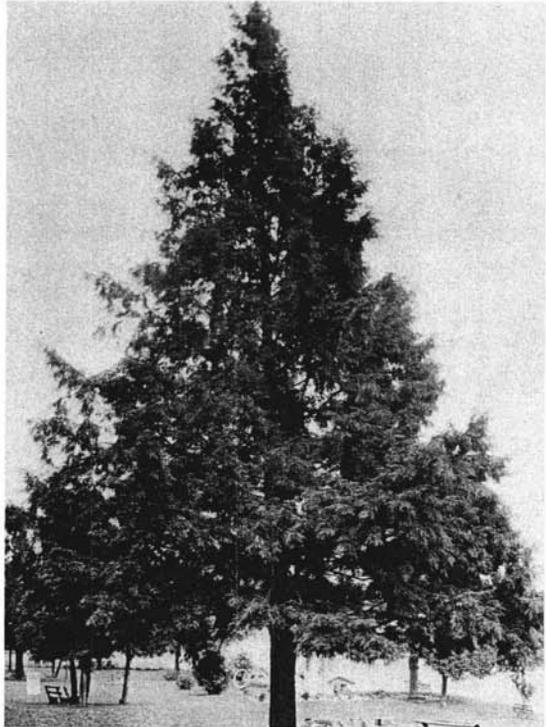
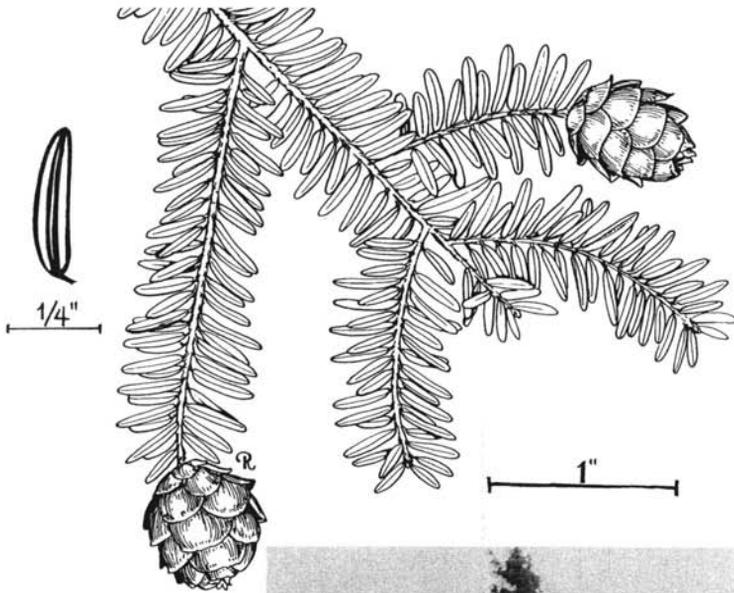
HABITAT: Hilly, mountainous, rocky woods, upland loams, moist benches, and swamp borders.

HARVEST: Bark and resin, which is collected by cutting the trunk of the tree.

USES: The bark has been used primarily because of its tannin content, which makes it a strong astringent. Resin is used as a mild rubefacient and veterinary liniment.

TSUGA CANADENSIS (L.) CARR.

(PINACEAE)



ULMUS RUBRA MUHL.

(ULMACEAE)

COMMON NAMES: Slippery elm, American tree, elm, gray elm, Indian elm, moose elm, red elm, rock elm, soft elm, sweet elm, tawny elm.

DESCRIPTION: A tree 60 to 70 feet in height, with dark green leaves 5 to 7 inches long, 2 to 3 inches wide, nearly oval-shaped, rough above and hairy beneath. Twigs are rough and ashy gray in color. Buds are dark colored and hairy. Buds at branch ends usually have orange tips. Inner bark is mucilaginous with a somewhat aromatic flavor.

FLOWERING PERIOD: Late February to early May.

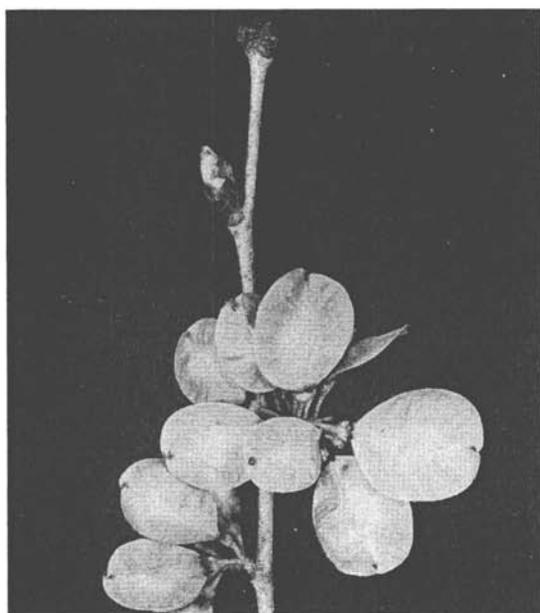
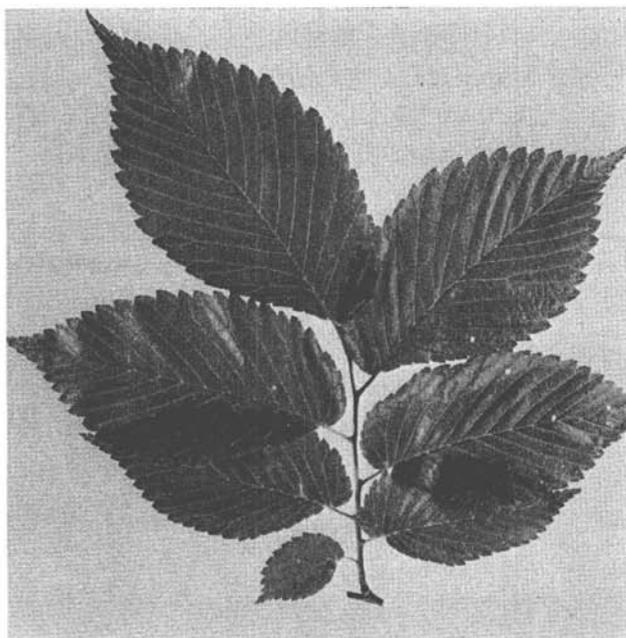
HABITAT: Rich soil, often calcareous, stream banks, river terraces, bottom lands; also on dry and poor sites.

HARVEST: Inner bark.

USES: Upon soaking in warm water, the inner bark of this tree produces a mucilage that can be used as a protective, demulcent, emmolient, laxative, and vulnerary. The pollen is allergenic. In Appalachia, a tea made from the bark is used as a laxative.

ULMUS RUBRA MUHL.

(ULMACEAE)



VERATRUM VIRIDE AIT.

(LILIACEAE)

COMMON NAMES: White hellebore, American falsehellebore, American hellebore, American white hellebore, bearcorn, big-bane, common swamp hellebore, devil's-bite, false hellebore, green hellebore, Indian poke, itchweed, pokeroot, swamp hellebore.

DESCRIPTION: A perennial that is coarse, erect, 2 to 8 feet in height. Stems are leafy, unbranched, and grow from short, thick rootstock to 1 foot long. Leaves are alternate, broadly ovate to elliptical, entire, with parallel veining. Flowers are greenish-white to purple, inconspicuous, and in pyramidal panicles 2 feet long.

FLOWERING PERIOD: May to July.

HABITAT: Swamps and low ground, meadows, and banks of streams.

HARVEST: Roots in fall after leaves have died.

USES: This plant is very poisonous. Its dried roots and rhizomes, when properly prepared, are a strong cardiac stimulant drug. It is emetic, diaphoretic, sedative, and analgesic.

VERATRUM VIRIDE AIT.

(LILIACEAE)



VERBASCUM THAPSUS L.

(SCROPHULARIACEAE)

COMMON NAMES: Common mullein, Aaron's rod, Adam's flannel, blanket leaf, bullock's lungwort, candlewick, cow's lungwort, feltwort, flannel leaf, flannel mullein, flannel plant, great mullein, hare's beard, hedge taper, ice leaf, Indian tobacco, Jacob's staff, Jupiter's staff, lady's foxglove, mullein, mullein dock, old man's flannel, Peter's staff, shepherd's club, torch-wort, velvet dock, velvet plant.

DESCRIPTION: A tall, weedy, unbranched, biennial that grows to 7 feet in height. It is hairy and soft. Leaves are widely oblanceolate and oblong 2 to 12 inches long. Flowers are yellow, densely arranged along a terminal club-like spike.

FLOWERING PERIOD: Late June to September.

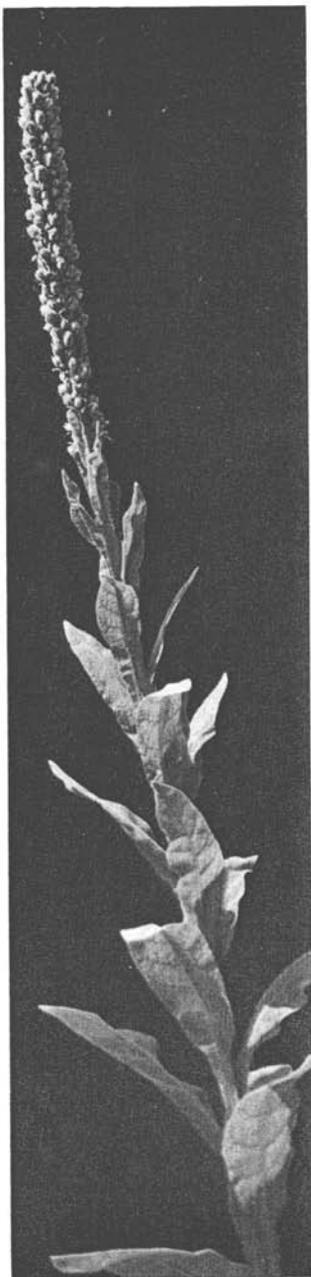
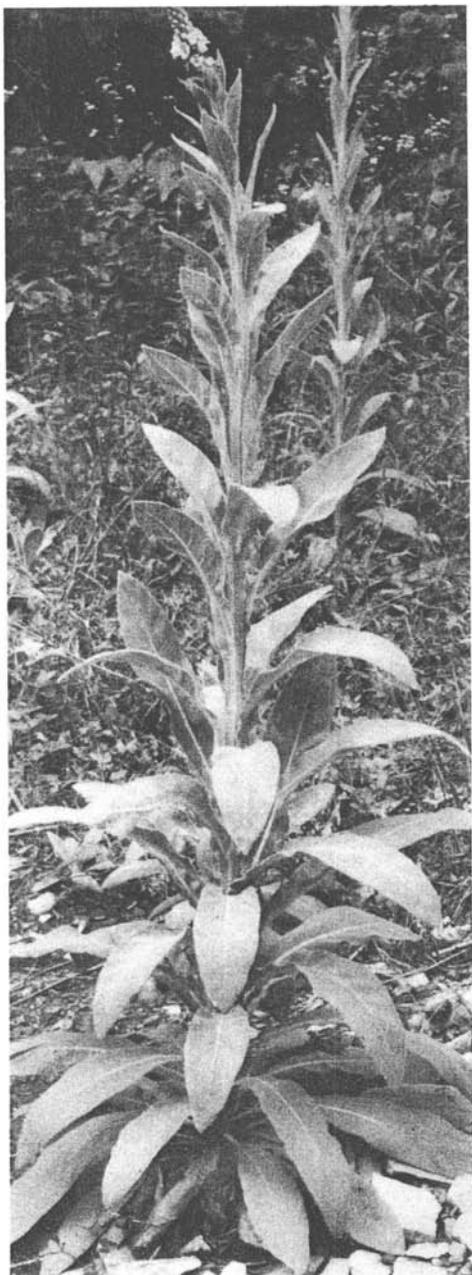
HABITAT: Fields, rocky or gravelly banks, waste lands, roadsides, embankments, pastures, and meadows.

HARVEST: Leaves, and flowers, when fully open.

USES: The leaves and flowers are classed as astringent, antitussive, respiratory sedative, antifungal, and anodyne. A tea made from the leaves is used in Appalachia for colds. The Greeks and Romans dipped dried stalks in wax and used them as candles. The Spanish people of New Mexico smoked the dried leaves, wrapped in corn husks, as a treatment for asthma.

VERBASCUM THAPSUS L.

(SCROPHULARIACEAE)



***VERBENA HASTATA* L.**

(VERBENACEAE)

COMMON NAMES: Blue vervain, blue verbena, ironweed, simpler's joy, verbain, wild hyssop.

DESCRIPTION: A perennial that grows to 4 feet in height, branched above. Leaves are serrated and 3-lobed with 2 sharp lobes arising from the base. Produces blue or blue-violet flowers on numerous narrow terminal spikes.

FLOWERING PERIOD: July to September.

HABITAT: Swales, damp thickets, shores, moist fields, meadows, and waste areas.

HARVEST: Herb and root.

USES: This herb reportedly has been used as an astringent, antipyretic, vulnerary, antirheumatic, tonic, and expectorant.

VERBENA HASTATA L.

(VERBENACEAE)



***VERONICASTRUM VIRGINICUM* (L.) FARW.**

(SCROPHULARIACEAE)

COMMON NAMES: Culver's physic, Beaumont root, black-root, bowman's root, culver's root, physic root, tall speedwell, whorlywort.

DESCRIPTION: An erect, unbranched, smooth perennial that grows to 7 feet in height. Leaves are narrowly lanceolate and in whorls of 3 to 9 around the stem joints. Flowers are white to bluish, and crowded in several dense spikes on top of plant.

FLOWERING PERIOD: June to September.

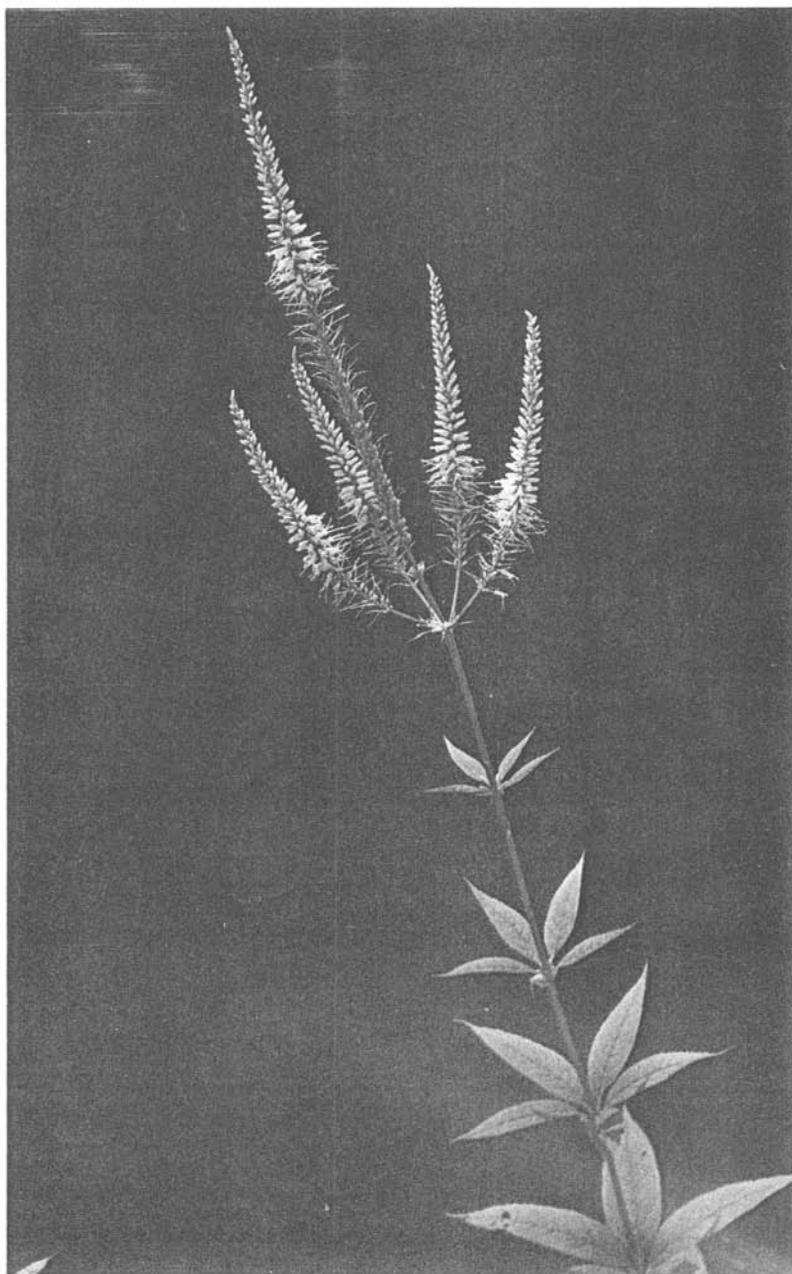
HABITAT: Rich woods, thickets, moist meadows, and prairies.

HARVEST: Rhizomes and roots.

USES: The rhizome is reputed to be a laxative, emetic, cholagogue, and tonic.

VERONICASTRUM VIRGINICUM (L.) FARW.

(SCROPHULARIACEAE)



VIBURNUM NUDUM L.

(CAPRIFOLIACEAE)

COMMON NAMES: Possumhaw viburnum, larger withe-rod, possumhaw, shawnee haw, shonny haw, swamp haw, white rod.

DESCRIPTION: A perennial shrub that grows to 20 feet in height. Leaves are up to 5 inches long, varying from elliptic to ovate, with acute to rounded tops. Produces a spreading white or occasionally pink flower, and bitter berries in drupes.

FLOWERING PERIOD: May to early July.

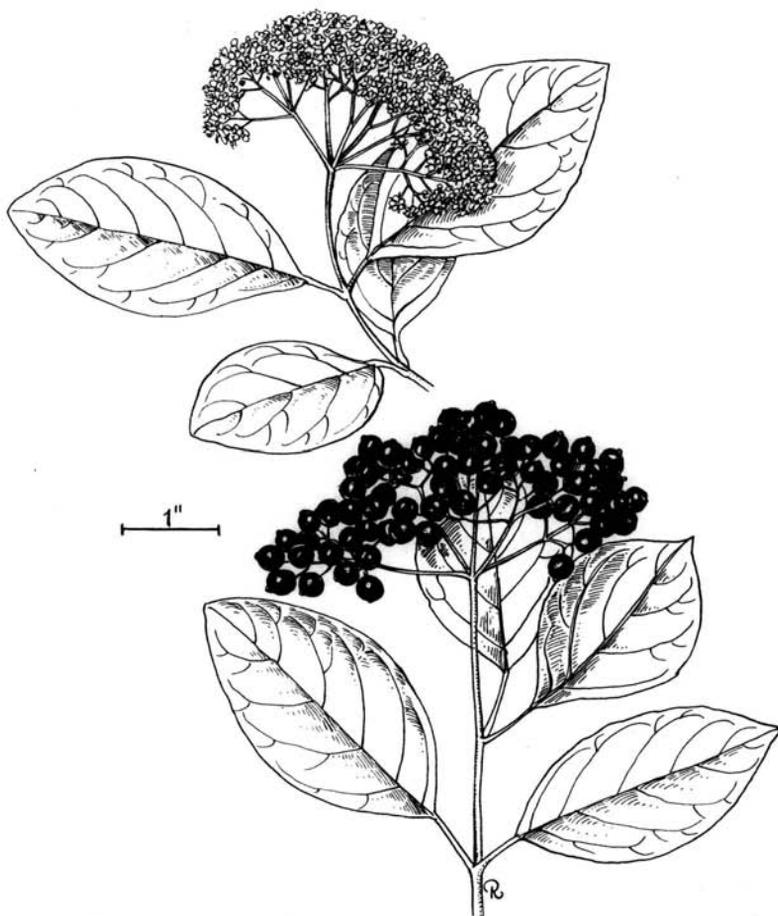
HABITAT: Moist and open woods, wooded swamps, wet pinelands, and bogs.

HARVEST: Bark of root or stem.

USES: The bark is a uterine sedative, diuretic, antispasmodic, and tonic.

VIBURNUM NUDUM L.

(CAPRIFOLIACEAE)



VIBURNUM PRUNIFOLIUM L.

(CAPRIFOLIACEAE)

COMMON NAMES: Black haw, blackhaw viburnum, cramp bark, sheepberry, shonny, sloe, sloe-leaved viburnum, stag-bush, sweethaw.

DESCRIPTION: A perennial shrub or small tree, 10 to 20 feet in height, with spreading branches. The dull-colored leaves are broadly ovate, opposite, and petioled, with finely serrated margins. Produces white flowers and dullish black oval fruit.

FLOWERING PERIOD: April to May.

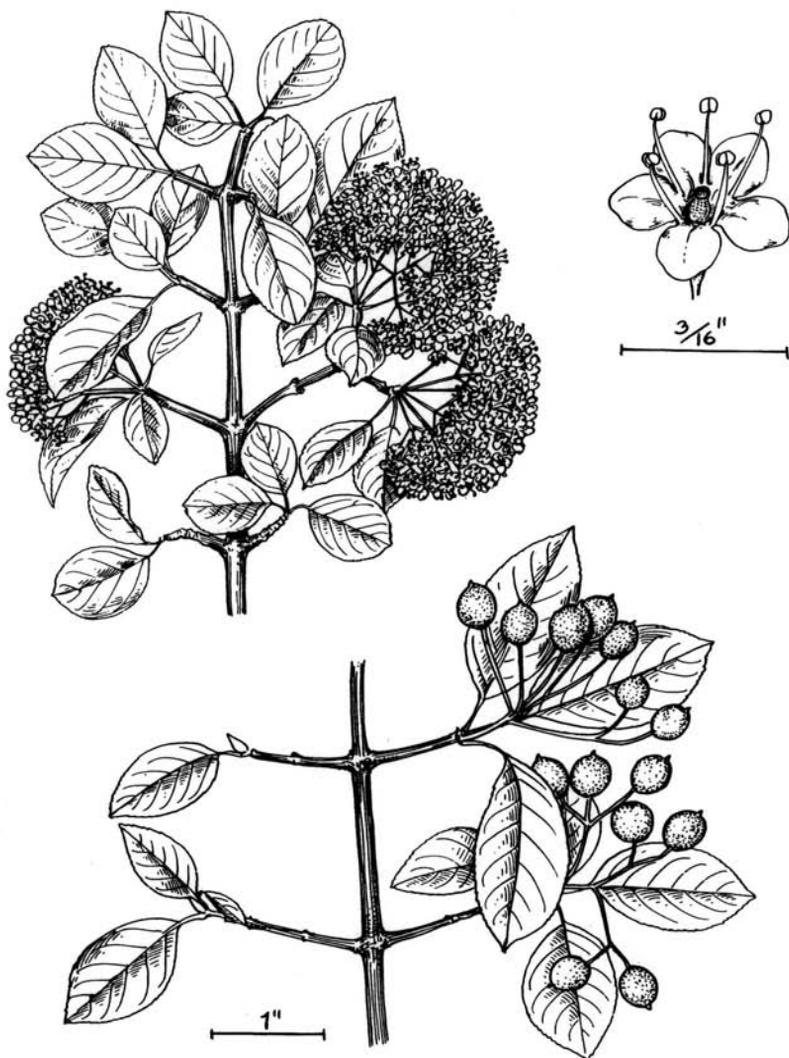
HABITAT: Thickets, borders of woods, and shores.

HARVEST: Bark of root or stem in the fall.

USES: This plant has the same qualities as *V. nudum*. In Appalachia, a root tea is used as a tonic.

VIBURNUM PRUNIFOLIUM L.

(CAPRIFOLIACEAE)



***XANTHORHIZA SIMPLICISSIMA* MARSH.**

(RANUNCULACEAE)

COMMON NAMES: Yellow root, shrub yellowroot.

DESCRIPTION: A perennial low shrub that grows to 1 1/2 feet in height, with bright yellow wood. It bears a cluster of compound leaves, each with 5 lanceolate to broadly ovate, toothed, incised, or parted leaflets. Produces small brown-purple flowers on thin spikes.

FLOWERING PERIOD: April to May.

HABITAT: Damp woods, thickets, and stream banks.

HARVEST: Roots in fall.

USES: The roots are reputed to be valuable for making a bitter tonic and as a treatment for dyspepsia.

XANTHORHIZA SIMPLICISSIMA MARSH.

(RANUNCULACEAE)



XANTHOXYLUM AMERICANUM MILL.

(RUTACEAE)

COMMON NAMES: Pricklyash, American pricklyash, common pricklyash, northern pricklyash, pellitory bark, toothache bush, toothache tree, yellow wood.

DESCRIPTION: A shrub or small tree 5 to 10 feet in height. Leaves are alternate and compound, with 5 to 11 leaflets. Stems and petioles are often prickly. Flowers are greenish-white, small, and inconspicuous. Fruit is a reddish, globular to elliptic aromatic capsule.

FLOWERING PERIOD: April to May.

HABITAT: Rich woods and river banks.

HARVEST: Bark of stem in spring and fall, and fruit when ripe.

USES: Preparations made from the bark of this tree are reportedly used as a sudorific or diaphoretic, tonic, and antispasmodic. The fruit has some flavoring qualities also.

***XANTHOXYLUM AMERICANUM* MILL.**

(RUTACEAE)



XANTHOXYLUM CLAVA-HERCULIS L.

(RUTACEAE)

COMMON NAMES: Hercules'-club prickly ash, Herculesclub, pepper wood, pricklyash, shrubby pricklyash, southern pricklyash, toothache tree, wild orange.

DESCRIPTION: A shrub or small tree 5 to 10 feet in height. Leaves are alternate, compound with 5 to 11 leaflets. Stems and petioles are often prickly. Flowers are greenish-white, small, and inconspicuous. Fruit is a reddish, globular to elliptic aromatic capsule, with sharp prickles.

FLOWERING PERIOD: April to May.

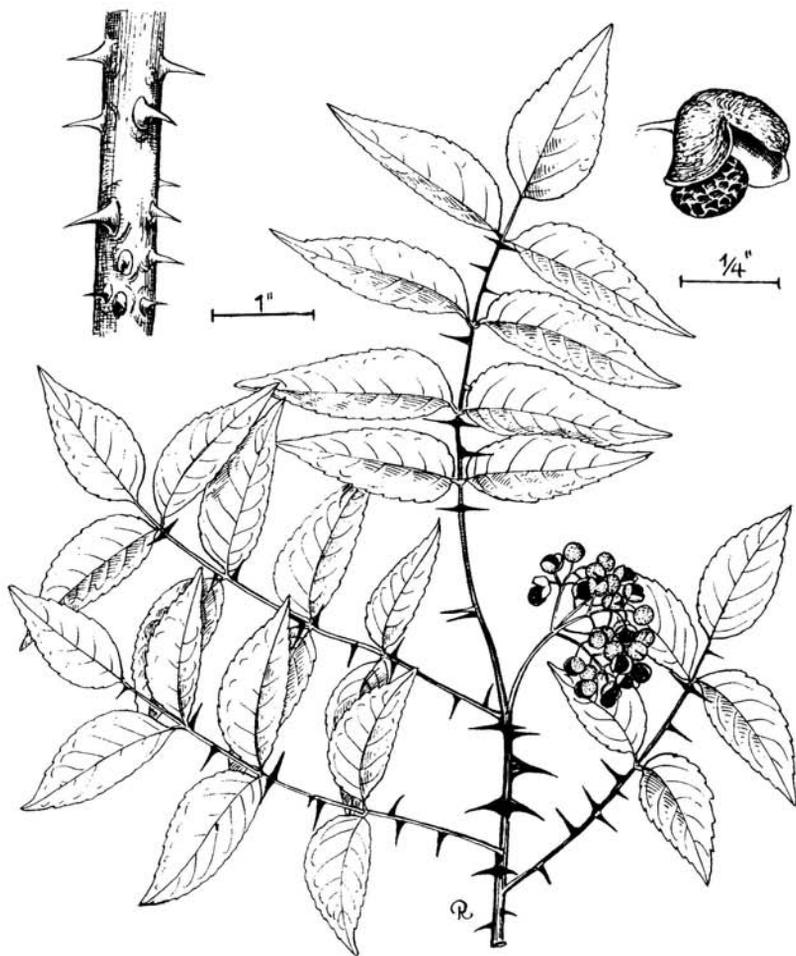
HABITAT: Sand hills, dry woods, and thickets.

HARVEST: Bark collected in spring and fall when ripe.

USES: This plant has been used as a sudorific and diaphoretic.

XANTHOXYLUM CLAVA-HERCULIS L.

(RUTACEAE)



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