

Native Medicinals (cont.)

Foam Flower (*Tiarella cordifolia*)

- Used for mild digestive ailments, skin and eye infections

Violets (*Viola canadensis*)

- Pain reliever, edible flowers

Button Bush (*Cephalanthus occidentalis*)

- Reduces inflammation in small amounts

Flowering Dogwood (*Cornus florida*)

- Used as astringent, digestive aid

Witch Hazel (*Hamamelis virginiana*)

- Astringent to treat inflammation, insect bites

Sheep Laurel (*K. angustifolia*)

- Leaf infusion used to slow bleeding, relieve pain and inflammation

Spicebush (*Lindera benzoin*)

- Used to treat cold, cough, and parasites

Other Trees and Shrubs

Oakleaf Hydrangea (*Hydrangea quercifolia*)

Sweet Birch (*Betula lenta*)

White Birch (*Betula papyrifera*)

Eastern Redbud (*Cercis canadensis*)

Perennials



Coral Bells (*Heuchera*)

Dead Nettle (*Lamium*)

Foam flower (*Tiarella cordifolia*)

Lungwort (*Pulmonaria*)

Astilbe (*Astilbe*)

Foxglove (*Digitalis*)

Japanese Forest Grass (*Hakonechloa macra*)

Caladium (Araceae)

Primrose (*Primula vulgaris*)

Chinese Ground Orchid (*Bletilla striata*)

Canadian Anemone (*Anemone canadensis*)

Eastern Red Columbine (*Aquilegia canadensis*)

Bluebell (*Hyacinthoides non-scripta*)

Lanceleaf Coreopsis (*Coreopsis lanceolata*)

Purple Joe Pyeweed (*Eutrochium purpureum*)

Annuals

Impatiens

Hostas

Wishbone Flower (*Torenia fournieri*)

Gardner's Landscape & Nursery

Shade Garden Guide

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Shade Garden

Cultivating a shade garden is great for any bare areas tucked away in the yard. Not only are many of these plants native, and therefore good for our native wildlife and pollinators, a lot of these shade plants also have a host of medicinal and health benefits.

Native Plants

Rose turtlehead (*Cleone obliqua*)

Elderberry (*Sambucus canadensis*)

Mountain Laurel (*Kalmia latifolia*)

Sweet Pepperbush (*Clethra alnifolia*)

Whorled Stonecrop (*Sedum ternatum*)

New York fern (*Thelypteris noveboracensis*)

Cinnamon fern (*Osmunda cinnamomea*)

Interrupted fern (*Osmunda claytonia*)

Royal fern (*Osmunda regalis*)

May Apple (*Podophyllum peltatum*)

White Snakeroot (*Ageratina altissima*)

Jack-in-the-pulpit

(*Arisaema triphyllum*)



Creeping phlox

(*Phlox stolonifera*)

Medicinal

Feverfew (*Tanacetum parthenium*)

- Relieves migraines, arthritis, psoriasis, menstrual cramps, asthma, skin conditions, stomachaches

Catnip (*Nepeta cataria*)

- Reduces fevers, aids teething, cold, flu, nausea, cramps, stress

Meadowsweet (*Filipendula ulmaria*)

- Relieves colds, bronchitis, upset stomach, heartburn, joint disorders

Peppermint (*Mentha x piperita*)

- Aids respiratory system, colds, asthma, allergies

Wood Betony (*Stachys officinalis*)

- Relieves digestion problems, breathing problems, provides pain relief

Lemon Balm (*Melissa officinalis*)

- Eases depression, anxiety, bronchitis, migraines, fever, menstrual problems

Ginseng (*Panax*)

- Reduces inflammation, improves memory, boosts immune system

Goldenseal (*Hydrastis canadensis*)

- Benefits immune system

Wild Yam (*Dioscorea villosa*)

- Women's health, contraceptive

Wild Ginger (*Asarum*)

- Aids respiratory system

Trillium (*Trillium grandiflorum*)

- Benefits women's health, childbirth, and can be used as an antiseptic

Native Medicinals

Bugbane (*Cimicifuga racemosa*)

- Used as an estrogen replacement and pain reducer

Field horsetail (*Equisetum arvense*)

- Used to stop bleeding, heal wounds and bones

Wild Geranium (*Geranium maculatum*)

- Aids digestive ailments, skin infections, clotting of open wounds

Red Cardinal Flower (*Lobelia cardinalis*)

- Used to treat skin sores

Partridge Berry (*Mitchella repens*)

- Used to aid childbirth

Bee Balm (*Monarda didyma*)

- Used as an antiseptic for wounds and throat infections

Blood Root (*Sanguinaria canadensis*)

- Can be used to remove skin tumors, with caution