



The Ginkgo Tree

Botanical Sanctuary Medicinal Herb Walk

Featuring “at risk” and “at watch” plants

The Ginkgo Tree

Penelope Beaudrow, Registered Herbalist

Student Medicinal Plant Walk Handout

Materia Medica’ that follow are the ‘at risk’ and ‘at watch’ medicinal plants that we have planted at our farm.

‘At Risk’ Plant List

(Please see next page for information on each plant)

American Ginseng (*Panax Quinquefolius*)

Bloodroot (*Sanguinaria Canadensis*)

Black Cohosh (*Actaea Racemosa L.*)

Blue Cohosh (*Caulophyllum Thalictoides*)

Echinacea (*Echinacea spp.*)

Goldenseal (*Hydrastis Canadensis*)

Slippery Elm (*Ulmus Rubra Sundew – Drosera spp.*)

Trillium Beth Root (*Trillium spp.*)

‘To Watch’ Plant List

(Please see next page for information on each plant)

Arnica (*Arnica spp.*)

Goldthread (*Coptis spp.*)

Maidenhair Fern (*Adiantum Pendatum*)

Mayapple (*Podophyllum Peltatum*)

Ramps (*Allium Tricoccum*)



The Ginkgo Tree

'At Risk' Plant List

American Ginseng (Panax Quinquefolius)

- King of tonics; said to mean 'The Wonder of the World'
- Revitalizes and restores energy; good for entire nervous system
- Stimulant for brain and memory centers

Bloodroot (Sanguinaria Canadensis)

- Used for infection of respiratory tract: asthma, croup, laryngitis
- Valued for nervous irritation
- Used for lowering high pulse and heart disease

Black Cohosh (Actaea Racemosa L.)

- Calms nervous system
- Natural estrogen; good for relieving symptoms of menopause & balancing hormones
- Can be used for nervous conditions in males

Blue Cohosh (Caulophyllum Thalictoides)

- Used for rheumatism, dropsy, epilepsy, uterine inflammation
- Uterine stimulant and called 'Women's Best Friend'; relieves menstrual cramps
- Anti-spasmodic on whole, therefore has effect on nervous system and relieves muscle cramps and spasms

Echinacea (Echinacea spp.)

- Effective against both bacterial and viral attacks
- Good for colds, flu and upper respiratory tract infections
- Can be used to increase general immune system function; boosts system

Goldenseal (Hydrastis Canadensis)

- Used for digestive problems
- Externally used for treatment of eczema, ringworm, itching
- Seals wounds but can seal in infection, pus. Use only on a clean wound.

Slippery Elm (Ulmus Rubra Sundew – Drosera spp.)

- Used for gastric ulcers, colitis
- Excellent poultice for boils, abscesses, skin irritations
- Helps to feed the adrenal glands and produces cortin hormone which stimulates the entire body



The Ginkgo Tree

Trillium Beth Root (Trillium spp.)

- Used principally for hemorrhages
- Poultice to restrain gangrene
- Brings on contractions to aid in birth; uterine tonic to help stop bleeding

'To Watch' Plant List

Arnica (Arnica spp.)

- Anti-inflammatory
- Stimulates cardiovascular system
- Used externally for bruises, sprains and swellings

Goldthread (Coptis spp.)

- A tea can be made for an eye wash
- Stimulates appetite
- Can be used as mouth wash; also for cankers and mouth sores

Maidenhair Fern (Adiantum Pendatum)

- Used in pulmonary disorders
- Used for hair loss and hair wash
- Useful for sore throats, asthma, phlegm and expels chest congestion

Mayapple (Podophyllum Peltatum)

- Used for bowel and liver complaints; regulates
- Stimulates liver thus increases intestinal secretion and bile flow
- Helpful for venereal/genital warts and some cancers i.e. lymph, lungs, brain, breast, testes

Ramps (Allium Tricoccum)

- Spring tonic
- Cleanses system and blood after long winter's diet
- Leaves are used to treat colds