

**Mountain Mint** (*Pycnanthemum virginianum*) - grows in sun or shade and reproduces by sending out roots underground. Can be used as a tick and flea repellent.

**Phlox** (*Phlox divaricata*) - wildflower of rich woods and fields with a loose cluster of slightly fragrant light blue flowers.

**Redbay** (*Persea borbonia*) - evergreen tree found in the understory of forests with wet soils. Aromatic leaves have been used as a seasoning in cooking.

**St. Johnswort** (*Hypericum punctatum*) - likes moist, partly shady conditions. Produces clusters of small yellow flowers that can be made into a tea.

**Skullcap** (*Scutellaria integrifolia*) - grows in open woods in partly sunny areas. Leaves and flowers can be made into a tea.

**Solomon's Seal** (*Polygonatum biflorum*) - a member of the lily family found in moist woods with greenish-white flowers hanging from the leaf axils. The root was used medicinally among the Native Americans.

**Spiderwort** (*Tradescantia ohiensis*) - grows along forest edges in partly sunny conditions. Has bluish 3-petaled flowers in the spring.

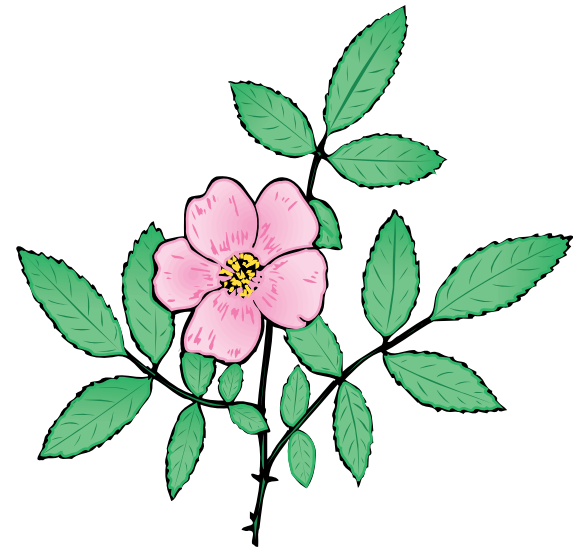
**Sweetflag** (*Acorus calamus*) - grows in wet sunny areas and is a member of the arum family, producing a spadix of greenish flowers on the side of the stem. Rootstalks have been used traditionally for a number of ailments, including indigestion, fevers, and colds.

**Waxmyrtle** (*Myrica cerifera*) - coastal shrub found in moist woodlands and along the edges of swamps, pocosins, and upland hardwood forests. Leaves are used as a seasoning and the berries are used to make bayberry candles and soap.

**Yellow Jessamine** (*Gelsemium sempervirens*) - a climbing vine that grows naturally at the edges of the forest. Produces bright yellow tubular flowers in early spring. Vines have been used in basket-making and other craft items.

## *Meet the Natives*

A Guide for Growing and Using Native Plants



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## Meet the Natives

*Native plants are those that were growing here when the settlers first arrived and have adapted to the environmental conditions of this region over a long period of time. This gives them an advantage over introduced species by being resistant to drought, insects, and disease and are ideal for growing in a natural garden.*

**Black Cohosh** (*Cimicifuga racemosa*) - found in rich woodlands with several long spikes of small white flowers growing in clusters. It has been used traditionally for “female ailments” and has confirmed estrogenic, hypoglycemic, sedative, and anti-inflammatory activity.

**Blue Flag** (*Iris virginica*) - a native iris that is found along the shores of swamps and marshes with large bluish-purple flowers in late spring.

**Bluebells** (*Mertensia virginica*) - woodland wildflower that produces clusters of light blue trumpet-shaped flowers in early spring.

**Blue-eyed Grass** (*Sisyrinchium atlanticum*) - grows along edges of trails and roadways in shade or partly sunny areas. A member of the iris family with small blue or violet flowers with yellow centers.

**Bloodroot** (*Sanguinaria canadensis*) - a woodland herb that grows in mostly shaded conditions. It blooms in the early spring before the trees have leafed out with large white flowers up to 2” in diameter. Although the root is poisonous, it has been used historically to treat skin cancer.

**Butterfly Weed** (*Asclepias tuberosa*) - grows in fields and along roadsides with bright orange flowers that attract lots of butterflies. The root was chewed by Indians as a cure for pleurisy, giving it the name Pleurisy Root.

**Calico Aster** (*Aster lateriflorus*) - grows in meadows and open sunny areas. Blooms in late summer with small, pale purple flowers.

**Cardinal Flower** (*Lobelia cardinalis*) - grows in wet, swampy areas and along streams. Brilliant red tubular shaped flowers from July to September.

**Dwarf Iris** (*Iris crestata*) - grows in wooded uplands and produces a single violet-blue flower in early spring.

**Elder** (*Sambucus canadensis*) - a shrub that is commonly found in hedgerows and along streams in mostly sunny areas. Flowers have been used in fritters and to make teas and champagne while the berries are used in pies, jelly, and wine.

**Evening Primrose** (*Oenothera biennis*) - a summer wildflower that blooms in the evening with pale yellow flowers that attract the sphinx moth. Young leaves and first year root are edible as are the seeds from the second year’s flower stalk.

**Foamflower** (*Tiarella cordifolia*) - woodland wildflower with small, white flowers growing in a terminal cluster in early spring.

**Garden Phlox** (*Phlox paniculata*) - grows in open, partly sunny areas. Produces clusters of pink flowers from July-September.

**Heartleaf Ginger** (*Hexastylis arifolia*) - herbaceous plant that grows in mature hardwood forests on the forest floor.

**Horse Mint** (*Monarda punctata*) - grows in mostly sunny conditions in well drained soil. Leaves and flowers can be made into a tea.

**Jack-in-the-pulpit** (*Arisaema triphyllum*) - a woodland herb with a distinctive flower that forms beneath the large leaves that is green or purplish brown. The root has been used for food and medicine, however, calcium oxalate crystals are irritating to the throat if not prepared correctly.

**Jewelweed** (*Impatiens capensis*) - grows in damp, mostly sunny areas with succulent stems and orange flowers. Juice from the leaves and stems are used to relieve itching from poison ivy.

**Mayapple** (*Podophyllum peltatum*) - grows in rich woodlands and produces a single white flower in the fork of the paired leaves followed by a greenish-yellow edible fruit that ripens in late spring-early summer. The root is poisonous but is being studied for its use in treating certain types of cancer.