

Medicinal Plants

It is important to correctly identify any plant you plan to use medicinally. Additionally, it is imperative to know how to use the plant in a healthy way. Poisoning can result if the wrong part of the plant is used , not prepared properly , or used in an improper way. The list below highlights the plants grown at GGPN :

Blue vervain (*Verbena hastata*)

Boneset (*Eupatorium perfoliatum*)

Butterfly weed (*Asclepias tuberosa*)

New Jersey tea (*Ceanothus americanus*)

Viburnum (Highbush cranberry)

Purple or Pale purple coneflower (*Echinacea*)

Black elderberry (*Sambucus canadensis*)

Goldenrod (*Solidago* species)

Giant purple hyssop (*Agastache scrophulariifolia*)

Joe Pye weed (*Eupatorium* species)

Blue lobelia (*Lobelia siphilitica*)

New England Aster (*Symphyotrichum novae-angliae*)

Pasture rose (*Rosa Carolina*)

Spicebush (*Lindera benzoin*)

Spotted bee balm /Horsemint (*Monarda punctata*)

St. Johnswort (*Hypericum perforatum*)

Bearberry (*Arctostaphylos uva-ursi*)

Wild Bergamot (*Monarda fistulosa*)

Wild Ginger (*Asarum canadense*)

Witch hazel (*Hamamelis virginiana*)

Yarrow (*Achillea millefolium*)