

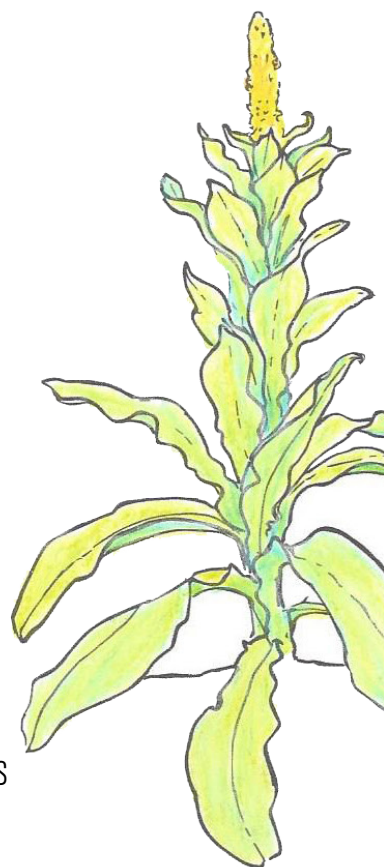
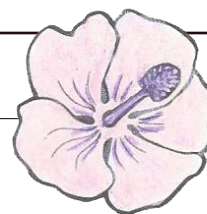
VERMONT CENTER FOR INTEGRATIVE HERBALISM'S

MEDICINAL PLANTS OF THE NORTHEAST

COLORING BOOK

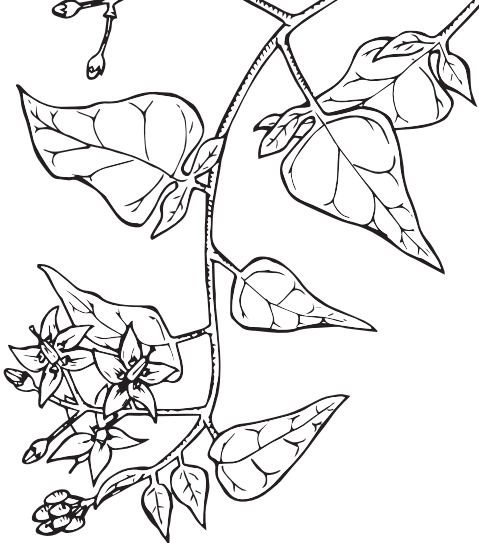
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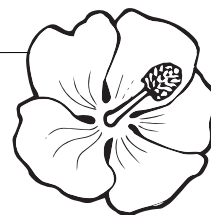
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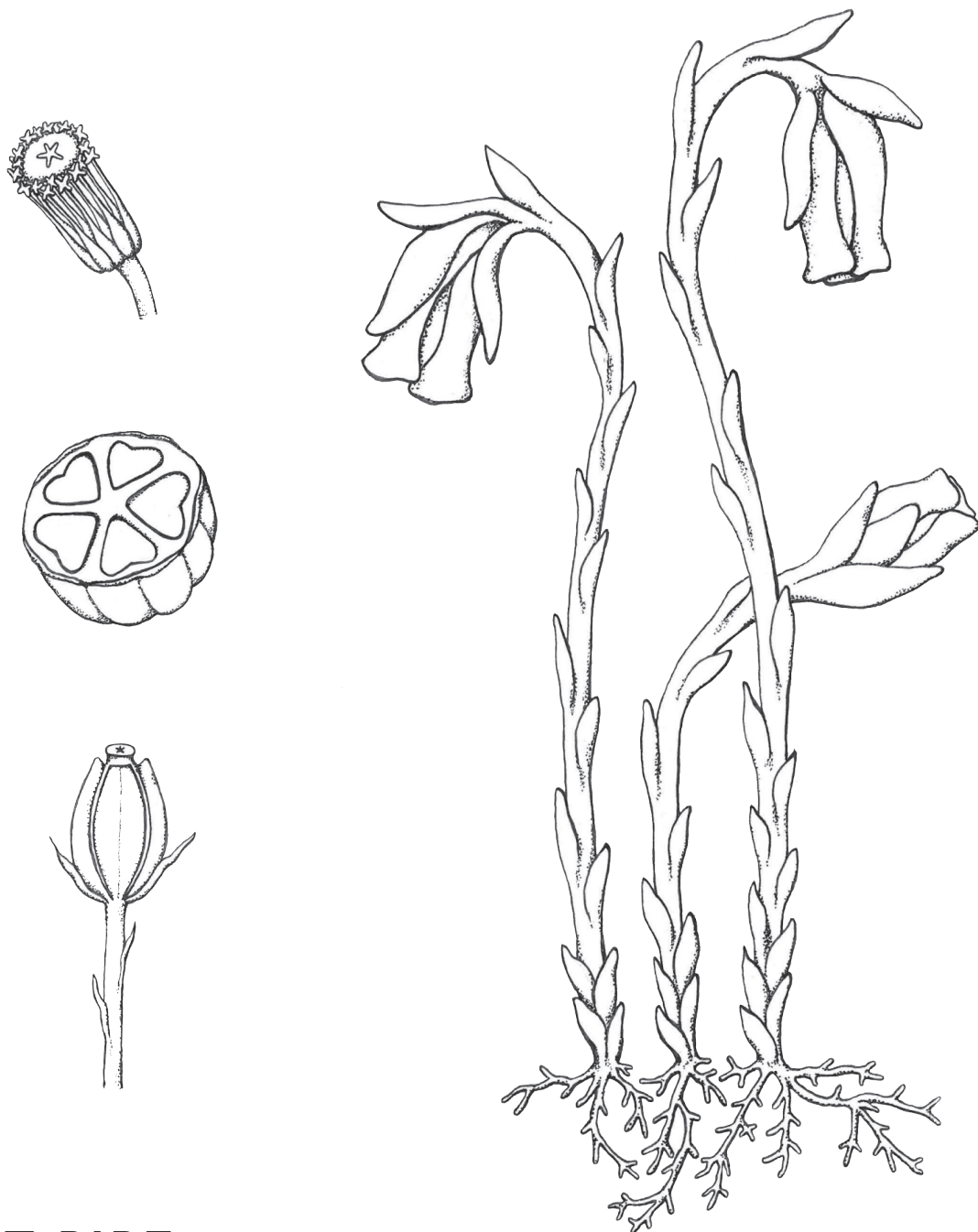
ANGELICA *Angelica purpurascens*

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

Illustration by: Miranda Resnick

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GHOST PIPE *Monotropa uniflora*

Family: Ericaceae **Growth & Habitat:** perennial with white, sometimes pink, almost translucent tissue, growing 4-10" tall in deep, moist forests; fleshy, scaly stem bears nodding flower that turns upright when in fruit; turns dark brown or black in late Fall; a saprophyte, this plant draws on the fungi and trees around it for nourishment, as it does not photosynthesize **Parts Used:** whole plant (aerial parts most sustainable) **Qualities:** cooling, drying, relaxing **Medicinal Action:** anodyne, antispasmodic, nervine relaxant, sedative



Vulnerable plant: harvest sparingly if at all, above-ground parts only

Illustration by: Tessa Scheele

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BEE BALM *Monarda fistulosa*

Family: Lamiaceae **Growth & Habitat:** native perennial growing to 5'; stiff, square stems with purple speckles bear opposite, toothed leaves and clusters of pale lavender flowers with protruding pistil and stamen and white "beard" inside; important pollinator food; flowers and leaves pungently aromatic; common in sunny meadows and at woodland edges, usually in large patches **Parts Used:** aerial parts in flower **Qualities:** warming, drying, stimulating **Medicinal Action:** antimicrobial, antispasmodic, carminative, diaphoretic, diuretic, emmenagogue, nervine stimulant

Illustration by: Julie Mitchell

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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

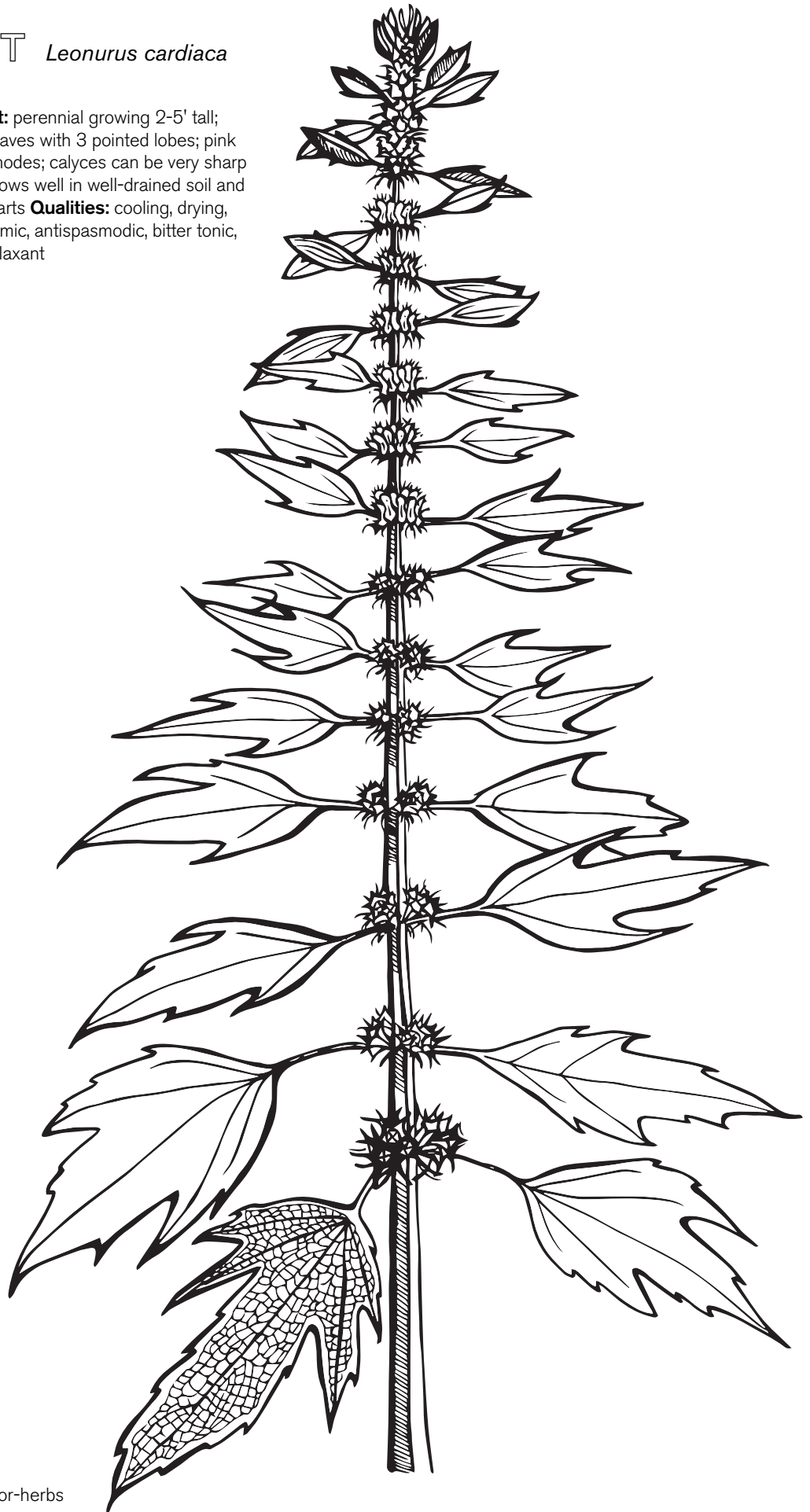


Illustration by: Kathryn Hansis

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TURTLEHEAD *Chelone glabra*

Family: Plantaginaceae **Growth & Habitat:** perennial root with rigid stem growing 2-5' tall; irregular flowers grow in a spike, usually white or pink, upper lip of the flower protrudes over the lower, resembling the head of a snake or turtle; glossy, opposite leaves finely toothed; grows on the shores of rivers or lakes, in wetlands and swamps **Parts Used:** leaves **Qualities:** cooling, drying, stimulating **Medicinal Action:** anthelmintic, bitter tonic, cholagogue, cholaretic, emmenagogue



Illustration by: Erin Rosenthal

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