

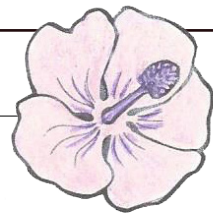


VERMONT CENTER FOR INTEGRATIVE HERBALISM'S

MEDICINAL PLANTS
OF THE NORTHEAST

COLORING BOOK

VOLUME 2



Illustrated by VCIH Students, Faculty, Staff & Friends

Montpelier, Vermont



WINTER 2017

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 clinic and programs are shaped by our dedication to preserving tradition, even as we integrate into modern medical contexts. Our work explores and cultivates health justice and encourages meaningful and sustainable relationship with plants and place. Sales of this book will support the work we do to provide direct care in our local community and to educate skilled herbalists who will go on to serve diverse communities far and wide.

DEDICATION

We again dedicate our humble 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 practice are the native plants. In the Northeast, we're lucky to live among many well-known native "superstars", like American ginseng, which you'll meet 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.

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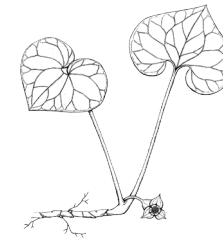
The Medicinal Plants of the Northeast Coloring Book is a project of Vermont Center for Integrative Herbalism (VCIH). VCIH is a 501(c)3 non-profit organization offering free and sliding-scale herbal consultations through our community clinics, as well as affordable classes that empower individuals to 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.

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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.

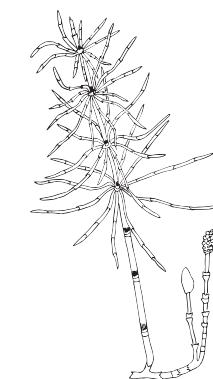
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INTRODUCTION

When we started this project, we hoped to make life-long plant lovers out of unsuspecting coloring-enthusiasts and to inspire fresh creativity and curiosity in herb devotees. We've been thrilled to hear that our first book has done just that. We've heard tales of Volume 1 accompanying folks at family gatherings and for afternoons of solitude with steaming mugs of tea. Parents read aloud about the plants, while kids colored the illustrations and groups of friends got together to color, laugh and unwind. Books and coloring pages appeared as activities at kid's camps, outdoor classrooms, conferences and herbal apprenticeships. But, we didn't want to stop there. Our success inspired us to keep creating opportunities for folks of all ages to learn, relax and deepen relationship with the natural world.

So, we commissioned another beautiful array of botanical drawings from our generous community of herb students, alumni, teachers and practitioners, and Volume 2 was born. This volume brings together over 40 new plants—many familiar and a few that folks might meet for the first time. We can't wait to hear the tales of all the new places this book will go. We're especially excited that it has found its way to you! We hope you find much relaxation and inspiration as you create stories of your own.

THE MAKING OF OUR BOOK

If you're starting with Volume 2, you might not know how we got into the coloring book business, so we'll catch you up. The idea was born in our Family Herbalist program, during botany class. One of our adjunct faculty members, herbalist Julie Mitchell, invited students to draw plants while dissecting them, as an exercise to learn botanical characteristics. The creativity and skill of our students was quickly apparent and a seed was planted. Excited to create a learning tool for our students to enjoy, Julie proposed a coloring book—much like one she'd seen in the Northwestern US—and the project grew organically from there. Soon we had 25 gorgeous drawings and we couldn't keep them to ourselves. We produced Volume 1 in 2016 and it was such a success that we immediately started planning for the next one in the series. This year's class was even more enthusiastic, creating almost twice as many drawings, generously giving us more beauty to share with you!

WHAT YOU'LL FIND IN THESE PAGES

In this volume, we continued our focus on plants found wild in the Northeastern United States, both native and introduced. We defined the Northeast as broadly as possible, including the area stretching between the Atlantic and the western borders of Pennsylvania and West Virginia, and from Maine south to Virginia. There are so many useful plants in our area that we wanted to continue to highlight our local bounty and encourage bioregional herbalism. But, no matter where you live, many of these plants will be familiar to you. We're also excited to introduce you to a few plants that have fallen out of use or are often overlooked.

Volume 2 contains 43 plants, illustrated by our students, faculty, staff, alumni and friends. The artists are as diverse as the plants they've drawn, so you'll find different styles of interpreting and rendering the plants. However, each image is intended to be realistically representative of the botanical characteristics of the featured plant. As is common in botanical drawing, detailed images of parts of interest often appear magnified alongside the plant depicted in its entirety. On each page, you'll also find information that introduces you to the plant, including its botanical and common names, botanical family, basic physical description and growth traits, parts used, energetic qualities, and medicinal actions.

Once again, the plants appear grouped according to where they are commonly found: woodlands, fields and meadows, and wet places. The sections are divided by a 2-page collage of plants found in each ecosystem, providing another opportunity to color each plant and to learn the plants in relation to each other, as they are found in nature.

HOW TO USE THIS BOOK

First and foremost, this book is meant to be enjoyed! Relax and be creative—don't worry too much about doing anything "right". The act of coloring itself is recognized as a valuable meditation technique and stress reliever, so take some deep breaths and let yourself unravel a bit. Color outside the lines or invent a rainbow plant from faeryland!

At the same time, this book can be a great learning tool for kids and adults alike and we know many of you will want to use it this way, as well. With that in mind, we have some suggestions for getting the most out of creating your personalized herbal reference guide. If you're wondering how to color a plant realistically, start by reading the descriptive text that accompanies it on the page. If you'd like more details about appearance or any of the other subjects covered, head to the back of the book. There, you'll find a Resources section which includes a list for botany and plant identification. You can visit one of the websites for a quick coloring reference. If you're interested in identifying and harvesting local plants, invest in one of the ID books to take with you on your next weed walk for positive identification.

If you'd like to prepare and use a particular plant, please do avail yourself of the resources regarding herbal medicine. You'll need more information than we can provide here to safely and effectively consume a plant for health benefits, particularly if you're getting to know that plant for the first time. For further support, we've also provided a glossary of herbal actions and botanical terms to support you in learning this specialized terminology. You'll also find numerous additional resources to help you explore plant conservation, regional herb sources, Native American ethnobotany, and botanical illustration. If herbs are new to you, please consider this coloring book an introduction and one of many companions on a long learning journey.

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 circulation, expands and lifts

Cold slows or stops processes, decreases circulation, contracts and sinks

Moisture brings nourishment, lubricates

Dryness counters excess moisture, firms or tones

Stimulation* catalyzes function, increases tension, clears waste accumulation

Relaxation* sedates function when excessive, increases flexibility

Check out the Resource section to learn more about this important aspect of herbalism!

**Not all plants exhibit a strong push towards relaxing or stimulating, so these qualities only appear with some herbs.*





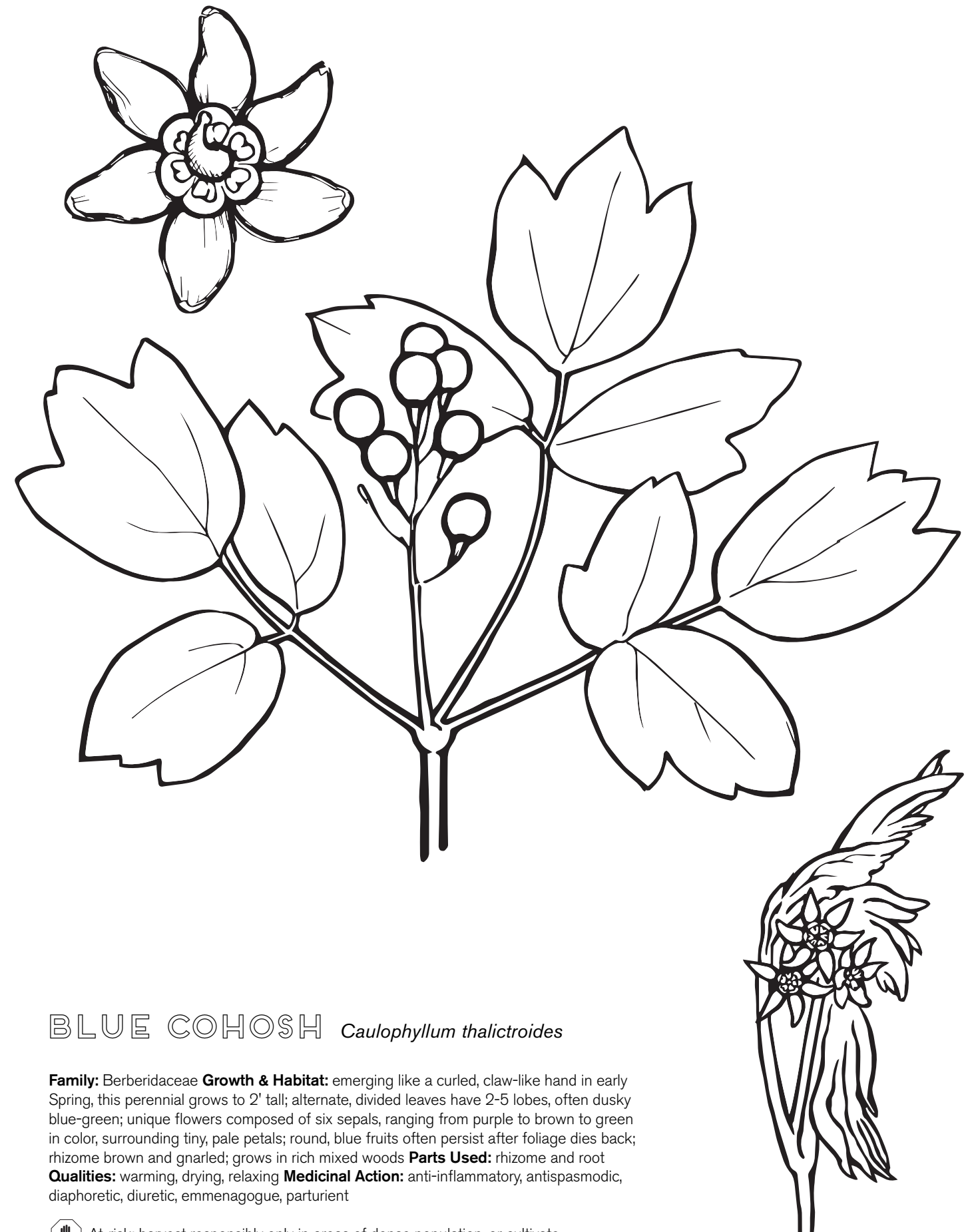
WOODLANDS



AMERICAN GINSENG *Panax quinquefolius*

Family: Araliaceae **Growth & Habitat:** long-lived perennial sends up a whorl of 3 palmate, compound leaves, each with 5 toothed leaflets; umbel of green flowers with five parts mature into bright red fruit; long, tapering, often branched root; grows best in rich, moist woods on north-facing slopes **Parts Used:** root **Qualities:** cooling, moistening, stimulating **Medicinal Action:** adaptogenic, hypoglycemic, hypolipidemic, hypotensive, immunomodulant, nervine stimulant, nutritive

At-risk: do not wild harvest, use cultivated only



BLUE COHOSH *Caulophyllum thalictroides*

Family: Berberidaceae **Growth & Habitat:** emerging like a curled, claw-like hand in early Spring, this perennial grows to 2' tall; alternate, divided leaves have 2-5 lobes, often dusky blue-green; unique flowers composed of six sepals, ranging from purple to brown to green in color, surrounding tiny, pale petals; round, blue fruits often persist after foliage dies back; rhizome brown and gnarled; grows in rich mixed woods **Parts Used:** rhizome and root **Qualities:** warming, drying, relaxing **Medicinal Action:** anti-inflammatory, antispasmodic, diaphoretic, diuretic, emmenagogue, parturient

At-risk: harvest responsibly only in areas of dense population, or cultivate



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 **Qualities:** warming, drying, stimulating **Medicinal Action:** antimicrobial, antispasmodic, carminative, diaphoretic, diuretic, emmenagogue, nervine stimulant

CHICKWEED *Stellaria media*

Family: Caryophyllaceae **Growth & Habitat:** low-growing, fleshy annual with bright green leaves and star-like white flowers with 5 petals, each split to create the effect of 10; leaves arranged in opposite pairs along stem, which bears a single line of hairs on one side; commonly found in nitrogen-rich soil, compost piles and other disturbed habitats in full sun or semi-shade **Parts Used:** aerial parts **Qualities:** cooling, moistening **Medicinal Action:** alterative, anti-inflammatory, aperient, demulcent, diuretic, emollient, nutritive, vulnerary





BIDENS *Bidens pilosa*

Family: Asteraceae **Growth & Habitat:** annual, growing 3' tall; inflorescences borne in clusters on branched stems; disc flowers yellow, surrounded by white ray flowers; leaves opposite with 3-5 toothed leaflets; black seeds have barbed tips and stick to clothing, fur, or feathers for dispersal; grows most happily in sunny, moist soil and cultivated fields and is common in ditches **Parts Used:** whole plant **Qualities:** cooling, drying, stimulating **Medicinal Action:** alternative, anti-inflammatory, antimicrobial, antirheumatic, carminative, circulatory stimulant, diaphoretic, emetic, emmenagogue, expectorant, immune stimulant, styptic, vulnerary



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:** anti-inflammatory, antispasmodic, astringent, bitter, carminative, circulatory stimulant, cholagogue, diaphoretic, diuretic, emmenagogue, expectorant

⚠ **CAUTION:** there is a small risk that sensitive individuals could become more reactive to sunlight, causing burning or blistering, after prolonged contact with fresh plant

GLOSSARY

The following definitions are simplified for the broadest audience and most general application. Please refer to the additional resources if you'd like more complex or nuanced explanations.

HERBAL ACTIONS

adaptogenic increases overall resistance to stress and ability to recover; especially affects the nervous, endocrine and immune systems

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

analgesic/anodyne relieves or reduces pain

anthelmintic destroys or diminishes intestinal worms

antiarrhythmic normalizes the heart rhythm

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)

antifungal destroys or suppresses growth of pathogenic fungi

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)

antitussive diminishes coughing

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

choloretic increases the production of bile by the liver

circulatory stimulant enhances flow of blood throughout the body

demulcent soothes irritated and inflamed tissues (e.g. mucous 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

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

febrifuge reduces fever

fertility modulant increases or decreases likelihood of conception

galactagogue increases milk production and flow

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

hepatic improves the function of the liver

hepatoprotective reduces harm to liver cells, often from inflammation or infection, often also supporting regeneration to damaged cells

hormone modulant alters hormone-driven processes in the body; often refers to activities of estrogen, progesterone or testosterone

hypnotic induces sleep

hypoglycemic reduces blood sugar

hypolipidemic reduces or improves quality of blood fats (e.g. cholesterol or triglycerides)

hypotensive reduces blood pressure

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

kidney tonic supports kidney function

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

nutritive improves nutrition, often by providing minerals, protein or starches

parturient induces labor and assists in the efficient delivery of the fetus and placenta

partus preparator prepares the uterus for birth

prebiotic nourishes and promotes growth of beneficial microorganisms in the digestive tract

purgative induces a strong laxative effect

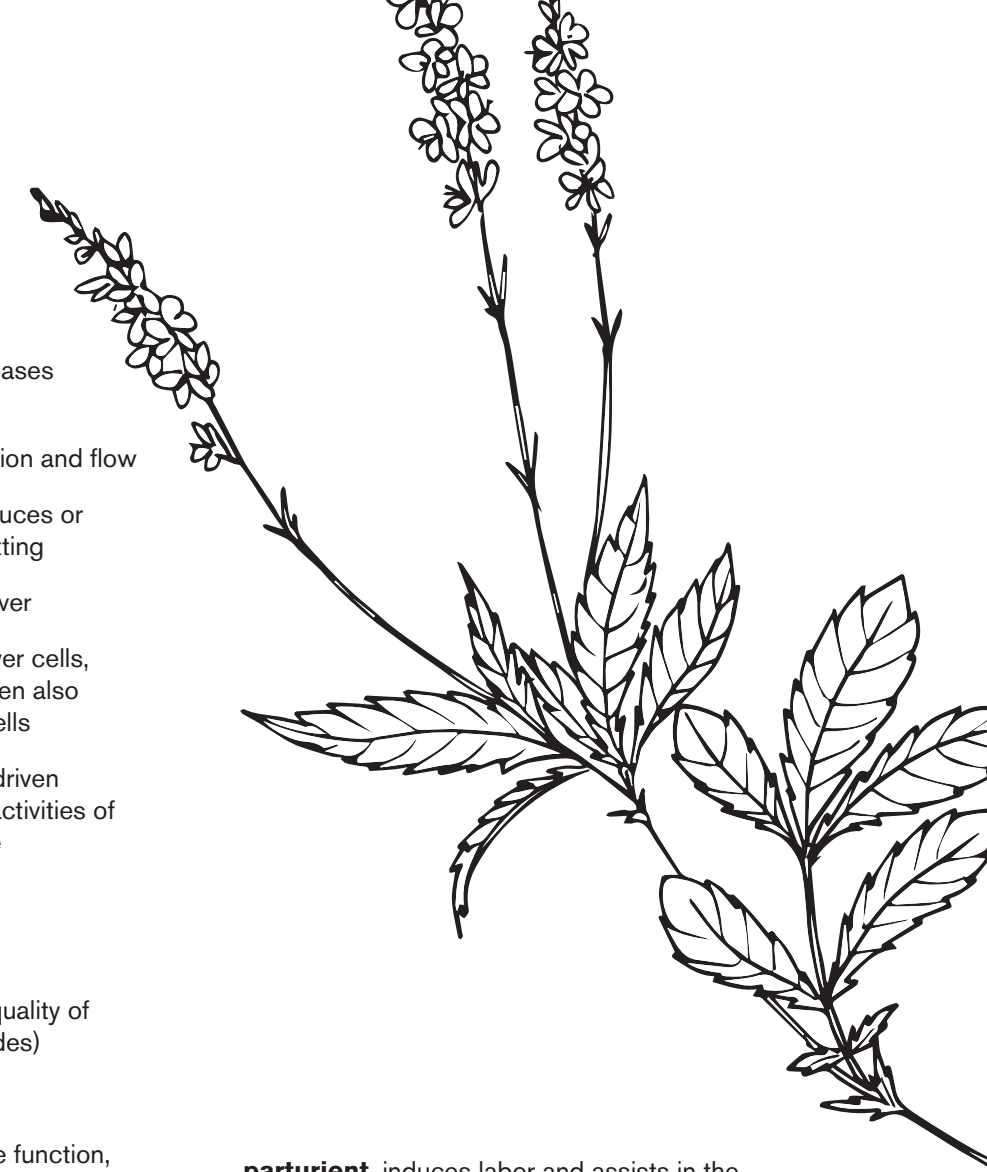
sedative reduces activity in the nervous system, decreasing nervous tension; may alleviate pain, anxiety, spasm or induce sleep

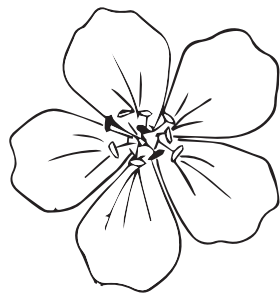
sialagogue increases saliva production and secretion

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

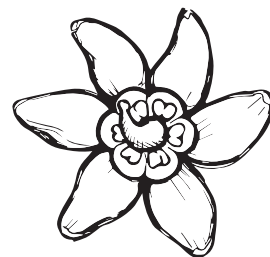




Learn the medicinal and botanical characteristics of 40+ herbs with our community-sourced coloring book.

**AMERICAN GINSENG • WILD GINGER • BEE BALM
EVENING PRIMROSE • MARSHMALLOW • MUGWORT
NETTLES • VALERIAN • WILD INDIGO • ANGELICA
BIDENS • MEADOWSWEET • POND LILY
AND MANY MORE!**

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All proceeds from the sale of this book support our clinics, so you're helping to build community health while you relax and learn. It's a true win-win! Your support helps us provide more herbs and consultation time, while keeping the lights on and the apothecary stocked.

We deeply appreciate your support of our work. We hope you'll enjoy this labor of love, made by our community for yours. And, 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!

