

VERMONT CENTER FOR INTEGRATIVE HERBALISM'S

MEDICINAL PLANTS  
OF THE NORTHEAST

COLORING BOOK



BEE BALM *Monarda fistulosa*

Illustration by: Julie Mitchell

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## ANGELICA *Angelica purpurascens*

**Family:** Apiaceae **Growth & Habitat:** biennial characterized by large, divided leaves and hollow, ridged stems in the first year; second-year plant has large branching stem with clasping leaves and grows up to 6' tall; greenish-white flowers arranged in an umbel; root large and branching, highly aromatic; usually found in damp/moist soil or shallow stagnant water **Parts Used:** primarily root, stems sometimes candied, seed **Qualities:** warming, drying, stimulating **Medicinal Action:** astringent, anti-inflammatory, anti-spasmodic, bitter, carminative, circulatory stimulant, cholagogue, diaphoretic, diuretic, emmenagogue, expectorant; **CAUTION:** prolonged contact with fresh plant may make sensitive individuals more reactive to sunlight, causing burning or blistering

# MOTHERWORT *Leonurus cardiaca*

**Family:** Lamiaceae **Growth & Habitat:** perennial growing 2-5' tall; square stem bears pairs of opposite leaves with 3 pointed lobes; pink to purple flowers ring stems at upper nodes; calyces can be very sharp after flower dies and seeds mature; grows well in well drained soil and partial to full sun **Parts Used:** aerial parts **Qualities:** cooling, drying, relaxing **Medicinal Action:** antiarrhythmic, antispasmodic, bitter tonic, diaphoretic, emmenagogue, nervine relaxant

