



# Common Medicinal Plants of the Northeast

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- Angelica – *Angelica atropurpurea*  
Beggar ticks – *Bidens* spp.  
Bergamot – *Monarda* spp.  
Bittersweet nightshade – *Solanum dulcamara*  
Blackberry/Raspberry – *Rubus* spp.  
Black cohosh – *Cimicifuga racemosa*  
Bloodroot – *Sanguinaria canadensis*  
Blue cohosh – *Caulophyllum thalictroides*  
Blue vervain – *Verbena hastata*  
Boneset – *Eupatorium perfoliatum*  
Burdock – *Arctium* spp.  
Canadian fleabane – *Erigeron canadensis*  
Calamus – *Acorus calamus*  
Catnip – *Nepeta cataria*  
Cattail – *Typha* spp.  
Chicory – *Cichorium intybus*  
Chickweed – *Stellaria media*  
Cleavers/Bedstraw – *Galium* spp.  
Coltsfoot – *Tussilago farfara*  
Comfrey – *Symphytum* spp.  
Couchgrass – *Agropyron repens*  
Crampbark- *Viburnum opulus/ V. trilobum*  
Dandelion – *Taraxacum officinale*  
Dooryard knotweed – *Polygonum aviculare*  
Elder – *Sambucus canadensis*  
Elecampane – *Inula helenium*  
Evening primrose – *Oenothera biennis*  
Gentian – *Gentiana* spp.  
Ghost pipe – *Monotropa uniflora*  
Goldenrod – *Solidago* spp.  
Ground ivy – *Glechoma hederacea*  
Hawthorne – *Crataegus* spp.  
Horsetail – *Equisetum* spp.  
Jewelweed – *Impatiens* spp.  
Joe Pye weed – *Eupatorium maculatum*  
Lobelia – *Lobelia inflata*  
Mallow – *Malva* spp.  
Meadowsweet – *Spiraea* spp.  
Mint – *Mentha* spp.  
Motherwort – *Leonurus cardiaca*  
Mullein – *Verbascum thapsus*  
Nettles – *Urtica* spp.  
Oak – *Quercus* spp.  
Oatstraw – *Avena sativa/A. fatua*  
Pennyroyal – *Hedeoma* spp.  
Plantain – *Plantago* spp.  
Poke – *Phytolacca americana*  
Prickly ash – *Zanthoxylum americanum*  
Ragweed – *Ambrosia* spp.  
Red clover – *Trifolium pratense*  
Redroot – *Ceanothus americanus*  
St. Johnswort – *Hypericum perforatum*  
Sarsaparilla – *Smilax* spp.  
Shepherd's purse – *Capsella bursa-pastoris*  
Skullcap – *Scutellaria lateriflora*  
Skunk cabbage – *Symplocarpus foetidus*  
Solomon's seal – *Polygonatum* spp.  
Spikenard – *Aralia racemosa*  
Strawberry – *Fragaria* spp.  
Sumac – *Rhus typhina*  
Teasel – *Dipsacus sylvestris*  
Turtlehead – *Chelone* spp.  
Valerian – *Valeriana officinalis*  
Violet – *Viola* spp.  
Wild carrot – *Daucus carota*  
Wild cherry – *Prunus serotina*  
Wild ginger – *Asarum canadense*  
Wild lettuce – *Lactuca* spp.  
Wild yam – *Dioscorea villosa*  
Willow-Salix spp.  
Wintergreen – *Gaultheria procumbens*  
Witch hazel – *Hamamelis virginiana*  
Yarrow – *Achillea millefolium*  
Yellow dock – *Rumex crispus*

## **Botanical References and Resources**

A Student's Atlas of Flowering Plants: Some Dicotyledons of Eastern North America-Wood

American Materia Medica, Therapeutics and Pharmacognosy (1919) - Ellingwood

Common Wildflowers of the Northeastern U. S.-N.Y. Botanical Garden

Flora of West Virginia (2<sup>nd</sup> Edition) -Strausbaugh/Core

Flowering Plant Families- Zomlefer

Fruit Key and Twig Key-Harlow

Gray's Manual of Botany (8<sup>th</sup> Edition)-Fernald

How to Identify Plants- Harrington

Illustrated Companion of Gleason and Cronquist's Manual- Holmgren

Keys to Woody Plants (6<sup>th</sup> Edition, revised)-Muenscher

King's American Dispensatory- Felter/Lloyd (1898)

Manual of Cultivated Plants- Bailey

Manual of Cultivated Trees & Shrubs- Rehder

Manual of Vascular Plants of Northeastern United States and Adjacent Canada (2<sup>nd</sup> Edition) - Gleason/Cronquist

New England's Mountain Flowers- Wallner/DiGregorio

Newcomb's Wildflower Field Guide- Newcomb

Peterson Field Guide to the Ferns-Cobb

Peterson field guides

Plant Identification Terminology- Harris/Harris

Seaside Plants of the Gulf and Atlantic Coasts- Duncan/Duncan

Season of Promise/Winter Identification- Roberts

The Book of Swamp and Bog -Eastman

The Eclectic Materia Medica, Pharmacology and Therapeutics- Felter (1922)

The Physio-Medical Dispensatory- Cook (1869)

The Shrub Identification Book-Symonds

The Tree Identification Book- Symonds

The Visual Dictionary of Plants- Eyewitness Visual Dictionaries

Weeds (2<sup>nd</sup> Edition) - Muenscher

Weeds of the Northeast- Uva/Neal/DiTomaso

Wild Roots- Elliot

Wildflowers of the Southeastern United States-Duncan/Foote

Wildflowers of the United States – The Northern States- Rickett

Woody Plants in Winter- Core/Ammons

## **Websites**

Connecticut Botanical Society- <http://www.ct-botanical-society.org/>

Delaware Wildflowers- <http://www.delawarewildflowers.org/>

New York Flora Atlas- <http://atlas.nyflora.org/>

PCA Alien Weed Species- <http://www.nps.gov/plants/alien/factmain.htm>

USDA Plants Database- <http://plants.usda.gov/index.html>