

## WILD EDIBLE AND MEDICINAL PLANTS OF NACHUSA

### **CAUTION CAUTION**

***THIS LIST IS ONLY AN INTRODUCTION TO THE USES OF EDIBLE AND MEDICINAL PLANTS AT NACHUSA. FURTHER INFORMATION SHOULD BE GATHERED FROM PLANT FIELD GUIDES FOR THE IDENTIFICATION AND USES OF WILD EDIBLE AND MEDICINAL PLANTS***

Achillea millefolium	Yarrow	Edible, Medicinal(Leaves-Tea)
Acorus calamus	Sweet Flag	Edible(Root), Medicinal(Root)Indigestion
Agastache scrophulariaefolia	Purple Hyssop	Medicinal(Leaves) Cough Medicine
Agrimonia gryposepala	Tall Agrimony	Medicinal (Root) Tonic
Ajuga reptans	Carpet Bugle	Edible(Shoots) Medicinal(Leaves) Blood Pressure
Allium canadense	Wild Garlic	Edible(Bulbs) Medicinal (Bulbs) Blood Pressure
Amaranthus retroflexus	Pigweed	Edible & Medicinal (Leaves) Diarrhea
Amelanchier arborea	Service Berry	Edible (Berries) Medicinal (Roots) Dysentery
Angelica atropurpurea	Great Angelica	Edible & Medicinal (Roots) Vomiting, Tension
Apocynum cannabinum	Dog Bane	Medicinal (Roots) Kills Worms
Aquilegia canadensis	Wild Columbine	Medicinal(Root) Skin diseases
Arctium minus	Common Burdock	Edible(Root) Medicinal (Leaves)Stings & Bites
Asclepias tuberosa	Butterfly Weed	Edible(Roots) Medicinal(Roots)Wound medicine
Asclepias syriaca	Common Milkweed	Medicinal(Milk) Wart removal
Aster ericoides	Heath Aster	Medicinal(Leaves) Earache (Roots) Eye drops
Barbarea vulgaris	Yellow Rocket	Edible(Young leaves & stems)
Betula papyrifera	Paper Birch	Edible(Syrup) Medicinal(Leaves) Diuretic
Brassica nigra	Black mustard	Edible(New leaves) Medicinal(Seeds) Bronchitis
Camassia scilloides	Wild Hyacinth	Edible(Bulbs)
Capsella bursa-pastoris	Shepherds Purse	Edible(Seeds&Leaves)Medicinal(Leaves)Bleeding
Carum carvi	Caraway	Edible(Seeds-spice) Medicinal (Seeds) Antiseptic

<i>Cassia fasciculata</i>	Partridge Pea Medicinal(Leaves) Laxative
<i>Caulophyllum thalictroides</i>	Blue Cohosh Medicinal(Rizome) Great fever medicine
<i>Ceanothus americanus</i>	New Jersey Tea Edible(Leaves,Tea)Medicinal(Dried Bark)Antihist.
<i>Cephalanthus occidentalis</i>	Buttonbush Medicinal(Bark) Laxative & tonic
<i>Chrysanthemum leucanthemum</i>	Ox-eye Daisy Medicinal(Whole plants & flowers-tea) Tonic & diureti
<i>Cichorium intybus</i>	Chickory Edible(Root-tea) Medicinal(Root-tea) Skin irritation
<i>Cirsium spp.</i>	Thistles Edible(New stems & Roots) Medicinal (Roots) Poison Ivy
<i>Claytonia virginica</i>	Spring Beauty Edible(Bulb)
<i>Cornus canadensis</i>	Bunch Berries Edible(Berries) Medicinal (Burns)
<i>Cuscuta gronovii</i>	Common Doder Medicinal(Whole Plant) Insect Sting
<i>Datura stramonium</i>	Jimson Weed Medicinal(All Parts) Be very careful
<i>Daucus carota</i>	Queen Anne's Lace Edible(Root) Medicinal(Root) Heartburn
<i>Dentaria laciniata</i>	Toothwort Edible(Root)
<i>Dicentra cucullaria</i>	Dutchman's Breeches Medicinal(Tubers) Tonic
<i>Echinacea pallida</i>	Pale Purple Coneflower Medicinal(Root) Immune system stimulant
<i>Echinacea purpurea</i>	Broad leaved Purple coneflower Medicinal(Root) Bites,toothaches
<i>Equisetum arvense</i>	Horsetails, Scouring Rush Edible(Heads)Medicinal(Stems) Kidneys
<i>Erigeron strigosus</i>	Daisy FleabaneMedicinal(Flowers)- for fever
<i>Eryngium yuccifolium</i>	Rattlesnake Master Medicinal(Roots)-Rattlesnake bites
<i>Erythronium albioum</i>	White Trout Lily Edible (Bulbs) Medicinal(Bulbs) Treating boils
<i>Eupatorium perfoliatum</i>	Boneset Medicinal(Leaves-Tea)Healing broken bones
<i>Euphorbia corollata</i>	Flowering spurge Medicinal(Root) Kidney ailments
<i>Eupatorium purpureum</i>	(Purple) Joe-Pye Weed Medicinal(Root) Fever & Rheumatism
<i>Fragaria virginiana</i>	Wild Strawberry Edible(Fruit) Medicinal(Leaf-Tea)Diarrhea
<i>Geranium maculatum</i>	Wild Geranium Medicinal (Dried Root) Stop Bleeding

<i>Glechoma hederacea</i>	Creeping Charlie Medicinal(Leaves) Toothache, earache, & Fevers
<i>Helianthus tuberosus</i>	Jerusalem Artichoke Edible(Tubers)
<i>Helianthus rigidus</i>	Prairie Sunflower Edible(Seeds) Medicinal (Seeds) Diuretic
<i>Hydrophyllum virginicum</i>	Virginia water leaf Edible(Shoots & Leaves)
<i>Hypericum perforatum</i>	Common St. Johnswort Medicinal(Leaves)Wounds
<i>Impatiens pallida</i>	Pale Touch-Me-Not Edible(Sprouts) Medicinal(Stems & Leaves)P.Ivy
<i>Ipomoea pandurata</i>	Wild Sweet Potato Edible(Root) Medicinal(Root) Laxative
<i>Iris virginica</i>	Blue Flag Medicinal(Dried Roots) Antiinflammatory, cleanse the blood
<i>Leonurus cardiaca</i>	Motherwort Medicinal(Leaves) Heart Disease
<i>Liatris pycnostachya</i>	Tall Gayfeather Edible(Bulbs) Medicinal (Leaves & Tubers)Diarrhea
<i>Linum usitatissimum</i>	Common Flax Edible(Seeds)
<i>Lobelia cardinalis</i>	Cardinal Flower Medicinal(Leaves) Cathartic
<i>Lobelia inflata</i>	Indian Tobacco Medicinal(Leaves) Cathartic
<i>Lobelia siphilitica</i>	Giant Lobelia Medicinal(Leaves) Cure the pox
<i>Lotus corniculatus</i>	Birdsfoot Trefoil Medicinal(Flowers) Cardiac Tonic
<i>Malus spp.</i>	Apples Edible(Fruit) Medicinal(Bark of inner root or trunk) Tonic
<i>Medicago sativa</i>	Alfalfa Edible(Leaves) Medicinal(Leaves) Tonic
<i>Melilotus officinalis</i>	Yellow Sweet Clover Medicinal(Leaves) Headaches
<i>Menispermum canadense</i>	Moonseed Medicinal(Root) Laxative
<i>Mentha spp.</i>	Mints Edible(Leaves-Tea) Medicinal(Leaves-Tea)Cough
<i>Monarda fistulosa</i>	Wild Bergamot Medicinal(Leaves-Tea) Abdominal pains
<i>Morus rubra</i>	Red Mulberry Edible(Berries) Medicinal(Root Bark) Laxative
<i>Nasturtium officinale</i>	Watercress Edible(Leaves) Medicinal(Leaves) Tonic
<i>Nepeta cataria</i>	Catnip Edible(Leaves) Medicinal(Leaves-Tea) Cramps & Pain
<i>Oenothera biennis</i>	Common Evening Primrose Edible(Roots)Medicinal(Leaves-T)Cough

<i>Osmorhiza longistylis</i>	Smooth Sweet Cicely Medicinal(Roots) Relieve Colic
<i>Oxalis</i> spp.	Wood-sorrels Edible(New Leaves) Medicinal(Leaves)Heart Burn
<i>Parthenium integrifolium</i>	Wild Quinine Medicinal
<i>Phytolacca americana</i>	Pokeweed Edible(Early Shoots)Medicinal(Dried Roots)Rhuematism
<i>Pinus</i> spp.	Pines Edible(Seeds) Medicinal(Inner Bark Poultice)
<i>Plantago major</i>	Common Plantain Edible(Leaves) Medicinal (Leaf Poultice) Wounds
<i>Podophyllum peltatum</i>	May Apple Edible(Ripe Fruit) Medicinal(Root) Cure Warts
<i>Polemonium reptans</i>	Jacob's Ladder Medicinal(Whole Plant) Astringent & Blood Purify
<i>Polygonum persicaria</i>	Smart Weed Edible(Leaves)Medicinal (Leaves) Blood purify
<i>Polygonatum canaliculatum</i>	Smooth Solomon's Seal Edible(Rhizome) Medicinal(Rhizome)Wound
<i>Potentilla simplex</i>	Common Cinquefoil Medicinal(Leaves) Cure Argue
<i>Prunella vulgaris</i>	Self Heal Medicinal(Leaves) Sore Throat
<i>Quercus</i> spp.	Oaks Edible(Nuts) Medicinal (Leaves-Tea) Sore Throat
<i>Rhus glabra</i>	Smooth Sumac Edible(Berry Drink) Medicinal(Bark Tea) Ivy
<i>Rosa</i> spp	Roses Edible(Petals) Medicinal (Petals-Tea) Sedative
<i>Rubus</i> spp.	Blackberries & related species Edible (Berries)
<i>Rudbeckia lanciniata</i>	Tall Coneflower Medicinal(Roots) Indigestion
<i>Rumex acetosella</i>	Sheep Sorrel Edible(Leaves) Medicinal(Leaves) Laxative
<i>Rumex crispus</i>	Curled Dock Edible(Young Leaves) Medicinal(Leaves) Boils
<i>Sagittaria latifolia</i>	Common Arrowhead Edible(Root) Medicinal (Root) Indigestion
<i>Sambucus canadensis</i>	Elderberry Edible(Berries) Medicinal(Berries) Burns
<i>Sanguinaria Canadensis</i>	Bloodroot Medicinal(Rhizome) Stop Bleeding & Toothache
<i>Sanicula gregaria</i>	Black Snake Root Medicinal(Root) Mouth sores
<i>Saponaria officinalis</i>	Bouncing Bet;Soapwort Edible(Flowers)Medicinal(Rhizomes)Laxa
<i>Scirpus validus</i>	Great Bulrush Edible(Roots)Medicinal(roots) Infections

<i>Scutellaria lateriflora</i>	Mad-Dog Skullcap Medicinal(Leaves) Depression
<i>Silphium laciniatum</i>	Compass Plant Medicinal(Roots) Tonic
<i>Sisymbrium officinale</i>	Hedge Mustard Edible(Leaves) Medicinal(Plant) Congestion
<i>Smilax rotundifolia</i>	Green Brier Edible(Tendrils) Medicinal (Roots) Burns
<i>Solanum carolinense</i>	Horse Nettle Medicinal(Fruits, Leaves, Roots) Relieve Pain
<i>Solanum dulcamara</i>	Night Shade Medicinal(Roots) Painkiller
<i>Solidago spp.</i>	Goldenrods Edible(Flowers-Tea) Medicinal(Flowers)Stings, Fevers
<i>Stellaria media</i>	Chickweed Edible(Leaves) Medicinal (Leaves) Laxative
<i>Taraxacum officinale</i>	Common Dandelion Edible(Roots)Medicinal(Leaves-Tea)Tonics
<i>Tilia americana</i>	American Linden Medicinal(Flowers) Treatment for tension
<i>Tragopogon pratensis</i>	Common Goat's Beard Edible(Roots)
<i>Trifolium pratense</i>	Red Clover Medicinal(Flowers) Anticoagulant
<i>Trillium recurvatum</i>	Red Trillium Medicinal(Rhizome) Facilitating childbirth
<i>Typha latifolia</i>	Cattail Edible(Root) Medicinal(Roots-Tea) Diarrhea
<i>Ulmus rubra</i>	Slippery Elm Medicinal(Leaves) Hemorrhoid
<i>Urtica didica</i>	Stinging Nettle Edible(New Shoots) Medicinal(Root-Tea)Rheumatism
<i>Verbascum thapsus</i>	Mullein Edible(Tea)Medicinal(flowers-tea)Stomach cramps
<i>Verbena hastata</i>	Blue Vervain Medicinal(Leaves-tea) Spring tonic
<i>Vernonia fasciculata</i>	Common Iron Weed Medicinal(Roots) Promote digestion
<i>Veronicastrum virginicum</i>	Culvers Root Medicinal(Root) Laxative
<i>Viola spp.</i>	Violets Edible(New leaves & flowers-tea)Medicinal(tea)general tonic
<i>Vitica riparia</i>	Riverbank Grapes Edible(Grapes)
<i>Zanthoxylum americanum</i>	Prickly Ash Medicinal(Bark & Fruit) Toothaches