

# PLANTS IN THE NEW CASTLE HISTORICAL SOCIETY'S HERB AND PERENNIAL GARDEN AT 312 KING STREET, CHAPPAQUA WITH THEIR MEDICINAL AND CULINARY USES

**Anemone - *Ranunculaceae apennina*** - Blue, white or pink flowers. Fernlike stems have three deeply toothed lobes. Perennial.

**Angelica - *Angelica atropurpurea*** - White flowers. It gets its name from the fact that it usually comes into bloom around the feast day of the Archangel Michael, the Great Defender, who appeared in a vision to explain its protective powers against evil. Leaf tea used for stomachaches, indigestion, gas, anorexia, fevers, colds, colic. Peel and cook as a vegetable or make into candy like Ginger. Perennial.

**Artemisia - *Artemisia absinthium*** - Also known as wormwood. The plant is named for Artemisia sister and wife of King Mausolus in 350 bc. She was a botanist and researcher. Leaves can be used in wreaths and nosegays. Leaves can be used as a moth repellent, or in the garden to deter cabbage butterfly or onion and carrot fly. Infused it can be used as a strong domestic disinfectant. Perennial.

**Aster, New England - *Aster novae-angliae*** - Deep violet flowers. American Indians used root tea for diarrhea, fevers. Perennial.

**Barberry - *Berberis vulgaris*** - Yellow flowers. Berry tea used to promote appetite, diuretic, expectorant, laxative; also relieves itching. A Cherokee remedy for diarrhea. Contains berberine, which has a wide spectrum of biological activity, including antibacterial; useful against infection. Berries can be used for jelly or as cooked fruit. Shrub.

**Bee Balm -** Also known as Monarda, Oswego Tea or Bergamot - *Monarda didyma* - Bright red flowers. American Indians used leaf tea for colic, gas, colds, fevers, stomachaches, insomnia, heart trouble. Poultice used for headaches. Historically, physicians used leaf to expel worms and gas. Steep fresh or dried leaves and sweeten to taste for tea. Perennial.

**Black-eyed Susan - *Rudbeckia hirta*** - Yellow petals with black disk-like center. American Indians used root tea for worms, colds; external wash for sores, swelling; root juice for earaches. Perennial.

**Bloodroot - *Sanguinaria candidensis*** - White flowers. Blood-red root tea used by American Indians for rheumatism, asthma, bronchitis, fevers also as an emetic. Root juice applied to warts also as a dye. Perennial.

**Butter-and-Eggs - *Linaria vulgaris*** - Yellow and white flowers. Folk medicine, leaf tea used as a laxative, strong diuretic; for dropsy, jaundice, enteritis with drowsiness. Ointment made from flowers used for piles, skin eruptions. A "tea" made in milk has been used as an insecticide. Perennial.

**Buttercup - *Ranunculus acris*** - Yellow flowers. Fresh leaves historically used external rubefacient in rheumatism, arthritis. American Indians poulticed root for boils, abscesses. Perennial.

**Celandine - *Chelidonium majus*** - Yellow flowers. Fresh stem juice a folk remedy (used externally) for warts, eczema, ringworm, corns. Annual.

**Centaurea - *Centaurea montana*** - (Also known as Mountain Bluet) An Eurasian herb. Perennial.

**Chamomile - *Chamomilla recutita*** - Yellow and white flowers. Dried flowers make a famous beverage tea, traditionally used for colic, diarrhea, insomnia, indigestion, gout, sciatic, headaches. Experimentally, essential oil in antifungal, antibacterial, anodyne, antispasmodic, anti-inflammatory, and anti-allergenic. Infuse flowers as tea or in a bath to relieve sun or wind burned skin. Ragweed allergy sufferers may react to Chamomile, too. Infuse the leaves and spray on seedlings to prevent "damping off" and on compost to activate decomposition. Perennial.

**Chickweed - *Stellaria media*** - White flowers. Tea of this common herb is traditionally used as cooling demulcent and expectorant to relieve coughs. Said to curb obesity. Tender leaves can be added to salads, but best boiled for 5 minutes and served as greens. Annual.

**Chives** - *Alium schoenoprasum* - A member of the *Alium* family with a mild onion flavor. It was felt that the stronger the smell, the more effective the healing powers. The plant contains some iron and vitamins. Sprinkled on food it stimulates appetite and helps digestion. Sprinkle forets on salads and the stems have many uses. Perennial.

**Clintonia** - *Clintonia borealis* - Yellow bell-like flowers. American Indians poulticed fresh leaves on burns, old sores, bruises, infections; drank tea of plant for heart medicine, diabetes. Root contains anti-inflammatory and estrogenic diosgenin, from which progesterone is made. Before unfurled, the young leaves and be added to salads or boiled and served with butter. Perennial.

**Clover** - *Trifolium repens* - White to pink flowers. American Indians adopted leaf tea for colds, coughs, fevers and leukorrhea. In European folk medicine, flower tea is used for rheumatism and gout. Dried flowers and seeds can be ground for flour and the greens can be cooked and are rich in protein. Perennial.

**Columbine** - *Aquilegia canadensis* - Red and yellow flowers. Potentially poisonous. Seeds rubbed into hair to control lice. American Indians used minute amounts of crushed seeds for headaches, fevers. Perennial.

**Corydalis, Golden** - *Corydalis aurea* - Yellow flowers. American Indians used tea for backaches, menstruation, diarrhea, bronchitis, heart disease, stomachaches; inhaled frumes of burning roots for headaches. Perennial.

**Comfrey** - *Symphytum officinale* - Deep blue flowers. Root tea considered tonic, astringent, demulcent for diarrhea, dysentery, bronchial irritation; leaves and root poulticed to knit bones, promote healing of burises. Perennial. Cook tender young leaves like spinach. There is a danger that comfrey may be confused with first year leaf rosettes of Foxglove (*Digitalis*) which may be fatal. Perennial.

**Coreopsis, Tickseed** - *Coreopsis tinctoria* - Yellow flowers. American Indians used root tea for diarrhea and as an emetic. Perennial.

**Daisy Ox-Eye** - *Chrysanthemem leucanthemum* - White petals with yellow disk-like centers. Tender young leaves make an interesting addition to salads. Perennial.

**Dandelion** - *Taraxacum officinale* - Yellow flowers. Fresh root tea traditionally used for liver, gall bladder, kidney and bladder ailments. Also used as a tonic for weak or impaired digestion, constipation. Dried root thought to be weaker, often roasted as coffee substitute. All parts served as food. The flowers can be dipped in batter and fried. The leaves, rich in vitamin A, can be served in salad or cooked. The root can be baked until brown ground and perked like coffee. Perennial.

**Daylily** - *Hemerocallis fulva* - Orange flowers. Roots and young leaf shoots are considered potentially toxic. Experimentally, studies indicate that root extracts are antibacterial, useful against blood flukes (parasites), and diuretic. Edible fresh flower buds can be cooked like firtters or dried ones used to season foods. They are used for diuretic and stringent properties in jaundice and poulticed for piles (hemorrhoids). Perennial.

**Dog Toothed Violet** - see Trout Lily

**Dutchman's Breeches** - *Dicentra cucullaria* - White "britches shape" flowers. Iroquois used leaf ointment to make athlete's legs more limber. Root tea diuretic; promotes sweating. Contains alkaloid with CNS-depressant activity; used for paralysis and tremors. Perennial.

**False Lily of the Valley** - *Maianthemum canadense* - White flowers. American Indians used plant tea for headaches, and to "keep kidneys open during pregnancy." Also a gargle fore sore throats. Root used as a good-luck charm for winning games. Perennial.

**Fern, Christmas** - *Polystichum acrostichoides* - American Indians used root tea for chills, fevers, stomachaches (to indice vomiting), pneumonia; poulticed root for rheumatism. Perennial.

**Fern, Crested Wood** - *Dryopteris cristata* - Root tea traditionally used to induce sweating, clear chest congestion, expel intestinal worms. Perennial.

**Fern, Maiden Hair** - *Adiantum pedatum* - Considered expectorant, cooling, and antirheumatic. Tea or syrup used for nasal congestion, asthma, sore throats. This fern was highly valued as a medicinal plant by some 19th century medical practitioners, suggesting that its efficacy should be investigated by science. Stems were used by Indians throughout N. America asa hair wash to make their hair shiny. Perennial.

**Fern, Ostrich** - *Pteretis pensylvania* - Gather fiddleheads when under 6" tall and use in salads or cook like asparagus. Perennial.

**Fever Few** - *Chrysanthemum parthenium* - Yellow and white flowers. Tea of whole plant a folk remedy for arthritis, colds, fevers, worms. Perennial.

**Foamflower** - *Tiarella cordifolia* - White flowers. American Indians used leaf tea as a mouthwash, mouth sores, eye ailments. Root tea once used as diuretic; poulticed on wounds. Perennial.

**Forget-Me-Not, True** - *Myosotis scorpioides* - Light blue tubular flowers. Annual.

**Foxglove** - *Digitalis purpurea* - Purple to white bell shaped flowers. Lethally toxic. Dried leaves a source of heart-tonic glycosides. Used in modern medicine to increase force of systolic contractions in congestive heart failure, lowers venous pressure in hypertensive heart ailments; elevates blood pressure in weak heart; diuretic, reduces edema. First year leaf rosettes of Foxglove may be confused with Comfrey with fatal results. Biennial.

**Geranium, Wild** - *Geranium maculatum* Light lavender flowers. Tannin-rich root highly astringent; once used to stop bleeding, diarrhea, dysentery relieve piles. Powdered root applied to canker sores. Perennial.

**Ginger - Wild** - *Asarum canadense* - Maroon flowers. American Indians highly valued root tea for indigestion, coughs, colds, heart conditions, female ailments, nervous conditions. Relieves gas, contains the antitumor compound aristolochic acid. Roots can be boiled until tender and the simmered in sugar syrup for candy. Dried they can be a substitute for commercial ginger. Perennial.

**Herb Robert** - *Geranium robertianum* - Bright pink flowers. Leaf tea formerly used for malaria, tuberculosis, stomach and intestinal ailments. Annual.

**Heliotrope** - See Valerian

**Hemlock, Eastern** - *Tsuga canadensis* - American Indians used tea made from leafy twig tips for kidney ailments, in steam baths for rheumatism, colds and coughs. Bark is very astringent; formerly used as poultice for bleeding wounds, and in tanning leather. Tree.

**Hollyhock** - *Alcea* - Old fashioned biennial that was very popular. Biennial.

**Horseradish** - *Armoracia rusticana* - White flowers. Root used as a condiment. Root tea weakly diuretic, antiseptic, expectorant. Root poultice used for rheumatism, respiratory congestion. Few things are better at opening the sinuses than a too large a bit of pungent horseradish sauce. Mix grated roots with a little vinegar. Tender young leaves can be added to salads. Perennial.

**Iris, Crested** - *Iris cristata* - Dwarf blue flower. American Indians used root ointment (in animal fats or waxes) on cancerous ulcers. Root tea used for hepatitis. Perennial.

**Iris, Blue Flag** - *Iris versicolor* - Considered poisonous. Tall blue flower. American Indians poulticed root on swellings, sores, bruises, swelling; analgesic agent; internally root tea used as strong laxative. Perennial.

**Jack-in-the-Pulpit** - *Arisaema triphyllum* - Brown/green/maroon flower. American Indians used the dried, aged root for colds and dry coughs, and to build blood. Historically used for asthma, bronchitis, colds, cough, headaches. Intensely irritating. Calcium oxalate crystals found in whole fresh herb. Perennial.

**Jacob's Ladder** - *Polemonium reptans* - Blue flower. American Indians used root in prescriptions for piles, to induce vomiting, treat eczema. The Indian name for this plant, which translates as "smells like pine," refers to the root fragrance. Perennial.

**Jerusalem Artichoke** - *Helianthus tuberosus* - Yellow flower. American Indians drank leaf and stalk tea or ate flowers to treat rheumatism. Tubers are edible like radish but not hot and can be sliced raw in salad or pickled in vinegar. They also can be used like potatoes. Also known as sunchoke. Perennial.

**Jewelweed** - *Impatiens pallida* - (Also known as Touch-Me-Not) Yellow or orange flower. Crushed leaves are poulticed on recent poison-ivy rash. 1957 study by a physician found it effective in testing 108 of 115 patients. Young shoots (up to 6" high) can be boiled for 10-15 min. in 2 changes of water and served as cooked greens. Perennial.

**Johnny Jump-Up** - *Viola tricolor* - (Also known as Heart's ease) Purple and yellow flower. In Europe, leaf tea a folk medicine for fevers, mild laxative, gargle for sore throats; considered diuretic; used for asthma, heart palpitations, skin eruptions such as eczema. Flowers can be added to salads. Perennial.

**Lady's Mantle** - *Alchemilla mollis* - Yellow/Green flower. Infuse dried leaves as an astringent. Used in creams to soften dry skin. The crystal drops of dew that collect along the edge of the leaf have long inspired poets and the Christian Church the herb and named it "Our Lady's Mantle." A member of a genus with over 200 species. Perennial.

**Lambs Ears** - *Stachys byzantina* - Pink flower (Also known as Betony or Woundwort) Popular foliage plant. Perennial.

**Lavender** - *Lavender angustifolia* - Blue flower. Aromatic old world plant. The dried sprigs can be added to wreaths, the flowers used in potpourri or crystallized as decoration. The flowers can also be used to make a tonic in water for delicate and sensitive skins to speed cell replacement and for an antiseptic against acne. Perennial.

**Lemon Balm** - *Melissa officinalis* - White flowers. Dried or fresh leaf tea a folk remedy for fevers, headaches, colds, insomnia; leaves poulticed for sores, tumors, insect bites. In the *London Dispensary* in 1696, it stated "Balm, given every morning, will renew youth, strengthen the brain and relieve languishing nature." Leaves finely chopped can be added to salads, sauses, jellies, fruit drinks or for tea and dried can be used for potpourri. Perennial.

**Lily-of-the-Valley** - *Convallaria majalis* - White flowers. Tea of flowers and roots traditionally used in valvular heart disease (Digitalis substitute), fevers. Root ointment, fold remedy for burns. Perennial.

**Loosestrife, Garden** - *Lysimachia punctata* - Yellow flowers. Perennial.

**Lovage** - *Levisticum officinale* - Greenish/yellow flower clusters. Its leaves used to be laid in shoes to revive the weary traveler, and it was served in a popular cordial, which was flavored with tansy and a variety of yarrow. Leaves can be added to stock, stews and cheese, and fresh young leaves to salads. Drink tea for its savory taste. The root can be peeled and cooked. The parts of the plant can be infused to act as a room deodorizer and as an aid to rheumatism. Perennial.

**Lupine** - *Lupinus perennis* - Blue flowers. American Indians drank cold leaf tea to treat nausea and internal hemorrhage. A fodder used to fatten horses and make them "spirited and full of fire." Seeds are poisonous. Biennial.

**Mallow** - *Malva sylvestris* - Lavendar to pink flowers. Leaves edible. Leaf or root tea soothing to irritated membranes; also used for coughs, bronchitis, stomachaches. Leaves can be added to salads, cooked as greens, or used cooked as a okra-like thickener. Perennial.

**Maple, Sugar** - *Acer saccharum* - American Indians used inner bark in tea for coughs, diarrhea; diuretic expectorant, blood purifier. Maple syrup said to be a liver tonic and kidney cleanser, and used in cough syrups. New Englanders once drank the sap collected in buckets as a spring tonic. Tree.

**May Apple** - *Podophyllum peltatum* - White flowers. Also known as Wild Lemon or Mandrake - American Indians and early settlers used roots as strong purgative, worm expellent, for jaundice, hepatitis. Etoposide, a semisynthetic derivative of this plant is FDA-approved for small-cell lung cancer. Fruits, when yellow, surrounding the seeds can be eaten raw cooked or made into jelly. However, the roots, leaves, green fruit & seeds are strongly cathartic and should not be eaten. Perennial.

**Marjoram** - *Oregano majorana* - Blue flowers. Infuse as a tea for colds and headaches. Add a decoction or essential oil to bathwater as relaxant. Used in potpourri. Chop finely for salads and butter for fish. Blend with chili and garlic. Perennial.

Add to pizza, tomatoes, egg and cheses dishes. Rub into roasting meat.

**Mint** - *Mentha canadensis* - Blue flowers. American Indians used leaf tea for colds, fevers, sore throats, gas colic, indigestion, headaches, diarrhea; in short, same medicinal uses as for Peppermint and Spearmint in Western folk medicine. In Greek mythology, Minthe was a nymph beloved to Pluto, who transformed her into this scented herb after his jealous wife took drastic action. It is a symbol of hospitality. Perennial.

**Monarda** - See Bee Balm

**Mullein, Common** - *Verbascum thapsus* - Yellow flowers. The leaves contain rotenone and coumarin, neither viewed with great favor by the FDA. Traditionally, leaf and flower tea expectorant, diuretic for chest colds, asthma, bronchitis. Leaves high in mucilage, strongly anti-inflammatory. Biennial.

**Mullein Pink** - *Lychnis coronaria* - Bright pink flowers. Biennial.

**Nightshade, Common** - *Solanum nigrum* - (Also known as Deadly Nightshade) Deep blue flowers. Externally, leaf-juice preparations have been used as a folk remedy for tumors, cancer. Berries formerly used as a diuretic; used for eye disease, fever, rabies. Some varieties contain solanine, steroids and may be violently toxic. Perennial.

**Pearly Everlasting** - *Anaphalis margaritacea* - White flowers dry easily. American Indians used tea for colds, bronchial coughs, and throat infections. Poultice used for rheumatism, burns, sores, burises and swellings. Leaves smoked for throat and lung ailments. Perennial.

**Plantain, Common** - Plantago major - Green flowers. Traditionally, leaf tea used for coughs, diarrhea, dysentery. Leaves applied to blisters, sores, ulcers, swelling, insect stings; also used for earaches, eye ailments. Confirmed antimicrobial; stimulates healing process. Chop and add to salads, or boil for 10-15 min and serve with butter. Perennial.

**Poke** - *Phytolacca americana* - Green/white flowers. American Indians used root poultice for rheumatism, bruises; wash used for sprains, swellings; leaf preparations once used as a cathartic, emetic; poulticed for bleeding, pimples. All parts are poisonous. Perennial ?.

**Primrose, Common Evening** - *Oenothera biennis* - Yellow Flowers. American Indians used root tea for obesity, bowel pains; poultice root for piles, bruises; rubbed root on muscles to give athletes strength. Research has demonstrated that extracts of this plant can alleviate imbalances and abnormalities of essential fatty acids in prostaglandin production. New leaves are a peppery addition to salads or boiled and served with butter. The fresh roots can also be cooked. Perennial.

**Pulmonaria** - *Pulmonaria angustifolia* - Blue and red flowers. (Also known as Lungwort.) From the Borage family. Perennial.

**Queen Ann's Lace** - *Daucus carota* - White flowers. Root tea used as a diuretic, to prevent and eliminate urinary stones and worms. First year roots can be cooked and eaten like carrots. Caution - early leaves resemble Poison Hemlock. Biennial ?.

**Ragweed** - *Ambrosia artemisiifolia* - Green flowers. American Indians rubbed leaves on insect bites, infected toes, monor skin eruptions, and hives. Tea used for fevers, nausea, intestinal cramping. Goldenrod blooming at the same time is often blamed for allergies in late summer, however the inconspicuous flowers of ragweeds are really guilty. Annual.

**Rhododendron** - *Rhododendron maximum* - American Indians poulticed leaves to relieve arthritis pain, headaches. Toxic if taken internally. Shrub.

**Rhubarb** - - Green flowers. Cooked stalks used in pies and stewed fruit. Leaves are poisonous. Perennial.

**Rose** - *Rosa* - Flower tea "to regulate vial energy" promote blood circulation; also for stomachaches, rheumatic pains. Fruits (rose hips), rich in vitamin C, make a pleasant tea and excellent jam. Shrub.

**Sage** - *Salvia lyrata* - Blue flowers. American Indians used root in salve for sores. Whole plant tea used for colds, coughs, nervous debility; with honey for asthma; mildly laxative and diaphoretic. Folk remedy for cancer and warts. Perennial.

**Silene** - Fire Pink - *Silene Virginica* - Bright pink flowers. Reports state American Indians considered the plant poisonous. Annual.

**Solomon's Seal** - *Polygonatum biflorum* - White/green flowers. American Indians used root tea for indigestion, profuse menstruation, lung ailments treat coughs, laxative. Root tea a folk remedy for rheumatism, piles, arthritis and skin irritations. Young shoots can be cooked like asparagus. Starchy rootstocks can be used like potatoes. Perennial.

**Solomon's Seal - False** - *Smilacina racemosa* - White/green flowers. American Indians used root tea for constipation, rheumatism, stomach tonic. Leaf tea used as a contraceptive and for coughs. Young shoots can be added to salads or prepared like asparagus. Perennial.

**Spiderwort** - *Tradescantia virginiana* - Blue flowers. Root tea of this and other spiderwort species used by American Indians for "female," kidney, and stomach ailments, and as a laxative. Smashed plant (leaf poultice) applied to insect bites, stings, and cancers. Young leaves and stems can be added to salads or cooked. The flowers can be candied. Perennial.

**Strawberry** - *Fragaria vesca* - White flowers. American Indians used root tea for stomach ailments, jaundice. Root used as "chewing stick (toothbrush). Perennial.

**Sweet Cicely** - *Osmorhiza claytonii* - White flowers. American Indians chewed the root or gargled root tea for sore throats; poulticed root on boils, cuts, sores, wounds. Used as a flavoring similar to anise. Perennial.

**Sweet Woodruff** - *Galium odoratum* - White flowers. Used in Germany to flavor May wine. Add dried leaves to potpourri. Related to bedstraw. Perennial.

**Tansy, Common** - *Tanacetum vulgare* - Yellow flowers. Oil is lethal. Experiments have confirmed that Tansy is antispasmodic and antiseptic. Leaves insecticidal. Perennial.

**Tarragon** - *Artemisia dracunculus* - American Indians used leaf or root tea for colds, dysentery, diarrhea, headaches. Promotes appetite. The leaves are rich in iodine, mineral salts, vitamins A & C. Sometimes substituted for the cooking herb French Tarragon, which, not producing viable seed, must be propagated vegetatively. French Tarragon smells strongly of anise; Wild Tarragon may be odorless and flavorless. Perennial - not hardy.

**Thyme** - *Thymus pulegioides* - Blue flowers. In European folk tradition, thyme leaf tea has been used for nervous disorders, angina pectoris, flu, coughs. Experimentally, oil of thyme is antispasmodic, expectorant, antimicrobial; lowers arterial pressure, increases heart thyghms. Oil is toxic and highly irritating to skin. Perennial.

**Touch-Me-Not** - See Jewel Weed

**Trillium** - *Trillium erectum* - White flowers. American Indians used root tea for menstrual disorders, to induce childbirth, aid in labor for menopause, aphrodisiac (root contains steroids). Also used for hemorrhages, asthma, externally for snakebites, stings. Young leaves can be added to salads or cooked. Perennial.

**Trout Lily** - *Erythronium americanum* - (Also known as Dog Toothed Violet) Yellow flowers. American Indians used root tea for fevers, leaf poultice for hard-to-heal ulcers and scrofula. Iroquois women ate raw leaves to prevent conception. Young leaves can be boiled and served with vinegar. The bulblike corms can be boiled and served with butter. Perennial.

**Valerian** - *Valeriana officinalis* - White flowers. Well-known herbal calmative, antispasmodic, nerve tonic for

depression dependency or insomnia. Research has confirmed that teas and extracts are CNS -depressant, antispasmodic, and sedative when agitation is present, but also a stimulant in fatigue antibacterial, antidiuretic. Valerian is a leading over-the-counter tranquilizer in Europe. Also known as Heliotrope. Perennial.

**Virginia Waterleaf** - *Hydrophyllum virginianum* - White flowers. American Indians used root tea as an astringent for diarrhea, dysentery. Tea for cracked lips, mouth sores. Young leaves (before flowers appear) are excellent boiled for 5-10 min in 1 or 2 changes of water and served with vinegar. Perennial.

**Violet** - *Viola* - Blue flowers. American Indians used root tea for pain in bladder region. Root and leaves traditionally poulticed for skin abrasions, boils. Leaves, rich in vitamins A and C, can be added to salads, cooked like greens or added to soups as okralike thickener. Flowers can be candied. Perennial.

**Windflower** (*Reu Anemone*) - Perennial.

**Yarrow** - *Achillea Millefolium* - White flowers. Herbal tea from dried flowering plant used for colds, fevers, anorexia, indigestion. Experimentally, extracts are hemostatic and anti-inflammatory. Finely chop slightly bitter, peppery leaves into salads and cheese dips. Over 100 biologically active compounds have been identified from the plant. One small leaf will speed decomposition of a wheelbarrow full of compost. Perennial.

**Yucca** - *Yucca glauca* - White flowers. American Indians poulticed root on inflammations, used it to stop bleeding, hair wash for dandruff and baldness. Water extracts have shown antitumor activity against B16 melanoma in mice. Flower petals make an interesting addition to salads. Perennial.

## Sources of Information:

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