

Plant (common name)	Growing Conditions	Parts Used	Herbal Actions
Burdock	Perennial, Anywhere but likes water	root, leaf	Alterative, Eliminant, Diuretic, Diaphoretic, antitumoral, Immunoregulatory, Anti-inflammatory
Calendula	Annual, prolificly self seeds	flower	Anti-inflammatory, Capillary Stimulant, Detoxicant, Astringent, Tissue Healing, Anti-infective, Blood Decongestant, Hormone Balancing
Catnip	Perennial, can tolerate full sun and no irrigation	leaf	Carminative - antispasmodic to the GI tract, Sedative, Nervine, Aromatic, Diaphoretic, Vasorelaxant, Anti-inflammatory
Cedar	Wet forests - use windfall		Highly anti-microbial and anti-fungal - not for internal use
Chamomile - German/Roman	Annual but prolifically self seeds, likes irrigation, grows well with vetch for beautiful cover crop	flower	What doesn't it do? Specific indication: Pain/Inflammation & Agitation
Clover	Anywhere, use as cover crop and harvest the benefits	flower, leaf	Alterative, Anti-coagulant, Anti-inflammatory, Antispasmodic, Dermatonic, Expectorant, Sedative, High Mineral!
Cottonwood	All over, but likes water. Easy to find downed branches	unopened buds	Analgesic, Anti-inflammatory, Antimicrobial, Antioxidant, Expectorant, Vasodilatory, Vulnerary
Dandelion	Prolific perennial	whole plant	Alterative, Anti-inflammatory, Diuretic
Devil's Club	Only by water in shade, perennial	root/stalk	Adaptogenic, Analgesic, Anti-inflammatory, Expectorant, Diuretic
Doug Fir	Just look outside!	leaf, sap	Needles & Sap- Astringent, Anti-Bacterial, Anti-microbial, Immunostimulant, Vulnerary
Echinacea	Likes irrigation, can take full sun, perennial can be treated like annual	ang: root; pur: whole plant	Immune supporting, vulnerary, lymphatic, sialagogue (promotes saliva secretion), depurative (detoxifying), alterative
Elecampane	Perennial, does well in full sun with little irrigation	root	Anti-microbial, Warming, Mucilagenous, Mucolytic, Expectorant
Elder	Along edges of forests, but often in open, said to have water nearby	internal: flower, fruit after cooking; external: leaf	Flower: relaxing, diaphoretic, diuretic, anti-inflammatory. Berries: Nutritive, Anti-viral, Full of Flavanoids
Hawthorn	Grows everywhere, likes calcium	whole plant	High flavanoid and anti-oxidant, Tonic to cardiovascular system, Astringent,
Hops	prolific once established, perennial	flower	Anti-microbial, Sedative, Estrogenic,
Lavender	Perennial needs drainage	flower	An entire apothecary, Anti-anxiety, Promotes Sleep, Anti-bacterial, Anti-tussive, Expectorant, Nervine, Repels Pests,
Lemon Balm	prolific once established, perennial	leaf	Relaxing, Calming (especially to the mind), Astringent, stimulating and restoring to tone, Sedative, Vasodilatant, hypotensive
OR Grape	Shade, perennial	root/stalk	Ant-microbial, Anti-inflammatory, Strong medicine should not be used long term
Peppermint	Likes water and partial shade, perennial move 3yrs	leaf	Carminative, Antacid, Antinauseous, Diaphoretic, Digestive Tonic, Cooling, Decongestant
Plantain	Lawns and disturbed ground, perennial, no need to irrigate	leaf	alterative, astringent, demulcent, deobstruent [an agent that clears away obstructions by opening the natural passages of the body], diuretic, expectorant, hemostatic, mucilaginous, refrigerant [an agent that lowers abnormal body heat, relieves thirst and gives a feeling of coolness], vulnerary [a healing application for wounds]
Rose	Open areas, all roses can be used	whole plant	Astringent, Cooling, Diuretic, Aphrodisiac, Nutritive, Calming, Decongesting, Laxative (white), Hemostatic, Styptic, Nervous sedative, Restorative, Antidepressant, Antiseptic
Self-Heal	Partial Shade and likes some water, perrenial	flower	Bitter, Astringent, Anti-inflammatory, Hemostatic, Refrigerant, Anti-microbial, Hypotensive, Vulnerary
St Johns Wort	Perennial can handle disturbed soil, irrigation not necessary	flower	Anti-anxiety, Anti-depressive, Tonic for nervous system, Anti-inflammatory, Anti-viral, Anti-oxidant, Vulnerary
Temperate Tulsi	Annual, best in greenhouse	leaf	Adaptogenic, Astringent, Sweet, Carminative, Anti-parasitic, Analgesic, Anti-microbial, Nervine, Anodyne, Diaphoretic
Usnea	grows on trees, harvest windfall	whole plant	Anti-microbial, Anti-fungal, Immune stimulant, Expectorant
Yarrow	Anywhere - poor soil is good, no irrigation	whole plant	Antimicrobial, Astringent, Analgesic, Anti-inflammatory, Diaphoretic, Hemostatic, Vulnerary, Stimulating to Digestion