



Class of 1971 Medicinal Garden Plant List

Species name	Common Name	Medicinal qualities
<i>Aquilegia canadensis</i>	Wild columbine	Used to treat gallbladder disorders along with general stomach and intestinal issues, for vitamin C deficiency, yellowed skin, and as a calming agent. Historically, used for skin and scalp ailments, intestinal and menstrual issues.
<i>Echinacea purpurea</i>	Purple coneflower	Widely used to fight infections and respiratory infections. Used to treat common cold and flu and reduce symptoms such as sore throat, cough, fever and to boost the immune system and to treat a range of skin ailments, bites, and sores
<i>Geranium maculatum</i>	Wild geranium	Used to treat digestion problems, diarrhea, and skin wounds.
<i>Hamamelis virginiana</i>	Witch hazel	Used on the skin for itching, pain and swelling, mucous membrane inflammation, bruises, insect bites and other skin irritations. Used also for diarrhea, colds, respiratory ailments, fever and colds.
<i>Lavendula</i> 'Goodwin Creek Grey'	Lavender	Used to treat insomnia, alopecia (hair loss), anxiety, stress, and postoperative pain. Being studied for antibacterial and antiviral properties. Lavender oil is often used in other forms of integrative medicine, such as massage, acupuncture, and chiropractic manipulation.
<i>Juniperus horizontalis</i>	Creeping juniper	Branches, cones, have been used in the treatment of coughs, colds and fevers. Seeds have been used in the treatment of kidney problems.
<i>Monarda didyma</i>	Bee balm	Herbal remedy used to freshen the breath, fight infections in the mouth and gums, intestinal issues, common cold treatment to treat congestion, aid digestion and to treat burns, scrapes, and rashes.
<i>Polemonium reptans</i>	Jacob's ladder	Used to reduce fever and swelling (inflammation) and to cause sweating; used as a drying agent (astringent) and to loosen chest congestion (expectorant).
<i>Rosa spp.</i>	Oso Red Rose	Roses have been used medicinally for thousands of years. There are many purported medicinal uses with its anti-bacterial, anti-fungal, and antioxidant properties. Used as an antiseptic, anti-inflammatory, digestive stimulant, and antidepressant.
<i>Sanguinaria canadensis</i>	Bloodroot	Bloodroot has been used as an emetic, gastrointestinal aid, tuberculosis remedy and dermatological treatment for cuts, sores, and poison ivy.
<i>Solidago flexicaulis</i>	Zig zag goldenrod	Goldenrods in general have been used to treat tuberculosis, diabetes, hemorrhoids, internal bleeding, asthma, and arthritis; used also as a mouth rinse for inflammation of the mouth and throat; applied to skin to improve wound healing.

<i>Zizia aurea</i>	Golden alexanders	Used to reduce fever, to induce sleep, and promote wound healing.
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Plants with historic medicinal uses

Species name	Common Name	Historic medicinal uses
<i>Mertensia virginica</i>	Virginia bluebells	Historical records indicated that Indigenous peoples used this plant to treat tuberculosis and whooping cough, venereal disease and as an antidote for poisons.
<i>Penstemon digitalis</i>	Bearded foxglove	Historically used to treat chills, fevers, toothaches. No known current medicinal uses
<i>Penstemon hirsutus</i>	Hairy beard tongue	Historically used to treat chills, fevers, toothaches. No known current medicinal uses
<i>Physocarpus opulifolius</i>	Ninebark	Historically used as a laxative and emetic, to treat TB and enhance fertility. No known current medicinal uses
<i>Pycnanthemum muticum</i>	Mountain mint	Historically used as an herbal remedy as an analgesic, antiseptic, diaphoretic, carminative; to treat menstrual disorders, indigestion, mouth sores, coughs, colds, chills and fevers; wound treatment; and toothaches. No known current medicinal uses.

Plants with no medicinal uses

Species name	Common Name	Medicinal uses
<i>Eurybia divaricata</i>	White wood aster	No known current medicinal uses
<i>Sporobolus heterolepsis</i>	Prairie dropseed	No known current medicinal uses
<i>Solidago caesia</i>	Wreath goldenrod	No known current medicinal uses
<i>Solidago ptarmicoides</i>	White goldenrod	No known current medicinal uses

References

- AltNature <https://altnature.com/>
- Mount Sinai Health Library, <https://www.mountsinai.org/health-library>
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- Plants for a Future Database <https://pfaf.org>
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- Rebecca's Herbs <https://www.rebeccasherbs.com/pages/herb-article-br-monarda>
- Rx List, Rx List is an online medical resource dedicated to offering detailed and current pharmaceutical information on brand and generic drugs, operated by WebMD, <https://www.rxlist.com/>
- Santa Fe Botanical Garden <https://santafebotanicalgarden.org/september-2014/>
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