Native Herbs Not your Mother’s Marjoram

Sue Arnold, Insufferable Gold Level Advanced Master Gardener

Definition of Native Herbs
Notable Native Herb for 2018, Herb Society of America
Double Good Whammy

Trees
American fringetree, *Chionanthus virginicus*
Hawthorn spp., *Crataegus*
Honey locust, *Gleditsia triacanthos*
Sassafras, *Sassafras albidum*
Serviceberry spp., *Amelanchier*
Willow spp., *Salix*
Witchhazel, *Hamamelis virginiana*

Shrubs
New Jersey tea, *Ceanothus americanus*
Elderberry, *Sambucus canadensis*
Viburnum/highbush cranberry, *Viburnum trilobum*
Fragrant sumac, *Rhus aromatic*
Wild hydrangea, *Hydrangea aborescens*

Evergreen
Eastern red cedar, *Juniperus virginiana*

Bulbs & Rhizomes
Wild hyacinth, *Camassia scilloides*
Blue Flag wild iris, *Iris versicolor*
Jacob’s ladder, *Polemonium caeruleum*
Solomon’s seal, *Polyganthum biflorum*
Wild Ginger, *Asarum canadensis*

Grass
Sweet grass, *Hierochloe odorata*

Vines
Native hops, *Humulus lupulus*
Passion flower/may pop, *Passiflora incarnata*
Honeysuckle spp., *Lonicera*
Wild grape spp., *Vitis*
Virgin’s bower, *Clematis virginiana*

**Perennials & Biennials**
Anise hyssop, *Agastache* spp.
Angelica, *Angelica atropurpurea*
False indigo/rattle weed, *Baptisia* spp.
Turtlehead, *Chelone glabra* and *C. lyonii*
Bugbane, *Actaea* or *Cimicifuga racemosa*
Purple coneflower, *Echinacea purpurea*
Wild geranium/cranesbill, *Geranium maculatum*
Bowman’s root/Indian ipecac, *Gillenia stipulata*
Woodland sunflower, *Helianthus divaricatus*
Alumroot/coral bells, *Heuchera americana*
Butterfly weed, *Asclepias tuberosa*
Bee balm, bergamot, *Monarda fistulosa*
New England aster, *Symphyotrichum novae-angliae*
Missouri primrose, *Oenothera missouriensis*
Black-eyed Susan, *Rudbeckia hirta*
Lyre-leaf sage/cancer weed, *Salvia lyrata* Blue prairie sage, *Salvia azurea*
Wild Senna, *Cassia hebecarpa*
Culver’s root, *Veronicastrum virginicum*

**Weeds**
Wild blue violet, *Viola sororia*
Chickweed, *Stellaria medica*
Pokeweed, *Phytolacca Americana*
Jewel weed/touch-me-not, *Impatiens capensis*
Purslane, *Portulaca oleracea*

IMHM Medicinal Plant Garden

I hope I have inspired you to plant natives and benefit the pollinators we depend on to help us produce our flowers, fruits and vegetables. Also, that I have introduced you to new plants, or to new uses for “old” plants.

The information shared was for general information and interest only. It should not be considered an endorsement or recommendation for treating with herbs that have a history of being used medicinally.
You are advised not to attempt self-diagnosis or self-medication without consulting a qualified medicinal herbarist or physician.

**Recommended reading:**

Bown, Deni 1995. *Encyclopaedia of Herbs & Their Uses*. Dorling Kindersley

**Native Plant Sources**

Cardno JFNew, Native Plant Nursery, Walkerton, IN [www.cardnojfnew.com/nursery](http://www.cardnojfnew.com/nursery)
Native Plants Unlimited, Indy, Spring Sale. Sign up at [www.nativeplantsunlimited.com](http://www.nativeplantsunlimited.com)
Madeline F. Elder Greenhouse at Newfields, Spring Sale only (317)-920-2652
Prairie Nursery, Westfield WI, catalog orders [www.prairienursery.com](http://www.prairienursery.com)
Spence Restoration Nursery, Muncie wholesale only [www.spencenursery.com](http://www.spencenursery.com)
Mark M. Holeman, Inc, Indy, Landscape services [www.holemanlandscape.com](http://www.holemanlandscape.com)
INPAWS spring plant sale, Indy, Saturday before Mother’s Day [www.inpaws.org](http://www.inpaws.org)
Missouri Wildflower Nursery, Jefferson, catalog orders [www.mowildflowers.net](http://www.mowildflowers.net)
Prairie Moon Nursery, Winona, MN, catalog orders [www.prairiemoon.com](http://www.prairiemoon.com)