



A Resource Centre for Edible and Otherwise Useful Plants

Registered Charity No. 1057719

Website: <http://www.pfaf.org/> email: webmaster@pfaf.org

How to use the standalone version of the species database

Installation

The installation program should start automatically when you insert the CD-ROM in the disk drive. If it does not you can start the installation program by clicking on Start and then run. In the window which comes up type

D:\setup

where D: is the drive letter for your CD-ROM (it may be E: or some other letter).

If you want to use the Access 97 or Access 2000 version of the database please see the instructions below.

When the setup program starts just click OK in the first window. In the second window you can change the directory where you want the files to be installed, clicking OK will be fine. In the third window just click on the picture of the Computer to start the installation. In the fourth window you are asked for the name of the program group (position on the start menu) where you want to include the shortcut to the program, its fine just to click on Continue. After the files have been copied just press OK to end setup. (Don't worry if it asks if you want to restart windows and then fails to do so giving an error message: "setup program did not complete successfully". You will still be able to use the database).

Access 97 and Access 2000

For users who have either of these version of Microsoft access on their machines we have provided versions of the database in these formats. You may find it easier to use these as they allow you to perform your own queries on the database. You can find these on the CD-ROM in the folders Access7 and Access2000 respectively. The databases are named pfaf7.mdb and pfaf2K.mdb respectively. You will need to copy them to somewhere on your hard disk to use them. After you have copied the file you may need to make the file writeable. To do this right click on the file, which should bring up a menu. At the bottom of this menu is an item called **properties**. Click on this. A new window will appear and in this is an item **Read-only** click on the box next to it so that there is no tick in the box, then click on OK. Once you have done this you can open the file using your default version of access by double clicking on it and you can use the database as described above.

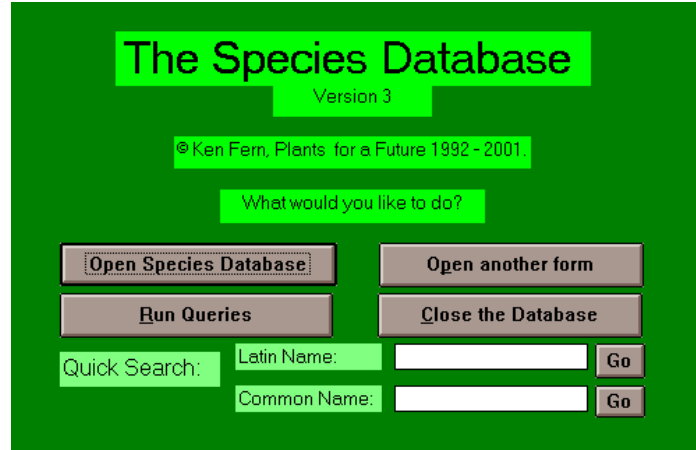
Running the program

Starting the program is easy. Click on Start, go up to Programs and from the new menu go to **Species Database** and then click on **plantuse** to start the database.

The main switchboard

Species Database

This form is displayed at startup.



Open The Species Database

This opens up a form where you can search by Latin name for a particular plant.

Run Queries

This opens the **Queries Switchboard** from which other queries, such as searching for a particular use, habitat, or soil type can be performed.

Open Another Form

This takes you to a menu where various other tables can be examined.

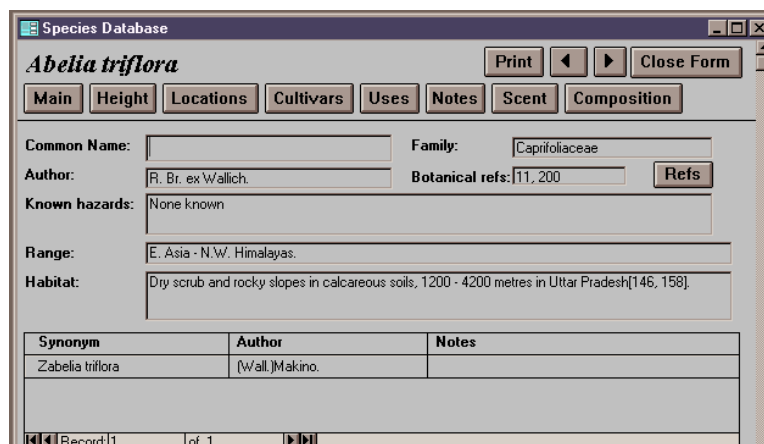
Close the Database

This will close the database, and probably Access as well.

Below these are two fields where you can type part of a Latin name or common name of a plant. Pressing the Go button next to the field will search for matching plants.

Open The Species Database

This opens a window which displays all the information about a plant.



The Latin name of a plant is shown in the top left of the window. The **Print** button brings up a new window displaying a printable version of the information about the plant. You can use the File->Print
Plants For A Future For a Future Species Database

Species Database

menu item (or Control-P) to actually print the document. The ◀ and ▶ buttons allow you to navigate through the list of plants. The **Close Form** button closes the window.

There are eight buttons at the top of the form: **Main**, **Height**, **Locations**, **Cultivars**, **Uses**, **Notes**, **Scent** and **Composition**. Pressing one of these buttons scrolls the window so the corresponding section is displayed.

- **Main** shows the botanical information, known hazards, the geographical range and the preferred habitat of the plant.
- **Height** shows the height and width of the full grown plant, flowering times and soil characteristics.
- **Locations** shows different habitats that the plant can grow in.
- **Cultivars** shows details of some cultivars of the plant.
- **Uses** shows the types of uses for the plant and Notes gives more details of these.
- **Scent** shows details about scented plants
- **Composition** shows the chemical makeup of the plant.

The Main Section

The **Main** section (shown above) shows the following information:

Latin name:	The botanical name of the plant. This is an indexed field and is the primary key.
Author:	The person(s) who named the plant.
Family:	The family that the plant belongs to. An indexed field.
Common name:	One common name (where available) for the plant. It does not list the wide range of common names that many plants have.
Synonyms:	Other botanical names the plant has been known by. Sometimes there is disagreement amongst the botanists as to which is the correct name to use, we might also have obtained information about the plant under one of its old names, so we need to keep a record of all synonyms in order to try and keep our own records accurate.
Botanical references:	A bibliography of the most relevant books (usually a flora) that contain a botanical description of the plant.
Known hazards:	Any records we have of toxicity or other harmful aspects of the plant.
Range:	The regions of the world where the plant grows wild. One limit to this field is that if the plant is native to Britain I haven't put down the other areas in which it grows. This will be changed as time permits.
Habitat:	A description of the habitat where the plant grows wild.

Height Width Section

Species Database

Height, Width, Growing conditions							
Habit:	<input type="text" value="Tree"/>			D/E:	<input type="text" value="E"/>	Rating:	<input type="text" value="2"/>
Height (m):	<input type="text" value="45.00"/>	Width (m):	<input type="text" value="15.00"/>	Hardiness:	<input type="text" value="4"/>	Growth rate:	<input type="text" value="F"/>
In leaf:	<input type="text" value="1-12"/>	Flowering time:	<input type="text" value="4-5"/>	Seed ripens:	<input type="text" value="9-10"/>	Scented:	<input type="text" value="Yes"/>
Flower Type:	<input type="text" value="M"/>	Self-fertile:	<input type="text"/>	Pollinators:	<input type="text" value="Wind"/>		
Soil:	<input type="text" value="LMH"/>	Well-drained:	<input type="text" value="No"/>	Heavy clay:	<input type="text" value="Yes"/>	Poor soil:	<input type="text" value="No"/>
pH:	<input type="text" value="AN"/>	Acid:	<input type="text" value="No"/>	Alkaline:	<input type="text" value="No"/>	Saline:	<input type="text" value="No"/>
Shade:	<input type="text" value="FSN"/>	Moisture:	<input type="text" value="M"/>	Wind:	<input type="text"/>	Drought:	<input type="text" value="No"/>
Nitrogen fixer:	<input type="text" value="No"/>	Wildlife:	<input type="text" value="No"/>	Pollution:	<input type="text" value="N"/>	Frost Tender:	<input type="text" value="Y"/>

This shows the following information:

- Habit:** Type of plant. (Annual, perennial, tree etc).
- Evergreen/Deciduous:** Whether the plant is deciduous or evergreen. This applies mainly to trees and shrubs but is also used when we know that any other type of plant is evergreen. **D** = deciduous, **E** = evergreen.
- Rating:** A value from 1 to 5. 1 denotes plants of very minor uses, 2 means reasonably useful plants, 3 covers the range of plants that could be grown as standard crops, 4 is for very useful plants whilst 5 denotes those of great value. A very subjective evaluation.
- Height:** How tall the plant is expected to grow in Britain, in metres.
- Width:** How wide the plant is expected to grow, in metres. This field is rather lacking in information.
- Hardiness:** How hardy is it on a scale from 1 - 10. One will survive arctic winters, ten is tropical. Cornwall is about eight, but can grow some plants from zone nine. Most of Britain is zone seven, going down to zone six in the north and four in the mountains.
- Growth rate:** How fast the plant can grow. **F** = fast, **M** = medium, **S** = slow. This applies mainly to trees and shrubs but a lot of entries are blank because we just do not have the information.
- In leaf** Months of the year that the plant is in leaf. 1 = January, 12 = December. A new field with little information at present (29/09/93).
- Flowering time.** What time of the year does the plant flower? Recorded in months, 1 = January, 12 = December. There is a problem with this field - if the flowering time is for more than one month it will be written down in a format such as 7 - 9 (for July to September). If we are then asked for a plant that flowers in August (month 8) the computer does not easily pick this out.
- Seed ripens** What time of the year does the plant produce ripe seed?. Recorded in months, 1 = January, 12 = December. There is a problem with this field - if the seed ripening time is for more than one month it will be written down in a format such as 7 - 9 (for July to September). If we are then asked for a plant that ripens its seed in August (month 8) the computer does not easily pick this out.
- Scented** Is the plant known for its scent?
- Flower type.** **H** = hermaphrodite (the flower has both male and female organs). **M** = monoecious (individual flowers are either male or female, but both sexes can be found on the same plant). **D** = dioecious (individual flowers are either male or female, but only one sex is to be found on any

Species Database

	one plant so both male and female plants must be grown if seed is required)
Self-fertile.	Can one plant growing on its own produce fertile seed without being pollinated by any other plants? Y = Yes, N = No, a blank entry denotes that we do not know.
Pollinators.	How is the plant fertilized? Gives a list, where known, of types of insects or other means of pollination such as the wind or water.
Soil	Type of soil the plant prefers. L = light (sandy), M = medium (loam), H = heavy (clay). An entry here does not specifically mean that a plant will tolerate the extremes of very heavy or very sandy soils, for further details on this refer to the next two fields.
Well-drained.	Does the plant require a well-drained soil? Many plants cannot tolerate soils if the water does not drain away fairly quickly. A well-drained soil is usually light or medium, but this is not always the case and some light soils are very poorly drained.
Heavy clay.	Can the plant grow in heavy clay soils?
Poor soil.	Can the plant grow in nutritionally poor soils?
pH	Type of soil the plant prefers. A = acid, N = neutral, B = basic (alkaline). An entry here does not necessarily mean that a plant can tolerate the extremes of acidity or alkalinity. For further information, use the next two fields.
Acid.	Can the plant grow in very acid soils?
Alkaline.	Can the plant grow in very alkaline soils?
Saline.	Can the plant grow in saline soils.
Shade.	How much shade does the plant need? F = full shade (deep woodland, a north-facing wall etc), S = semi-shade (light woodland, a position that is shaded for part of the day etc), N = no shade. An indexed field.
Moisture.	What sort of moisture levels does the plant require? D = dry, M = moist (this is the average soil type <u>and does not mean a wet soil</u>), We = wet (or boggy), Wa = water (grows in ponds etc).
Wind.	How wind resistant is the plant? M = tolerates maritime exposure, W = tolerates strong winds but not maritime exposure, N = not wind tolerant. A blank entry denotes that we have no information. Information is somewhat lacking and what we have is mainly related to trees and shrubs.
Drought.	Can an established plant tolerate drought ?
Nitrogen fixer	Does the plant fix nitrogen from the atmosphere?
Wildlife	Is the plant noted for providing food etc for our native wildlife?
Pollution.	Can the plant tolerate atmospheric pollution? (ie. can it grow in a large town or city, or by a main road?). Y = Yes, N = No, a blank entry denotes that we don't know. This question is almost exclusively for trees and shrubs since these in general have much more difficulty coping with atmospheric pollution.
Frost Tender	Is the plant frost tender?

Plant Locations and Habitats

Species Database

Plant Locations and Habitats

Cultivar:

Meadow: ☐ Lawn: ☐ GroundCover: ☐ CultivatedBeds: ☐

Hedge: ☐ Hedgerow: ☐ OtherHabitats: ☐

Pond: ☐ Bog Garden: ☐

Woodland Garden: ☒ Canopy: ☐ Secondary: ☐

Walls: ☒ North: South: East: West:

Shade: SunnyEdge: ☒ DappledShade: ☒ ShadyEdge: ☐ DeepShade: ☐

Record: 2 of 2

This shows details of locations where the plant could be found. For some plants that have many cultivars there are separate entries for each cultivar the navigation buttons at the bottom of the section can be used to select the cultivar.

Most of the fields are self explanatory: **Hedge** is plants suitable for making a hedge and **hedgerow** is plants which can be grow in a hedge; **Woodland Garden** means plants suitable for a woodland garden and **Canopy** and **Secondary** where the trees would fit in the system. For **Shade** F = full shade, S = semi shade and N = not shade tolerant.

Cultivars section

Cultivars

Synonyms:

A white-flowered form, it flowers prolifically and has a pleasant mild-flavour[K].

Record: 1 of 1

Details of different cultivars of the plant are indicated in this section.

Plant Uses section

Edible Uses	Medicinal Uses	Other Uses
Coffee	Antispasmodic	Fibre
Fruit	Demulcent	Paper
Leaves	Diaphoretic	Size
Oil	Diuretic	
Pectin	Emollient	
Root	Stimulant	
Seed		

This indicates the different uses of the plants. Full details are given in the Notes section below. See appendix 1, 2 and 3 for meanings of each term.

Notes section

Species Database

Notes

Expand Notes: **Edible** ☐ **Medicinal** ☐ **Other** ☐
Show All ☒ **Cultivation** ☐ **Propagation** ☐ **Personal** ☐

Edible uses:

Immature fruit - cooked on their own or added to soups etc[2, 27]. They can be used fresh or dried[183]. Mucilaginous[133], they are commonly used as a thickening for soups, stews and sauces[183]. The fruits are rich in pectin and are also a fair source of iron and calcium[240]. The fresh fruits contain 740 iu vitamin A[240]. The fruit

Medicinal Uses:

The roots are very rich in mucilage, having a strongly demulcent action[4, 21]. They are said by some to be better than marsh mallow (Althaea officinalis)[4]. This mucilage can be used as a plasma replacement[240]. An infusion of the roots is used in the treatment of syphilis[240].

Other Uses :

A fibre obtained from the stems is used as a substitute for jute[57, 61, 74, 169]. It is also used in making paper and textiles[171]. The fibres are about 2.4mm long[189]. When used for paper the stems are harvested in late summer or autumn after the edible seedpods have been harvested, the leaves are removed and the stems are steamed until

Cultivation details

Prefers a well-drained humus rich fertile soil in full sun and a pH around 6 to 6.7[200] but it tolerates a wide range of soil types and pH from 5.5 to 8[200]. It prefers a soil with a high potash content[264]. The plant requires a warm sunny position sheltered from winds[200]. It likes plenty of moisture, both in the soil and in the atmosphere[133].

Propagation:

Seed - sow early spring in a warm greenhouse. The seed germinates in 27 days at 15°C or 6 days at 35°C[133]. When large enough to handle, prick them out into individual pots and plant them out after the last expected frosts[200].

PersonalNotes:

This shows more details of the Edible Uses, Medicinal Uses, Other Uses, Cultivation and Propagation details. There is also a place where you can add your own personal notes about the plant.

Due to space restrictions the amount of space dedicated to each field has been restricted. To increase the amount of space allocated to each field click on the corresponding button in the **Expand Notes** box, clicking on **Show All** will return the display to the default show above.

Scented Plants section

Scented Plants

Plant Part: **Flowers** **Fresh:** ☒ **Crushed:** ☐ **Dried:** ☐ **ScentClass:**

Notes:

Record: 1 of 1

If the plant is known for its scent then this section, will show the notes about the scent.

Composition section

Species Database

Composition					
Part of plant:	<input type="text" value="Seed"/>	Dry or Fresh weight:	<input type="text" value="F"/>	Percentage of water:	<input type="text"/>
Weight in grammes per 100g weight of food					
Calories:	<input type="text"/>	Protein:	<input type="text" value="17.4"/>	Fat:	<input type="text" value="16.0"/>
		Fibre:	<input type="text"/>	Ash:	<input type="text" value="4.4"/>
Weight in milligrammes per 100g weight of food					
Calcium:	<input type="text"/>	Phosphorus:	<input type="text"/>	Iron:	<input type="text"/>
Sodium:	<input type="text"/>	Potassium:	<input type="text"/>	Zinc:	<input type="text"/>
Vitamin A:	<input type="text"/>	Riboflavin:	<input type="text"/>	Thiamine:	<input type="text"/>
		Niacin:	<input type="text"/>	B6:	<input type="text"/>
				C:	<input type="text"/>
Source:	<input type="text"/>				
Notes:	<input type="text"/>				
<div> <div>Record: 1</div> <div>of 1</div> <div>▶▶</div> </div>					

For a few plants we have details of the nutritional properties of the plant.

Run Queries

Pressing this button on the main switchboard will open a new window where different queries can be performed. There are several different type of query you can do:

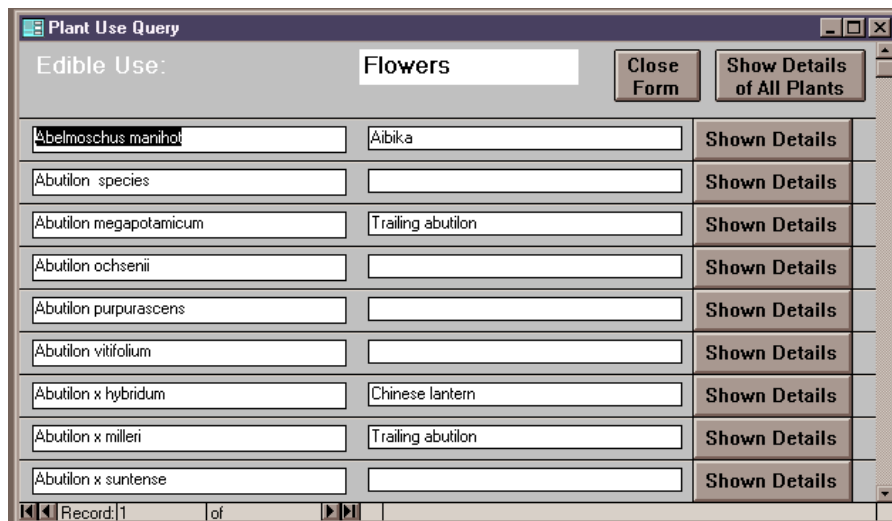
- **All Plants** Shows all plants in the database.
- **Find Names** Lets you search for the names of the plant by Latin(Botanical) name, common name, Family or cultivar name.
- **Find Use** Lets you search for a particular use of the plant.
- **Find Habitat** Lets you search for plants which grow in a particular habitat.
- **Find Properties** Lets you search for plants with a specified height or width, soil conditions, a usefulness rating and several other criteria.
- **Find Word** Lets you search for a specific word in the text fields in the database.
- **Find Range** Lets for search for plants which grow in a particular geographical range.
- **Send information** Will copy all the personal notes you have created onto a floppy disk which you can send to us for future inclusion in the database.

Clicking on most of these buttons will bring up a new window where you can select the features you require. These mirror the display of plants shown above. You can click on the various boxes and use the pull down menus to select the features you need. Once you have selected the criteria you can press the Find button to search for the matching plant.

List of plants

When you press the **Find** button in one of the queries a new window will appear showing all the matching plants.

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Edible Use:	Flowers	Close Form	Show Details of All Plants
Abelmoschus manihot	Aibika	Shown Details	
Abutilon species		Shown Details	
Abutilon megapotamicum	Trailing abutilon	Shown Details	
Abutilon ochsenii		Shown Details	
Abutilon purpurascens		Shown Details	
Abutilon vitifolium		Shown Details	
Abutilon x hybridum	Chinese lantern	Shown Details	
Abutilon x milleri	Trailing abutilon	Shown Details	
Abutilon x suntense		Shown Details	

Record: 1 of

If you want more information about a specific plant then just click on the **Show Details** button. You can use the scroll bar to move up and down the list of plants. If you want to see details of all plants then click on **Show details of all Plants**.

Open another form

These a few other tables you may wish to look at:

- **Booklist** The various books which we have referenced.
- **Edible Terms** Descriptions of what each of the edible uses mean.
- **Medicinal Terms** Descriptions of the medicinal uses.
- **Other Terms** Descriptions of the other uses.

That about all you need to know for basic operations of the database, if you want to do more advanced things you'll need the full version of Access and get your head round queries. If you have any problems you can email webmaster@pfaf.org and we should be able to help.

Appendix 1: Edible Uses

<u>Use</u>	<u>Description</u>
Coffee	The various substitutes that can be used as a substitute for coffee.
Chocolate	Substitutes for chocolate, that is.
Colouring	Edible dyes
Condiment	The various plants that are used as flavourings, either as herbs, spices or condiments.
Curdling agent	Used to curdle milks in making cheese etc.
Drink	This does not include plant saps, tea or coffee substitutes.
Egg	Substitutes that is.
Flowers	Speaks for itself.
Fruit	Speaks for itself.
Gelatine	Substitutes that is.
Gum	Can be chewed as a chewing gum or can often be used as a sweetener or thickening agent in foods.
Inner bark	The bark that is found just beneath the tough outer bark of trees and shrubs.

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Leaves	Speaks for itself.
Manna	This is a sweet substance that exudes naturally from certain plants, usually from the stems.
Milk	Made from plants, that is.
Nectar	Produced in such abundance by some flowers that it can be harvested fairly easily.
Oil	Usually obtained from seeds, it is used in cooking, for salad dressings etc.
Pectin	A substance that is used to thicken jams etc and as a culture medium in laboratories.
Pollen	Most pollens are edible, they are normally too fiddly to harvest.
Root	This includes bulbs, corms, tubers, rhizomes etc.
Rutin	Often used as a food supplement.
Salt	Plants that provide a substitute for salt.
Sap	Usually of trees and usually but not always used as a drink or sweetener.
Seed	Includes nuts, cereals, peas and beans.
Seedpod	The immature seedpods of plants such as Okra, French and Runner beans.
Stabilizer	This is often a gum and could perhaps be included there.
Stem	This often intergrades into leaves.
Sweetener	Includes sugar substitutes.
Tea	The various herb teas that can be used in place of tea, plus the genuine article.

Appendix 2: Medicinal uses

<u>Use</u>	<u>Description</u>
Abortifacient	Causes an abortion.
Acrid	Causes heat and irritation when applied to the skin.
Adaptogen	Helps the body 'rise' to normal stress situations, thus preventing the many chronic degenerative diseases.
Alterative	Causes a gradual beneficial change in the body, usually through improved nutrition and elimination, without having any marked specific action.
Anaesthetic	Numbs the feeling in a local or general area of the body.
Analgesic	Relieves pain. Included under Anodyne.
Anaphrodisiac	Reduces sexual desire.
Anodyne	Relieves pain.
Antacid	Counters excess acidity in the stomach.
Anthelmintic	Expels parasites from the gut.
Antiaphonic	Restores the voice.
Antiarthritic	Treats arthritis.
Antiasthmatic	Treats asthma.
Antibilious	Treats nausea.
Antibiotic	See antiseptic.
Antibacterial	Kills bacteria.
Anticholesterolemic	Prevents the build up of cholesterol.
Anticoagulant	Removes blood clots.
Antidandruff	Treats dandruff.
Antidermatosis	Prevents or cures skin complaints.
Antidote	Counters poisoning.
Antieccchymotic	???
Antiemetic	Prevents vomiting.
Antifungal	Treats various fungal problems such as Candida.
Antihaemorrhoidal	Treats haemorrhoids (piles). This would probably be best added to another heading.
Antihalitosis	Treats bad breath
Antihydrotic	Reduces perspiration.
Antiinflammatory	Reduces inflammation of joints, injuries etc.
Antiperiodic	Counteracts recurring illnesses such as malaria.
Antiphlogistic	Reduces inflammation.
Antipruritic	Treats itching of the skin.
Antipyretic	Treats fevers. See Febrifuge.

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Antirheumatic	Treats rheumatism.
Antiscorbutic	A plant rich in vitamin C that is used to counteract scurvy.
Antiscrophulatic	Counteracts scrofula. (TB, especially of the lymph glands)
Antiseptic	Destroys or arrests the growth of micro-organisms.
Antispasmodic	Treats muscular spasms and cramps.
Antitumor	Used in the treatment of cancer. This should probably be included in cytotoxic.
Antitussive	Treats coughing.
Antivinous	Treats addiction to alcohol
Antiviral	Treats virus diseases
Aperient	A mild laxative.
Aphrodisiac	Increases the sexual appetite.
Appetizer	Improves the appetite
Aromatherapy	Plants whose essential oils are used in Aromatherapy
Aromatic	Having an agreeable odour and stimulant qualities.
Astringent	Reduces the flow of secretions and discharges of blood, mucus, diarrhoea etc.
Bach	Plants used in the Bach flower remedies.
Balsamic	A healing and soothing agent.
Bitter	Increases the appetite and stimulates digestion by acting on the mucous membranes of the mouth. Also increases the flow of bile, stimulates repair of the gut wall lining and regulates the secretion of insulin and glucogen.
Blood purifier	Purifies the blood.
Blood tonic	Is this any different to a blood purifier?
Cancer	Used in the treatment of cancer.
Cardiac	Used in the treatment of heart problems.
Cardiotonic	A tonic for the heart.
Carminative	Reduces flatulence and expels gas from the intestines.
Cathartic	A strong laxative but less violent than a purgative.
Cholagogue	Increases the flow of bile and its discharge from the body.
Contraceptive	Prevents fertilization occurring in females.
Cytostatic	Slows or controls the growth of tumours.
Cytotoxic	Destroys body cells. Used in the treatment of diseases such as cancer.
Decongestant	Removes phlegm and mucous, especially from the respiratory system.
Demulcent	Soothes irritated tissues, especially the mucous membranes.
Deobstruent	Clears obstructions from the natural ducts of the body.
Deodorant	Masks smells. Is this medicinal?
Depurative	Eliminates toxins and purifies the system, especially the blood.
Detergent	A cleansing agent, used on wounds etc. It removes dead and diseased matter.
Diaphoretic	Induces perspiration.
Digestive	Aids digestion.
Disinfectant	Used for cleaning wounds.
Diuretic	Promotes the flow of urine.
Emetic	Induces vomiting.
Emmenagogue	Restores the menstrual flow, sometimes by inducing an abortion.
Emollient	Softens the skin.
Enuresis	Treats bed wetting.
Errhine	
Expectorant	Clears phlegm from the chest by inducing coughing.
Febrifuge	Reduces fevers.
Foot care	Plants that are used in various ways to treat foot problems.
Galactofuge	Stops the flow of milk in a nursing mother.
Galactagogue	Promotes the flow of milk in a nursing mother.
Haemolytic	Breaks down red blood corpuscles to separate haemoglobin.
Haemostatic	Controls internal bleeding.
Hallucinogenic	Causes the mind to hallucinate.
Hepatic	Acts on the liver (for better or worse!).
Hydrogogue	A purgative that causes an abundant watery discharge.
Hypnotic	Induces sleep.
Hypoglycaemic	Reduces the levels of sugar in the blood.
Hypotensive	Reduces high blood pressure.

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Infertility	Used in problems of human fertility.
Irritant	Causes irritation or abnormal sensitivity in living tissue.
Kidney	Used in the treatment of kidney diseases
Laxative	Stimulates bowel movements in a fairly gentle manner.
Lenitive	Soothing, palliative.
Lithontripic	Removes stones.
Miscellany	Various medicinal actions that need more clarification.
Mouthwash	Treats problems such as mouth ulcers.
Mydriatic	Dilates the pupils of the eyes.
Narcotic	Induces drowsiness and gives an artificial sense of well-being.
Nervine	Stimulates and calms the nerves.
Nutritive	A food for convalescents to help restore strength.
Odontalgic	Treats toothache (temporary measure only) and other problems of the teeth and gums.
Ophthalmic	Treats eye complaints.
Oxytoxic	Hastens parturition and stimulates uterine contractions.
Parasiticide	Treats external parasites such as ringworm This should perhaps be joined with Parasiticide in the 'Other Uses' table.
Pectoral	Relieves respiratory diseases, a remedy for chest diseases.
Plaster	Used in the treatment of broken bones.
Poultice	Used in the treatment of burns etc.
Purgative	A drastic laxative.
Refrigerant	Cools the body.
Resolvent	Breaks down tumors. This might be placed under antitumor.
Restorative	Restores consciousness or normal physiological activity.
Rubefacient	A counter-irritant and external stimulant.
Salve	Soothes and heals damaged skin.
Sedative	Gently calms, reducing nervousness, distress and irritation.
Sialagogue	Stimulates the secretion of saliva.
Skin	Plants used in miscellaneous treatments for the skin.
Sternutatory	Promotes sneezing and nasal discharges.
Stimulant	Excites or quickens activity of the physiological processes. Faster acting than a tonic but differing from a narcotic in that it does not give a false sense of well- being.
Stings	Used in the treatment of stings and insect bites.
Stomachic	Aids and improves the action of the stomach.
Styptic	An astringent that stops bleeding by contracting the blood vessels.
TB	Plants used in the treatment of tuberculosis
Tonic	Improves general health. Slower acting than a stimulant, it brings steady improvement.
Uterine tonic	See also oxytoxic.
Vasoconstrictor	Narrows the blood vessels, thereby increasing blood pressure.
Vasodilator	Widens the blood vessels, thereby reducing blood pressure.
VD	Used in the treatment of venereal disease
Vermifuge	Expels internal parasites.
Vesicant	A blistering agent.
Vulnerary	Heals wounds.
Warts	Used in the treatment of warts, corns etc.
Women's complaints	A very vague title, it deals with a miscellany of problems peculiar to the female sex.

Appendix 3: Other Uses

<u>Use</u>	<u>Description</u>
Adhesive	Glues.
Alcohol	Used for fuel etc. (this is wood alcohol, it is not the sort that can be drunk.
Baby care	Various plants that can be used in place of items such as nappies.
Basketry	Plant used in making baskets and other items such as chairs. Includes plants that are

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	only used as an ornamental addition.
Beads	Used in necklaces etc.
Bedding	Used as a lining for sleeping on or putting fruits etc on.
Besom	A type of broom.
Biomass	Provides a large quantity of plant material that can be converted into fuel etc.
Blotting paper	Plant fibres that can be used to make blotting paper.
Bottles	Gourds and other thick-shelled fruits that can be used to carry liquids.
Broom	Branches of plants that are used as brooms.
Brush	For cleaning clothes, applying paint etc.
Buttons	
Charcoal	Used for fuel, drawing, deodorant, filter, fertilizer etc.
Cleanser	For various materials. Perhaps best included under separate headings.
Compost	Plants used for activating compost heaps, as instant compost etc.
Containers	
Cork	Including any plants used as a cork substitute. Cork is used for insulation (sound or heat), fire-retardant, bottle stops etc.
Cosmetic	
Cotton wool	Plants that can be used as substitutes.
Darning ball	
Disinfectant	
Dye	
Essential	Essential oils that are used in perfumery, medicines, paint solvents, insect repellents etc.
Fencing	
Fertilizer	Provides a concentrated solid plant food.
Fibre	Used for making cloth, rope, paper etc.
Filter	Used to strain out particles from liquids.
Fire retardant	Plants that do not easily burn and can be used in barrier plantings to limit the spread of forest fires.
Friction sticks	Used for starting fires when there are no matches.
Fruit ripening	Substances that promote the premature or rapid ripening of fruits.
Fuel	Usually wood that has been mentioned as being a good fuel.
Fungicide	Arrests the growth or kills fungi.
Furniture	A few miscellaneous uses that do not fit easily into other headings.
Green manure	
Ground cover	Usually low growing plants that can be grown with other plants, especially shrubs and trees, to prevent the growth of weeds.
Gum	A wide range of uses, especially as stabilizers, emulsifiers, thickening agents, adhesives etc.
Hair	Used as shampoos, tonics etc.
Hedge	Plants that can be grown as hedges.
Herbicide	Plants or plant extracts that can inhibit the growth of other plants.
Incense	Aromatic plants that can be burnt to impart a pleasant smell, repel insects and disinfect closed areas.
Ink	
Insecticide	Kills insects.
Insulation	Providing insulation against heat, sound or electricity.
Kindling	Plant material that burns easily and can be used for starting fires.
Lacquer	A type of varnish.
Latex	A source of rubber.
Leather	Substitutes, that is.
Lighting	Does not include oils, waxes, candles etc.
Lining	Used for lining boxes, baskets etc so that fragile items can be more safely carried in them.
Liquid feed	For plants, that is.
Litmus	Used for testing whether a substance is acid or alkaline.
Microscope	
Miscellany	A rag-bag of items that are difficult to categorise.
Mordant	Used for making a dye more permanent, it also affects the colour of the dye.

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Mulch	Used for covering the ground to conserve the nutrients in the soil.
Musical	Specific mention of plants used as musical instruments. Does not include the various woods that can be used for making musical instruments.
Nails	A few woods are tough enough to be used in place of metal nails in certain circumstances.
Needles	Used for sowing, darning etc.
Oil	Vegetable oils have many uses, as lubricants, lighting, soap and paint making, waterproofing etc. This does not include the edible oils unless they are also mentioned as having other uses.
Packing	Used as a filler in boxes etc in order to protect the contents.
Paint	Plants used directly as a paint. Does not include oil plants and dyes that can be used to make paints.
Paper	Related to the entry for Fibre, these plants have been specifically mentioned for paper making.
Parasiticide	Kills parasites.
Pectin	A substance that is used to thicken jams etc and as a culture medium in laboratories.
Pencil	A couple of plants especially mentioned for making the tubes that pencil leads fit into.
Pins	Used as needles and pins in sowing etc.
Pipes	For carrying water etc.
Pitch	Used for waterproofing, in paints etc.
Plant breeding	Used in producing new species of plants or improved varieties.
Plant support	Usually bamboos, used as canes in the garden for holding up plants.
Plaster	Used for covering walls.
Polish	For metals, wood etc.
Pollution	Plants used to combat pollution.
Porcelain	
Potash	Used for making glass, soap and as a fertilizer.
Pot-pourri	Aromatic plants used to impart a pleasant smell to an area. Can this be grouped with incense or essential oil?
Preservative	For food, or for treating wood, ropes etc.
Raffia	A substitute for that material.
Repellent	Plants that are said to deter but not necessarily kill various mammals, birds, insects etc.
Resin	Used in perfumery, medicines, paints, soap making etc. This also includes turpentine, which is extracted from many resins and used as a preservative, water proofer etc,
Roofing	Used to give a waterproof roof to buildings.
Rooting hormone	Substances that can be used to promote the production of roots in plant cuttings.
Rootstock	Plants used as the root for grafting scions onto.
Rust	Plants that can be used to prevent or treat rust.
Sandpaper	Plants used to smooth rough wooden surfaces by means of abrasion.
Scourer	Used for cleaning pots, pans, plates etc.
Shelterbelt	Wind resistant plants than can be grown to provide shelter in the garden etc.
Size	Used on materials, paper etc to give a surface that will take ink, dyes etc.
Soap	Plants used directly as a soap substitute.
Soap making	Plants used as an ingredient in making soaps. Does not include the essential oils, dyes and oils that are also used in making soap.
Soil conditioner	Plants grown to improve the structure of the soil. See also Green manures.
Soil reclamation	Plants that can be grown in such circumstances an the spoil tips of mines in order to restore fertility.
Soil stabilization	Plants that can be grown in places such as sand dunes in order to prevent erosion by wind, water or other agents.
Starch	Used as a fabric stiffener.
Straw	For drinking from.
Strewing	Plants, usually aromatic, that are strewn on the floor to give a nice smell, repel insects etc.
String	Plants that can be used as they are as a temporary string. See also Fibre.
Stuffing	Used in soft toys, mattresses, pillows etc.

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Tannin	Tannin is used as a preservative, mordant, dye etc.
Teeth	Plants used to clean the teeth etc.
Thatching	Used for making thatched roofs.
Tinder	Used for starting fires. See also Kindling.
Varnish	Plants that can be used as a varnish without any special treatment. Does not include varnishes made from oils etc.
Waterproofing	Does what it says.
Waxed paper	Substitutes that is.
Wax	Used for candles etc.
Weather forecasting	A few plants that are supposed to help us forecast the weather.
Weather protection	Plants that can be used to give the body protection from severe weather.
Weaving	Items such as grass leaves that are woven together for various purposes. See also Basket making and Fibre.
Wick	Used as a wick for candles, lamps etc.
Wood	A list of the trees and shrubs that are noted for having useful wood.

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