

VERMONT CENTER FOR INTEGRATIVE HERBALISM'S

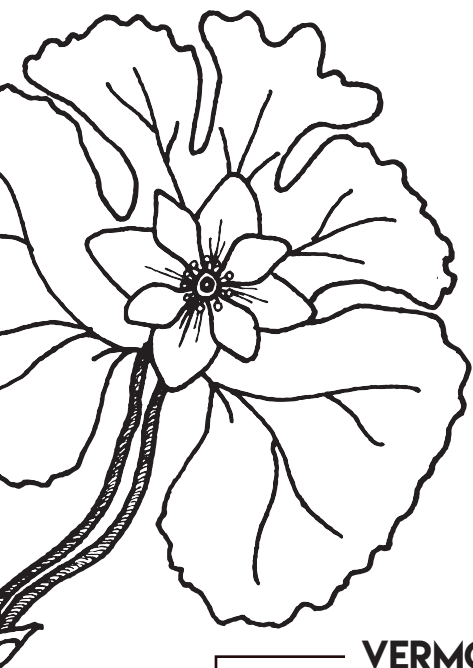
**MEDICINAL PLANTS
OF THE NORTHEAST**

COLORING BOOK



Illustrated by VCIH Students, Faculty, Staff & Friends

Montpelier, Vermont



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



WINTER 2016

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.

Project Conceptualization: Julie Mitchell

Content Development: Larken Bunce

Graphic Design: Kathryn Hansis

Content Review: Julie Mitchell and NettaMae Walsh

Illustration: 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

The Medicinal Plants of the Northeast Coloring Book is a project of Vermont Center for Integrative Herbalism (VCIH). VCIH is a 501(c)3 non-profit organization offering free and sliding-scale herbal consultations through our community clinics, as well as affordable classes that empower individuals to take care of themselves and their families, whenever appropriate. We also provide a comprehensive herbalist training program which weaves science, spirit and grassroots activism and culminates in a year of supervised practice in our sliding-scale community clinic.

The information in this book is for educational purposes only. It is not intended to replace the advice of a qualified healthcare provider.

This guide is not intended to be a definitive plant identification resource. Please reference additional botanically accurate sources when identifying plants meant for ingestion.

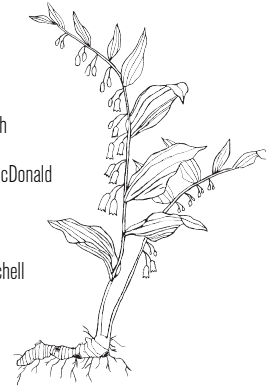
Vermont Center for Integrative Herbalism
252 Main Street
Montpelier, VT 05602
www.vtherbcenter.org
802-224-7100

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4 INTRODUCTION

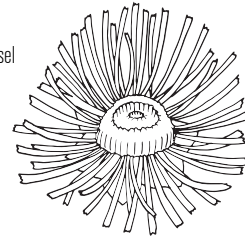
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"Nature disclosed through drawing has both the truth of scientific knowledge and the beauty of the creative act."

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 references 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

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!

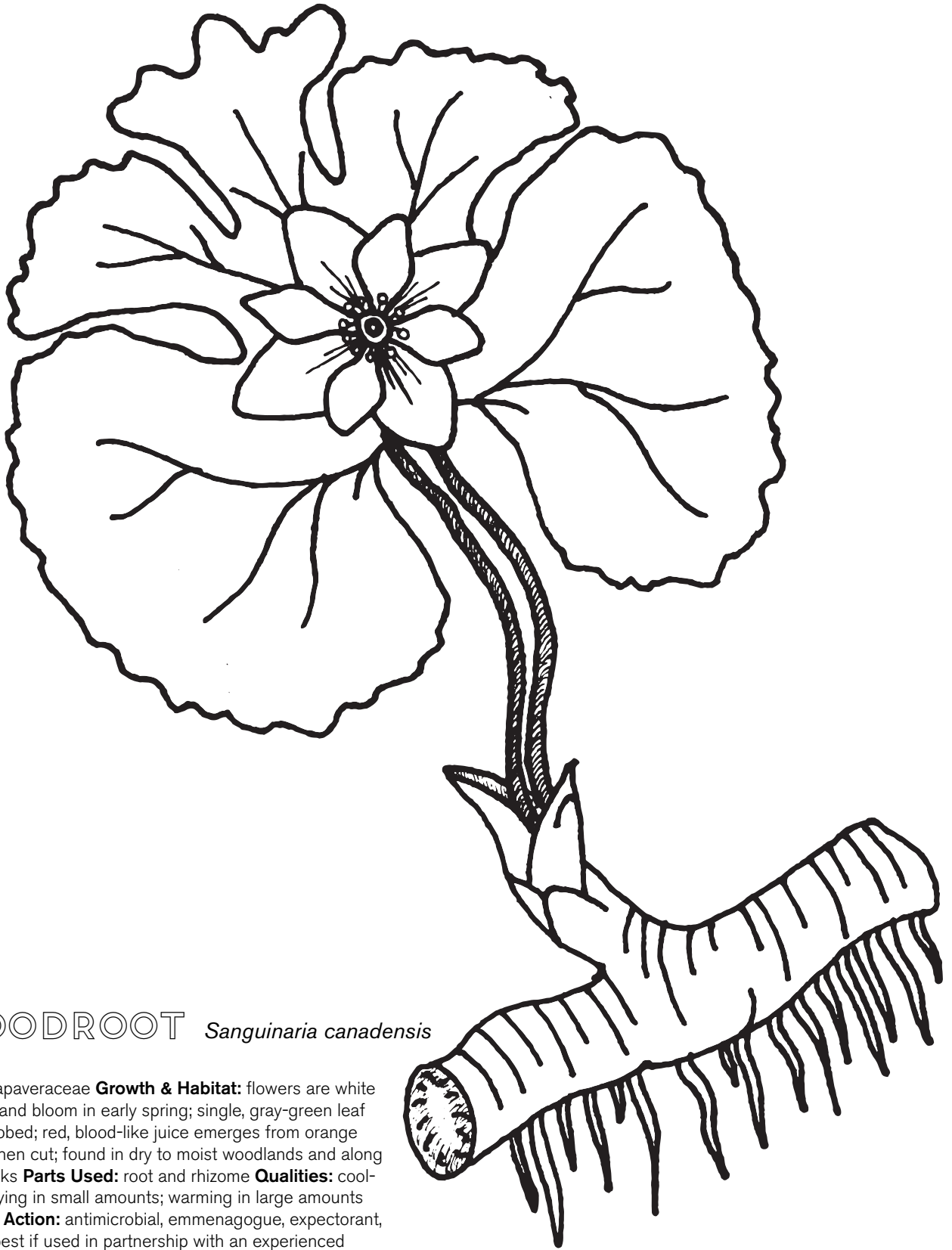
WOODLANDS



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 nerve

**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

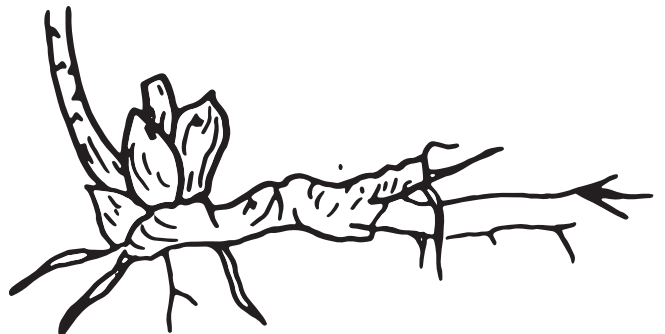
**At-risk, no wild harvest*

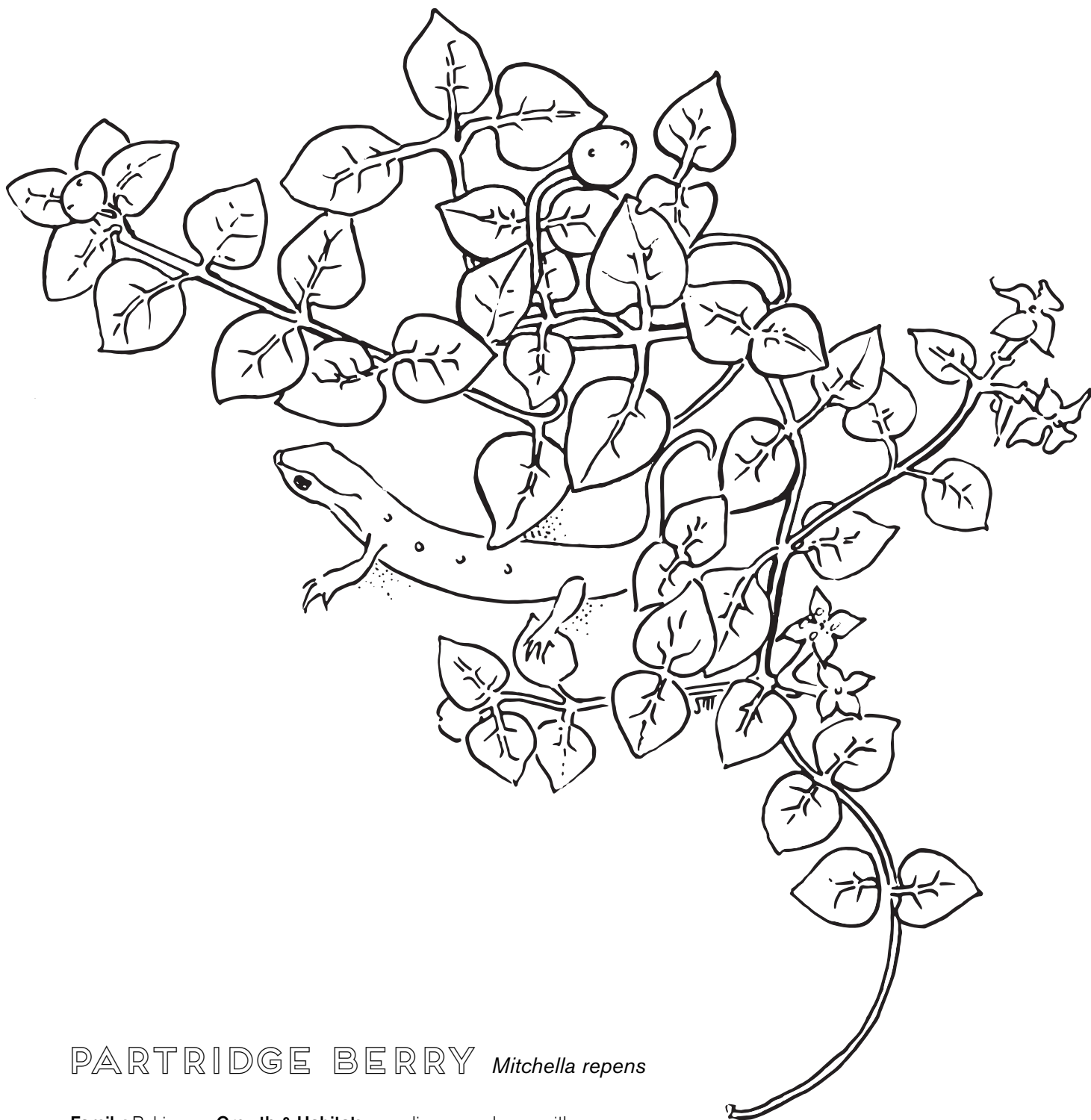


GOLDENSEAL *Hydrastis canadensis*

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*



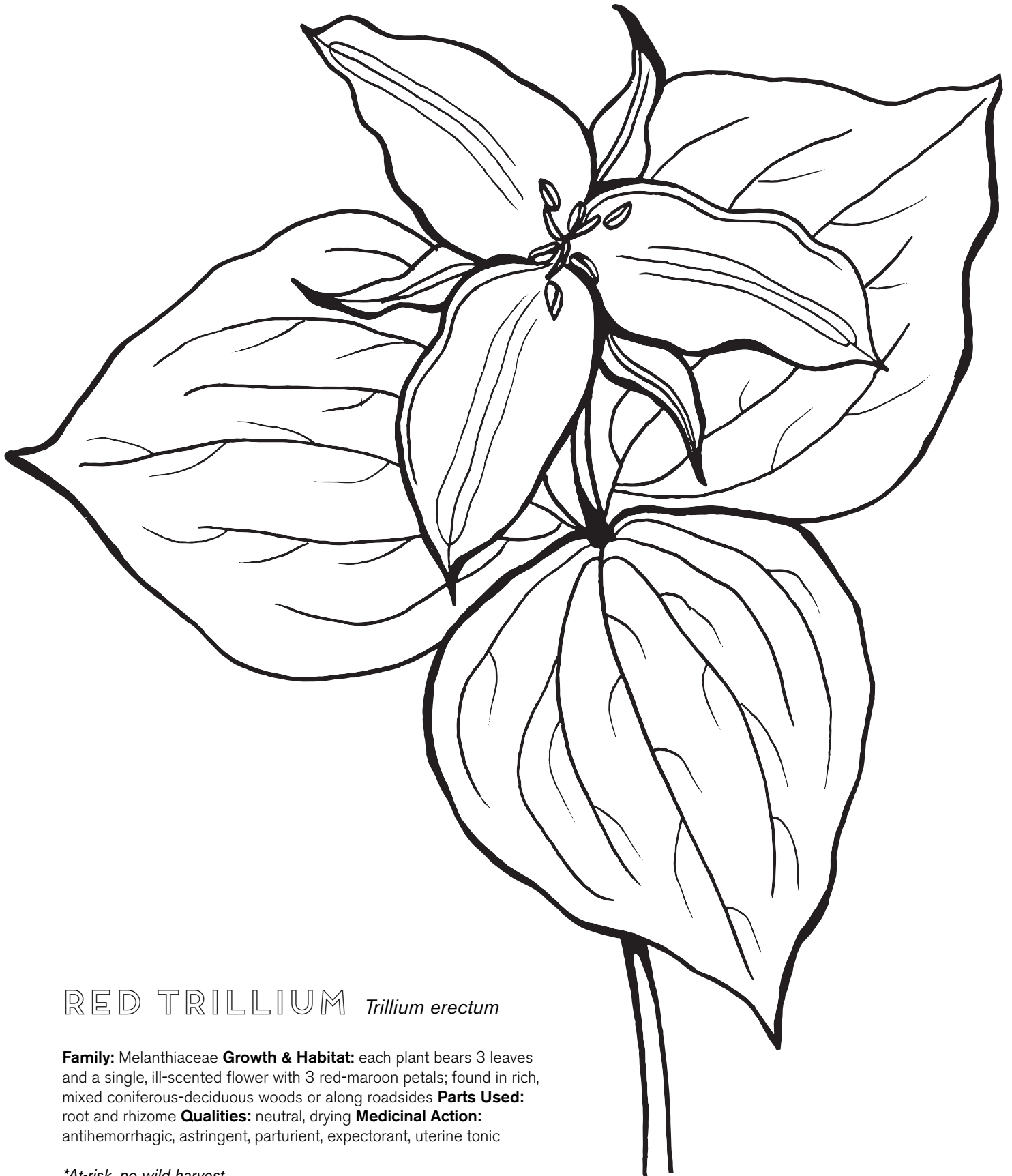


PARTRIDGE BERRY *Mitchella repens*

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*

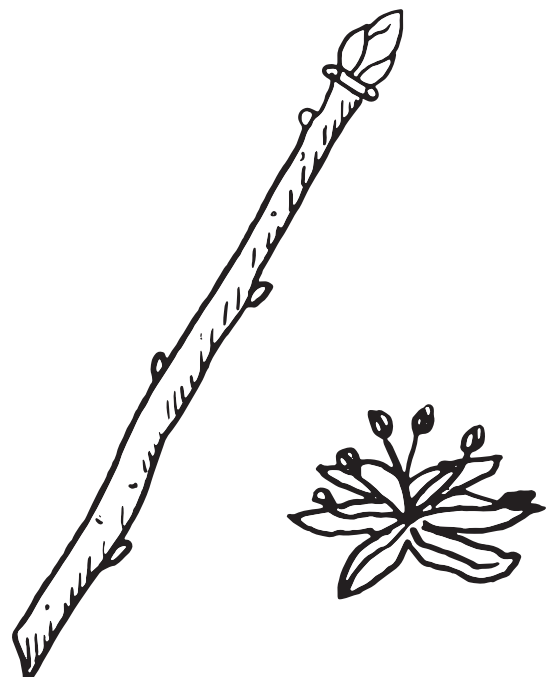
Family: Melanthiaceae **Growth & Habitat:** each plant bears 3 leaves and a single, ill-scented flower with 3 red-maroon petals; found in rich, mixed coniferous-deciduous woods or along roadsides **Parts Used:** root and rhizome **Qualities:** neutral, drying **Medicinal Action:** antihemorrhagic, astringent,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

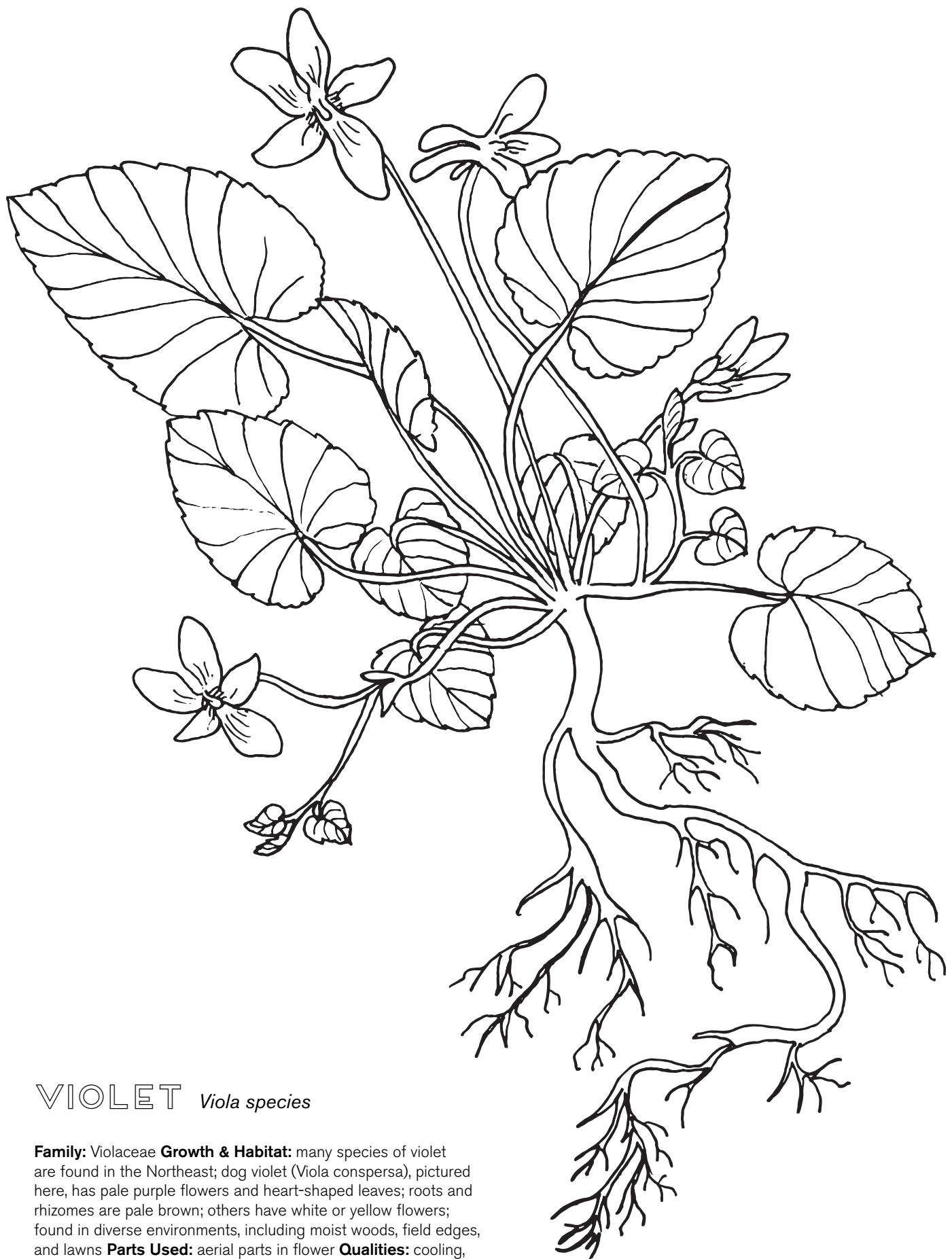




SOLOMON'S SEAL

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

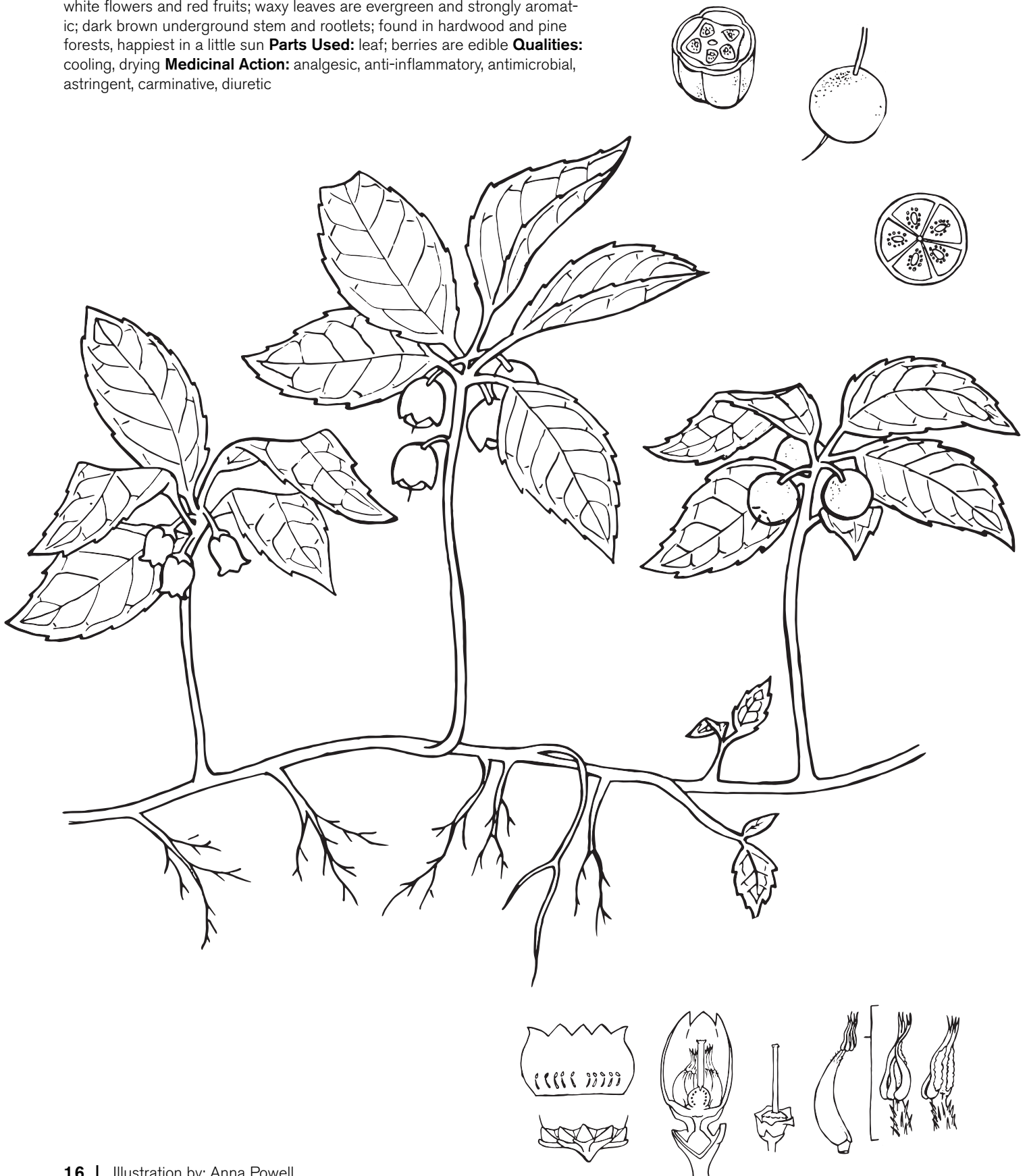


VIOLET *Viola species*

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



A detailed botanical illustration background featuring various plants. On the left, a large leafy stem with serrated leaves and a spiky flower head. In the top center, a plant with five broad leaves and two upright seed spikes. To its right, a small plant with opposite leaves and a terminal spike. Further right, a plant with finely divided, fern-like leaves and clusters of small flowers. Below the central text, a plant with small five-petaled flowers on thin stems. In the bottom left, a large daisy-like flower with many petals. At the bottom center, a plant with long, narrow, serrated leaves and a terminal spike. To its right, a circular inset showing a close-up of a flower's center. Below the circle, a small plant with a thick, knobby root and a single flower. In the bottom right, a plant with small flowers and a single five-petaled flower shown separately.

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, cholaretic, cholagogue, diaphoretic, diuretic, expectorant, immune stimulant

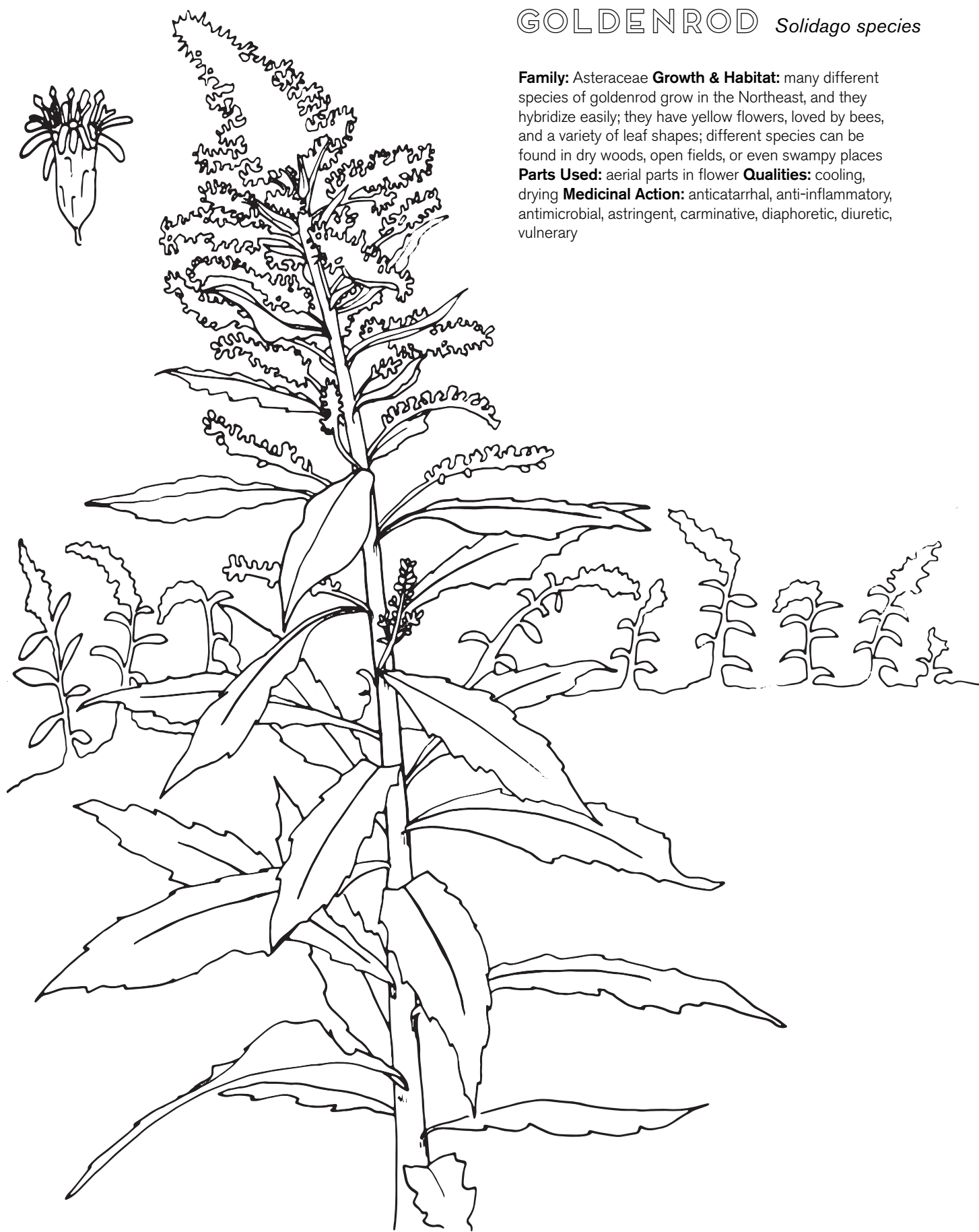




GOLDENROD *Solidago species*

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*

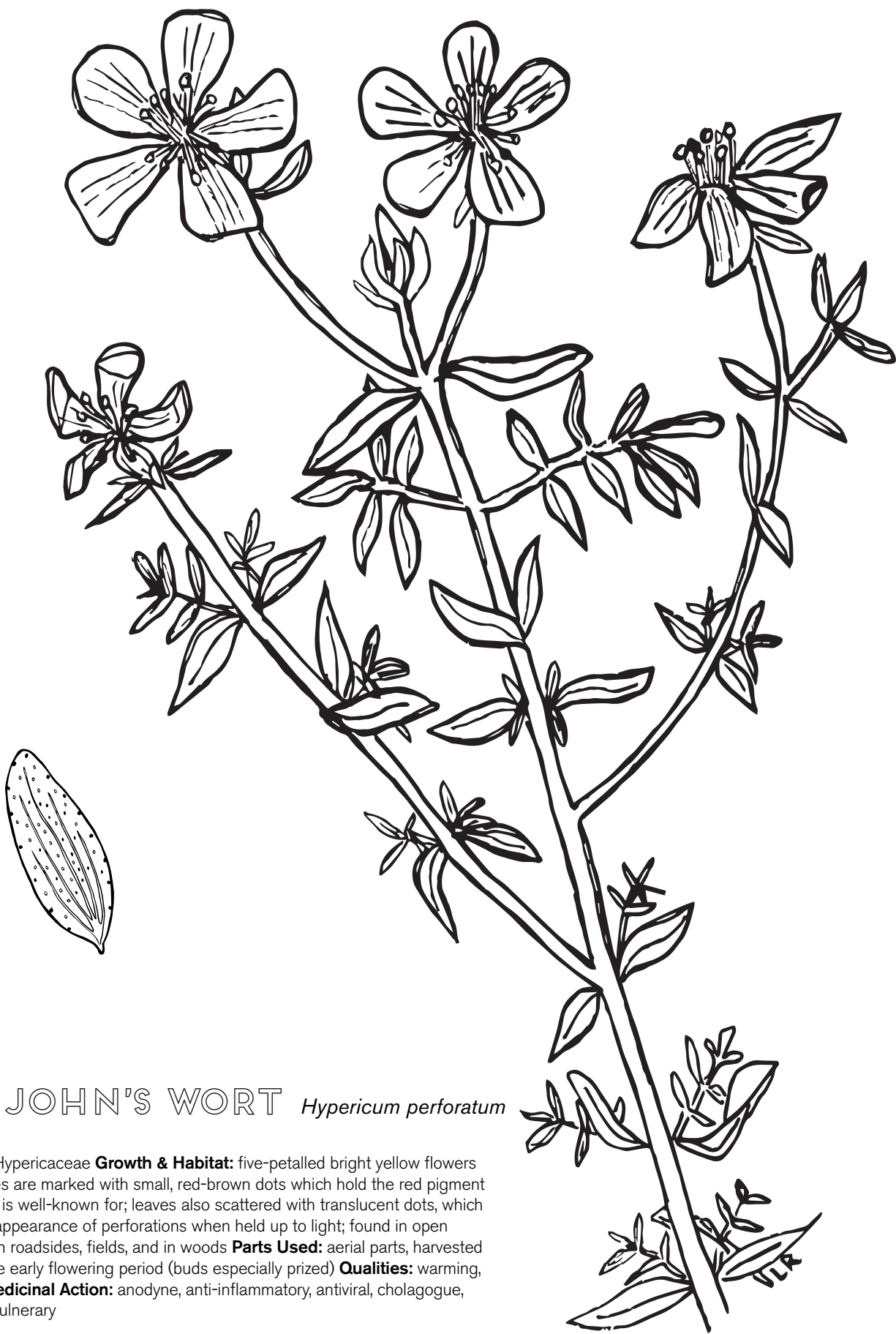
Family: Phytolaccaceae **Growth & Habitat:** tall, fleshy plant with pink to purple stalk, large leaves, and flowers ranging from white to fuschia to purple; berries are dark purple when ripe; large white taproot; found in fields and disturbed areas **Parts Used:** root **Qualities:** cooling, drying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





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



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*

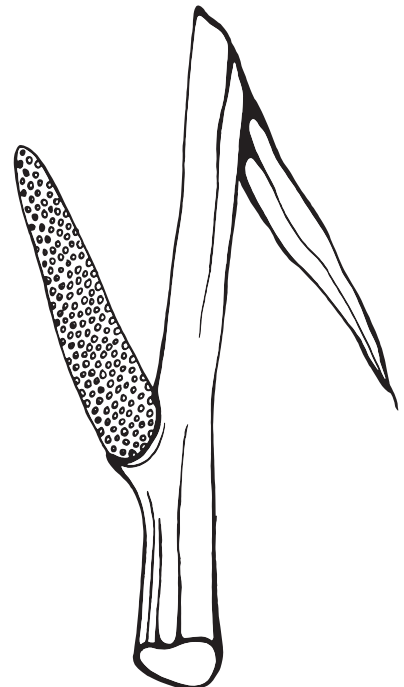
Family: Asteraceae **Growth & Habitat:** erect stems branch at top to hold clusters of gray-white flowers; pairs of leaves, fused at their base, appear pierced by the hairy stem; common in open fields, as well as damp areas **Parts Used:** aerial parts in flower **Qualities:** cooling, drying **Medicinal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

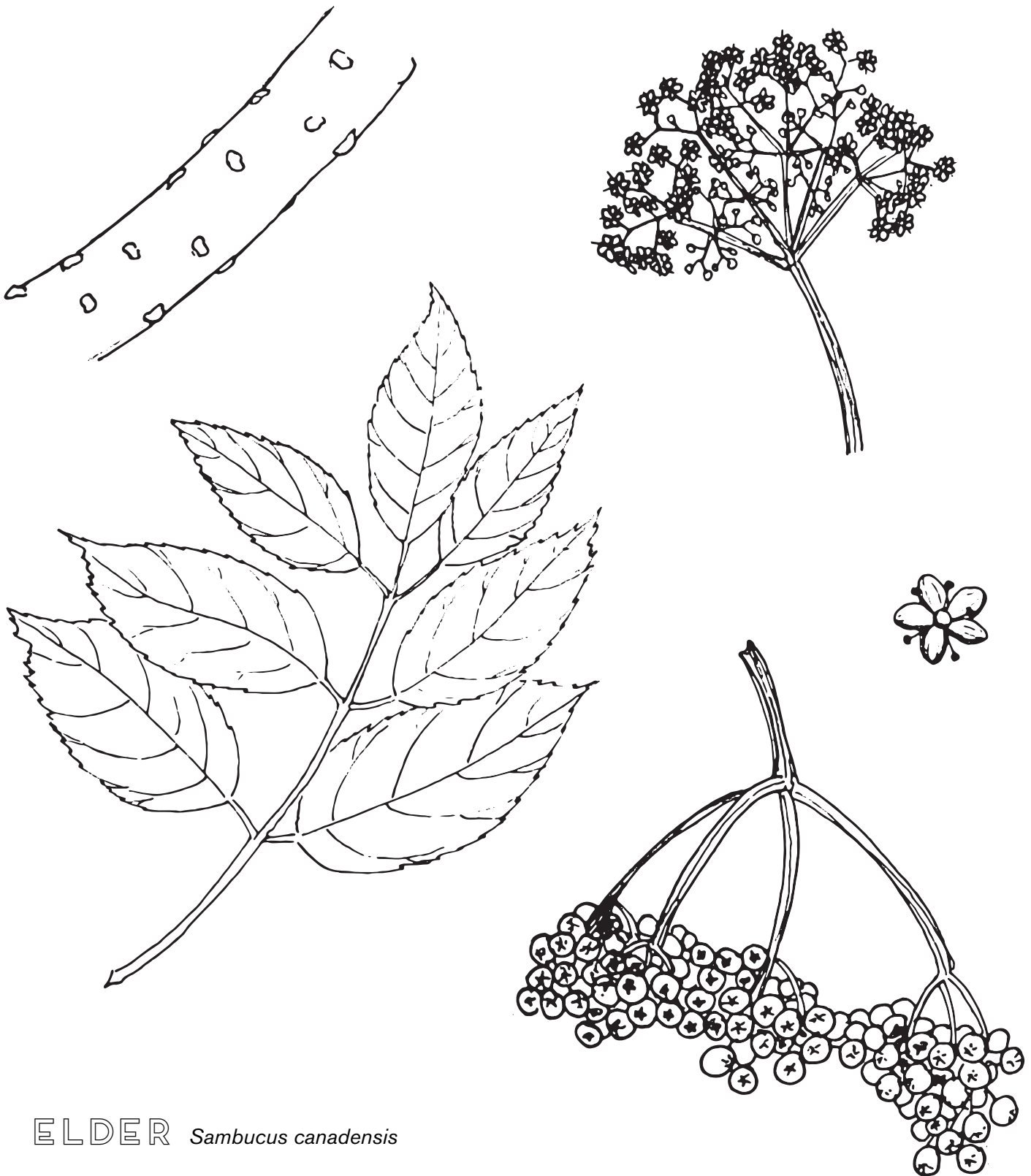




CALAMUS *Acorus calamus*

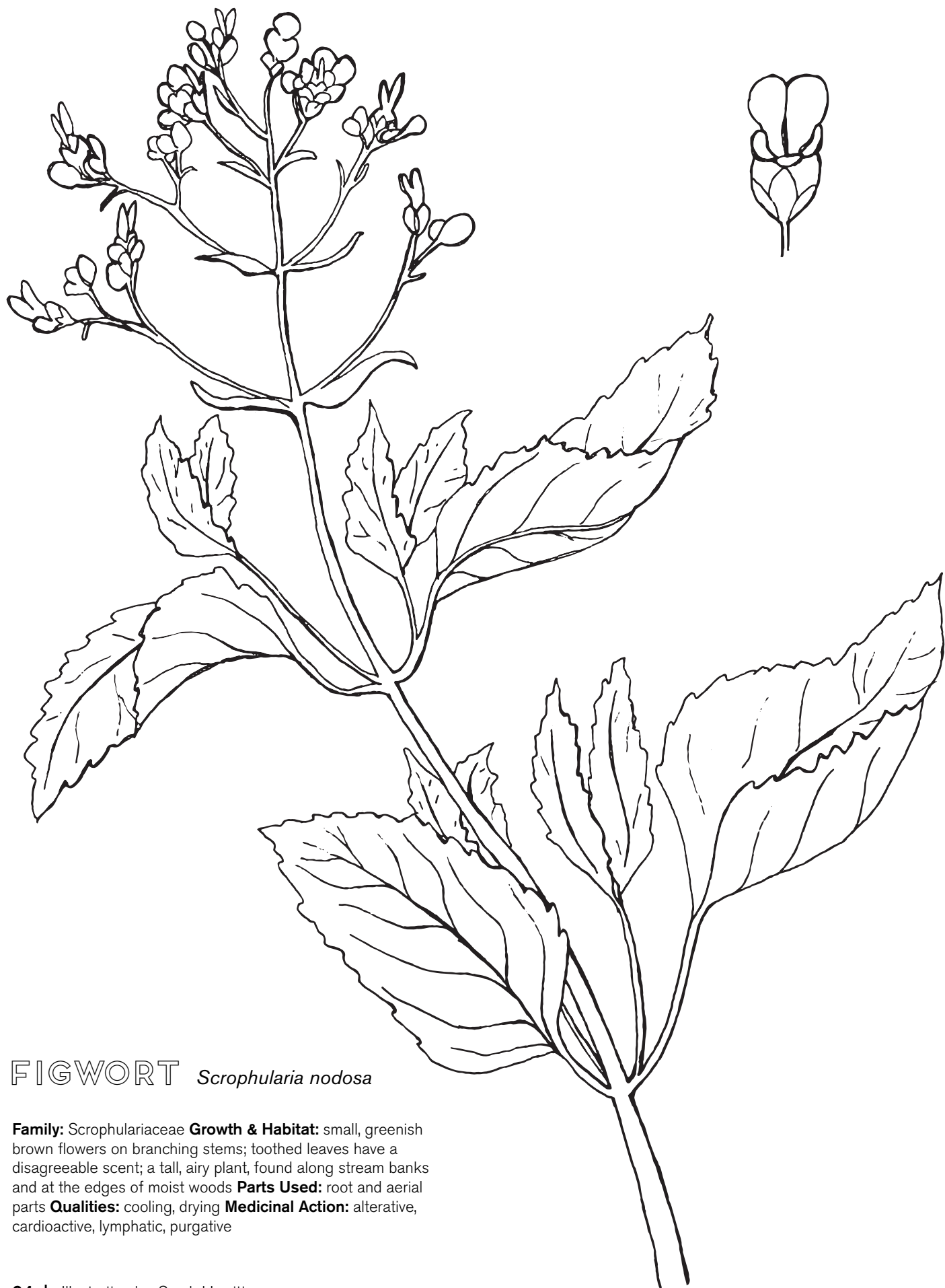
Family: Acoraceae **Growth & Habitat:** long, lance-shaped leaves resemble those of cattails, but are distinguished by a characteristic ripple in some leaves; rarely seen yellowish-green flowers cluster on a spadix; spreading fleshy rhizomes, brownish with white interior and spicy scent; found in wet 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



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

JAPANESE KNOTWEED *Reynoutria japonica* (aka *Fallopia japonica*)

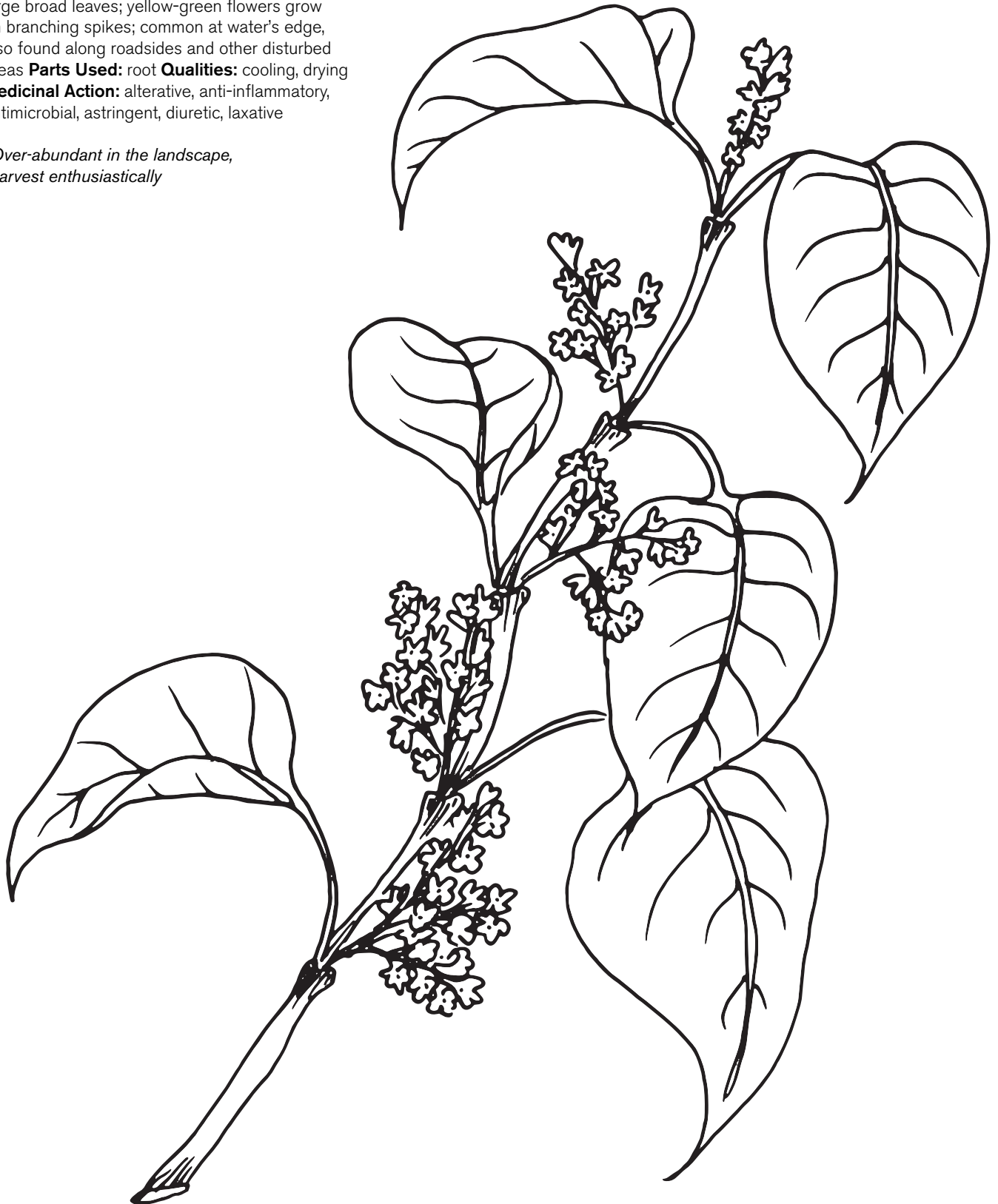
Family: Polygonaceae **Growth & Habitat:**

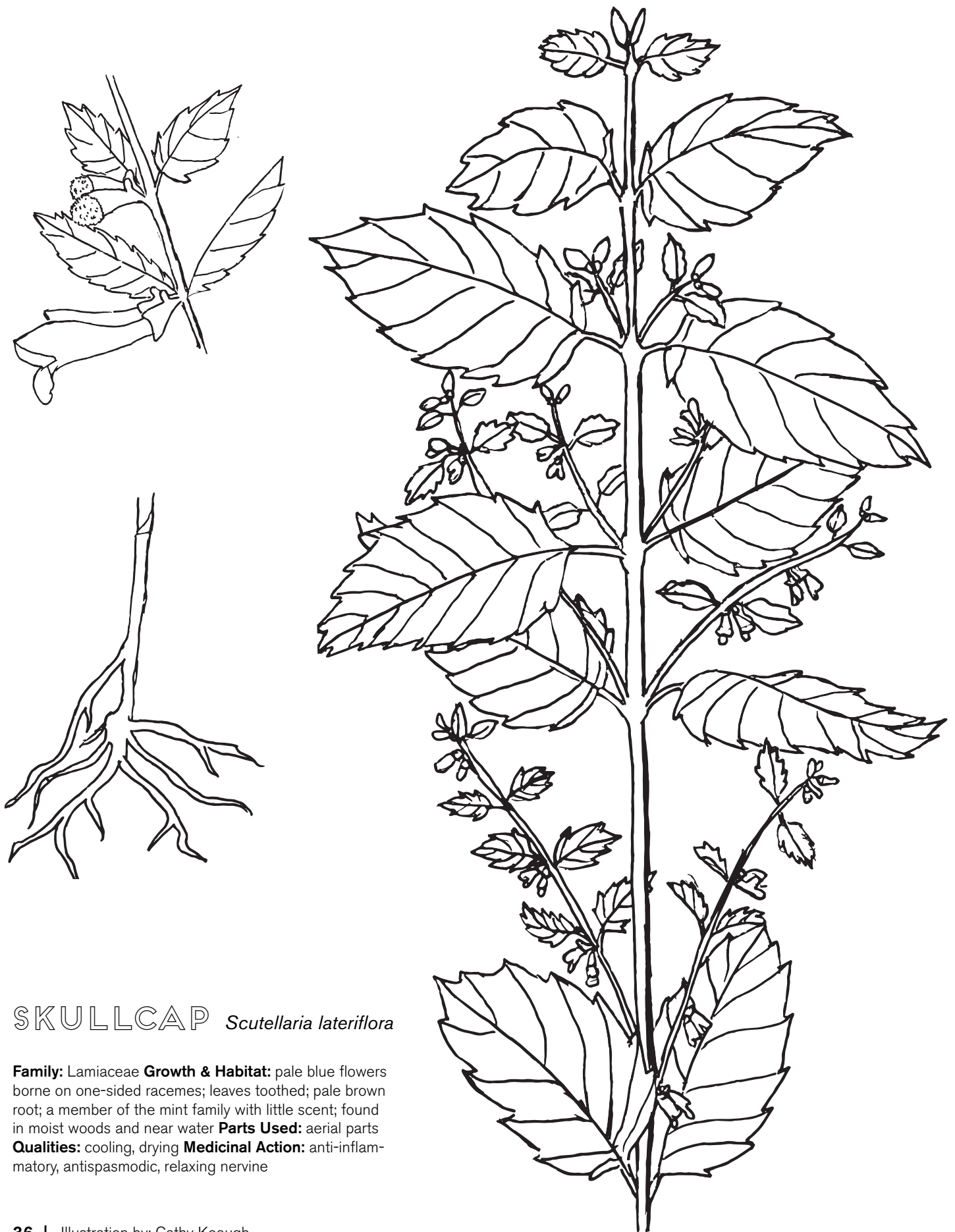
tall, bamboo-like plants with jointed stalks and large broad leaves; yellow-green flowers grow on branching spikes; common at water's edge, also found along roadsides and other disturbed areas

Parts Used: root **Qualities:** cooling, drying

Medicinal Action: alterative, anti-inflammatory, antimicrobial, astringent, diuretic, laxative

**Over-abundant in the landscape,
harvest enthusiastically*





SKULLCAP *Scutellaria lateriflora*

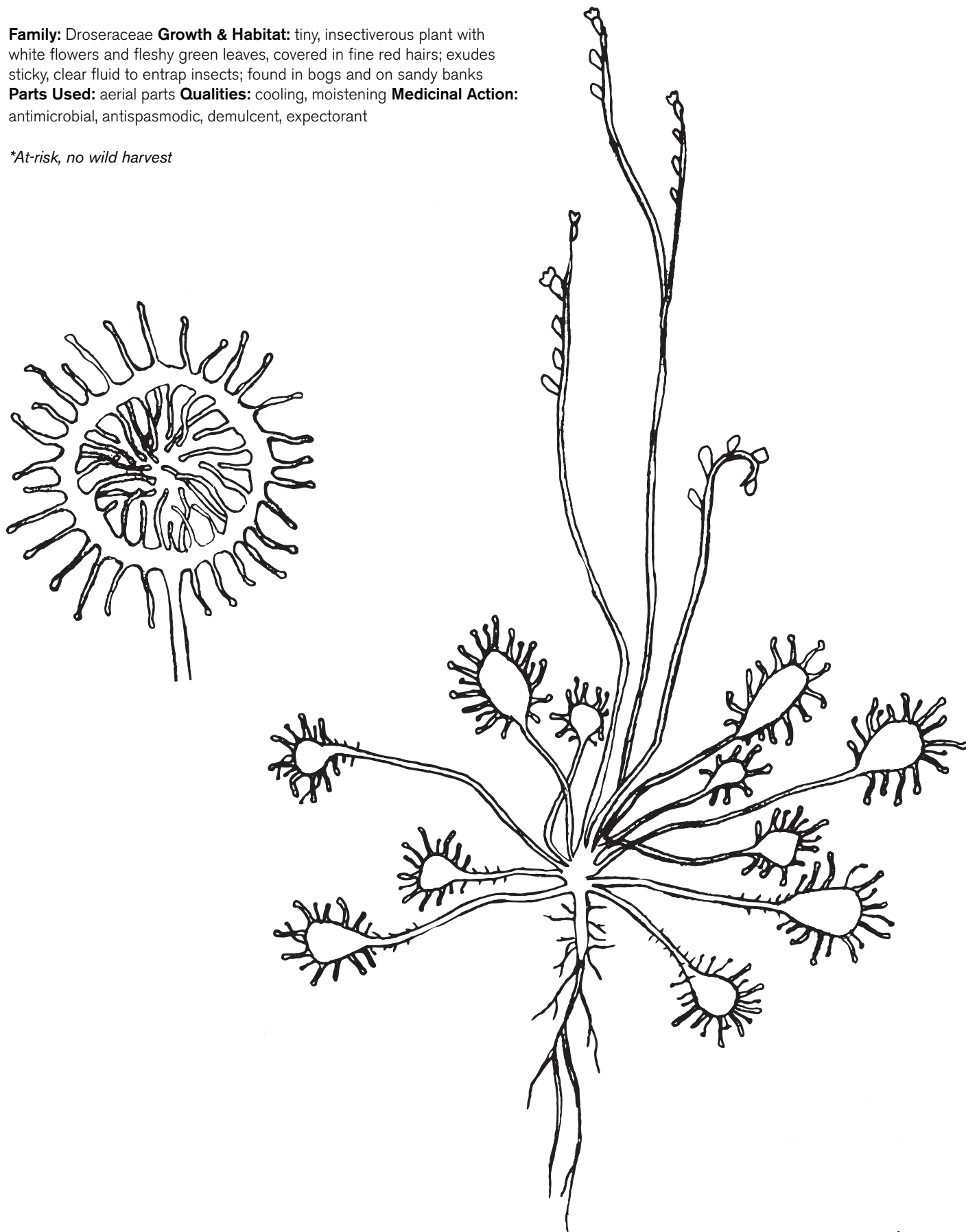
Family: Lamiaceae **Growth & Habitat:** pale blue flowers borne on one-sided racemes; leaves toothed; pale brown root; a member of the mint family with little scent; found in moist woods and near water **Parts Used:** aerial parts **Qualities:** cooling, drying **Medicinal Action:** anti-inflammatory,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

SUNDEW *Drosera rotundifolia*

Family: Droseraceae **Growth & Habitat:** tiny, insectivorous 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 laxative effect by assisting or inducing evacuation of the bowel

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, often by supporting bile production

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/cardioprotective 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 mucus)

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

diuretic stimulates excretion and flow of urine

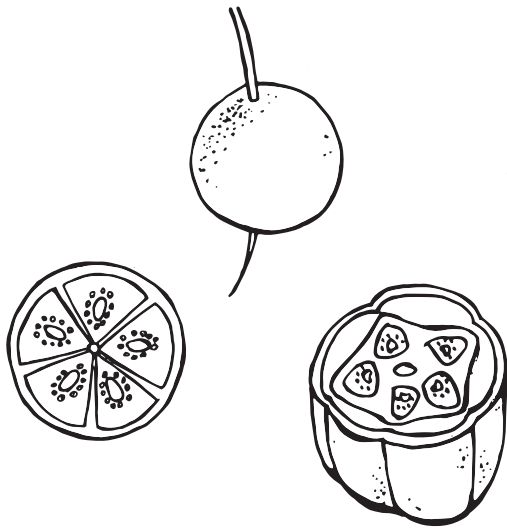
emetic causes vomiting

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

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

expectorant 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

styptic 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

raceme 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

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)

BOTANY AND PLANT IDENTIFICATION

Books

Botany in a Day, Thomas Elpel
Newcomb's Wildflower Guide, Lawrence Newcomb
Peterson's Field Guide to Eastern/Central Medicinal Plants,
Steven Foster and James Duke
Shanleya's Quest: A Botany Adventure for Kids, Thomas Elpel

Websites

botanyeveryday.com, Marc Williams
floranorthamerica.org/families, Flora of North America
gobotany.newenglandwild.org,
Go Botany, New England Wildflower Society

BOTANICAL ILLUSTRATION

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

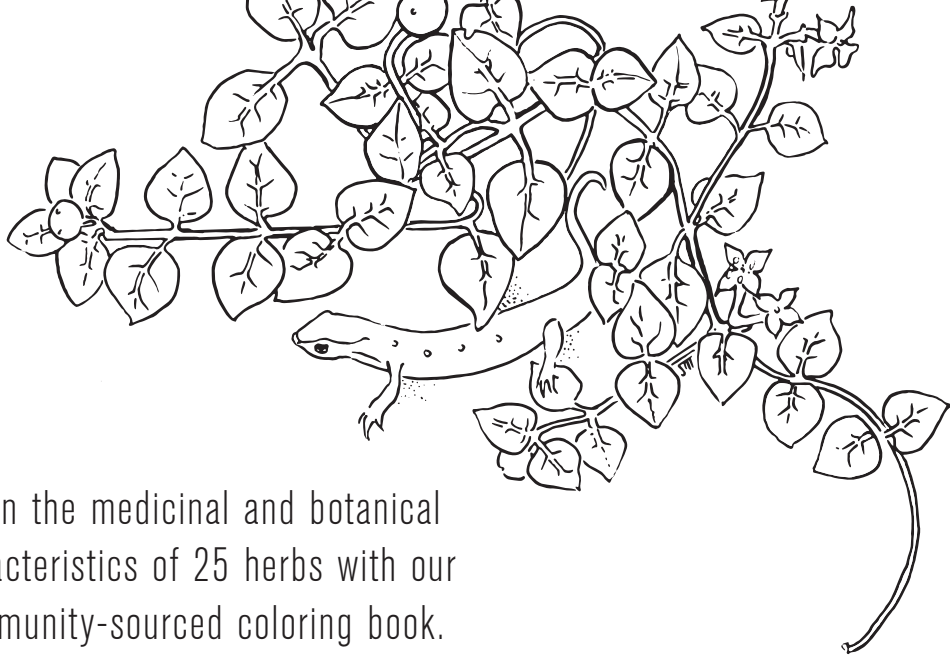
(that supply the public)

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.

To order additional copies, please visit www.vtherbcenter.org or <http://tinyurl.com/VCIHcolor>

