

DISCLAIMER:

The writers of this brochure want to caution readers to be extremely careful when using herbs for medicinal purposes. Consult an expert or research information thoroughly before using a toxic herb.

Note: Herb nomenclature used in this booklet is based on “Standardized Plant Names” for the official common names of plants and Griffiths’ “Index of Garden Plants” for scientific names; both can be found in the Bickelhaupt Arboretum library.

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Cover photo by William M. Cornelius



340 South 14th Street
Clinton, Iowa

Mercy Hospice Herb Garden

Plant List
2009



PERENIAL PLANT LIST

<i>GENUS/SPECIES</i>	<i>CULTIVAR</i>	<i>COMMON NAME</i>
<i>Achillea millefolium</i>	'Oertel's Rose	Yarrow
<i>Alchemilla mollis</i>		Lady's Mantle
<i>Allium sativum</i>		Garlic
<i>Allium schoenoprasum</i>		Onion Chives
<i>Artemisia abrotanum</i>		Southernwood

USE/LORE

Medicinal: used around the world as a wound healer; will staunch bleeding; promotes circulation

Lore: fossilized yarrow pollen has been found in Neanderthal caves 60,000 years old

Medicinal: tonic for the female reproductive system; used in baths for inflammation of the skin; staunches bleeding

Lore: has been grown in gardens since before 16th century; the dew which gathers on the leaves was used in alchemy

Culinary: seasoning

Medicinal: antibacterial, respiratory aid; used to treat high blood pressure

Lore: protects against evil

Other: companion plant, keeps aphids off roses

Culinary: leaves and flowers are edible

Lore: a native to the Orient, chives have been used for 5,000 years for colds and congestion; the colonists brought chives to America

Culinary: used in Italy as seasoning

Medicinal: antibacterial; stimulates menses; diuretic, vermifuge

Lore: ashes used by young boys to promote beards.

PERENIAL PLANT LIST

<i>GENUS/SPECIES</i>	<i>CULTIVAR</i>	<i>COMMON NAME</i>
<i>Artemisia absinthium</i>		Wormwood
<i>Artemisia dracunculus</i>	'Little Dragon'	French Tarragon
<i>Baptisia australis</i>	'Blue Wild Indigo'	False Indigo
<i>Chamaemelum nobile</i>		Roman Chamomile
<i>Chrysanthemum parthenium</i>	'Ultra Double White'	Feverfew
<i>Cimicifuga racemosa</i>		Fairy Candles Black Snakeroot

ANNUAL PLANT LIST*USE/LORE*

Culinary: leaves, stems, flowers used for flavoring

Lore: incense used since antiquity to improve and strengthen the memory; a symbol of fidelity between lovers; rosemary for remembrance

Other: perennial in southern Europe

Culinary: used for teas, preserves, flowers edible; line pan with leaves before baking a pound cake

Medicinal: used as digestive aid

Other: attracts hummingbirds

Culinary: sweetener; 2000-300x sweeter than sugar

Other: native to Peru; grows well in many climates

Medicinal: poultices used for external wounds and sores

Other: used in lotions to keep skin youthful; ancient Greeks used to stop heavy bleeding

Culinary: ornamental or salad herb; rich in Vitamin C

Medicinal: flowers have antibiotic properties; used in Andean herbal medicine

Other: native to Peru

Medicinal: an infusion used as a mild laxative, diuretic, used for respiratory problems and skin eruption in children

Lore: a strong decoction or syrup of the herb and flowers was considered an excellent cure for venereal disease

ANNUAL PLANT LIST

<i>GENUS/SPECIES</i>	<i>CULTIVAR</i>	<i>COMMON NAME</i>
<i>Rosmarinus officinalis</i>	'Arp'	Rosemary
<i>Salvia elegans</i>	'Golden Delicious'	Pineapple Sage
<i>Stevia rebaudiana</i>		Stevia Sweet Leaf of Paraguay
<i>Symphytum officinalis</i>		Comfrey
<i>Tropaeolum majus</i>		Nasturtium
<i>Viola odorata</i>		

USE/LORE

Medicinal: antidepressant, anti-inflammatory

Lore: 19th century source of absinthe, liqueur consumed by Toulouse Lautrec and Vincent Van Gogh

Culinary: used in sauces with fish and chicken, edible flowers

Lore: during the Middle Ages, tarragon was sometimes worn in the shoes of those on pilgrimage

Other: not to be confused with Russian tarragon

Medicinal: anti-inflammatory; may stimulate immune system

Medicinal: tea used as a mild sedative and digestive aid; also used in hair rinse

Lore: originally from Britain, was brought to Rome in the 16th century

Medicinal: used to alleviate pain from migraine headaches

Other: used in herb and flower arrangements; fresh leaves and stems used as greenish yellow dye

Medicinal: fresh roots used to ease childbirth and menopause; Native Americans used the plant for rheumatism, anti-inflammatory, and sedative

PERENIAL PLANT LIST

<i>GENUS/SPECIES</i>	<i>CULTIVAR</i>	<i>COMMON NAME</i>
<i>Corydalis lutea</i>		Yellow Corydalis
<i>Echinacea purpurea</i>	'Magnus'	Coneflower
<i>Foeniculum vulgare</i>	'Purpurascens'	Bronze Fennel
<i>Ginkgo biloba</i>	'Thelma'	Thelma Dwarf Ginkgo
<i>Hamamelis virginiana</i>		Common Witch Hazel
<i>Hydrangea arborescens</i>	'Annabelle'	Smooth Hills of Snow Hydrangea
<i>Hypericum perforatum</i>		St. Johnswort
<i>Hypericum kalmianum</i>		Kalm St. Johnswort
<i>Hyssopus officinalis</i>		Hyssop

USE/LORE

Culinary: used to flavor foods

Medicinal: mild sedative with antibacterial properties; expels flatulence

Lore: draws poison from bites of venomous beasts

Other: repels insects and suppresses disease on tomato plants; will not grow near rue

Culinary: used to flavor soups, stews and sauces

Medicinal: mild antiseptic, helpful for tension headaches

Lore: Ancient Greeks called it "joy of the mountain," used it to crown newlyweds on wedding day

Culinary: used in baking, teas and jellies

Other: used for potpourri, citrosa is said to repel mosquitoes

Culinary: nutritious salad herb rich in vitamins, A,C,E and iron

Medicinal: diuretic; antioxidant; volatile oil relieves cramps and flatulence

Lore: known in ancient Greece and Rome; associated with Persephone, queen of the underworld

Medicinal: oil from seeds used as a laxative

Other: has been used for 4000 years; whole seeds and oil extracted with heat are **especially poisonous**; has male and female flowers

ANNUAL PLANT LIST

<i>GENUS/SPECIES</i>	<i>CULTIVAR</i>	<i>COMMON NAME</i>
<i>Orimum basilicum</i>		Basil
<i>Origanum majorana</i>		Sweet Marjoram
<i>Pelargonium cvs.</i>		Scented Germaniums; Attar of Roses, Apple Pine, Citroza, Lemon
<i>Petroselinum crispum neapolitanum</i>		Flat Leaf Parsley
<i>Ricinus communis</i>		Castorbean

USE/LORE

Other: used for fragrance and to make dyes

Medicinal: antibacterial, blood purifier, Native Americans used to treat poisonous snake and insect bites

This plant is being poached and is near extinction in its wild state

Culinary: all parts are edible

Medicinal: used in Chinese and Western medicine to promote digestion

Lore: fennel reportedly will stunt tomato plants if grown near them

Medicinal: seeds used to relieve wheezing and lessen phlegm; incontinence; leaves used to improve circulation; anti-inflammatory

Other: best selling herbal medicine in Germany & France

Medicinal: astringent, anit-inflammatory

Medicinal: used by Cherokees to treat bladder and kidney stones

Medicinal: antidepressant, sedative, antiviral

Lore: Medieval Europeans thought it had magical properties that made it repel evil; folk remedy for insanity

Medicinal: used for respiratory illnesses; bruised leaves heal cuts; hyssop baths used to ease rheumatism

Lore: used as far back as the 7th century as a strewing herb

PERENIAL PLANT LIST

GENUS/SPECIES *CULTIVAR* *COMMON NAME*

Lavandula angustifolia English Lavender

Levisticum officinale Lovage

Melissa officinalis Lemon Balm

Mentha piperita Chocolate Mint
Mentha suaveolens 'Variagata' Pineapple Mint

Monarda didyma 'Jacob Cline' Beebalm

Monarda fistulosa Wild Bergamot

Nepeta cataria Catnip

USE/LORE

Medicinal: tea made of steeped flowers good for gastrointestinal problems; lotion used by doctors and midwives to heal perineum after childbirth

Culinary: flowers eaten as salad; flowers used as coloring

Lore: Europeans thought it would bring good luck and ward off evil and witchery

Other: used for making gold/green dyes; can be poisonous!

Culinary: seeds and leaves used as flavoring in Asian and South American cuisine, seeds used in gin

Lore: Moses compared manna to coriander seed

Other: cultivated and used since ancient times; brought to Britain by Romans; used by Hippocrates

Medicinal: leaves used to make a soothing tea

Culinary: oil used as flavoring

Medicinal: used as antiseptic; treatment for respiratory ailments

Other: one of more than 500 species that constitute more than three-quarters of vegetation on Australia continent

Culinary: fresh leaves used for mild curry flavor

Medicinal: used as a mild sedative and digestive aid; antispasmodic; used to make a soothing bath

Lore: used as a "strewing herb" in Medieval Europe; the tea Peter Rabbit's mother gave him

Other: used in potpourri; often confused with *Chamomilla nobile*, Roman Chamomile, different plants but similar uses

ANNUAL PLANT LIST

<i>GENUS/SPECIES</i>	<i>CULTIVAR</i>	<i>COMMON NAME</i>
<i>Calendula officinalis</i>	'Bon Bon Mix'	Potmarigold
<i>Chenopodium foliosum</i>	'Strawberry Spinach'	Leafy Goosefoot
<i>Coriandrum sativum</i>		Coriander Cilantro
<i>Cymbopogon citratus</i>		Lemongrass
<i>Eucalyptus cinerea</i>	'Silverdrop'	
<i>Helichrysum italicum</i>		Curry plant
<i>Matricaria recutita</i>		German Chamomile

USE/LORE

Culinary: flowers are edible
Medicinal: sleep aid, used for headaches
Lore: used by Greeks and Romans in soap; brought to America by the Pilgrims

Culinary: spicy, peppery flavor adds taste of celery and parsley
Medicinal: used for stomach disorders, fever, diuretic
Lore: used in love charms; aphrodisiac
Caution: do not use in large quantities during pregnancy or for those with kidney disease

Culinary: used in cooking in place of lemon
Medicinal: relaxant; antispasmodic
Lore: known to the Greeks as "the bee plant"

Culinary: used for teas, fruit salads, jellies
Medicinal: colds, digestive disorders; induces sleep
Lore: symbolizes money, luck, travel

Culinary: salads, cooling teas, jellies, pork and veal; used in place of mint
Medicinal: used to treat sore throats, colds, chest complaints
Other: member of mint family; nectar attracts bees; wonderful bath perfume

Medicinal: anti-inflammatory, antioxidant, antibiotic American Indians used to treat colic, flatulence, colds, fever

Medicinal: used for digestive properties; antipyretic

PERENIAL PLANT LIST

<i>GENUS/SPECIES</i>	<i>CULTIVAR</i>	<i>COMMON NAME</i>
<i>Origanum vulgare</i> <i>Origanum vulgare</i>		Italian Oregano Greek Oregano
<i>Ruta graveolens</i>		Rue
<i>Salvia officinalis</i>		Common Sage
<i>Salvia officinalis</i>	'Purpurascens'	Purple Sage
<i>Saponaria officinalis</i> <i>Saponaria ocymoides</i>		Bouncingbet
<i>Sambucus nigra</i>	'Pyramidalis'	Pyramidal European Elder

USE/LORE

Culinary: used to make teas
Medicinal: anit-spasmodic; used for digestive problems
Other: used for fragrance; in "Gone With the Wind" favorite fragrance of Scarlet O'Hara's mother.

Culinary: seeds used for flavoring
Medicinal: oil of dill used for digestive problems
Lore: used as a charm against witchcraft in the Middle Ages

Medicinal: antibiotic, antimalarial
Lore: Chinese used to relieve heat rash

Culinary: used as a substitute for spinach

Culinary: in top ten list of foods rich in vitamins, minerals, etc.
Lore: honored by Greeks and Romans for medicinal properties

Medicinal: used to treat respiratory problems; poultice helpful for sore and inflamed skin

Lore: syrup of flowers drives away sorrow and increases the joy of mind

CAUTION: CAN BE POISONOUS

ANNAUL PLANT LIST

<i>GENUS/SPECIES</i>	<i>CULTIVAR</i>	<i>COMMON NAME</i>
<i>Aloysia triphylla</i>		Lemon Verbena
<i>Anethum graveolens</i>	'Fernleaf Dill'	Dill
<i>Artemesia annua</i>		Sweet Annie
<i>Basalla alba</i>	'Red Stem'	Malabar Spinach
<i>Beta vulgaris</i>		Swiss Chard
<i>Borago officinalis</i>		Borage

USE/LORE

Culinary: used in Italian dishes; stronger when used in dried form

Lore: used by the Greeks as a medicinal herb

Medicinal: stimulant, abortative, suppression of menses, treatment of epilepsy

CAUTION: may cause allergic reaction; medical advice required: **TOXIC**

Culinary: used with pork, goose, veal, oily fish, eggplant, tomatoes

Medicinal: brain/liver tonic; restores energy and memory; prevents gray hair; body cleanser

Lore: symbolizes protection and wisdom; used as a strewing herb

Medicinal: diuretic; laxative; expectorant, astringent

Other: when boiled, used as cleanser for clothes:

Caution: medical supervision required—**POISONOUS**—used for fish poison

Medicinal: flower used for coughs, colds, flu; diuretic; berries contain vitamins A and C

Lore: believed by early Europeans to be inhabited by Elder Mother

PERENIAL PLANT LIST

<i>GENUS/SPECIES</i>	<i>CULTIVAR</i>	<i>COMMON NAME</i>
<i>Thymus x citriodorus</i>		Lemon Thyme
<i>Thymus praecox</i>	'Coccineus'	Red Creeping Thyme
<i>Thymus</i> <i>Pseudolanuginosus</i>		Wooly Thyme
<i>Thymus serpyllum</i>	'Minus'	Mother of Thyme
<i>Thymus serpyllum</i>	'Coccineus'	Crimson Creeping Thyme
<i>Thymus vulgaris</i>	'Argenteus'	Silver Thyme
<i>Valeriana officinalis</i>		Garden Heliotrope
<i>Verbascum</i> <i>bombyciferum</i>	'Artic Summer'	Mullein

USE/LORE

Culinary: used in herb bread, vegetables, soups, lemon thyme: used with fish, turkey, chicken, carrots
Medicinal: used for coughs, colds, cramps, colic, loss of appetite, headaches
Lore: symbolizes healing and psychic powers
Other: used in soaps, toothpaste and as a facial steam

Medicinal: natural tranquilizer; painkiller
Lore: roots attract cats and rats! Legend says valerian was used by the Pied Piper of Hamelin

Medicinal: flowers used to soothe respiratory diseases; anti-inflammatory