










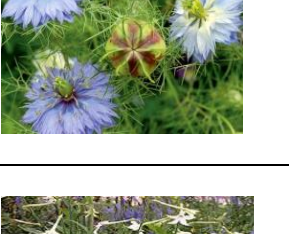



	<p><i>Hibiscus syriacus</i> Rose of Sharon - Naturalized  Growing in colonial gardens in 1760's  Young leaves and flowers – cooked or raw, salads; tea Good source of Vit A and C  Leaves – for skin irritation; skin softener; shampoo  Bark – tonic relieve diarrhea, eliminate intestinal and skin parasites, reduces fever</p>
	<p><i>Ilex vomitoria</i> Yaupon Holly – Native  Native Americans used leaves to make “Black Tea” used in rituals  Leaves contain caffeine and theobromine – tea and chocolate  Mild stimulants; the plant is not an emetic  Hedges in colonial gardens</p>
	<p><i>Asclepias tuberosa</i> Butterfly Weed – Native  Perennial, blooms June to July  Larval food for Queen and Monarch butterfly  Small plants are edible if boiled several times changing water  Milky sap used to treat warts and ringworm  Respiratory conditions, congestion, cough, laxative, fever reducer  Fibers of stalks used to make a rope and netting  Host plant for monarch butterfly; pollinators love this plant</p>
	<p><i>Mertensia virginica</i> Virginia Blue Bells – Native and Cultivar  Perennial, blooms April – May  Attract early pollinators – bees, butterflies, moths  Propagate – seeds and root division  Foliage dies back in summer  Roots used to treat respiratory illnesses</p>
	<p><i>Novi belgii</i> New York Aster – Native  Name means New Belgium  Native of east and central US  Perennial, grows to 3' tall. Blooms in the fall.  No known culinary or medicinal uses</p>
	<p><i>Paeonia officinalis</i> Common Peony – Naturalized  Perennial, blooms in April  Grown in China for 4000 years; Europe mid 16<sup>th</sup> century  Chemicals – tannin, glucosides, phenols  Roots - antispasmodic, diuretic, sedative, seizure disorders, muscle cramps, cough remedy, astringent, antiseptic  Flowers edible as a vegetable; dried to make teas  Seeds dried and used as a spice, hot flavor</p>
	<p><i>Oenothera, fruticosda</i> Primrose, Sundrops – Native  Perennial, blooms in May - June  Tea brewed used as pain reliever, treat insomnia, cold and flu  Diuretic, expectorant, respiratory conditions, sedative, antispasmodic  An ointment made of the leaves and flowers can be used for skin problems, heals wounds, burns, softens wrinkles, discolorations of the skin, and blemishes.  Vertigo, hysteria, epilepsy, convulsions, palsy, backache, cystitis, and urine retention.</p>
	<p><i>Rudbeckia fulgida, hirt</i> Blackeyed Susan – Native  Annual, blooms in June to August, spreads by seed  All parts of plant are edible  Roots used as cold remedy, flu and infections  Infusions and poultice astringent for bites and skin swelling  Mild diuretic</p>

	<p><i>Tradescantia virginiana</i> Spiderwort – Native  Perennial, blooms in May  Introduced to Europe in 1600's  Perennial that flowers in May  Leaves and flowers are edible in salads and soups, leaves brewed as a tea  Seeds roasted, dried and ground into a powder – slight bitter taste  Dried flowers used as a snuff for nose bleeds  Sedative, tonic, astringent (used for wound healing), expectorant, emetic, analgesic</p>
	<p><i>Primula veris</i> Cowslip - Naturalized  Perennial, blooms in April  Native to England, Colonials had them in gardens in 1770's  Saponins – used as expectorant, diuretic, sedative  Salicylates – fever reducer, anti-inflammatory, analgesic  Flavoring in soups and leaves used to make a wine  Flowers – when dried into a powder can cause sneezing</p>
	<p><i>Viola tricolor</i> Jonny jump-up – Naturalized  Annual, spreads by seed, blooms in April - May  One of the oldest cultivated plants. Introduced to Colonies in 1760's  Leaves and flowers – soups, salads, flavorings, decorative, Vit A and C  Tea or syrup – bronchitis, asthma, diuretic, anti-inflammatory  Extracts Ointment, poultice – eczema, psoriasis, acne, antiseptic  Seeds – emetic effect and laxative  Roots soaked in water and added corn, acts as insect repellent, fungicide</p>
	<p><i>Phlox paniculata</i> Garden phlox - Native  Perennial, blooms in July to August  Introduced into England from southern Colonies and first recorded blooming in 1732  Flowers can be added to salads  Plant made into tea for indigestion, GI discomfort and as compresses for eczema and other skin irritation</p>
	<p><i>Nigella damascene</i> Love-in-a-mist - Naturalized  Brought to colonies around 1722  Annual, spreads by seed  Does not flourish outside of gardens  Seeds said to have a taste like nutmeg  Oils from plant used in perfume and lipstick</p>
	<p><i>Nicotiana glauca</i> Flowering tobacco – Naturalized  Annual, spreads by seed, blooms in May - June  Sweet fragrance  Contains nicotine  Useful as a pesticide</p>
	<p><i>Delphinium consolida</i> Larkspur  Annual, blooms May to June  Used to treat intestinal worms, fluid retention, poor appetite and insomnia  Respiratory conditions, anti-inflammatory, analgesic, hypertension  Strong alkaloid used as a pesticide  Contact with skin can cause numbness</p>
	<p><i>Hemerocallis flava</i> Day lily  Perennial, blooms June to July  Native to Asia, found in gardens in colonies before 1700  Leaves and young shoots cooked – celery, asparagus  Flowers eaten raw or cooked, sweet taste, base can be bitter  Contain Vit A, C, beta carotene, carbohydrates and protein  Diuretic, pain reliever, anti-nausea, sedative, fever reducer</p>

