

## Medicinal Plants Descriptions and Uses

\*\*Note that TLC cannot give any official medical advice, so we encourage you do any treating or foraging with care and proper advice from a professional.

### Elderberry (Sambucus)

**Plant ID:** Oblong leaves with 'sawtooth' serrated edges. Crown of white flowers blooms in the Summers, and small dark berries can be collected and made into syrups and salves.

**Uses:** A powerful remedy and preventative with many historic and modern used. Used to treat fevers, aches and sores. Every part of the plant was used. Crushed into a poultice, paste or made into a decoction to apply directly to sores.

### American Holly (Ilex opaca)

**Plant ID:** Dark green, non-glossy spine-tipped leaves that come to a round end. Bright red berries that follow short-live white flowers in the Spring and Early Summer.

**Uses:** Used to treat cough, chills and fever. Leaves, bark and roots were boiled into a decoction or infused.

### Tulip Poplar (Liriodendron tulipifera)

**Plant ID:** 4-lobed, smooth green leaves and brightly-colored yellow and green flowers in late Spring.

**Uses:** Used as a vermifuge to treat worms. Roots were boiled into a decoction and drank. Fresh leaves were also used as a topical ointment for various inflammations and sores. The bark was also collected and used to weave baskets and cordage.

### Japanese Honeysuckle (Lonicera japonica)

**Plant ID:** Crawling vine with dark green, lobed leaves, and white to yellow fragrant flowers in the late Spring to fall.

\* There is a native coral honeysuckle, but the invasive Japanese honeysuckle is predicted to have been here as early as European colonization. The invasive species is particularly problematic in warm regions of the South, where it is never cold enough to kill it.

**Uses:** Used to treat digestive troubles and as a topical treatment for skin problems. Roots and bark were used to make infusions and berries were also used.

### Rue (Rue anemone)

**Plant ID:** Green foliage and stem of 3-lobed round-lobed leaflets. Perennial pink or white 7-petalled flowers bloom in early Spring to Summer.

**Uses:** Used as a vermifuge via infusion of the roots. Also used as an antidote for poisons and plagues.

Mayapple (*Podophyllum peltatum*)

**Plant ID:** Rounded, umbrella-like leaves with 2 leaves attached to each plant. Plants will produce one 6-9 petaled white flower that grows into a small, apple-like yellow fruit. Usually grow in colonies.

**Uses:** Used as a preventative to maintain health and to treat colds through infusion of the roots. Also used as a worm expellant and is an effective topical medication.

\* This plant is on the poison scale, but, !when totally ripe! the fruits can be consumed in small amounts, and are toxic otherwise. Today, many people will collect the ripe yellow fruits to make jellies and jams.

Bloodroot (*Sanguaria canadensis*)

**Plant ID:** Tuber-grown plants with one deeply scalloped grayish green leaf. Blooms in March-April and produces one 8-16 irregularly shaped white flower with many bright yellow stamens. Tuber and roots when cut open release a deep orange or red liquid, hence called bloodroot.

**Uses:** Used as a form of contraceptive, or as a remedy to cause miscarriage by women. Roots were boiled into a tea or decoction and drank. Also used to treat poor circulation

Goldenrod (*Solidago speciosa*)

**Plant ID:** Displays bright yellow small flowers in dense clusters at the top of tall stems from July through September

**Uses:** Used primarily as a diuretic and has been used for centuries by many groups to treat kidney stones, urinary tract infections and other conditions. Typically boiled into a tea or made into a tincture (dissolved in alcohol). Also used by some as a tea to fight fatigue.

Sweetgum (*Liquidambar styraciflua*)

**Plant ID:** Glossy green, sawtoothed leaves with 5 lobes, hard spikey spherical fruits

**Uses:** Used to treat colds, sores, digestive issues and sore throat. Leaves, bark and fruit were infused, made into a poultice (paste/flour/salve) or eaten raw.

Dogwood (*Cornus florida*)

**Plant ID:** Light green, tear-shaped leaves and showy, long lasting white 4-petaled flowers with bright red fruit

**Uses:** Twigs, bark and berries were used to treat fevers nerves chills, and to clean teeth. Extracted by tincture or oil infusions or eaten raw.

Red Maple (*Acer rubrum*)

**Plant ID:** Saw-toothed leaves with 3 large lobes that come to a point. Dark brown or red samaras in the Spring that "helicopter" down as they fall

**Uses:** Used to treat sore eyes and cataracts. Bark was made into a thick syrup which was then poured onto the eyes.