



### **Plant Inventory**

## **Appalachia School of Holistic Herbalism @ *Soulflower Botanical Sanctuary***

Thanks to these major contributors: Frank Cook, Mathew Ryall, & Marc Williams.

### **Ferns and Allies**

Lycopodiaceae (clubmoss)

1. Lycopodium spp. clubmoss, running cedar flash powder

Ophigolossaceae (grape fern)

2. Botrychium rattlesnake fern

Polypodiaceae (fern)

3. Asplenium spleen fern

4. Polystichium platyneuron christmas fern

### **Gymnosperms**

Cupressaceae (cypress)

5. Juniperus virginiana red cedar

Pinaceae (pine)

6. Abies fir

7. Pinus  
P. strobes white pine tea high in Vit. C

P. virginiana Virginia pine  
8. Tsuga canadensis Canadian hemlock tea high in Vit. C

### **Angiosperms**

Aceraceae (maple)

9. Acer  
A. pensylvanicum moosewood edible seeds according to Frank Cook  
A. rubrum red maple

Amaranthaceae

10. Amaranthus spp.

Cooked greens

Anachardiaceae (mango)

11. Toxicodendron radicans

poison ivy

causes skin irritation

12. Rhus typhina or glabra

sumac

lemonade-like drink from red fruited varieties

only

Apiaceae (carrot)

13. Aegopodium

Bishop's Weed or Gout Weed

cooked green

14. Cryptotaenia canadensis

honewort

cooked green

15. Daucus carota

queen anne's lace

16. Foeniculum

fennel

leaf tea aids digestion, seeds edible

17. Osmorhiza claytonii or longistylis

sweet cicely

tea, salads. Don't mistake for Poison Hemlock!

18. Sanicula

sanicle

Apocynaceae

19. Vinca major

periwinkle

poisonous

Araceae (arum)

20. Arisaema triphyllum

jack-in-the-pulpit

poisonous

Araliaceae (ginseng)

21. Panax quinquefolius

ginseng

root tea and tincture adaptogenic tonic

Aristolochiaceae (birthwort)

22. Aristolochia macrophylla

smoke vine

Asteraceae (composite)

23. Achillea millefolium

yarrow

tea, salad, salve

24. Ambrosia

ragweed

25. Artemisia vulgaris

mugwort

medicinal tea, dream pillows

26. Aster spp.(4)

woods aster

A. divaricatus

27. Bidens

beggar's ticks

cooked greens

28. Cacalia

indian plantain

29. Cirsium

thistle

edible inner stem

30. Elephantopus tomentosus or carolinianus

elephant's foot

31. Erigeron philadelphicus

fleabane

32. Eupatorium spp.

white snakeroot ,joepye, queen of the meadow

tea for colds/flu, from species rugosum, purpureum

33. Galinsoga

quickweed

choice edible cooked green

34. Helianthus tuberosus

Jerusalem artichoke

cooked tubers better after frost

35. Heracium

hawkweed

36. Lactuca

wild lettuce

edible in small amounts as a bitter green

37. Leaonthemum	oxeye daisy	
38. Prenanthes	gall-of-the-earth, white lettuce	
39. Senecio	golden ragwort	
40. Solidago spp. S. flaccidifolia	Goldenrod	tea from leaves
41. Taraxacum officianale	dandelion	All parts edible, coffee substitute, tea, salad, wine
42. Tussilago farfara	coltsfoot	
43. Xanthium	cocklebur	
Balsaminaceae (impatiens)		
44. Impatiens capensis or pallida	jewelweed	edible seeds, inner sap alleviates skin conditions
Berberidaceae		
45. Podophyllum peltatum	mayapple	edible fruit only when <b>fully ripe!!</b>
Betulaceae (birch)		
46. Betula lenta	sweet or black birch	stems for tea, brewing
47. Carpinus caroliniana	musclewood	2 sub species caroliniana, virginiana
Brassicaceae (cruciferae)		
48. Arabis laevigata		cooked green, pesto
49. Cardamine		cooked green, pesto
Caprifoliaceae(honeysuckle)		
50. Lonicera japonica	honeysuckle	edible flowers, use vines for basketry
51. Sambucus canadensis	elderberry	fruit for tinctures, wine, use for colds/flu
52. Viburnum prunifolium V. spp.	black haw Crampbark, wild raisins	
Caryophyllaceae (pink)		
53. Cerastium	mouse ear chickweed	cooked green
54. Stellaria media	chickweed	choice green for pesto, salads, skin salve
Celastraceae		
55. Celastrus orbiculatus or scandens	oriental bittersweet	exotic invasive
56. Euonymus	burning bush	pretty Fall color
Chenopodiaceae		
57. Chenopodium album	lambsquarter	cooked green
Commelinaceae		
58. Commelina	Asiatic Day Flower	edible green, edible flower
Cornaceae (dogwood)		
59. Cornus	dogwood	
Convolvulaceae(morning glory)		
60. Ipomoea	morning glory	
Crassulaceae (stonecrop)		

61. Sedum	stonecrop	tart addition to salads in small quantities
Cyperaceae (sedge)		
62. Carex spp.	sedges	
Diapensaceae(galax)		
63. Galax aphylla	galax	
G. urceolata		
Ericaceae (blueberry)		
64. Kalmia latifolia	Mt. Laurel	
K. carolina	Mt. Laurel	
65. Oxydendron arboreum	sourwood	good nectar source for bees
66. Rhododendron	rhododendron	
67. Vaccinium	blueberry	edible fruit, leaf tea
Euphorbiaceae (spurge)		
68. Acalypha	three-seeded mercury	toxic, don't harvest by mistake in garden
69. Euphorbia	spurge	toxic
Fabaceae (legume)		
70. Albizzia julibrissin	happy tree, mimosa	flowers sedative, bark tea anti-depressant
71. Amphicarpaea	hog peanut	edible tubers
72. Apios americana Medicus	ground nut	edible tubers
73. Desmodium	tick trefoil	
74. Lespedeza	bush pea	
75. Robinia	black locust	edible flowers
76. Trifolium repens or pratens	white or red clover	flowers for tea, leaves in small amounts cooked
77. Vicia	vetch	
Fagaceae (oak)		
78. Castenea americana	american chestnut	edible nuts
79. Fagus grandifolia	beech	
80. Quercus alba	white oak	acorns edible, white ones are best
Q. rubra	red oak	
Q. Prinus	chestnut oak	
Hamamelidaceae (witch hazel)		
81. Hamamelis virginiana	witch hazel	
Hydrangeaceae (hydrangea)		
82. Hydrangea arborescens	hydrangea	
Hypericaceae (st. johnswort)		
83. Ascyrum	st. andrews cross	
84. Hypericum	st. johns wort	flower tea/ tincture elevates mood
Iridaceae (iris)		

	85. <i>Iris cristata</i>	dwarf crested iris	
	86. <i>Sisyrinchium</i>	blue eyed grass	
Juglandaceae (walnut)			
	87. <i>Carya ovata</i>	shagbark hickory	apparently has choice nuts
	<i>C. sp.</i>		
	88. <i>Juglans nigra</i>	black walnut	edible nuts, natural dye, antihelmenthic
Lamiaceae (mint)			
	89. <i>Glechoma hederacea</i>	ground ivy/ gill over the ground	used in brewing like hops
	90. <i>Lycopus</i>	bugleweed	
	91. <i>Melissa officinalis</i>	lemon balm	leaf tea elevates mood
	92. <i>Monarda</i>	beebalm	leaf tea
	93. <i>Perilla frutescens</i>		leaves used for pickling
	94. <i>Prunella vulgaris</i>	heal-all	
	95. <i>Pycnanthemum</i>	Mt. Mint	leaf tea
	96. <i>Salvia lyrata</i>	lyre leaf sage	
	97. <i>Scutellaria</i>	skullcap	2 varieties, 2 sub-species, fine nervine
Lauraceae (laurel)			
	98. <i>Lindera benzoin</i>	spicebush	leaf tea, use fruits like allspice
	99. <i>Sassafras albidum</i>	sassafras	leaf or root tea, also used in brewing
Liliaceae (lily)			
	100. <i>Hemerocallis fulva</i>	daylily	edible flowers, tubers, spring shoots
	101. <i>Smilacina stellata</i>	solomon's plume	
	<i>S. racemosa</i>		sometimes considered Maianthemums
	102. <i>Streptopus</i>	twisted stalk	
Lobeliaceae (lobelia)			
	103. <i>Lobelia inflata</i>	indian tobacco	use in moderation in natural smoking blends
	<i>L. sp.</i>	Great, downy	
	<i>L. cardinalis</i>	cardinal flower	
Magnoliaceae (magnolia)			
	104. <i>Liriodendron tulipifera</i>	tulip tree, tulip poplar	prolific nectar for bees
	105. <i>Magnolia fraseri</i>	Frasier	
	<i>M. acuminata</i>	cucumber magnolia	
Malvaceae (mallow)			
	106. <i>Althea officinalis</i>	marshmallow	
	107. <i>Hibiscus rosa-sinensis</i>	rose of sharon	flower edible, leaves as cooked green, syn. syriacus
Moraceae (fig)			
	108. <i>Morus alba</i>	mulberry	edible fruit
	<i>M. rubra</i>	mulberry	edible fruit

Nyssaceae (black gum)			
109. <i>Nyssa sylvatica</i>	black gum		
Oleaceae (olive)			
110. <i>Forsythia viridissima</i>	forsythia		
111. <i>Fraxinus americana</i>	American ash	2 varieties	
112. <i>Ligustrum sinense</i>	privet		
113. <i>Syringa</i> sp.	lilac		
Onagraceae			
114. <i>Circara</i>	enchanter's night shade		
115. <i>Oenothera</i>	evening primrose		
Orchidaceae (orchid)			
116. <i>Aplectrum hymale</i>	adam and eve		
117. <i>Goodyera pubescens</i>	rattlesnake plantain		
<i>G. repens</i>			
118. <i>Orchis</i>	showy orchis		
119. <i>Tipularia discolor</i>	crane fly		
Orobanchaceae (broomrape)			
120. <i>Conopholis americana</i>	bear corn		
121. <i>Epifagus virginiana</i>	cancer root		
Oxalidaceae (wood sorrel)			
122. <i>Oxalis</i>	wood sorrel	leaves in salad with moderation, edible flowers	
Papaveraceae			
123. <i>Sanguinaria canadensis</i>	blood root		
124. <i>Papaver</i> spp.	poppies		
Passifloraceae			
125. <i>Passiflora incarnate</i>	passion flower	edible flowers, fruits good in tea	
<i>P. lutea</i>			
Phytolaccaceae (pokeweed)			
126. <i>Phytolacca americana</i>	pokeweed	<b>Early spring</b> leaves edible, <b>low dose</b> botanical!	
Plantaginaceae (plantain)			
127. <i>Plantago</i> spp.	Plantain	young leaves edible in salad. Leaves for salves.	
Platanaceae			
128. <i>Platanus occidentalis</i>	sycamore		
Poaceae (grass)			
129. <i>Anthoxanthium</i>	vernal sweetgrass		
130. <i>Microstegium</i>	stilt grass		
131. many other grasses			
Polemoniaceae			

132. Phlox	phlox	
Polygonaceae (buckwheat)		
133. Polygonum spp.	Smartweed, knotweed	cooked green, small amounts in salad, cut flower
134. Rumex spp.	Docks	young leaves in salad, root tincture liver detoxifier
Portulacaceae		
135. Portulaca oleracea	purslane	edible leaves in salad, good source of Omega 3's
Primulaceae (primrose)		
136. Lysimachia	whorled loosestrife	
Pyrolaceae		
137. Chimaphila maculata	pipsissewa	
C. umbellata		
138. Monotropa hypopithys	ghostpipe	
M. uniflora		
Ranunculaceae (buttercup)		
139. Anemone	thimbleweed	
140. Cimicifuga racemosa	black cohosh	used medicinally for women's issues
141. Clematis	virgin's bower, clematis	
142. Ranunculus	buttercup	poisonous
Rosaceae (rose)		
143. Agrimonia	agrimony	
144. Aruncus dioicus	goatsbeard	
145. Fragaria	strawberry	leaf tea acts as an astringent
146. Geum	avens	
147. Potentilla	cinquefoil	
148. Prunus	cherry	edible fruit
149. Rosa	rose	leaf tea acts as astringent
150. Rubus ulmifolius	blackberry	edible fruit, leaf tea acts as astringent
R. phoenicolasius	wineberry	edible fruit, leaf tea acts as astringent
151. Waldenstenia	seedy strawberry	
Rubiaceae (coffee)		
152. Galium	cleavers	good gentle lymph detoxifier
153. Houstonia purpurea		
Salicaceae (willow)		
154. Salix	willow	stem tea for pain relief, rooting cuttings of plants
Saxifragaceae (saxifrage)		
155. Astilbe biternata	astilbe	
156. Heuchera	alum root	
157. Saxifraga	branch lettuce	

Scrophulariaceae (figwort)		
158. <i>Paulownia tomentosa</i>	princess tree	
159. <i>Verbascum thapsus</i>	mullein	
160. <i>Veronica</i>	speedwell	
Smilacaceae (greenbriar)		
161. <i>Smilax glauca</i>	greenbriar	
<i>S. regelii</i>	sarsaparilla	root used in tea, brewing
Solanaceae (nightshade)		
162. <i>Physalis</i>	ground cherry	
163. <i>Solanum carolinense</i>	horsenettle	poisonous, potentially deadly
Tiliaceae (linden)		
164. <i>Tilia</i>	basswood	
Ulmaceae (elm)		
165. <i>Ulmus</i>	elm	
Urticaceae (nettle)		
166. <i>Boehmeria cylindrica</i>	hairless nettle, false nettle	
167. <i>Laportea canadensis</i>	woods nettle	good cooked green, vinegar infusion
168. <i>Pilea pumila</i>	clearweed	
<i>P. fontana</i>		
Verbenaceae		
169. <i>Verbena</i>	verbena	
Violaceae (violet)		
170. <i>Viola</i> spp.	violet	edible flowers & leaves
Vitaceae (grape)		
171. <i>Parthenocissus quinquefolia</i>	virginia creeper	
172. <i>Vitis</i>	wild grape	edible fruit & leaves

### **Fungus**

173. <i>Auricularia auricularis</i>	woodear
174. <i>Xylaria</i>	deadman's finger
175. <i>Pluerotis ostreatus</i>	oyster
176. <i>Dacromyces</i>	witches' butter
177. <i>Pluteus cerulnus</i>	deer/fawn
178. <i>Collubia dryophila</i>	

Represents 60 of the 144 families of gymnosperms, monocots, & dicots located in the region

Represents 148 of the 698 genera of gymnosperms, monocots, & dicots located in the region