

Fig. 17.4

DYNAMIC ACCUMULATORS

Name	Botanical Name	Sodium	Iodine	Flourine	Boron	Silica	Sulfur	Nitrogen	Magnesium	Calcium	Potassium	Phosphorus	Manganese	Iron	Copper	Cobalt
Alfalfa	<i>Medicago sativa</i>							X						X		
Arrowroot									X							
Bladderwrack			X						X					X		
Borage	<i>Borago officinalis</i>					X				X						
Bracken, eastern	<i>Pteridium aquifolium</i>									X	X	X	X	X	X	X
Bridal bower												X				
Broom drops								X								
Buckwheat	<i>Fagopyrum esculentums</i>										X					
Burdock	<i>Arctium minus</i>												X			
Calamus							X			X	X					
Caragreen		X					X		X							
Caraway	<i>Carum carvi</i>										X					
Carrot leaves	<i>Daucus carota</i>								X	X						
Cattail	<i>Typha latifolia</i>						X									
Century										X						
Chamomile, corn	<i>Anthemis arvensis</i>								X	X						
Chamomile, German	<i>Chamomilla recutita</i>								X	X	X					
Chickweed	<i>Stellaria media</i>									X	X	X				
Chicory	<i>Cichorium intybus</i>								X	X						
Chives	<i>Allium sp.</i>	X							X							
Cleavers	<i>Galium aparine</i>	X							X							
Clovers	<i>Trifolium sp.</i>						X				X					
Clover, hop	<i>Medicago lupulina</i>						X				X					
Clover, rabbit foot							X				X					
Clover, red	<i>Trifolium pratense</i>						X				X					
Clover, white	<i>Trifolium repens</i>						X				X					
Coltsfoot						X		X	X	X			X	X		
Comfrey	<i>Symphytum officinale</i>				X	X	X	X	X				X			
Dandelion	<i>Taraxacum vulgare</i>	X			X		X	X	X	X	X	X	X	X		
Devil's bit	<i>Veratrum californicum</i>		X					X					X			
Docks	<i>Rumex sp.</i>								X	X	X		X			
Dock, broad leaved	<i>Rumex obtusifolias</i>								X	X	X		X			
Dulse		X	X					X	X				X			
Eyebright	<i>Anagallis arvensis</i>					X				X						
Fat hen	<i>Atriplex hastata</i>								X				X			
Fennel	<i>Foeniculum vulgare</i>	X				X				X						
Flax, seed	<i>Linum usitatissimum</i>								X							
Garlic	<i>Allium sativum</i>		X			X					X					
Groundsel	<i>Senecio vulgaris</i>												X			
Horsetails	<i>Equisetum sp.</i>				X		X	X					X	X		
Horsetail, field	<i>Equisetum arvense</i>				X		X	X					X	X		
Horsetail, marsh					X		X	X					X	X		
Iceland moss			X													
Irish moss													X			
Kelp		X	X				X	X	X				X			
Lamb's quarters	<i>Chenopodium album</i>						X	X	X	X	X	X				
Lemon Balm	<i>Melissa officinalis</i>										X					
Licorice root, leaves							X				X					
Lupine	<i>Lupinus sp.</i>						X				X					
Marigold, flowers	<i>Tagetes sp.</i>										X					
Meadow sweet	<i>Astilbe sp.</i>	X				X	X	X	X	X	X	X	X			

continued

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Mistletoe									X							
Mullein, common	<i>Verbascum sp.</i>						X		X	X				X		
Mustards	<i>Brassica sp.</i>						X				X					
Nettles, stinging	<i>Urtica urens</i>	X					X	X	X	X				X	X	
Oak, bark	<i>Quercus sp.</i>									X						
Oat Straw						X										
Parsley									X	X	X			X		
Peppermint	<i>Mentha piperita</i>								X	X						
Pigweed, red root	<i>Amaranthus retroflexus</i>									X	X	X		X		
Plantains	<i>Plantago sp.</i>					X	X			X	X			X	X	
Primrose	<i>Oenothera biennis</i>								X							
Purslane	<i>Portulaca oleracea</i>									X	X			X		
Rest harrow		X					X		X	X				X		
Salad burnet	<i>Poterium sanguisorba</i>													X		
Sanicle											X					
Sarsaparilla			X													
Savory	<i>Satureja sp.</i>											X				
Scarlet Pimpernel	<i>Anagallis arvensis</i>									X						
Shepherd's purse	<i>Capsella bursa-pastoris</i>	X					X			X						
Silverweed										X	X					X
Skunk cabbage	<i>Navarretia squarrosa</i>								X							
Sorrel, garden	<i>Rumex sp.</i>	X								X	X					
Sorrel, sheep	<i>Rumex acetosella</i>	X								X	X					
Sow thistle	<i>Sonchus arvensis</i>								X	X						X
Spurges	<i>Euphorbia sp.</i>				X											
Strawberry, leaves	<i>Fragaria sp.</i>													X		
Tansy	<i>Tanacetum vulgare</i>										X					
Thistle, Canada	<i>Cirsium arvense</i>													X		
Thistle, creeping	<i>Sonchus arvensis</i>									X	X			X		
Thistle, nodding	<i>Carduus nutans</i>													X		
Thistle, Russian	<i>Salsola pestifer</i>													X		
Toadflax	<i>Linaria vulgaris</i>								X	X				X		
Tobacco, stems/stalk	<i>Nicotiana sp.</i>						X									
Valerian	<i>Valeriana officinalis</i>					X										
Vetches	<i>Vicia sp.</i>						X			X	X				X	X
Watercress	<i>Nasturtium officinale</i>	X	X			X	X	X	X	X	X			X		
Waywort		X				X				X						
Willow, bark	<i>Salix sp.</i>								X							
Willow, black	<i>Salix sp.</i>	X														
Wintergreen	<i>Gaultheria procumbens</i>							X								
Yarrow	<i>Achillea millefolium</i>						X			X	X				X	

The above data are from the following sources:

Cocannouer, Joseph. *Weeds: Guardians of the Soil*. New York: Devin-Adair, 1950.

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Pfeiffer, Ehrenfried. *Weeds and What They Tell*. Springfield, IL: BioDynamic Farming and Gardening, n.d.

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Additional citations in numerous scientific journals were graciously provided by Ron Whitehurst, horticultural author and cons...

Figure 17.4