

HERB GARDEN PLANT LIST – 2020

NO.	Botanical Name	Common Name	Parts used	Use
100	<i>Achillea millefolium</i>	(Yarrow) N	All parts	Astringent
101	<i>Aquilegia vulgaris</i>	(Columbine) N	All parts	Astringent & Analgesic
102	<i>Buddleia alternafolia</i>	(Fountain Butterfly Bush)		Attracts Beneficial Insects
103	<i>Primula vulgaris</i>	(Primrose)	All parts	Antispasmodic
104	<i>Tanacetum vulgaris</i>	(Tansy)	Leaves & Flowers	Insect Repellent
105	<i>Aconitum vulgaris</i>	(Monkshood)	All Parts Unsafe	Ornamental
106	<i>Pulmonaria longifolia</i>	(Lungwort)	Leaves	Lung Ailments
107	<i>Dicentra spectabilis</i>	(Bleeding Heart)		Ornamental
108	<i>Actea racemose</i>	(Black Cohosh)	Roots	Menopausal Symptoms
109	<i>Hydrastis Canadensis</i>	(Golden Seal) N	Roots	Antibiotic & Anti-inflammatory
110	<i>Inula helenium</i>	(Elecampane)	Roots	Immune System & Antibacteria
111	<i>Alchemilla mollis</i>	(Lady's Mantle)	Leaves	Astringent & Styptic
112	<i>Sanguinaria canadensis</i>	(Bloodroot) N	Roots	Treats Blood & Lung Disorders
113	<i>Malva sylvestris</i>	(Mallow)	Roots	Demulcent
114	<i>Eupatorium perfoliatum</i>	(Boneset) N	Leaves	Stimulates Immune System
115	<i>Symphytum officinalis</i>	(Comfrey)	Leaves&Roots	Skin Problems
116	<i>Scutellaria baicalensis</i>	(Skullcap)	Leaves	Supports Nervous System
117	<i>Tanacetum parthenium</i>	(Feverfew) N	Leaves	Relieves Headaches
118	<i>Eutrochium maculatum 'Gateway'</i>	(Joe Pye Weed) N	Roots	Diuretic
119	<i>Monarda didyma 'Jacob Cline'</i>	(Bee Balm) N	Leaves	Used as a tea substitute
120	<i>Hamamelis virginiana</i>	(Witch Hazel) N	All parts	Astringent & Antibacterial
121	<i>Viola odorata</i>	(Violet)	Leaves & Flowers	Expectorant
122	<i>Mentha spicata</i>	(Spearmint)	Leaves	Flavoring & Medicinal
123	<i>Valeriana officinalis</i>	(Valerian)	Roots	Mild Sedative
124	<i>Hyssopus officinalis</i>	(Hyssop)		Attracts Beneficial Insects & Repels Insect Pests
125	<i>Humulus lupulus</i>	(Hops)	Flowers	Sedative
126	<i>Iris germanica x florentina</i>	(Orris Root)		Used to "Fix" Aromas in Potpourris
127	<i>Myrrhis odorata</i>	(Sweet Cicely)	Leaves	Flavoring (Anise Flavor)
128	<i>Laurus nobilis</i>	(Bay Laurel)	Leaves	Digestion & respiratory
129	<i>Agastache foeniculum</i>	(Anise Hyssop)	Leaves	Digestion & congestion
130	<i>Saponaria officinalis</i>	(Soapwort)	Roots	Sudsy Water used as a Wash
131	<i>Asarum canadensis</i>	(Wild Ginger) N	All Parts	Strengthens Efficacy of Other Herbs
132	<i>Belamcanda chinensis</i>	(Blackberry Lily)	Roots	Used in Chinese Medicine
133	<i>Ruta graveolens</i>	(Rue)	Leaves	Attracts Beneficial Insects
134	<i>Platycodon grandiflorus</i>	(Balloon Flower)	Roots	Respiratory
135	<i>Astragalus propinquus</i>	(Astragalus)	Roots	Used in Chinese Medicine
136	<i>Arnica montana</i>	(Arnica)	Leaves	Sprains & Bruises

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137	<i>Trifolium pratense</i>	(Red Clover)	Flowers	Blood Cleanser
138	<i>Artemisia vulgaris</i>	(Mugwort)	Leaves	Insect Repellent
139	<i>Silybum marianum</i>	(Milk Thistle)	Leaves & Seeds	Liver detoxifier
140	<i>Stachys byzantine</i>	(Lamb's Ear)	Leaves	wound dressing
141	<i>Digitalis purpurea</i>	(Foxglove)	All Parts Unsafe	Heart Stimulant
142	<i>Artemisia abrotanum</i>	(Southernwood)	Leaves	Insect Repellent
143	<i>Urtica dioica</i>	(Stinging Nettle)	Leaves	Blood Nourishing, Cleansing
144	<i>Taraxacum officinale</i>	(Dandelion)	All Parts	Digestive and Detoxifying
145	<i>Plantago major</i>	(Broadleaved Plantain)	All Parts	Insect Bites and Colds
146	<i>Portulaca oleracea</i>	(Purslane)	Flowers	Blood Purifier
147	<i>Rumex aquatilis</i>	(Red Dock)	Roots	Blood Cleanser
148	<i>Asclepias tuberosa</i>	(Pleurisy Root) N	Roots	Lung Ailments
149	<i>Baptisia tinctoria</i>	(Wild Indigo) N	Roots	Dye
150	<i>Melissa o icinalis</i>	(Lemon Balm)	Leaves	Flavoring
151	<i>Echinacea purpurea</i>	(Purple Coneflower) N	Roots	Boosts the Immune System
152	<i>Lavendula angustifolia 'Grosso'</i>	(Lavender)	Flowers	Popourris & Cosmetics
153	<i>Hypericum perforatum</i>	(St. John's Wort)	Flowers and Leaves	Sedative
154	<i>Salvia officinalis</i>	(Sage)	Leaves	Seasoning & Tea
155	<i>Thymus vulgaris</i>	(Thyme)	Leaves	Seasoning
156	<i>Allium tuberosum</i>	(Garlic Chives)	Stems	Flavoring
157	<i>Levisticum officinale</i>	(Lovage)	Leaves	Celery Flavor
158	<i>Organum majorana</i>	(Marjoram)	Leaves and Flowers	Seasoning
159	<i>Anethum graveolens</i>	(Dill)	Leaves and Flowers	Seasoning
160	<i>Ocimum basilicum</i>	(Basil)	Leaves	Seasoning
161	<i>Rosmarinus officinalis</i>	(Rosemary)	Leaves	Seasoning
162	<i>Allium schoenoprasum</i>	(Chives)	Stems	Flavoring
163	<i>Artemisia dracunculidus</i>	(French Tarragon)	Leaves	Flavoring
164	<i>Organum vulgare</i>	(Organum)	Leaves and Flowers	Seasoning
165	<i>Satureja hortensis</i>	(Summer Savory)	Leaves and Flowers	Seasoning
166	<i>Sanguisorba minor</i>	(Salad Burnet)	Leaves	Cucumber Flavor
167	<i>Galium odoratum</i>	(Sweet Woodruff)	Leaves	Aromatic and Insect Repellent
168	<i>Rosa gallica</i>	(Apothecary Rose)	Petals & Hips	Fragrance & Medicinally
169	<i>Nepia catartia</i>	(Catmint)	Leaves	Mild Sedative
170	<i>Yucca glauca</i>	(Yucca)	Roots	Sudsy Water Used as a Wash
171	<i>Alicea rosea</i>	(Hollyhock)	Flowers	Diuretic
172	<i>Dianthus caryophyllus</i>	(Carnation)	Flowers	Aids in Digestion
173	<i>Myrica pensylvanica</i>	(Bayberry) N	Berries	Candle Making
174	<i>Monarda fistulosa</i>	(Wild Bergamot) N	Leaves & Flowers	Digestion and Diuretic

N = Native Plant