

Favorite Native Herbs

by Christy Shivell

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Botanical Name	Common Name	Notes
<i>Agastache foeniculum</i>	Anise Hyssop, Lavender Hyssop	Blooms from spring through fall. Short lived but self sows readily. Wonderful pollinator plant. Useful in tea, medicinally.
<i>Asclepias tuberosa</i>	Butterflyweed	Well behaved pollinator plant with striking orange blooms. Medicinal herb. Host to monarch butterflies.
<i>Baptisia spp</i>	False Indigo	Medicinal herb and bee plant, striking blooms, shrubby form, winter interest. Very long lived and tolerant of poor soil.
<i>Callicarpa americana</i>	American Beautyberry	Long used a folk insect repellant, this plant was recently shown to repel mosquitoes as well as Deet.
<i>Ceanothus americanus</i>	New Jersey Tea	Wonderful little shrub for pollinators, tea.
<i>Geranium maculatum</i>	Wild Geranium	Shade loving medicinal plant
<i>Eupatorium perfoliatum</i>	Boneset	Another native herb that has both medicinal properties and serves as a pollinator plant. Unique foliage.
<i>Hamamelis virginiana</i>	Witch Hazel	Often grows as a sinuous, multi-stemmed small tree.
<i>Juniperus virginiana</i>	Juniper, Eastern Red Cedar	So common in some areas as to be considered a weed. The aromatic berries may be dried and used a number of ways, but are also very attractive to birds, hence their distribution along fence rows.
<i>Lindera benzoin</i>	Spicebush	Female shrubs produce the aromatic berries that are traditionally dried and ground into an aromatic spice.
<i>Monarda spp</i>	Bee Balms, Wild Bergamot	All the well known members of this group make welcome additions to the teapot, and all attract bees and butterflies to their distinctive flowers.
<i>Pycnanthemum spp</i>	Mountain mint	Multiple species in Appalachia, one, Hoary Mtn, Mint, is an aggressive spreader. The others are quite well behaved. Wonderful pollinator plants.
<i>Physalis</i>	Ground Cherry	Grow as you would tomatoes. A clean mulch under the plant will ensure that you can harvest the clean fruits after they fall to the ground.
<i>Rhus copallina</i>	Sumac	The deep red berries have a distinctly tart lemon flavor that makes them a wonderful spice. A traditional sumac cider may also be made and served hot or cold.
<i>Sambucus canadensis</i>	Elder	A must have native herb with edible flowers and berries. Berries are well known to have beneficial effects, and are most useful in making tasty brews to ward off colds and flu.
<i>Sassafras albidum</i>	Sassafras	Leaves are ground into file powder for cajun cooking. The traditional tea is made from the roots.

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<i>Solidago spp</i>	Goldenrods	S. odora well behaved tea plant, S. canadensis aggressive spreader but good medicinal plant. All are hosts to native specialist bees. Many species, with a variety of forms and attributes.
<i>Tilia spp</i>	Linden	Long history of medicinal use, and use in teas.
<i>Verbena spp</i>	Hoary Vervain, Blue Vervain	Lovely native counterpart to the European species, which is well steeped in lore and reputed to be a powerful magic herb.
<i>Viola</i>	Common Blue Violet	Makes a wonderful and easy to control ground cover. Host plant for pollinators. Useful in teas, skin care products.
<i>Urtica dioica</i>	Stinging Nettle	Such a beneficial plant. Found in rich woods, but may be grown in rich soil in a variety of lights.
<i>Xanthorhyzza simplicissima</i>	Yellowroot	Fast growing, low, shrubby plant that forms a ground cover in wet shade. Tolerant of dry shade as well, but won't spread as quickly. Useful as a replacement for the slow growing and rare goldenseal.

Shy Valley Farm Studio & Garden

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