

# Mountain Gardens Seed Collections

*Updated for January 2016*

*These collections were assembled for educational and informational purposes. Seeds are available by individual packets rather than as collection groupings.*

## **Native Medicinal Apothecary**

*Get to know your native medicinals by propagating them. This collection will lead adventurous gardeners to the pleasures of cultivating their own living medicine cabinet.*

black cohosh	<i>Actaea racemosa</i>
unicorn root	<i>Aletris farinosa</i>
carolina allspice	<i>Calycanthus floridus</i>
blue cohosh	<i>Caulophyllum thalictroides</i>
false unicorn	<i>Chamaelirium luteum</i>
american wild yam	<i>Dioscorea villosa</i>
wahoo	<i>Euonymus atropurpureus</i>
boneset	<i>Eupatorium perfoliatum</i>
boar hog root	<i>Ligusticum canadense</i>
spicebush	<i>Lindera benzoin</i>
giant solomon's seal	<i>Polygonatum commutatum</i>
skullcap	<i>Scutellaria lateriflora</i>
yellowroot	<i>Xanthorhiza simplicissima</i>

## **Edible Native Garden**

*A list of our region's exuberant native edibles, many of which have medicinal uses as well. They remind us that food is medicine.*

ramps	<i>Allium tricoccum</i>
apios, groundnut	<i>Apios americana</i>
tall bellflower	<i>Campanula americana</i>
honestwort, mitsuba	<i>Cryptotaenia canadensis</i>
woodland nettle	<i>Laportea canadensis</i>
cucumber root	<i>Medeola virginiana</i>
giant solomon's seal	<i>Polygonatum commutatum</i>
cutleaf coneflower, sochan	<i>Rudbeckia laciniata</i>
duck potato, wapato	<i>Sagittaria latifolia</i>
elderberry	<i>Sambucus canadensis</i>
solomon's plume	<i>Smilacina racemosa</i>

carrionflower, cat briar      Smilax herbacea

### **Favorite Non-native Edibles**

*All perennials or self-seeding annuals, these are great plants to try out for a low maintenance and eclectic international food garden.*

turkish rocket	Bunias orientalis
lamb's quarters mix	Chenopodium album & giganteum
air potato, shan yao	Dioscorea opposita
sylvetta, perennial arugula	Diplotaxis tenuifolia
money plant, moonwort	Lunaria annua
high mallow	Malva sylvestris
chinese mallow, ye kui	Malva verticillata
chinese mallow, dong kui	Malva verticillata crispa
mongolian violet mustard	Orychophragmus violaceus
purple shiso, zi su	Perilla frutescens
patience dock	Rumex patientia
fame flower, tu ren shen	Talinum paniculatum
stinging nettle	Urtica dioica

### **Native Pollinator Plants/ Beneficial Insect Attractors**

*Planting this array provides much needed food throughout the growing season for honeybees and a range of native pollinators, including various types of bees, wasps, birds, and butterflies.*

black cohosh	Actaea racemosa
milkweed, pleurisy root	Asclepias tuberosa
wild indigo	Baptisia tinctoria
honestwort, mitsuba	Cryptotaenia canadensis
cardinal flower	Lobelia cardinalis
blue cardinal flower	Lobelia siphilitica

### **The Chinese Medicinal Herb Farm**

*A selection of seeds that are profiled in Peg Schafer's wonderful cultivator's guide by the same name. Finding cultivation information for such Chinese medicinal plants can be difficult, so we paired this seed collection with her thorough guide to save you trials and errors, and help you on your way to growing a TCM herbal collection or Chinese themed garden.*

ze xie, alisma	Alisma plantago-aquatica v. orientale
zhi mu	Anemarrhena asphodeloides
bai zhi	Angelica dahurica
du huo	Angelica pubescens
dang gui	Angelica sinensis
niu bang zi, burdock	Arctium lappa
qing hao, sweet annie	Artemisia annua
zi wan	Aster tataricus
she gan, blackberry lily	Belamcanda chinensis
dang shen	Codonopsis pilosula
qing xiang zi	Celosia argentea
shan zha, chinese hawthorn	Crataegus pinnatifida
chuan niu xi, hookweed	Cyathula officinalis
chang e qu mai, nadeshiko	Dianthus superbus longicalycinus
shan yao, air potato	Dioscorea opposita
jie geng, balloon flower	Platycodon grandiflorus
xia ku cao, self-heal	Prunella vulgaris
da huang	Rheum tanguticum
dan shen	Salvia miltiorrhiza
jing jia	Schizonepeta tenuifolia
xuan shen, japanese catnip	Scrophularia buergeriana/ningpoensis
huang qin, baikal skullcap	Scutellaria baicalensis
ban zhi lian, barbat skullcap	Scutellaria barbata
ku shen	Sophora flavescens
shui qie, ashwaganda	Withania somnifera
da zao, jujube	Ziziphus jujuba

### **Tonic and Adaptogenic Herbs**

*Adaptogens can be briefly defined as herbs that help the body adapt to stress and which have a balancing and revitalizing effect upon the body's processes. Tonifying herbs nourish and replenish the qi or vital energy of the body's systems. These are all herbs that can be taken daily as teas or in soups, whether one is trying to support and maintain their already good health, or as support for poor health. Growing these herbs can deepen understanding and appreciation for their uses, distinct energies, and healing qualities.*

astragalus, huang qi	Astragalus membranaceus
codonopsis, dang shen	Codonopsis pilosula
chuan dang shen	Codonopsis tangshen

air potato, shan yao	Dioscorea opposita
eleuthero, ci wu jia	Eleutherococcus senticosus
chinese sol. seal, huang jing	Polygonatum kingianum
fame flower, tu ren shen	Talinum paniculatum
ashwaganda	Withania somnifera

### **Wetland and Moisture Loving Plants**

*While we've seen many of these plants thrive in dry sunny spots too, all of the plants in this collection have an affinity for wetness—often appearing in their natural habitats on the banks of rivers, the mouths of springs, or in boggy seeps.*

alisma, ze xie	Alisma plantago-aquatica v. orientale
ramps	Allium tricoccum
marsh mallow	Althaea officinalis
honestwort, mitsuba	Cryptotaenia canadensis
wahoo	Euonymus atropurpureus
boneset	Eupatorium perfoliatum
meadowsweet	Filipendula ulmaria
wood nettle	Laportea canadensis
cardinal flower	Lobelia cardinalis
orange jewelweed	Impatiens capensis
yellow jewelweed	Impatiens pallida
purple jewelweed	Impatiens textori
cutleaf coneflower, sochan	Rudbeckia laciniata
duck potato, wapato	Sagittaria latifolia
elderberry	Sambucus canadensis
wood betony	Stachys officinalis
stinging nettle	Urdica dioica
euopean cramp bark	Viburnum opulus
yellowroot	Xanthorhiza simplicissima

#### **Recommended resources for information and propogation:**

- "Medicinal Plants of the Southern Appalachians" by Patricia Howell
  - "Eastern/Central Medicinal Plants and Herbs" by Stephen Foster, James Duke
  - "Plants for a Future" by Ken Fern OR: [www.pfaf.org](http://www.pfaf.org)
  - "Adaptogens" by David Winston and Stephen Maimes
  - "The Forager's Harvest" by Samuel Thayer
  - "The Chinese Medicinal Herb Farm" by Peg Schaefer (**propogation**)
  - "Perennial Vegetables" by Eric Toensmeier (**propogation**)
  - "Medicinal Herbs in the Garden, Field & Marketplac" by Lee Sturdivant (**propogation**)
  - "Ginseng, Goldenseal, and other Woodland Medicinals" Jeanine Davis (**propogation**)
- [www.eattheweeds.com](http://www.eattheweeds.com)