

# FLORIDA NATIVE HERB GARDEN PLANTS

Compiled by Rufino Osorio  
February 2011

© 2011 Rufino Osorio. This is an open-access article distributed under the terms of the Creative Commons Attribution-Noncommercial-No Derivative Works 3.0 Unported License, which permits unrestricted use, distribution, and reproduction in any medium, provided the use is non-commercial, does not alter this document, and credit is given to the original author (Rufino Osorio) and source (<http://www.rufino-osorio.com>).

Herb gardens are generally restricted to plants with aromatic, culinary or medicinal properties. Additionally, distinctly utilitarian plants such as those used for dyeing, fiber or basket weaving are often also grown in herb gardens. The number of Florida native plants that fit these four categories is sufficiently great that a very large and varied herb garden could be planted exclusively with native plants. Because of the popularity of herbs and herb gardens, a list of native plants with aromatic, culinary, medicinal or utilitarian properties is presented below.

Information on medicinal native plants was obtained from many sources, some of the most comprehensive being Coffey 1993, Foster & Duke 1990, and Duke 1992; however, readers should note carefully that using wild plants for medicinal purposes poses a very real danger of self-poisoning since:

1. The identity of a plant needs to be ascertained and verified before taking it internally for purposes of self-medication since there are dangerously poisonous plants that closely resemble medicinal plants.
2. Data on many medicinal herbal plants, both native and exotic, is often anecdotal in nature and may be unsubstantiated by scientific research.
3. Even when a wild plant has scientifically established medicinal properties, the difference between a therapeutic dose and a lethal dose may be very small. For example, the root of the fern *Dryopteris filix-mas* is a powerful vermifuge that is especially efficacious in treating tapeworm infestations. However, "too small a dose will not expel the worms, too large a dose will be an irritant poison causing, eventually, coma and lesions of the optic nerve that may result in blindness." Phillips & Foy 1990:125.
4. Medicinally active substances do not occur in pure form or in carefully measured amounts in wild plants. Such substances may vary in quantity or quality depending on the season, the plant's stage of growth, or the plant's genetic constitution.
5. Herbal medicines may cause or aggravate the medical condition they are believed to cure. For example, *Aletris farinosa* has been used as a remedy for colic, however, its use may actually cause hypogastric colic rather than cure it (Foster & Duke 1990:32).

An additional problem is the growing practice of collecting wild plants for the herb trade. In some instances, this is being done by unscrupulous persons who are collecting plants on a massive scale. Not only is such collection non-sustainable in the long run, it is also very likely illegal since the largest populations of the most coveted native herbal plants often occur on protected lands such as state parks or else they are collected (i.e., stolen) from private property without the written consent of the landowner. Since very few native plants have populations large enough to sustain such collection, the reader should never use wild-collected native herbal plants and the presentation of this information is not intended to, in any way, stimulate the unauthorized collection of native plants!

**Warning:** Plants marked with an asterisk below are known or suspected to be toxic, may severely irritate bodily tissues, or may cause allergic reactions in susceptible individuals. Plants not so marked are not necessarily safe—they may simply have not yet been investigated for toxic, irritating, or allergenic constituents.

**The information on medicinal native plants is presented herein solely for its ethnobotanical and historical interest. Under no circumstances should readers use these plants to self-medicate or to treat any disease or health problem.**

Scientific Name	Common Name	Use	Form
<i>Acer negundo</i>	Box-Elder	Medicinal	Tree
<i>Acer rubrum</i>	Red Maple	Dye	Tree
<i>Acer saccharum</i>	Sugar Maple	Medicinal	Tree
<i>Achillea millefolium</i> *	Yarrow	Medicinal	Perennial
<i>Actaea pachypoda</i> *	Baneberry	Medicinal	Perennial
<i>Adiantum capillus-veneris</i>	Maidenhair Fern	Medicinal	Fern
<i>Agave virginica</i> *	Rattlesnake Master	Medicinal	Perennial
<i>Aletris farinosa</i>	Colicroot	Medicinal	Perennial
<i>Allium canadense</i>	Wild-Garlic	Culinary	Perennial
<i>Alnus serrulata</i>	Hazel Alder	Medicinal	Shrub
<i>Amaranthus</i> species	Pigweed	Culinary	Annual
<i>Ambrosia artemisiifolia</i> *	Common Ragweed	Medicinal	Annual
<i>Ambrosia hispida</i> *	Coastal Ragweed	Medicinal (gray foliage)	Perennial
<i>Ambrosia trifida</i> *	Giant Ragweed	Medicinal	Annual
<i>Amelanchier arborea</i>	Service Berry	Medicinal	Tree
<i>Amyris elemifera</i>	Torchwood	Medicinal	Shrub/Tree
<i>Andropogon gerardii</i>	Big Bluestem Grass	Medicinal	Perennial Grass
<i>Andropogon virginicus</i>	Broomsedge	Medicinal	Perennial Grass
<i>Anemonella thalictroides</i> *	Rue-Anemone	Medicinal	Perennial
<i>Antennaria plantaginifolia</i>	Pussy Toes	Medicinal (gray foliage)	Perennial
<i>Apocynum cannabinum</i> *	Dogbane, Indian Hemp	Fiber, Medicinal	Perennial
<i>Aquilegia canadensis</i> *	Columbine	Medicinal	Perennial
<i>Argemone</i> species*	Prickly-Poppy	Medicinal	Annual/Perennial

<b>Scientific Name</b>	<b>Common Name</b>	<b>Use</b>	<b>Form</b>
<i>Aralia spinosa</i> *	Devil's Walking Stick	Medicinal	Woody Perennial
<i>Aristolochia serpentaria</i> *	Snakeroot	Medicinal	Perennial
<i>Aristolochia tomentosa</i> *	Dutchman's Pipe	Medicinal	Vine
<i>Artemisia campestris</i> var. <i>caudata</i> *	Tall Wormwood	Medicinal	Biennial
<i>Arundinaria gigantea</i>	Giant Cane	Medicinal	Perennial Grass
<i>Asclepias incarnata</i> *	Swamp Milkplant	Fiber, Medicinal	Perennial
<i>Asclepias tuberosa</i> *	Butterflyplant	Medicinal	Perennial
<i>Asimina triloba</i> *	Pawpaw	Medicinal	Tree
<i>Athyrium filix-femina</i>	Lady Fern	Medicinal	Fern
<i>Baccharis</i> species	Groundsel-Tree	Dye, Medicinal	Shrub/Tree
<i>Bacopa caroliniana</i>	Blue-Hyssop	Aromatic (citrus-resinous)	Perennial
<i>Baptisia</i> species	Wild-Indigo	Medicinal	Perennial
<i>Berchemia scandens</i>	Rattan Vine	Medicinal	Vine
<i>Betula nigra</i>	River Birch	Medicinal	Tree
<i>Bidens alba</i>	Beggarticks	Medicinal	Perennial
<i>Botrychium virginianum</i>	Rattlesnake Fern	Medicinal	Fern
<i>Brasenia schreberi</i>	Water Shield	Medicinal	Aquatic
<i>Bursera simaruba</i>	Gumbo Limbo	Medicinal	Tree
<i>Caesalpinia bonduc</i>	Gray Nicker Bean	Medicinal	Woody Vine
<i>Calamintha georgiana</i>		Aromatic (minty)	Perennial
<i>Callicarpa americana</i>	Beautyberry	Medicinal	Shrub
<i>Callirhoe involucrata</i>	Poppy-Mallow	Medicinal	Perennial
<i>Calycanthus floridus</i> *	Sweet Shrub	Aromatic, Medicinal	Shrub
<i>Calyptanthes pallens</i>	Spicewood	Aromatic	Shrub/Tree
<i>Calystegia sepium</i>	Hedge Bindweed	Medicinal	Perennial
<i>Campanula americana</i>	Tall Bellflower	Medicinal	Annual
<i>Canella winterana</i>	Wild-Cinnamon	Aromatic (spicy)	Tree
<i>Capsicum annuum</i> var. <i>glabrusculum</i>	Chili-Pepper	Culinary, Medicinal	Shrub
<i>Cardamine</i> species	Bittercress	Culinary, Medicinal	Annual/Perennial
<i>Carica papaya</i>	Papaya	Medicinal	Shrub/Tree
<i>Carphephorus odoratissimus</i> *	Deer's Tongue	Aromatic, Medicinal	Perennial
<i>Cassia chamaecrista</i>	Partridge Pea	Medicinal	Perennial
<i>Cassia marilandica</i>	Wild Senna	Medicinal	Perennial
<i>Cassia nictitans</i>	Wild-Sensitive-Plant	Medicinal	Perennial

<b>Scientific Name</b>	<b>Common Name</b>	<b>Use</b>	<b>Form</b>
<i>Ceanothus americanus</i>	New Jersey Tea, Redroot	Culinary (tea), Medicinal	Shrub
<i>Centella asiatica</i>		Medicinal	Perennial
<i>Cephalanthus occidentalis</i> *	Buttonbush	Medicinal	Shrub
<i>Ceratiola ericoides</i>	Rosemary	Aromatic	Shrub
<i>Cercis canadensis</i>	Redbud	Medicinal	Tree
<i>Chamaelirium luteum</i> *	Fairy Wand	Medicinal	Perennial
<i>Chionanthus virginica</i> *	Fringe Tree	Medicinal	Shrub/Tree
<i>Cicuta mexicana</i> *	Water-Hemlock	Medicinal	Perennial
<i>Clematis virginiana</i> *	Virgin's Bower	Medicinal	Vine
<i>Collinsonia canadensis</i> *	Horse-Balm	Aromatic, Medicinal	Perennial
<i>Collinsonia serotina</i>		Aromatic	Perennial
<i>Conocarpus erecta</i>	Buttonwood	Medicinal	Shrub/Tree
<i>Conradina species</i>		Aromatic (rosemary)	Perennial
<i>Conyza canadensis</i> *	Horseweed	Medicinal	Annual
<i>Coreopsis species</i>	Coreopsis	Dye, Medicinal	Annual/Perennial
<i>Cornus florida</i>	Flowering Dogwood	Medicinal	Tree
<i>Crataegus species</i> *	Hawthorn	Medicinal	Shrub/Tree
<i>Croton species</i>	Croton	Medicinal (gray foliage)	Annual/Perennial
<i>Ctenium aromaticum</i>	Toothache Grass	Medicinal	Perennial Grass
<i>Cuscuta species</i>	Dodder	Medicinal	Annual
<i>Cynoglossum virginianum</i>	Wild-Comfrey	Medicinal	Perennial
<i>Datura innoxia</i> *	Angel's Trumpet	Medicinal	Perennial
<i>Desmanthus illinoensis</i>	Prickle Weed	Medicinal	Perennial
<i>Desmodium nudiflorum</i>	Tick Trefoil	Medicinal	Perennial
<i>Dicerandra species</i>		Aromatic (minty)	Perennial
<i>Dirca palustris</i> *	Leatherwood	Medicinal	Shrub
<i>Drosera species</i>	Sundew	Medicinal	Perennial
<i>Dioscorea floridana</i> *	Wild Yam	Medicinal	Vine
<i>Diospyros virginiana</i> *	Persimmon	Medicinal	Tree
<i>Dodonaea viscosa</i> *	Varnish Leaf	Medicinal	Shrub
<i>Echinacea purpurea</i>	Coneflower	Medicinal	Perennial
<i>Epifagus virginiana</i>	Beechdrops	Medicinal	Parasite
<i>Epigaea repens</i> *	Trailing-Arbutus, Mayflower	Medicinal	Perennial
<i>Equisetum hyemale</i> *	Scouring Rush	Medicinal	Perennial
<i>Erechtites hieracifolia</i>	Fireweed	Medicinal	Annual
<i>Eryngium aquaticum</i>	Button Snakeroot	Medicinal	Perennial
<i>Eryngium yuccifolium</i>	Rattlesnake Master	Medicinal	Perennial

<b>Scientific Name</b>	<b>Common Name</b>	<b>Use</b>	<b>Form</b>
<i>Eugenia</i> species	Stopper	Aromatic/Medicinal	Shrub/Tree
<i>Euonymus americanus</i> *	Strawberry Bush	Medicinal	Shrub
<i>Euonymus atropurpureus</i> *	Wahoo	Medicinal	Shrub
<i>Eupatorium hyssopifolium</i>		Medicinal	Perennial
<i>Eupatorium perfoliatum</i> *	Boneset	Medicinal	Perennial
<i>Eupatorium purpureum</i>	Joe-Pye Weed	Medicinal	Perennial
<i>Eupatorium rugosum</i> *	White-Snakeroot	Medicinal	Perennial
<i>Euphorbia ipecacuanhae</i> *	Wild Ipecac	Medicinal	Perennial
<i>Fagus grandifolia</i>	American Beech	Medicinal	Tree
<i>Ficus aurea</i>	Wild Fig	Dye	Tree
<i>Fraxinus americana</i>	White Ash	Medicinal	Tree
<i>Galium aparine</i> *	Spring Cleavers	Medicinal	Annual
<i>Gelsemium sempervirens</i> *	Yellow Jessamine	Medicinal	Vine
<i>Gentiana</i> species	Gentian	Medicinal	Perennial
<i>Gleditsia triacanthos</i>	Honey Locust	Medicinal	Tree
<i>Gnaphalium obtusifolium</i>	Rabbit-Tobacco	Medicinal (gray foliage)	Annual
<i>Goodyera pubescens</i>	Downy Rattlesnake-Plantain	Medicinal	Perennial
<i>Gossypium hirsutum</i>	Wild Cotton	Fiber	Shrub
<i>Gouania lupuloides</i>	Chewstick	Medicinal	Vine
<i>Guaiacum officinalis</i>	Lignum Vitae	Medicinal, Utilitarian	Tree
<i>Hamamelis virginiana</i>	Witch-Hazel	Medicinal	Shrub
<i>Hedeoma</i> species*		Aromatic, Medicinal	Annual/Perennial
<i>Helenium autumnale</i>	Sneezeweed	Medicinal	Perennial
<i>Helianthus</i> species	Sunflower	Dye	Annual/Perennial
<i>Hepatica nobilis</i>	Liverleaf	Medicinal	Perennial
<i>Heteropogon melanocarpus</i>	Tanglehead Grass	Aromatic (citronella)	Annual Grass
<i>Hibiscus moscheutos</i>	Swamp Rose-Mallow	Medicinal	Perennial
<i>Hydrangea arborescens</i> *	Wild Hydrangea	Medicinal	Shrub
<i>Hypericum gentianoides</i>	Pineweed	Medicinal	Annual
<i>Hypericum hypericoides</i> *	St. Andrew's Cross	Medicinal	Shrub
<i>Hypericum</i> species	St. John's Wort	Dye	Various
<i>Ilex opaca</i> *	American Holly	Medicinal	Tree
<i>Ilex vomitoria</i> *	Yaupon Holly	Medicinal	Shrub/Tree
<i>Illicium floridanum</i>	Florida Anise-Tree	Aromatic (rosin)	Shrub/Tree
<i>Illicium parviflorum</i>	Star Anise	Aromatic (anise)	Shrub/Tree
<i>Impatiens capensis</i>	Jewel Weed	Medicinal	Annual

<b>Scientific Name</b>	<b>Common Name</b>	<b>Use</b>	<b>Form</b>
<i>Ipomoea pandurata</i>	Wild Potato-Vine	Medicinal	Perennial
<i>Ipomoea sagittata</i>	Glades Morning Glory	Medicinal	Perennial
<i>Iris species</i>	Iris	Medicinal	Perennial
<i>Juglans nigra</i>	Black Walnut	Dye, Medicinal	Tree
<i>Juniperus species*</i>	Red-Cedar	Aromatic, Medicinal	Tree
<i>Kalmia latifolia*</i>	Mountain-Laurel	Medicinal	Shrub/Tree
<i>Lactuca species*</i>	Wild Lettuce	Medicinal	Annual/Biennial
<i>Lantana involucrata</i>		Aromatic (oregano)	Shrub
<i>Laportea canadensis</i>	Wood-Nettle	Fiber	Perennial
<i>Lepidium virginicum</i>	Poorman's-Pepper	Medicinal	Annual
<i>Lespedeza capitata</i>	Dusty-Clover	Medicinal	Perennial
<i>Liatis spicata</i>	Blazing Star	Medicinal	Perennial
<i>Liquidambar styraciflua</i>	Sweet Gum	Medicinal	Tree
<i>Limonium carolinianum</i>	Sea-Lavender	Medicinal	Perennial
<i>Lindera benzoin</i>	Spicebush	Aromatic, Culinary, Medicinal	Shrub
<i>Lippia alba</i>		Aromatic (minty)	Shrub
<i>Liquidambar styraciflua</i>	Sweetgum	Medicinal	Tree
<i>Liriodendron tulipifera</i>	Tulip Tree	Medicinal	Tree
<i>Lithospermum species</i>	Puccoon	Dye	Perennial
<i>Litsea aestivalis</i>	Pond Spice	Aromatic	Shrub
<i>Lobelia cardinalis*</i>	Cardinal Flower	Medicinal	Perennial
<i>Ludwigia palustris</i>	Marsh-Purslane	Medicinal	Perennial
<i>Lupinus perennis*</i>	Sundial Lupine	Medicinal	Perennial
<i>Lycopus species</i>	Bugleweed	Medicinal	Perennial
<i>Lyonia mariana*</i>	Staggerbush	Medicinal	Shrub
<i>Maclura pomifera*</i>	Osage-Orange	Medicinal	Tree
<i>Magnolia acuminata</i>	Cucumber Magnolia	Medicinal	Tree
<i>Magnolia virginiana</i>	Sweetbay	Medicinal	Tree
<i>Medeola virginiana*</i>	Indian Cucumber-Root	Medicinal	Perennial
<i>Menispermum canadense*</i>	Moodseed	Medicinal	Vine
<i>Micromeria brownei</i>		Aromatic (minty)	Perennial
<i>Mitchella repens</i>	Partridge Berry	Medicinal	Perennial
<i>Monarda punctata</i>	Horse-Mint	Aromatic, Medicinal	Perennial
<i>Monotropa uniflora*</i>	Indian Pipe	Medicinal	Saprophyte
<i>Morus rubra*</i>	Red Mulberry	Medicinal	Tree
<i>Myrica cerifera*</i>	Wax-Myrtle	Aromatic, Dye, Medicinal	Shrub

<b>Scientific Name</b>	<b>Common Name</b>	<b>Use</b>	<b>Form</b>
<i>Nelumbo lutea</i>	American Lotus	Medicinal	Aquatic
<i>Nolina species</i>	Bear-Grass	Basketry	Grasslike Perennial
<i>Nuphar luteum</i> *	Spatter-Dock	Medicinal	Aquatic
<i>Nymphaea odorata</i> *	White Water-Lily	Medicinal	Aquatic
<i>Ocimum micranthum</i>	Wild Basil	Aromatic, Culinary	Annual/Perennial
<i>Ocotea coriacea</i>	Lancewood	Aromatic	Tree
<i>Oenothera biennis</i>	Evening-Primrose	Medicinal	Biennial
<i>Opuntia species</i>	Prickly-Pear	Dye, Medicinal	Cactus
<i>Oxydendrum arboreum</i>	Sourwood	Medicinal	Tree
<i>Papaver mexicana</i>	Prickly-Poppy	Medicinal	Annual
<i>Parthenocissus quinquefolia</i> *	Virginia Creeper	Medicinal	Vine
<i>Passiflora incarnata</i> *	Maypops	Medicinal	Perennial
<i>Pectis linearifolia</i>		Aromatic (citrus)	Annual
<i>Pedicularis canadensis</i>	Lousewort	Medicinal	Perennial
<i>Penthorum sedoides</i>	Ditch-Stonecrop	Medicinal	Annual
<i>Persea species</i>		Aromatic (bay leaf)	Shrub/Tree
<i>Phoradendron serotinum</i> *	Mistletoe	Medicinal	Parasite
<i>Phragmites communis</i>	Common Reed	Medicinal	Perennial Grass
<i>Phryma leptostachya</i>	Lop Seed	Medicinal	Perennial
<i>Physalis heterophylla</i> *		Medicinal	Perennial
<i>Physocarpus opulifolius</i> *	Ninebark	Medicinal	Shrub
<i>Phytolacca americana</i> *	Pokeweed	Dye, Medicinal	Perennial
<i>Picramnia pentandra</i>	Bitter Bush	Medicinal	Tree
<i>Piloblephis rigida</i>	Pennyroyal	Aromatic (minty)	Perennial
<i>Pinckneya bracteata</i>	Fever Tree	Medicinal	Tree
<i>Pinus echinata</i> *	Shortleaf Pine	Medicinal	Tree
<i>Pinus palustris</i> *	Longleaf Pine	Medicinal	Tree
<i>Plantago species</i>	Plantain	Medicinal	Annual/Perennial
<i>Platanus occidentalis</i>	Sycamore	Medicinal	Tree
<i>Pluchea species</i>	Marsh-Fleabane	Aromatic	Annual/Perennial
<i>Polygala balduinii</i>	White Batchelor's Button	Medicinal (wintergreen)	Annual
<i>Podophyllum peltatum</i> *	May-Apple	Medicinal	Perennial
<i>Polygonatum biflorum</i>	Solomon's Seal	Medicinal	Perennial
<i>Polygonum pensylvanicum</i> *	Pinkweed	Medicinal	Annual
<i>Polypodium polypodioides</i>	Resurrection Fern	Medicinal	Fern
<i>Polystichum acrostichoides</i> *	Christmas Fern	Medicinal	Fern
<i>Populus deltoides</i>	Cottonwood	Medicinal	Tree

<b>Scientific Name</b>	<b>Common Name</b>	<b>Use</b>	<b>Form</b>
<i>Prunus myrtifolia</i> *	West Indian Cherry	Aromatic (almond)	Tree
<i>Prunus serotina</i> *	Black Cherry	Medicinal	Tree
<i>Ptelea trifoliata</i>	Wafer-Ash	Aromatic, Medicinal	Shrub
<i>Pteridium aquilinum</i> *	Bracken	Medicinal	Fern
<i>Pycnanthemum</i> species	Mountain Mint	Aromatic, Medicinal	Perennial
<i>Quercus alba</i>	White Oak	Medicinal	Tree
<i>Quercus</i> species	Oak	Dye	Shrub/Tree
<i>Rapanea guianensis</i>	Myrsine	Tabacco Seasoning	Shrub/Tree
<i>Rhamnus caroliniana</i> *	Carolina Buckthorn	Medicinal	Tree
<i>Rhus copallina</i>	Winged Sumac	Medicinal	Shrub
<i>Rhus glabra</i> *	Smooth Sumac	Medicinal	Shrub
<i>Rhus radicans</i> *	Poison-Ivy	Medicinal	Shrub/Vine
<i>Rivina humilis</i>	Rouge Plant	Dye	Shrub
<i>Rosa</i> species	Rose	Aromatic	Perennial
<i>Rudbeckia hirta</i>	Black-eyed Susan	Medicinal	Biennial
<i>Rudbeckia laciniata</i>	Golden Glow	Medicinal	Perennial
<i>Serenoa repens</i>	Saw-Palmetto	Medicinal	Palm
<i>Sabatia angularis</i>	Rose-Pink	Medicinal	Annual
<i>Salix</i> species	Willow	Basketry, Medicinal	Shrub/Tree
<i>Salvia coccinea</i>	Red Sage	Aromatic (fruity)	Perennial
<i>Salvia lyrata</i>	Lyre-Leaved Sage	Medicinal	Perennial
<i>Sambucus canadensis</i> *	Elderberry	Dye, Medicinal	Shrub
<i>Sanguinaria canadensis</i> *	Bloodroot	Medicinal	Perennial
<i>Sanicula canadensis</i>	Black Snakeroot	Medicinal	Perennial
<i>Sanicula marilandica</i>	Black Snakeroot	Medicinal	Perennial
<i>Sapindus</i> species	Soapberry	Medicinal	Tree
<i>Sarracenia purpurea</i>	Pitcher Plant	Medicinal	Perennial
<i>Sassafras albidum</i> *	Sassafras	Aromatic, Medicinal	Shrub/Tree
<i>Saururus cernuus</i>	Lizard's Tail	Medicinal	Perennial
<i>Scrophularia marilandica</i> *	Figwort	Medicinal	Perennial
<i>Scutellaria lateriflora</i> *	Mad Dog Skullcap	Medicinal	Perennial
<i>Senecio aureus</i> *	Golden Ragwort	Medicinal	Perennial
<i>Serenoa repens</i>	Saw-Palmetto	Medicinal	Palm
<i>Sisyrinchium</i> species	Blue-eyed-Grass	Medicinal	Perennial
<i>Smilacina racemosa</i>	False Solomon's Seal	Medicinal	Perennial
<i>Smilax glauca</i>	Wild Sarsaparilla	Medicinal	Woody Vine
<i>Solanum americanum</i> *	Common Nightshade	Medicinal	Annual/Perennial



Scientific Name	Common Name	Use	Form
<i>Solanum carolinense</i> *	Horse-Nettle	Medicinal	Perennial
<i>Solidago</i> (nearly all species)	Goldenrod	Dye	Perennial
<i>Solidago canadensis</i>	Canada Golderod	Medicinal	Perennial
<i>Solidago odora</i> var. <i>odora</i>	Sweet Goldenrod	Aromatic (anise)	Perennial
<i>Spigelia anthelmia</i> *	West-Indian-Pink	Medicinal	Annual
<i>Spigelia marilandica</i> *	Indian-Pink	Medicinal	Perennial
<i>Spiranthes cernua</i>	Nodding Ladies' Tresses	Medicinal	Perennial
<i>Stillingia sylvatica</i>	Queen's Delight	Medicinal	Perennial
<i>Teucrium canadense</i> *	Wood Germander	Medicinal	Perennial
<i>Tilia</i> species*	Basswood	Medicinal	Tree
<i>Tillandsia usneoides</i>	Spanish-Moss	Dye	Bromeliad
<i>Trillium</i> species	Trillium	Medicinal	Perennial
<i>Typha</i> species	Cattail	Various Utilitarian Uses	Perennial
<i>Ulmus rubra</i>	Slippery Elm	Medicinal	Tree
<i>Urtica</i> species*	Nettle	Fiber, Medicinal	Annual/Perennial
<i>Verbena officinalis</i> var. <i>halei</i> *	Vervain	Medicinal	Perennial
<i>Vernonia</i> species	Ironweed	Medicinal	Perennial
<i>Veronicastrum virginicum</i> *	Culver's Root	Medicinal	Perennial
<i>Viburnum nudum</i>	Possumhaw	Medicinal	Shrub
<i>Xanthorhiza simplicissima</i> *	Yellow Root	Medicinal	Subshrub
<i>Xyris caroliniana</i>	Yellow-eyed-Grass	Medicinal	Perennial
<i>Yucca filamentosa</i> *	Adam's Needle	Basketry, Fiber, Medicinal	Perennial
<i>Zanthoxylum americanum</i>	Toothache Tree	Aromatic, Medicinal	Shrub/Tree
<i>Zanthoxylum clava-herculis</i>	Hercules' Club	Aromatic; Medicinal	Shrub/Tree

## References

Coffey, T. 1993. *The History and Folklore of North American Wildflowers*. New York: Facts on File, Inc.

Duke, J.A. 1992. *Handbook of Edible Weeds*. Boca Raton: CRC Press, Inc.

Foster, S. and J.A. Duke. 1990. *A Field Guide to Medicinal Plants*. Boston: Houghton Mifflin Company.