VERMONT CENTER FOR INTEGRATIVE HERBALISM’S

MEDICINAL PLANTS
OF THE NORTHEAST

COLORING BOOK

Illustrated by Sophie Cassel, Kathryn Hansis, Sarah Hewitt, Cathy Keough, Jessica LaBrie, Ella Malamud, Megan Matthers, Mica McDonald, Hannah McLeod, Julie Mitchell, Anna Powell, Leslie Ruster, Leslie Seaton, Julie Sumanis, Ayeen Telopa, Zoe Vero
We at Vermont Center for Integrative Herbalism envision a world in which herbs return to a central role in the daily rhythms of home and community life. We also believe that herbal medicine has a vital role to play in the emerging integrative healthcare system. Our programs are shaped by our dedication to preserving tradition, even as we integrate into modern medical contexts. Our work explores and encourages health justice and cultivates meaningful personal connection with the plants and place. Sales of this book will support the work we do to provide direct care in our community and to educate skilled herbalists who work on the front-lines in kitchens and clinics nationwide.

DEDICATION

We humbly dedicate this book to the indigenous inhabitants of the land we live on, the Western Abenaki, and to all of the First Nations people of Turtle Island (also known as North America). At the heart of bioregional herbal practices are the native plants. In the Northeast, we’re lucky to live among many well-known herbal “superstars”, like black cohosh and goldenseal, which you’ll learn about in this book. Much of what we know about these beloved plants comes from the people who were first in relationship with them, the many indigenous tribes who originally lived—and are still present—in this bioregion. As herbalists of European descent, we recognize all the elders who have contributed to our practice. However, we want to particularly honor the indigenous healers and wisdom-keepers, who are often overlooked, even as their knowledge is celebrated.

In this time of great change and challenge, we’re not only grateful for insight into native plants, but for the models of peaceful and powerful action that indigenous people here and around the world demonstrate every day. As an organization dedicated to health, access to care, and earth stewardship, we affirm our solidarity and our ongoing commitment to justice and healing for us all.
INTRODUCTION

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"Nature disclosed through drawing has both the truth of scientific knowledge and the beauty of the creative act."

Julie Mitchell, VCIH Botany Faculty and Initiator of this Book

We’ve curated our community’s beautiful botanical illustrations to encourage curiosity about plants and healing, while highlighting the value and beauty of the natural world. This unique coloring book is meant to be educational, meditative, and entertaining for plant-lovers of all ages.

We hope this book will be used as a learning tool in indoor and outdoor classrooms, at kid’s camps and herb schools, and at kitchen tables by curious folks of all kinds. Ultimately, we’re hoping to make learning about medicinal plants easy, inspiring, and fun.

Beyond learning about plants, the process of coloring itself is now being promoted as an active meditation tool, beneficial for relieving stress, whether done alone or in groups. We’re already imagining this book keeping us company as we snuggle in to unwind on Winter afternoons with a cup of tea. Or maybe it’s time for a Summer wine-and-coloring evening with friends? Whatever your pleasure, just leafing through the pages to admire the skill of the artists and the beauty of the plants is already making us more relaxed and we hope it will do the same for you.

THE STORY OF OUR BOOK

Julie Mitchell, adjunct faculty at VCIH, initiated this project after watching our botany students drawing plants to learn about their botanical characteristics during class. Having seen a similar compilation of medicinal herbs of the Northwestern United States, she proposed the idea of compiling our own drawings, concentrating on plants of the Northeast. When asked if they would be interested in pursuing this project of sharing “beauty and medicine”, students and staff were enthusiastically supportive and so our coloring book was born. We’re incredibly grateful to all of our contributors for their generosity of time and spirit in making this book a reality.

WHAT YOU’LL FIND IN THESE PAGES

We’ve gathered twenty-five lovely illustrations, in a diversity of styles, from our students, graduates, faculty, staff, and friends. Each plant is represented true to botanical appearance, with some artistic interpretation. You’ll see roots, leaves, flowers, and seeds depicted in detail, and a salamander even makes an appearance. We’ve divided the book into sections according to where the plants live: woodlands, fields and meadows, and wet places. Each section starts with a collage of the plants found there, adding more pages for your coloring pleasure.

We chose to focus on the plants commonly found growing wild in the Northeast, whether native or introduced. What constitutes the Northeastern United States isn’t widely agreed upon, but the most inclusive definition starts in the north with Maine, extends as far south as Virginia, and stretches from the Atlantic as far as the western borders of Pennsylvania and West Virginia. However, even if you live in other regions of the country, many of the plants we’ve included will be familiar or even found in your ecosystems, too.

To extend the value of the book, on each page we’ve added useful information about each plant, including botanical and common name, botanical family, growth and habitat, parts used, energetic qualities, and medicinal actions.
Some of the native plants we’ve included are at risk of being overharvested and we’ve also noted that along with the other information provided about each plant. We don’t recommend collecting these in the wild, but they have an important history of use for healing and they also need our protection. Plants are determined to be “at risk” or “to watch” based on a detailed assessment performed by United Plant Savers, taking into account each plant’s life history, effects of harvesting, abundance and range, and habitat. You can learn more about the conservation work of United Plant Savers via their website, found in the Resources section of this book.

Our book wraps up with a glossary of herbal actions and botanical terms, in case these specialized vocabulary words and concepts are new to you. We’ve also provided resource lists for further exploration of herbal medicine, botany, plant conservation, herb sources local to the Northeast, Native American ethnobotany, and botanical illustration. We encourage you to explore far beyond what you find in this book if plants or herbal medicine are new to you. We’ve done our best to provide useful and accurate information here, but you’ll definitely want a few more resources on hand if you’d like to apply the knowledge. At a minimum, consider an identification guide and a good beginner’s herbal to augment and give context to what you might learn here.

THANK YOU AND HAVE FUN!

All proceeds from the sale of this book support our sliding-scale herbal clinics, so you’re helping to build community health while you relax and learn. It’s a true win-win! Our clinics offer individuals personalized education in self-care with herbs and each year we offer an average of 1200 hours of service in two locations. Our clinical services and herbs are available through sliding-scale payment, time exchange, and gift; no one is turned away for lack of funds.

That’s where this project comes in: every little bit of support helps us provide more herbs and consultation time, while keeping the lights on and the apothecary stocked. You can read more about our clinics and commitment to accessibility of care on our website: vtherbcenter.org. We deeply appreciate your support of our work.

We hope you’ll enjoy this labor of love, made by our community for yours. As you relax, learn, and get creative, you may choose “realistic” coloring, which will give you a personalized guidebook of sorts when you’re done. Or you might use your imagination and color outside the lines, even invent psychedelic plants from other lands. However you engage this book, we hope you’ll also take your relationship with the plants off the page and out into the wide green world. Many years of enjoyment, and health, await you!

With love,
All of us at VCIH
December, 2016

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WHAT ARE “ENERGETIC QUALITIES”?

All traditional systems of healing have some way of classifying plants according to how they affect us. Generally these systems are based on experiences of the natural environment, and echo our modern understandings of how natural forces affect living matter—from molecules to ecosystems. In case this concept is new to you, here’s a very simple primer:

- **Heat** speeds up processes, increases movement, expands and lifts
- **Cold** slows or stops processes, decreases movement, contracts and sinks
- **Moisture** increases flexibility, brings nourishment, lubricates
- **Dryness** increases tension, clears excess moisture or waste, firms or tones

Check out the Resource section to learn more about this important aspect of herbalism!
What's your favorite plant? Try drawing it here!
WOODLANDS
**BLACK COHOSH**  *Actaea racemosa*

**Family:** Ranunculaceae  
**Growth & Habitat:** white flowers with unpleasant scent carried on tall spikes; many leaflets with serrated edges make up compound leaves; dark brown to black rhizome with red-brown roots; prefers moist slopes and creek edges in mixed hardwood forests  
**Parts Used:** root and rhizome  
**Qualities:** cooling, neutral  
**Medicinal Action:** anti-inflammatory, antirheumatic, antispasmodic, emmenagogue, parturient, relaxing nervine

*At-risk, no wild harvest*
**BLOODROOT** *Sanguinaria canadensis*

**Family:** Papaveraceae  
**Growth & Habitat:** flowers are white or pinkish and bloom in early spring; single, gray-green leaf is deeply lobed; red, blood-like juice emerges from orange rhizome when cut; found in dry to moist woodlands and along streambanks

**Parts Used:** root and rhizome  
**Qualities:** cooling and drying in small amounts; warming in large amounts

**Medicinal Action:** antimicrobial, emmenagogue, expectorant, sedative; best if used in partnership with an experienced herbalist

*At-risk, no wild harvest*
**GOLDENSEAL  Hydrastis canadensis**

**Family:** Ranunculaceae  
**Growth & Habitat:** produces solitary greenish white flowers in the Spring and red fruits in the Fall; leaves deeply lobed and rhizome bright yellow and extremely bitter; found in clay soil in rich, shady, deciduous forests  
**Parts Used:** root and rhizome  
**Qualities:** cooling, drying  
**Medicinal Action:** alterative, antimicrobial, anti-inflammatory, aperient, astringent, bitter tonic, cholagogue, mucus membrane tonic

*At-risk, no wild harvest*
**Partridge Berry** *Mitchella repens*

**Family:** Rubiaceae  
**Growth & Habitat:** spreading groundcover with shiny evergreen leaves, pairs of white flowers, and red berries, loved by ground birds; common in dry, sandy woods; accompanied by a bright orange juvenile newt, called a red eft (*Notophthalmus viridescens*)

**Parts Used:** aerial parts  
**Qualities:** cooling, drying  
**Medicinal Action:** astringent, diuretic, uterine tonic

*To-watch, wild harvest responsibly*
Red Trillium  *Trillium erectum*

**Family:** Melanthiaceae  
**Growth & Habitat:** each plant bears 3 leaves and a single, ill-scented flower with 3 red-maroon petals; found in rich, mixed coniferous-deciduous woods or along roadsides  
**Parts Used:** root and rhizome  
**Qualities:** neutral, drying  
**Medicinal Action:** antihemorrhagic, astringent, parturient, expectorant, uterine tonic

*At-risk, no wild harvest*
SASSAFRAS  *Sassafras albidum*

**Family:** Lauraceae  
**Growth & Habitat:** small deciduous tree growing in sandy woods; lobed, aromatic leaves vary in shape, including “mitten” shape; light greenish-yellow flowers, blue-black fruits; found in varied habitats including forests, woodlands and disturbed areas  
**Parts Used:** leaves, bark, and root  
**Qualities:** warming, drying  
**Medicinal Action:** antimicrobial, alterative, antirheumatic, astringent, carminative, demulcent, diaphoretic, diuretic, expectorant

Illustration by: Zoe Vero
Solomon’s Seal

*Polygonatum biflorum*

**Family:** Asparagaceae  **Growth & Habitat:** perennial with greenish-white bell-shaped flowers, borne on an arching, zig-zag stalk, and a gnarled white rhizome; found in rich woods  **Parts Used:** root and rhizome  **Qualities:** neutral, moistening  **Medicinal Action:** anti-inflammatory, demulcent, emollient, expectorant, prebiotic, vulnerary

Illustration by: Ayeen Telopa
VIOLET  Viola species

Family: Violaceae  Growth & Habitat: many species of violet are found in the Northeast; dog violet (Viola conspersa), pictured here, has pale purple flowers and heart-shaped leaves; roots and rhizomes are pale brown; others have white or yellow flowers; found in diverse environments, including moist woods, field edges, and lawns  Parts Used: aerial parts in flower  Qualities: cooling, moistening  Medicinal Action: alterative, anti-inflammatory, demulcent, expectorant, lymphatic
**Wintergreen** *Gaultheria procumbens*

**Family:** Ericaceae  
**Growth & Habitat:** small, spreading groundcover, bearing white flowers and red fruits; waxy leaves are evergreen and strongly aromatic; dark brown underground stem and rootlets; found in hardwood and pine forests, happiest in a little sun  
**Parts Used:** leaf; berries are edible  
**Qualities:** cooling, drying  
**Medicinal Action:** analgesic, anti-inflammatory, antimicrobial, astringent, carminative, diuretic
FIELDS & MEADOWS
**ECHINACEA** *Echinacea purpurea*

**Family:** Asteraceae  
**Growth & Habitat:** Pinkish purple “petals” are actually each ray flowers surrounding a cluster of disc flowers, an arrangement common to the Aster family; hairy stem carries dark green toothed leaves with purplish stalks; all plant parts, but roots and seeds especially, create distinct tingling sensation when nibbled; found in open fields  
**Parts Used:** root, flowers, and seed  
**Qualities:** cooling, drying  
**Medicinal Action:** alterative, antimicrobial, immune stimulant, vulnerary

*At-risk, no wild harvest*
**ELECAMPANE** *Inula helenium*

**Family:** Asteraceae  
**Growth & Habitat:** yellow-flowering perennial with large wrinkly leaves, pale and fuzzy underneath, large aromatic root; commonly found by streams, waste places or on roadsides  
**Parts Used:** root  
**Qualities:** warming, drying  
**Medicinal Action:** antimicrobial, bitter tonic, carminative, choleretic, cholagogue, diaphoretic, diuretic, expectorant, immune stimulant
Goldenrod *Solidago species*

**Family:** Asteraceae  
**Growth & Habitat:** many different species of goldenrod grow in the Northeast, and they hybridize easily; they have yellow flowers, loved by bees, and a variety of leaf shapes; different species can be found in dry woods, open fields, or even swampy places  
**Parts Used:** aerial parts in flower  
**Qualities:** cooling, drying  
**Medicinal Action:** anticatarrhal, anti-inflammatory, antimicrobial, astringent, carminative, diaphoretic, diuretic, vulnerary
**LOBELIA**  *Lobelia inflata*

**Family:** Campanulaceae  
**Growth & Habitat:** blue, two-lipped flowers divided into 2 upper lobes and 3 lower lobes, borne on a spike; small slightly toothed leaves; inflated calyx fills with seeds, as the name suggests; found in open woods or meadows, especially in disturbed areas

**Parts Used:** aerial parts in flower; seeds  
**Qualities:** neutral, drying

**Medicinal Action:** antispasmodic, anti-inflammatory, emetic, expectorant, nervine (stimulant/relaxant, dose-dependent)

*To-watch, wild harvest responsibly*
**PLANTAIN** *Plantago major*

**Family:** Plantaginaceae  
**Growth & Habitat:** oval-shaped, deeply veined leaves in basal rosette, flowers small and green-brown, followed by brown seeds borne on a spike; found in disturbed places, fields and yards  
**Parts Used:** leaf, seed  
**Qualities:** cooling, drying/moistening  
**Medicinal Action:** alterative, anti-inflammatory, antimicrobial, astringent, demulcent, expectorant, vulnerary
POKE  *Phytolacca americana*

**Family:** Phytolaccaceae  **Growth & Habitat:** tall, fleshy plant with pink to purple stalk, large leaves, and flowers ranging from white to fuschia to purple; berries are dark purple when ripe; large white taproot; found in fields and disturbed areas  **Parts Used:** root  **Qualities:** cooling, drying  **Medicinal Action:** alterative, anti-inflammatory, emetic, immune stimulant, lymphatic; best if used in partnership with and experienced herbalist; seeds are poisonous

Illustration by: Zoe Vero
SELF-HEAL *Prunella vulgaris*

**Family:** Lamiaceae  
**Growth & Habitat:** spreading or erect perennial with small blue-violet flowers on a terminal spike; very adaptive to mowing, but can grow to 18 inches if left uncut; common in lawns, fields, and open woodlands  
**Parts Used:** aerial parts  
**Qualities:** cooling, drying  
**Medicinal Action:** alterative, anti-inflammatory, antibacterial, antiviral, astringent, diaphoretic, diuretic, hepatic, lymphatic, vulnerary
**St. John’s Wort**  *Hypericum perforatum*

**Family:** Hypericaceae  
**Growth & Habitat:** Five-petalled bright yellow flowers and leaves are marked with small, red-brown dots which hold the red pigment this plant is well-known for; leaves also scattered with translucent dots, which give the appearance of perforations when held up to light; found in open spaces on roadsides, fields, and in woods  
**Parts Used:** Aerial parts, harvested during the early flowering period (buds especially prized)  
**Qualities:** Warming, drying  
**Medicinal Action:** Anodyne, anti-inflammatory, antiviral, cholagogue, nervine, vulnerary
Yarrow  *Achillea millefolium*

Family: Asteraceae  
Growth & Habitat: white "petals" are actually each ray flowers surrounding a cluster of disc flowers, an arrangement common to the Aster family; flowers are white to pink and toothed; leaves are finely dissected, looking like ferns, and very aromatic; can be found in pastures, along streams, in woodlands, and disturbed areas

Parts Used: aerial parts in flower  
Qualities: cooling, drying  
Medicinal Action: anti-inflammatory, antimicrobial, antispasmodic, bitter tonic, cholagogue, diaphoretic, diuretic, styptic

Illustration by: Kathryn Hansis
WET PLACES
Blue Vervain *Verbena hastata*

**Family:** Verbenaceae  
**Growth & Habitat:** tall perennial with small, purple flowers on branching spike; toothed leaves appear in opposing pairs on squarish stem; prefers moist meadows, roadsides and shorelines  
**Parts Used:** aerial parts in flower  
**Qualities:** cooling, drying  
**Medicinal Action:** antispasmodic, bitter tonic, diaphoretic, emmenagogue, galactagogue, relaxing nervine
Boneset  *Eupatorium perfoliatum*

**Family:** Asteraceae  
**Growth & Habitat:** erect stems branch at top to hold clusters of gray-white flowers; pairs of leaves, fused at their base, appear pierced by the hairy stem; common in open fields, as well as damp areas  
**Parts Used:** aerial parts in flower  
**Qualities:** cooling, drying  
**Medicinal Action:** bitter tonic, diaphoretic, diuretic, expectorant, immune stimulant

Illustration by: Ella Malamud
**Calamus** *Acorus calamus*

**Family:** Acoraceae  
**Growth & Habitat:** Long, lance-shaped leaves resemble those of cattails, but are distinguished by a characteristic ripple in some leaves; rarely seen yellowish-green flowers cluster on a spadix; spreading fleshy rhizomes, brownish with white interior and spicy scent; found in wet open areas and marshes  
**Parts Used:** rhizome  
**Qualities:** Warming, drying  
**Medicinal Action:** Anodyne, antispasmodic, bitter tonic, carminative, diaphoretic, expectorant, nervine
**ELDER  Sambucus canadensis**

**Family:** Adoxaceae  **Growth & Habitat:** woody shrub with olive-brown bark, serrated leaflets, and creamy white flowers, followed by blue-black berries in the Fall; found along streams and rivers or moist field edges  **Parts Used:** flowers and fruit; leaves and root (dried only)  **Qualities:** flowers, leaves: cooling, drying; fruit: cool, neutral  **Medicinal Action:** flower: anti-inflammatory, antiviral, diaphoretic, diuretic; berry: anti-inflammatory, antiviral, diaphoretic, laxative; leaf: vulnerary

Illustration by: Jessica LaBrie
**FIGWORT** *Scrophularia nodosa*

**Family:** Scrophulariaceae  
**Growth & Habitat:** small, greenish brown flowers on branching stems; toothed leaves have a disagreeable scent; a tall, airy plant, found along stream banks and at the edges of moist woods  
**Parts Used:** root and aerial parts  
**Qualities:** cooling, drying  
**Medicinal Action:** alterative, cardioactive, lymphatic, purgative

Illustration by: Sarah Hewitt
**JAPANESE KNOTWEED**  *Reynoutria japonica (aka Fallopia japonica)*

**Family:** Polygonaceae  
**Growth & Habitat:** tall, bamboo-like plants with jointed stalks and large broad leaves; yellow-green flowers grow on branching spikes; common at water’s edge, also found along roadsides and other disturbed areas  
**Parts Used:** root  
**Qualities:** cooling, drying  
**Medicinal Action:** alterative, anti-inflammatory, antimicrobial, astringent, diuretic, laxative  

*Over-abundant in the landscape, harvest enthusiastically*

Illustration by: Megan Matthers
SKULLCAP *Scutellaria lateriflora*

**Family:** Lamiaceae  
**Growth & Habitat:** pale blue flowers borne on one-sided racemes; leaves toothed; pale brown root; a member of the mint family with little scent; found in moist woods and near water  
**Parts Used:** aerial parts  
**Qualities:** cooling, drying  
**Medicinal Action:** anti-inflammatory, antispasmodic, relaxing nervous system
SUNDEW  *Drosera rotundifolia*

**Family:** Droseraceae  
**Growth & Habitat:** tiny, insect-ferous plant with white flowers and fleshy green leaves, covered in fine red hairs; exudes sticky, clear fluid to entrap insects; found in bogs and on sandy banks

**Parts Used:** aerial parts  
**Qualities:** cooling, moistening

**Medicinal Action:** antimicrobial, antispasmodic, demulcent, expectorant

*At-risk, no wild harvest*
GLOSSARY

HERBAL ACTIONS

aperient causes a gentle laxative effect, often by supporting bile production

alterative enhances or restores proper functioning of eliminative organs, especially the liver, kidneys, skin, and lymphatic system

analgesic/anodyne relieves or reduces pain

antibacterial destroys or suppresses growth of bacteria

anticatarrhal decreases the production of mucus; removes excess mucus accumulation from the mucous membranes of the body (e.g. sinuses)

antihemorrhagic when taken internally, reduces or stops bleeding by promoting blood clotting

anti-inflammatory reduces inflammation (i.e. redness, pain, swelling that can lead to tissue damage)

antimicrobial helps eliminate many different microscopic pathogens, including bacteria, fungi, and viruses

antirheumatic prevents or relieves pain and inflammation in the joints, muscles, or soft tissues

antispasmodic reduces or prevents muscle spasms or cramps (includes skeletal muscles and smooth muscles, as in the digestive tract)

antiviral inhibits viral entry into cells, suppresses replication, or directly destroys particular viruses

aperient causes a gentle laxative effect by assisting or inducing evacuation of the bowel

astringent constricts, tightens, and tones mucous membranes and tissues; aids in the reduction of body secretions

bitter tonic stimulates and improves digestion and assimilation, generally by increasing secretion of saliva, stomach acid, and digestive enzymes; orchestrates smooth, rhythmic function of the digestive organs

cardioactive a substance that has a beneficial influence on the heart

cardiotonic/cardiprotective substances that improve the force of contraction of the heart and/or decrease risk of heart damage

carminative supports digestion by stimulating peristalsis, while relaxing the stomach and intestines; helps to prevent or release gas from the gastrointestinal tract

cholagogue increases the release of stored bile from the gallbladder

choleretic increases the production of bile by the liver

demulcent soothes irritated and inflamed tissues (e.g. mucus membranes and skin), generally contains mucilage (aka plant mucous)

diaphoretic aids the body in removal of wastes and reduction of fever by promoting sweating

diuretic stimulates excretion and flow of urine

dmetic causes vomiting

demmenagogue stimulates menstruation; sometimes also used generally as a tonic for the uterus

demollient used topically to soothe, soften, and protect skin or mucous membranes

dexpellant encourages coughing to expel excess mucus, specifically from the respiratory system, either by altering the production and viscosity of mucus or improving the cough reflex
galactagogue increases breast milk production and flow
hepatic improves the function of the liver
immune stimulant enhances immune function, either immediately or over the long-term
immunomodulant enhances the activity of the immune system, increasing or reducing response as needed
laxative promotes bowel movements
lymphatic stimulates the flow of lymphatic fluid, often improving immune function
mucous membrane tonic strengthens and nourishes the mucous membranes
nervine affects the nervous system in a beneficial way, often by nourishing or protecting nerves; affects mood either by relaxing, stimulating, or otherwise harmonizing
parturient induces labor and assists in the efficient delivery of the fetus and placenta
prebiotic nourishes and promotes growth of beneficial microorganisms in the digestive tract
purgative induces a strong laxative effect
sedative reduces activity in the nervous system, decreasing nervous tension; may alleviate pain, anxiety, spasm or induce sleep
stypic reduces or stops local external bleeding
uterine tonic strengthens and nourishes the uterus
vulnerary encourages healing of wounds through enhanced cell growth and repair

BOTANICAL TERMS
aerial parts all parts of the plant above ground, excluding woody stems
basal rosette leaves situated around the base of a plant’s stem, sometimes fanning out in layers like the petals on a rose
calyx the outer circle of flower parts, made up of individual sepals (usually green, underneath petals)
compound composed of several parts, for instance a leaf made of many smaller leaflets
coniferous a bush or tree (such as a pine) that produces cones and that usually has leaves that are green all year
deciduous refers to a tree or shrub that sheds its leaves every year
disc flowers generally tiny, tubular flowers clustered together, making up the central part of the flowering head in members of the Aster family
evergreen having foliage that remains green and functional through more than one growing season
hybridize to interbreed or combine so as to produce hybrids (a combination of two or more different plant species)
insectivorous feeding on insects
lobed having rounded segments, can apply to leaves or flowers
perennial a plant that lives more than two years
racece an elongated flower cluster with stalked flowers arranged along a central stem
ray flowers the petal-like flowers which form a circle around the central disk flowers in members of the Aster Family
rhizome a thick plant stem that grows underground and has shoots and roots growing from it
serrated notched or toothed on the edge, often applies to leaves
spadix a fleshy spike which bears numerous flowers, usually enclosed in a spathe (a leaf-like sheath)
toothed in leaves, having many small indentations along the margin

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RESOURCES

There are many, many excellent books and online resources available, which we could never cover exhaustively here. This is just a taste of what's available to get you started. We’ve focused on resources for beginning to intermediate herb and plant enthusiasts, but there’s plenty of advanced information to be found here, as well.

HERBAL MEDICINE

Books
The Complete Herbal Tutor, Anne McIntyre
Foraging and Feasting: Field Guide and Wild Food Cookbook, Dina Falconi
Healing with the Herbs of Life, Lesley Tierra
The Herbal Medicine-Maker’s Handbook, James Green
How to Move Like a Gardener, Deb Soule
A Kid’s Herb Book, Lesley Tierra
The Medicinal Herb Grower, Richo Cech
Rosemary Gladstar’s Herbal Recipes for Vibrant Health, Rosemary Gladstar
The Wild Medicine Solution, Guido Masé

Websites
HerbalRemediesAdvice.com, Rosalee de la Forêt
Herbcraft.org, jim mcdonald
(especially the Links and Resources and Seeds and Stems)
HerbMentor.com, John Gallagher and Rosalee de la Forêt
Henriettes-herb.com, Henriette Cress

Other
Wildcraft: An Herbal Adventure cooperative board game
(available via LearningHerbs.com)
Herbal Roots Zine (especially for kids, available via HerbalRootsZine.com)
Plant Healer Magazine (available via PlantHealerMagazine.com)

BOTANICAL ILLUSTRATION

Books
Botanical Drawing, A Beginner’s Guide, Wendy Hollender
New Eyes for Plants: A Workbook for Observing and Drawing Plants, Margaret Colquhoun and Axel Ewald

CONSERVATION OF MEDICINAL PLANTS

Planting the Future: Saving our Medicinal Herbs, Rosemary Gladstar and Pamela Hirsch
United Plant Savers, UnitedPlantSavers.org
Sacred Seeds, SacredSeedsSanctuary.org

NATIVE AMERICAN ETHNOBOTANY

From Garden Warriors to Good Seeds (gardenwarriorsgoodseeds.com)
US Forest Service Ethnobotany page (http://www.fs.fed.us/wildflowers/ethnobotany/)
Native American Ethnobotany database, searchable by plant (species) or by tribe (http://naeb.brit.org/), Daniel Moerman

NEW ENGLAND HERB GROWERS
(that supply the public)
Flack Family Farm, VT, Doug Flack
Healing Spirits Herb Farm, NY, Andrea and Matthias Reisen
Heartsong Farm Healing Herbs, NH, Nancy and Michael Phillips
Zack Woods Herb Farm, VT, Melanie and Jeff Carpenter

HERBAL EDUCATION

Please visit the American Herbalists Guild’s thorough list of Herb Schools, available on their website: americanherbalistsguild.com
For our education programs please visit: www.vtherbcenter.org
Learn the medicinal and botanical characteristics of 25 herbs with our community-sourced coloring book.

This project hopes to inspire curiosity about plants and healing, while highlighting the importance and beauty of the natural world. All proceeds support Vermont Center for Integrative Herbalism’s sliding-scale herbal clinics, so you can help build community health while you relax and learn!

VCIH is an educational grassroots non-profit, founded in 2007 by a group of experienced herbalists and activists, working through collaborative leadership to change what healthcare looks like.

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