

Medicinal Herbs: Business and Market Opportunities in the Puget Sound Region

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Name	Uses	Native to	Cultivation	Propagation	Qualities	Wildlife Habitat?	Other Information
Arnica (<i>Arnica cordifolia</i> or <i>Arnica chamissonis</i>)	N, M	Western North America from Alaska to California to New Mexico	Prefers well-drained soil in full sun to part shade	Propagate by seed or divisions	Anti-inflammatory	Attracts beneficial insects and butterflies	Arnica montana is most known for its medicinal uses and is difficult to grow in the Pacific Northwest, try growing <i>A. cordifolia</i> or <i>A. chamissonis</i> instead
Aronia (<i>Aronia melanocarpa</i>)	N, E, C	Wet woods and swamps, Native to Eastern North America	Prefers moist soils in partial shade	Propagate by seed or layering	Antioxidant, Nutritive	Forage for wild birds, Nectar for beneficial insects, attracts bees	Aronia berries contain some of the highest amounts of vitamin C in a fruit
Ashwaganda (<i>Withania somnifera</i>)	N, M	Dry parts of India, North Africa, Middle East and the Mediterranean	Drought tolerant, prefers well-drained soil,	Propagate by seed	Adaptogen, Alterative, Anti-tumor, Diuretic, Immune Stimulant, Nutritive, Restorative		

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Borage <i>(Borago officinalis)</i>	N, E, C	Well-drained soil, Europe	Easy to grow, prefers a sunny, well-drained soil	Propagate by seed	Alterative, Anti-arthritic, Demulcent, Emollient, Emmenagogue, Febrifuge	Attracts bees and beneficial insects	Wonderful edible flower, eat the leaves in moderation
Burdock <i>(Arctium Lappa)</i>	M, E	Native to Europe	Prefers light and deep soil for best root growth	Propagate by seed	Alterative, Antibiotic, Anti-inflammatory, Antirheumatic, Antiviral, Demulcent, Diaphoretic, Diuretic, Tonic	Attracts beneficial insects (cling onto the hairs)	Considered a noxious weed
Calendula <i>(Calendula officinalis)</i>	N, M, E, C	Native to southern Europe	Easy to cultivate, prefers a sunny spot, will re-seed	Propagate by seed, germinates easily	Antibacterial, Antifungal, Anti-inflammatory, Antimicrobial, Antiseptic, Astringent, Circulatory stimulant, Demulcent, Emollient, Sedative	Attracts beneficial insects & bees	One of the most versatile herbs for an herb grower, available in many different colors, great for use with children
California Poppy	N, M	Native to the United States, disturbed soils	Easy to grow, Prefers a sunny, site, drought tolerant	Propagate by seed	Sedative	Attracts beneficial insects	
German Chamomile <i>(Matricaria recutita)</i>	N, M	Well-drained soil, sun, from Europe, W. Asia & India	Prefers a sunny site with well-drained soil.	Propagate by seed	Antibacterial, Antimicrobial, Antiseptic, Antiulcer, Calmative, Tonic	Attracts beneficial insects	Great for use with children

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Dandelion (<i>Taraxacum officinale</i>)	M, E, C	Moist conditions, northern hemisphere	Prefer well-drained soil in full sun to partial shade	Propagate by seed in the spring	Alterative, Bitter, Hepatic, Laxative, Nutritive	Attracts beneficial insect	Can be included in the diet, do not use the root if you have any gallbladder or intestinal troubles
Devil's Club (<i>Oplopanax horridus</i>)	M	Cool, moist forests of Western North America	Difficult to cultivate, Grows in large, dense thickets	Propagate by seed or layering	Adaptogen, Anti-tumor, Stabilize blood sugar		Best as a wildcrafted herb unless you have lots of space
Eastern Black Cherry (<i>Prunus serotina</i>)	M	Old fields, Native to Eastern North America	Grows in well-drained soil in sun	Propagate by seed	Anti-spasmodic, Demulcent, Digestive, Emollient, Expectorant, Sedative	Attracts birds, host to caterpillars of various Lepidoptera	
Echinacea (<i>Echinacea angustifolia</i>)	N, M	Dry, open woodlands, prairie, Central North America	Prefers rich, well-drained soil in sun	Propagate by seed or division, Seed needs to go through a frost to germinate	Alterative, Analgesic, Antibiotic, Antiseptic, Antiviral, Appetizer, Astringent, Diaphoretic, Digestant, Febrifuge, Stimulant, Tonic, Vasodilator	Attracts beneficial insects and butterflies	Contraindicated with autoimmune diseases, Most effective with short-term use

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Elderberry <i>(Sambucus canadensis)</i>	N, M, E	Temperate regions, Northern Hemisphere	Cultivate in full sun to part shade, on edges	Propagate by seed	Anti-spasmodic, demulcent, expectorant, Immune stimulant, tonic for the lymphatic system and kidneys,	Attracts butterflies and birds	One of the most important herbs for use in colds and flu, especially in combination with Peppermint & Yarrow, High in Vitamin C
Elecampagne <i>(Inula helenium)</i>	M	Damp meadows, shady soils, Eurasia	Enjoys partial shade but will tolerate full sun,	Propagate by seed or root divisions	Antibacterial, Antifungal, Expectorant, Immune stimulant	Attracts beneficial insects	
Ginkgo <i>(Gingko biloba)</i>	N, M	Rich, sandy soil, hot sun, Central China	Will tolerate pollution and confined spaces, good for urban environments,	Propagate by seed or graft, Grafts are most common due to the odor of female plants	Circulatory stimulant, Rubefacient, Lung tonic,	Habitat for birds	Dates from 200 million years ago
Goldenseal <i>(Hydrastis canadensis)</i>	N, M	Native to the Eastern United States	Enjoys fertile, well-drained, moist, loamy soils	Propagate by root divisions or by seed	Alterative, Antibiotic, Antiseptic, Astringent, Diuretic, Hepatic, Laxative, Nervine, Tonic		Endangered, Contraindicated during pregnancy, Excessive quantities can cause side effects
Holy Basil <i>(Ocimum sanctum)</i>	N, M, C	Well drained soil, tropical Asia	Cultivate in well-drained soil in a sunny, warm microclimate	Propagate by seed	Adaptogen, Antioxidant, Anodyne, Astringent, Immune system stimulant	Attracts bees and beneficial insects	Planted around temples in India, Sacred to Hindus, an annual in the Pacific Northwest

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Hops (<i>Humulus lupulus</i>)	N, M, E	Native to W. Asian, Europe, and North America	Easy to cultivate, prefers soil rich in organic matter with lime and a warm aspect, they require support to grow upright	Propagate from cuttings or suckers, can be propagated from seed but this is not generally done.	Antibacterial, Bitter, Cardiac depressant, Diaphoretic, Febrifuge, Nervine, Sedative	Nice habitat under the shade of Hops vines	Do not use in depression, Young shoots can be eaten like asparagus
Horseradish (<i>Armoracia rusticana</i>)	M, E, C	Fertile fields, disturbed soils near streams, S.E. Europe	Easy to cultivate and difficult to eradicate, enjoys deep, moist, fertile soil	Propagate by root cuttings or divisions	Antibiotic, Digestive and circulation stimulant, Diuretic, Rubefacient, Stimulant	Attracts beneficial insects	Dried leaves yield a yellow dye
Hyssop (<i>Hyssopus officinalis</i>)	N, M, E, C	Well-drained, sunny sites, S. Europe	Full-sun, well-drained soil	Propagate by cuttings or root division	Antiseptic, Antiviral, Expectorant, Digestive	Attracts bees and beneficial insects	Avoid during pregnancy and by those with high blood pressure
Lavender (<i>Lavandula spp.</i>)	N, M, E, C	Sunny sites, warm temperate regions, Mediterranean	Enjoys full sun, well-drained soil, drought tolerant,	Propagate by seed or cuttings	Antiseptic, Carminative, Nervine, Sedative,	Attracts bees	One of the most common herbs used in cosmetics, Best quality oil is from <i>L. stoechas</i> and <i>L. angustifolia</i>
Lemon Balm (<i>Melissa officinalis</i>)	M, E, C	Sunny, well-drained soil, S. Europe	Easy to grow	Propagate by seed or division	Antidepressive, Digestive, Nervine, Sedative, Stimulant, Tonic	Attracts bees	

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Licorice (<i>Glycyrrhiza glabra</i>)	N, M	Sandy soils of the Mediterranean	Sunny, well-drained, fertile soil, abundant moisture	Propagate by seed or root division	Antimicrobial, Demulcent, Diuretic, Emmenagogue, Expectorant, Laxative	Attracts beneficial insects	Do not use during pregnancy, contra-indicated for diabetes, hypertension, hypoglycemia
Marshmallow (<i>Althaea officinalis</i>)	N, M	Moist or marshy coastal habitats, Europe	Enjoys a sunny, well-drained, fertile soil	Propagate by seed or root divisions	Demulcent, Emollient, Expectorant,	Attractive to butterflies and beneficial insects	
Meadowsweet (<i>Filipendula ulmaria</i>)	N, M	Fertile, waterside soils, W. Asia, Europe	Enjoys a fertile soil, full to partial sun	Propagate by seed or root divisions	Anodyne, Anti-inflammatory, Antiseptic, Astringent,	Attracts beneficial insects	Potential as a dye plant, Flower buds contain salicylic acid which aspirin comes from
Milk Thistle (<i>Silybum marianum</i>)	M	Native to the Mediterranean, Europe, North Africa, and areas of the Middle East	Disturbed gravelly soils	Propagates prolifically by seed	Liver tonic	Attracts butterflies and beneficial insects	On the invasive weed list
Motherwort (<i>Leonurus cardiaca</i>)	N, M	Northern temperate zones, woodland	Easy to grow, enjoys full sun or part shade	Propagate by seed, spreads prolifically, can propagate by division	Astringent, Antispasmodic, Cardiac tonic, Emmenagogue, Nervine, Sedative	Attracts bees	Contraindicated during pregnancy
Mugwort (<i>Artemisia vulgaris</i>)	N, M	Hedges, disturbed soils, Europe to Siberia, N. Africa	Easy to grow in full sun to part shade, drought tolerant	Propagate by division or seed	Anthelmintic, Emmenagogue, Stimulant	Repels insects	Used extensively in Chinese Medicine, Avoid when pregnant

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Oregon Grape (<i>Mahonia aquifolium</i>)	N, M	Woodlands, Pacific Northwest	Enjoys full to part-shade, drought tolerant	Propagate by seed	Antibacterial, Anti-inflammatory, Digestive, Liver tonic,	Attracts beneficial insects & birds	
Peppermint (<i>Mentha Piperita</i>)	N, M, E, C	Rich soils in Eurasia and Africa	Enjoys damp soil in full sun or partial shade	Propagate by root runners	Anodyne, Antibacterial, Antimicrobial, Antiseptic, Antiviral, Carminative, Febrifuge, Nervine Stimulant	Attracts bees and other beneficial insects	Will spread rapidly
Pleurisy Root (<i>Asclepias tuberosa</i>)	N, M	Dry or well-drained soils, forests, Eastern North America	Enjoys full sun and dry, well-drained soil	Propagate by root cuttings or seed	Emmenagogue, Expectorant	Butterflies, Hummingbirds, Bees, and other insects	Do not use during pregnancy or if you have a cardiac condition
Red Raspberry (<i>Rubus idaeus</i>)	N, M, E	Moist, fertile soils, Europe, N. Asia, Japan	Grow in full sun to partial shade, enjoys ample organic matter	Cultivate by division	Alterative, Astringent, Emmenagogue, Stimulant, Styptic, Tonic	May attract deer	Relatives such as Blackberry also share medicinal uses
Rose (<i>Rosa spp.</i>)	N, M, E, C	Temperate and subtropical zones, most are native to Asia, some are from N. America, Europe, and NW Africa	Roses grow in full sun to part-shade, they appreciate good airflow through their branches and well-drained soil	Cultivate by seed or from cuttings	Emollient, Laxative, Nutritive, Rejuvenating	Attracts bees	Can be grown as a hedge, barrier for wildlife, or for slope stabilization

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Rosemary <i>(Rosmarinus officinalis)</i>	N, M, E, C	Well-drained soils of the Mediterranean	Enjoys full sun, well-drained soil, drought tolerant,	Cultivate by cuttings	Antiseptic, Antioxidant, Antifungal, Digestive, Stimulates circulation	Attracts bees	Susceptible to frost
Rue <i>(Ruta graveolens)</i>	N, M	Well-drained or rocky soil, Balkan Peninsula, S.E. Europe	Enjoys full sun and hot, dry soil conditions, drought tolerant	Cultivate by cuttings	Bitter, Emmenagogue, Expectorant	Important for caterpillars of Papilio machaon , also an insecticide	Can cause skin rashes,
Sage <i>(Salvia officinalis)</i>	N, M, C	Dry, well-drained soils of the Mediterranean	Enjoys full sun, well-drained soil, drought tolerant	Cultivate by cuttings	Astringent, Digestive, Diuretic, Tonic	Attracts bees	Large diversity of ornamental cultivars are available
Skullcap <i>(Scutellaria lateriflora)</i>	N, M	Damp forests, meadows, dappled shade, North America	Enjoys well-drained soil, sun,	Cultivate by seed, or root division	Nervine, Sedative	Attracts beneficial insects	
Spilanthes <i>(Acmella oleracea)</i>	N, M	The tropics of Brazil	Frost-sensitive, Bring indoors in the winter in the Pacific Northwest	Cultivate by seed	Analgesic, Antibacterial, Antiviral, Gum tonic, Prevents, malaria, Stimulates saliva	Has been used as a pesticide	Could use further studies
St. John's Wort <i>(Hypericum perforatum)</i>	M	Semidry soils, Europe to C. China	Very easy to cultivate, enjoys disturbed soils, full sun	The seeds are extremely viable, seeds can persist for decades in the soil	Antidepressive, Anti-inflammatory Antiviral, Sedative	Attracts beneficial insects, bees, and butterflies	On the invasive weed list, interactions, can cause photosensitivity

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Stinging Nettles <i>(Urtica dioica)</i>	M, E	Nitrogen rich & Disturbed soils of the northern hemisphere	Easy to cultivate, prefers to be an understory plant	Propagate by root division once the tops go dormant, Can grow from seed	Anti-arthritis, Astringent, Diuretic, Digestive, Galactagogue, Rubefacient	Attracts several species of butterflies and moths	Is a compost activator and can be used as a fiber plant, Yellow Dock leaves can be used to treat a reaction
Thyme <i>(Thymus vulgaris)</i>	N, M, E, C	Light-well drained soil, Mediterranean	Enjoys full sun, well-drained soil, drought tolerant	Propagate by cuttings, seed, or division	Antiseptic, Digestive, Respiratory tonic, Stimulant,	Attracts bees	Recent studies have highlighted Thyme for stimulating the immune system
Valerian <i>(Valeriana officinalis)</i>	N, M	Damp, fertile soil, moist humic woodland, Europe, W. Asia	Easy to cultivate, enjoys compost-rich soils and abundant moisture	Propagate by root division in fall or early spring, can grow from seed	Analgesic, Anesthetic, Anodyne, Antispasmodic, Nerve	Attracts Butterflies	Is not as effective when taken in large doses or continuously
Vervain <i>(Verbena officinalis)</i>	N, M	Disturbed soils, sun, S. Europe	Easy to cultivate, grows in full sun and does not mind poor soils	Spreads viable seed, collect starts in garden or start plants from seed	Primarily used for its nervine qualities	Attracts butterflies and hummingbirds	
Yarrow <i>(Achillea millefolium)</i>	N, M	Hedge, pastures, Europe to W. Asia	Easy to cultivate, available in many colors from traditional white to deep purple	Divide rhizomes before flowering, Can start from seed	Anti-inflammatory, Antiviral, Astringent, Diaphoretic, Emmenagogue, Styptic	Attracts beneficial insects, bees, & butterflies	Overuse can make the skin sensitive to sunlight, do not use in pregnancy

N = Nursery Crop
M = Medicinal Herb Crop
E = Edible Crop
C = Culinary Herb Crop

For educational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.

Resources:

Botanical Therapeutic Monographs. The Australasian College of Herbal Studies. Portland, OR. 1999.

Herbs: An Eyewitness Testimony. Bremness, Lesley. Dorling Kindersley. 1994.

Mountain Rose Herbs: <http://www.mountainroseherbs.com/>

Wikipedia: http://en.wikipedia.org/wiki/Main_Page