

KOKO TAHOMA

NATIVE
AMERICAN
HERBAL
LIST

350 HERBS
FROM OVER THE WORLD

Koko tahoma



As a descendant of the Puyallup tribe, Koko's cultural roots in the use of medicinal plants run deep. Koko currently lives in Oregon and studies botany, herbology, and naturopathy. Koko prefers a holistic approach, focusing on lifestyle and spiritual and emotional well-being. You can contact Koko directly at:

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Koko Tahoma

Acai	Avena Sativa	Bluebead
Acorn	Azalea	Blueberries
Agave	Balsam Fir	Blue Flag
Agnus castus	Balsam Root	Blue Spruce
Agrimony	Bamboo	Blue Vervain
Alder	Barberry	Blue False Indigo
Alfalfa	Basil	Boldo
Allspice	Bay Leaves	Boneset
Aloe Vera	Bearberry	Boswellia
Amaranth	Bee Pollen	Broadleaf Plantain
Amaryllis	Beech	Broom Snakeweed
American Ginseng	Beer	Buck Brush
American Licorice	Beeswax	Buckthorn
American Mistletoe	Begonia	Buckwheat
Angelica	Belladonna	Buffalo Berry
Aniseed	Bergamot	Burdock
Antelope Sage	Bilberry	Cactus
Arnica	Black Cohosh	Calamus Root
Aronia Berries	Black Gum	Calendula
Arrowwood	Black Haw	California Poppy
Ashwagandha	Black Raspberry	Cannabis
Aspen	Blackberries	Caraway
Astilbe	BlackCherry	Cardamom
Astragalus	Blessed Thistle	Cardinal Flower
Atractylodes	Bloodroot	Cascara Sagrada

Castor Bean	Coneflower	Elecampane
Cat's Claw	Coriander	Eleuthero
Catnip	Corn	English Lavender
Cattail	Cornflowers	Essiac
Cayenne	Cranberry	Eucalyptus
Cedar	Creosote Bush	Evening Primrose
Centaury	Crocus	Fennel
Chamomile	Curly Dock	Fenugreek
Chanterelles	Currants and Gooseb.	Fern
Chaste Tree	Daffodil	Feverfew
Chasteberry	Dahlias	Feverwort
Chickweed	Damiana	Ficus
Chlorella	Dandelion	Fiddleheads
Chokecherry	Dang Gui	Five Finger Grass
Chrysanthemum	Devil's Claw	Four-Leaved Clover
Cicely	Devil's Shoestring	Frankincense
Cinchona Officinalis	Dill	Galangal
Cinnamon	Dogbane	Garcinia Cambogia
Cloudberry	Dogwood	Garlic
Cloves	Dong Quai	Gentiana
Club Moss	Douglas Maple	Geranium
Cocoa	Dragon's Blood	Ginger
Coffee	Eastern Skunk Cabbage	Ginger Root
Coltsfoot	Echinacea	Ginkgo Biloba
Common Milkweed	Elderberry	Ginseng

Glucomannan	Ivy	Maple
Goji Berries	Jerusalem Artichoke	Marigold
Goldenrod	Jiaogulan	Marjoram
Goldenseal	Joe Pye Weed	Marsh Mallow
Grape	Juniper	Mayapple
Gravel Root	Kava	Melissa/Lemon Balm
Green Hellebore	Kelp	Mexican Yew
Greenbriar	Kola Nut	Milk-vetch
Guarana	Lady's Mantle	Milkweed
Gymnema Sylvestre	Lamb's Quarters	Miner's Lettuce
Hazelnut	Larch	Mint
Heal-all	Lavender	Mistletoe
Hellebores	Lecithin	Moringa
Hibiscus	Lemon	Morning Glory
Hops	Lemon Verbena	Motherwort
Horehound	Lemongrass	Mountain Hemlock
Horny Goat	Licorice	Mugwort
Horse Gentian	Life Root	Mullein
Horsemint	Lilac	Myrrh
Horsetail	Lily	Narcissus
Hummingbird Blossom	Lobelia	Native Hemlock
Indian Hemp	Lobster Mushroom	Nettle
Indian Paintbrush	Maca	Oak
Indian Tobacco	Magnolia	Olive Leaf
Ironweed	Mandrake	Orchids

Oregano	Red Clover	Skunk Cabbage
Osha Root	Red Raspberry	Slippery Elm
Palo Santo	Red Root	Spearmint
Pansy	Rhodiola	Spirulina
Parsley	Rhododendron	Spruce
Partridgeberry	Rooibos	SquawWeed
Pasque Flower	Rose	Squirrel Tail
Passion Flower	Rosy Periwinkle	Star Grass
Patchouli	Sage	Star Anise
Pau d'arco	Saint John's Wort	Stevia
Pennyroyal	Salix	Stiff Goldenrod
Peppermint	Saltbush	Stinging Nettle
Persimmon	Sarracenia Purpura	Stoneseed
Pickleweed	Sarsaparilla	Sumac
Pine	Sassafras	Sweet Everlasting
Pinon	Savory	Sweet Gale
Pleurisy Root	Saw Palmetto	Sweetflag
Pomegranate	Sceletium	Sweetgrass
Prickly Pear Cactus	Schisandra	Thistle
Prickly Poppies	Self-heal	Thyme
Psyllium	Senega Snakeroot	Tobacco
Purslane	Senna Leaves	Tonka bean
Queen Anne's Lace	Shave-grass	Toothwort
Rabbit Tobacco	Sheep Sorrel	Tribulus Terrestris
Ragleaf Bahia	Skullcap	Trillium

Tulip	Wild Cherry
Turmeric	Wild Garlic
Turtlehead	Wild Geranium
Usnea	Wild Ginger
Uva Ursi	Wild Leek
Valerian	Wild Lettuce
Valerian Root	Wild Onion
Vanilla bean	Wild Rose
Venus's Slipper	Wild Strawberry
Verbena	Wild Yam
Violet	Wisteria
Vitex	Willow
WaterBirch	Witch Hazel
Watercress	Wood Lily
Western Hemlock	Wood Sorrel
Western Skunk Cabbage	Wormwood
Wheat Grass	Yarrow
White Oak	Yaupon Holly
White Pine	Yellow Dock
White Poplar	Yellow Root
White Willow	Yellow Spined Thistle
Wild American Licorice	Yerba Mate
Wild Anise	Yerba Sant
Wild Black Cherry	Yucca
Wild Carrot	Zizia Aurea

ACAI



Native to tropical South and Central America, acai palms are common along the Amazon River estuary and are cultivated on floodplains, especially in the state of Pará in Brazil.

Acorn



Quercus, commonly known as common oak, pedunculate oak, European oak or English oak, is a species of flowering plant in the beech and oak family, Fagaceae. It is native to most of Europe west of the Caucasus.

Agave



Although people tend to assume it is synonymous with tequila, mezcal is its own drink with a rich history. It's a distilled alcoholic drink made from agave, a warm climate succulent, and originated in Mexico, where it is the national spirit.

Agnus castus



Vitex agnus-castus, also called vitex, chaste tree (or chastetree), chasteberry, Abraham's balm, lilac chastetree, or monk's pepper, is a native of the Mediterranean region. It is one of the few temperate-zone species of *Vitex*, which is on the whole a genus of tropical and subtropical flowering plants.

AGRIMONY



Agrimony is the common name for the flowering tops of the plant *Agrimonia eupatoria* L. The plant is cultivated or gathered to obtain the plant parts for medicinal use. Agrimony is applied directly to the skin as a mild drying agent (astringent) and for mild skin redness and swelling (inflammation).

Alder

Middle English personal name, representing a falling together of two Old English names, Ealdhere 'ancient army' and Æ{dh}elhere 'noble army'.



Alfalfa



Alfalfa originated in the vicinity of what is now Turkey and Iran, and undoubtedly was consumed by grazing animals long before there was any recorded history. It probably was also domesticated in this area, and some historians believe this may have occurred concurrently with domestication of the horse.

Allspice



The plant is native to the West Indies and Central America. Allspice was so named because the flavour of the dried berry resembles a combination of cloves, cinnamon, and nutmeg. It is widely used in baking and is usually present in mincemeat and mixed pickling spice.

Aloe Vera



Based on strongly supported evolutionary relationships with morphologically similar species, the new research suggests that Aloe vera originated in the Arabian peninsula. Notably, this is right on the northernmost extreme of the natural range of aloes, where conditions are extremely hot and dry.

Amaranth



Amaranthus retroflexus, true to one of its common names, forms a tumbleweed. It is native to the tropical Americas, but is widespread as an introduced species on most continents in a great number of habitats. This is an erect, annual herb reaching a maximum height near 3 m (9.8 ft).

Amaryllis



Native to Africa, the genus Amaryllis comes from the Greek word amarysso, which means "to sparkle." Bulbs were brought to Europe in the 1700s and have been known to bloom for up to 75 years.

American Ginseng



American ginseng is native to eastern North America, and grows as an understory plant in deciduous and mixed forests in regions of the northeastern states of the United States and the Canadian provinces of Quebec and Ontario

American Licorice



In 1914, the American Licorice Company's factory began in a small rented space on West Jackson Boulevard in Chicago, founded by Martin Kretchmer, a man who started his career selling wares on the streets of Chicago out of a small cart, and his son Frank Kretchmer and son-in-law Peter Shock.

American Mistletoe



During a resurgence of druidic ideas the tradition became popularized as representation of fertility and good luck, but is completely unrelated to Christmas.

Angelica



Angelica comes from the Latin *angelicus* ("angelic"), which in turn is descended from the Greek **ἄγγελος** (*ángelos*) meaning "messenger of God" or "angel".

Aniseed



Native to Egypt and the eastern Mediterranean region, anise is cultivated in southern Europe, southern Russia, the Middle East, North Africa, Pakistan, China, Chile, Mexico, and the United States. Star anise, an unrelated plant, has a similar flavour profile.

Antelope Sage



Eriogonum jamesii is a species of wild buckwheat known by the common name James' buckwheat and antelope sage. It is native to the southwestern United States, being found in: Colorado, Utah, Arizona, Texas, New Mexico, Oklahoma, and Nebraska. Benth.

Arnica



Arnica belongs to the genus of plants in the sunflower family known as Asteraceae. There are several species, but the most common species used for medicinal purposes – and native to Europe, is Arnica Montana. This species of Arnica grows primarily in alpine meadows throughout Europe.

Aronia Berries



Aronia is a genus of deciduous shrubs, the chokeberries, in the family Rosaceae native to eastern North America and most commonly found in wet woods and swamps.

Arrowwood



The arrowwood is a tall shrub that is native to North America and therefore a suitable habitat plant in most parts of the country.
(*Viburnum dentatum*)

Ashwagandha



Ashwagandha, also known by its botanical name *Withania somnifera*, is a small woody plant with yellow flowers native to India and North Africa. It's classified as an adaptogen, as it's believed to help your body manage stress better.

Aspen

Aspen is a gender-neutral name of Old English origin, meaning "shaking tree."

The Quaking Aspen is the name of a tree native to North America, most commonly found in Utah and Colorado.



Astilbe



Astilbes are native to mountain ravines of China and Japan and can provide a solution for the gardener seeking a summer flowering perennial with graceful form and beautiful foliage. Flowers are feathery plumes extending above the foliage in shades of pink, red, or white and appear in late spring and early summer.

Astragalus

Astragalus is a perennial plant, about 16 to 36 inches tall, that is native to the northern and eastern parts of China, as well as Mongolia and Korea. It has hairy stems with leaves made up of 12 to 18 pairs of leaflets. The root is the medicinal part of the plant, and is usually harvested from 4-year-old plants.



Atractylodes



Atractylodes is a genus of Asian flowering plants in the family Asteraceae.

Avena Sativa



Avena sativa probably evolved in central or northern Europe from wild *Avena sterilis* L. germplasm from south-western Asia. Nowadays oat is extensively cultivated in northern temperate regions, mainly in Europe and North America. In tropical Africa it is mainly grown in Ethiopia and Kenya.



Azalea



These colorful plants originated in China and Japan, and made their way to the U.S. via England, France and Germany around the 1830s. The first American azaleas were planted on a plantation near Charleston, South Carolina, called Middleton Place Gardens, and have been associated with Southern gardens ever since.

Balsam Fir



Abies balsamea or balsam fir is a North American fir, native to most of eastern and central Canada (Newfoundland west to central Alberta) and the northeastern United States (Minnesota east to Maine, and south in the Appalachian Mountains to West Virginia).

Balsam Root



Balsamroots are native to western North America (United States and Canada)..

Bamboo



Bamboos are a diverse group of evergreen perennial flowering plants in the subfamily Bambusoideae of the grass family Poaceae. Giant bamboos are the largest members of the grass family.

Barberry



Barberry, Latin name *Berberis vulgaris*, is native to Europe, where it is commonly used as an ornamental shrub. It is also commonly grown in North America. Its close relative, *Berberis aquifolium*, is a native of North America, and is also known as Oregon grape.

Basil



Basil is likely native to India and is widely grown as a kitchen herb. The leaves are used fresh or dried to flavour meats, fish, salads, and sauces; basil tea is a stimulant.

Bay Leaves



Bay leaves come from the bay tree, which is indigenous to Asia. The plant spread to the Mediterranean, where it was called a laurel tree. Laurels were associated with honor and glory, which led to the famed laurel wreathes, headpieces popularly associated with Ancient Greece and Rome.

Bearberry



Bearberry was first documented in *The Physicians of Myddfai*, a 13th-century Welsh herbal. It was also described by Clusius in 1601, and recommended for medicinal use in 1763 by Gerhard and others. Often called *uva-ursi*, from the Latin *uva*, "grape, berry of the vine", *ursi*, "bear", i.e. "bear's grape".

Bee Pollen

Bee pollen is a raw material from which bees produce bee bread. They collect pollen from plant anthers, mix it with a small dose of the secretion from salivary glands or nectar, and place it in specific baskets (corbiculae) which are situated on the tibia of their hind legs. These are called pollen loads.



Beech



Beech (*Fagus*) is a genus of deciduous trees in the family Fagaceae, native to temperate Europe, Asia and North America.

Beer



The first beer in the world was brewed by the ancient Chinese around the year 7000 BCE (known as kui). In the west, however, the process now recognized as beer brewing began in Mesopotamia at the Godin Tepe settlement now in modern-day Iran between 3500 - 3100 BCE.

Beeswax



Beeswax is a naturally occurring wax produced in the bee's hives by honeybees *A. mellifera*. Glands under the abdomen of the bees secrete this wax and it is used to build the honey comb. There are eight glands in the bee abdominal segment (4–7) of female worker bees that produce the wax.

Begonia



The origin of the begonia was commonly thought to be in Brazil, though some were found in Mexico at an earlier date and the Chinese used them in the 14th century. However, the first person to document the discovery of the begonia was a Franciscan monk, Charles Plumier, who found fibrous begonias in Brazil in 1690.

Belladonna



Belladonna, (*Atropa belladonna*), also called deadly nightshade, tall bushy herb of the nightshade family (Solanaceae), the source of the crude drug of the same name. The highly poisonous plant is a native of wooded or waste areas in central and southern Eurasia.

Bergamot



It is from a spiny tree called the citrus bergamia, that originated in the tropical climes of South East Asia and is now grown commercially in the province of Calabria in Southern Italy. (80% of the world's bergamot comes from Calabria!) You can also find it in the south of France and Africa's Ivory Coast.

Bilberry

Bilberry is native to Europe, namely the British Isles, and is often confused with the blueberry. The most well-known species is *Vaccinium myrtillus L.*, and it is considered one of the most important sources of phenolic compounds. Anthocyanins are the compounds responsible for the blue color of bilberries.



Black Cohosh



It is native to eastern North America from the extreme south of Ontario to central Georgia, and west to Missouri and Arkansas. It grows in a variety of woodland habitats, and is often found in small woodland openings. The roots and rhizomes were used in traditional medicine by Native Americans.

Black Gum

Nyssa sylvatica, commonly known as tupelo, black tupelo, black gum or sour gum, is a medium-sized deciduous tree native to eastern North America from the coastal Northeastern United States and southern Ontario south to central Florida and eastern Texas, as well as Mexico.

Black Haw



Black haw (*Viburnum prunifolium*) is a shrub native to the woodlands of southern North America. Its root bark has been traditionally used as medicine.

Black Raspberry



Black raspberry is a common name for three species of the genus **Rubus**: **Rubus leucodermis**, native to western North America. **Rubus occidentalis**, native to eastern North America. **Rubus coreanus**, also known as Korean black raspberry, native to Korea, Japan, and China.

Blackberries



Native chiefly to north temperate regions, wild blackberries are particularly abundant in eastern North America and on the Pacific coast of that continent and are cultivated in many areas of North America and Europe

Black Cherry



It grows from the mountains of Trans-Pecos Texas west to Arizona and south into Mexico; capulin black cherry (var. *salicifolia*) is native from central Mexico to Guatemala and is naturalized in several South American countries.

Blessed Thistle

Blessed thistle (*Cnicus benedictus*) is a plant native to the Mediterranean from southern France to Iran.

It is recognized by its hairy, dandelion-like leaves and fuzzy, yellow blossoms.



Bloodroot

Bloodroot, (*Sanguinaria canadensis*), also called red pucooon, plant of the poppy family (Papaveraceae), native throughout eastern and midwestern North America.

It grows in deciduous woodlands, where it blooms in early spring, and is sometimes cultivated as an ornamental.



Bluebead

Clintonia borealis is a species of flowering plant in the lily family Liliaceae. The specific epithet *borealis* means "of the north," which alludes to the fact that the species tends to thrive in the boreal forests of eastern Canada and northeastern United States.



blueberries

Blueberries are a widely distributed and widespread group of perennial flowering plants with blue or purple berries. Hailed as a superfood, blueberries are an excellent source of dietary fibre, vitamin C, vitamin K, manganese, iron, and a number of antioxidants.



Blue Flag



Iris versicolor is a hardy perennial that forms nice patches of distinctive narrow pointed leaves. In early summer, lovely blue Irises sit atop the foliage.

Blue Spruce

Blue spruce is primarily native to the central and southern Rocky Mountains of the western United States. Its range extends from latitude $33^{\circ} 50'$ to $48^{\circ} 54'$ N.



Blue Vervain



Blue Vervain (*Verbena hastata*) is a perennial in the Verbenaceae, or Verbena, family. While this particular species is native to the northern US and Canada, the herb is found around the world and has a rich history of use.

Blue False Indigo

The native Blue False Indigo, introduced to Britain by 1724, was grown in early American gardens as a source of blue dye, to substitute for the costly true imported indigo.



Boldo



Boldo is a tree that grows in the Andes mountains in South America. Interestingly, fossilized boldo leaves dating from over thirteen thousand years ago have been found in Chile. These fossils have imprints of human teeth, suggesting that boldo has a long history of dietary or medicinal use.

Boneset



Boneset is native to North America, from Canada to Florida and Texas. The only species of the *Eupatorium* genus native to Europe is *E. cannabinum* L. The plant prefers moist spots at the margins of bodies of water and in swamps.

Boswellia



Boswellia comes from the *Boswellia serrata* tree, which is native to India, North Africa, and the Middle East. Farmers tap the tree to collect its resin, which is called boswellia. Boswellia resin has a rich scent and flavor. It is very popular as an incense, and most people know it by its common name — frankincense.

Broadleaf Plantain



Plantain, also known as broadleaf plantain (*Plantago major*), is native to Europe and certain parts of Asia. This perennial plant produces greenish flowers and has large, oval-shaped leaves that can be eaten raw or cooked. Despite sharing its name, plantain weed is unrelated to plantain fruit, which is a type of banana.

Broom Snakeweed

The species epithet *sarothrae* is from the Greek *sarum* (or *sarotan* I can't read Greek to check it), meaning a broom. It is found from northern Mexico to Canada, across the western US, and east to Minnesota (USDA map link). It has been called the most widespread range weed in North America.



Buck Brush



Buckbrush is any of various shrubby North American plants that furnish browse for sheep, deer, and other animals.

Buckthorn



Buckwheat originates in the Tibetan plateau or nearby mountains of Yunnan, southwest China. There 16 wild species of *Fagopyrum*, all focused on the Himalayan and southwest China region (Campbell 1997). The wild progenitor of *F. esculentum* is thought to be *F.*

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Buffalo berry



It is native to central and western North America, from the Prairie Provinces of Canada (Alberta, Saskatchewan, Manitoba) southwards in the United States as far as Ventura County in California, as well as northern Arizona, and northwestern New Mexico.

Burdock



Arctium lappa L. is a robust biennial, found throughout Europe on roadsides, verges and scrub land. The Flora of Turkey (Davis 1975) gives three *Arctium* species, not including *Arctium lappa* but including *Arctium minus*.

Cactus

Cacti are native to the Americas, ranging from Patagonia in the south to parts of western Canada in the north—except for *Rhipsalis baccifera*, which also grows in Africa and Sri Lanka.



Calamus Root

The tetraploid form *Acorus calamus* var. *angustatus* is native throughout Asia, from India to Japan and the Philippines and from Indonesia to Siberia. The diploid form *Acorus americanus* or *Acorus calamus* var.



Calendula



Calendula officinalis is an annual or short-lived perennial herb in the daisy family (Asteraceae) originating from southern Europe and the Eastern Mediterranean area. It has long been cultivated and is a widespread garden escapee in cool, temperate climates.

California Poppy

California poppy, the state flower of California, is native to the Pacific slope of North America from Western Oregon to Baja California. Adelbert von Chamisso, naturalist aboard the Russian exploring ship "Rurick", discovered and named the species.



Cannabis



The use of cannabis originated in central Asia or western China. Cannabis has been used for its alleged healing properties for millennia. The first documented case of its use dates back to 2800 BC, when it was listed in the Emperor Shen Nung's (regarded as the father of Chinese medicine) pharmacopoeia.

Caraway



Caraway (*Carum carvi L.*) also known as meridian fennel or Persian cumin, is a biennial plant in the family Apiaceae native to western Asia, Europe, and Northern Africa.

Cardamom



Cardamom is a spice that comes from the seeds of a various plants in the ginger family. It is native to Southern India and also grown in Guatemala, which is the largest producer and exporter of this spice in the world.

Cardinal Flower



The cardinal flower, *Lobelia cardinalis* (syn. *L. fulgens*), is a species of flowering plant native to the Americas, ranging from southeastern Canada south through the eastern and southwestern United States, Mexico, and Central America to northern Colombia.

Cascara Sagrada



Cascara sagrada is obtained from the dried bark of the *Rhamnus purshiana* shrub or tree. Native to the western region of North America, this plant is also cultivated in Canada and eastern Africa. Cascara is utilized for the treatment of constipation, hemorrhoids, and postoperative rectoanal care.

Castor Bean



Castor bean is native to tropical east Africa around Ethiopia, but it has naturalized in tropical and subtropical regions throughout the world, becoming an invasive weed in many places, including the southwestern United States. Typically, vegetation grows on moist, well-drained soils in disturbed places, such as riverbeds and roadside ditches.

Cat's Claw

Cat's claw is a woody vine that grows wild in the Amazon rainforest and other tropical areas of Central and South America. Its thorns resemble a cat's claws.



Catnip

Nepeta cataria, commonly known as catnip, catswort, catwort, and catmint, is a species of the genus *Nepeta* in the family Lamiaceae, native to southern and eastern Europe, the Middle East, Central Asia, and parts of China. It is widely naturalized in northern Europe, New Zealand and North America.



Cattail

While the common, or broad-leaved, cattail (*Typha latifolia*), which is native to North America, is probably seen most often in northern New England, the narrow-leaved cattail (*Typha angustifolia*), an exotic of European origin,



Cayenne



The cayenne pepper is a cultivar of *Capsicum annuum* and is said to have originated in Cayenne, French Guiana. The spice is produced by drying and grinding the orange to deep-red fruits and derives its piquant flavour from the chemical capsaicin.

Cedar



Cedar, any of four species of ornamental and timber evergreen conifers of the genus *Cedrus* (family Pinaceae), three native to mountainous areas of the Mediterranean region and one to the western Himalayas.

Centaury



Popular name of various plants, late 14c., from Medieval Latin *centaurea*, from Latin *centaureum*, from Greek *kentaureion*, from *kentauros* "centaur" (see centaur), so called according to Pliny because the plant's medicinal properties were discovered by Chiron the centaur.

Chamomile



Chamomile, (*Matricaria recutita*) sometimes also referred to as German chamomile, is an herb that is native to Europe, Africa, and Asia, and is now also grown in North America. Chamomile has been used medicinally for thousands of years and was known by ancient Greek, Roman, and Egyptian cultures.

Chanterelles



A commonly eaten and favored mushroom, the chanterelle is typically harvested from late summer to late fall in its European distribution.

Chaste Tree



Vitex agnus-castus is
native to the
Mediterranean region of
Europe and Northern
Africa and western Asia

Chasteberry



The chasteberry plant, often known as the chaste tree, is indigenous to the Mediterranean and Asia. It is possible that the term "chasteberry" reflects the old idea that the plant fostered chastity. Monks in the Middle Ages used it to reduce sexual desire.

Chickweed



The common chickweed, sometimes known as stitchwort (*Stellaria medium*), is native to Europe but has naturalized throughout. It typically grows to 45 cm (18 inches), however in cut lawns it becomes a low-growing and invasive annual weed. As a vegetable, it can be either raw or cooked and is frequently included to salads.

Chlorella



Chlorella was first produced and consumed in Asia, primarily Japan; but, the island of Formosa (present-day Taiwan) quickly became the greatest producer in the world.

Chokecherry



According to anthropologists, cherries were cultivated in Eurasia between 4,000 and 5,000 BCE. Chokecherry was introduced to England in 1629, where it has since been planted as an ornamental. In 1724, it was initially planted as an orchard crop in North America.

Chrysanthemum



Chrysanthemums were initially cultivated in China as a flowering herb in the 15th century B.C., according to historical records. In fact, their ceramics showed chrysanthemums very similarly to how we recognize them today. As a plant, it was believed to possess vitality.

cicely



Cicely, (*Myrrhis odorata*), is a perennial herb of the family Apiaceae (Umbelliferae). The plant, native to central and southern Europe, is found in parts of England and Scotland in pastures, usually near houses. It has aromatic and stimulant properties and was once used as a potherb.

Cinchona Officinalis



Cinchona officinalis, often known as Lojabark, is a 6 - 20 m tall evergreen shrub or small tree native to western South America, specifically Ecuador. Like other species in the same genus, it has been used by natives to treat fever and malaria for centuries.

Cinnamon



Cinnamomum verum, which translates from Latin as "true cinnamon", is native to India, Sri Lanka, Bangladesh and Myanmar. *Cinnamomum cassia* (cassia) is native to China.

Cloudberry



Cloudberry is indigenous to the majority of northern circumpolar regions. It inhabits Scandinavia, Siberia/Russia, Canada, and the United States (Alaska and New Hampshire). Additionally, it has been spotted in Greenland and Spitzbergen.

Cloves



Clove, (*Syzygium aromaticum*), is a tropical evergreen tree of the Myrtaceae family with little reddish-brown flower buds that are used as a spice. Cloves were essential to the oldest spice trade and are believed to have originated in Indonesia's Moluccas or Spice Islands.

Club Moss



The clubmosses originated about 410 million years ago, long before the dinosaurs, and yet some 1,200 species of clubmosses still exist today. This longevity illustrates that groups often thought of as “primitive” are sometimes actually the most successful and well adapted.

COCOA



Cocoa is native to South (Amazon jungle) and Central America (*Theobroma cacao L.*). Since around 2000 years ago, the Mayas and the Aztecs have recognized and farmed it. The Aztecs took the crop from its native region and spread it throughout Mexico.

Coffee



The origin of coffee grown globally can be traced back millennia to the ancient coffee woods of the Ethiopian plateau. According to folklore, goat herder Kaldi discovered the potential of these cherished beans there.

Coltsfoot



Tussilago farfara, sometimes known as coltsfoot, is a plant belonging to the tribe *Senecioneae* within the *Asteraceae* family that is indigenous to Europe and parts of western and central Asia.

Common Milkweed



Asclepias syriaca is a species of flowering plant often known as common milkweed, butterfly flower, silkweed, silky swallow-wort, and Virginia silkweed. Except for the drier portions of the prairies, it is endemic to southern Canada and much of the United States east of the Rocky Mountains.

Coneflower



This plant is native to North America and was utilized by the native Indians. The earliest archaeological evidence dates back to the eighteenth century. Several species of the Asteraceae family are included in the name Echinacea, or purple coneflower

Coriander



Coriander, or *Coriandrum sativum*, originated in Italy but is now widely produced in the Netherlands, Central and Eastern Europe (Russia, Hungary, and the Netherlands), the Mediterranean (Morocco, Malta, and Egypt), North Africa, China, India, and Bangladesh.

Corn



Corn was originally domesticated in Mexico by native peoples by about 9,000 years ago. They used many generations of selective breeding to transform a wild teosinte grass with small grains into the rich source of food that is modern *Zea mays*.

Cornflowers



Cornflowers, which are native to Europe, are commonly planted as garden plants in North America and have naturalized as invasive species in some locations outside their native range. They were once common in corn and other grain fields, thus their popular name.

Cranberry

Cranberries are an indigenous American fruit. In temperate temperature zones, its native range stretches from the East Coast to the Central United States and Canada, and from southern Canada in the north to the Appalachians in the south.



Creosote Bush



Even though the creosote bush (*Larrea tridentata*) is today widespread and common in North American hot deserts, it was likely a natural immigrant from South America around 11,700 years ago, at the end of the last Ice Age. In these regions, the creosote bush (*Larrea tridentata*) is prevalent.

Crocus



Native to the Alps, southern Europe, and the Mediterranean region, crocuses are cultivated for their cup-shaped blooms in early spring or autumn. Spring-blooming plants have a lengthy floral tube that protects the ovary from climate fluctuations by allowing it to remain belowground.

Curly Dock



The curly dock, curled dock or yellow dock, is a perennial flowering plant in the family Polygonaceae, native to Europe and Western Asia.

Currants and gooseberries



Gooseberries are native to Europe and Asia west. They are widely cultivated in England, France and Germany, where they are highly appreciated.

Daffodil



Daffodils are native to northern Europe and are cultivated worldwide in temperate areas. The popularity of the daffodil has led to the creation of other variants; in addition to the conventional yellow form, the trumpet and petals may be of contrasting yellow, white, pink, or orange.

Dahlias



Dahlias are indigenous to Mexico, Guatemala, and other parts of Central America, where they thrive in open valleys. The Aztecs were the first to cultivate these native wildflowers, as they held them in high regard and linked them with the sun gods.

Damiana



Damiana, also known as *Turnera diffusa*, is a low-growing shrub with fragrant leaves and yellow blooms. The subtropical climates of southern Texas, Mexico, Central and South America, and the Caribbean are its natural habitat.

Dandelion



Taraxacum officinale (G.H. Weber ex Wiggers), commonly known as dandelion, is a herbaceous plant native to North America, Europe and Asia. This plant has been used for health purposes since ancient times.

Dang Gui



Dragon Herbs Dang Gui is grown in a specific region of northwestern China, from a valley known for centuries as a premier Di Tao

Devil's claw



Devil's claw is indigenous to southern Africa, notably the Kalahari Desert, where it has been traditionally used to treat a variety of ailments. Devil's claw contains compounds that may reduce inflammation. As a result, it is frequently used to treat illnesses characterized by both pain and inflammation.

Devil's Shoestring



This species is named after Ferdinand Jacob Lindheimer (1801-1879) who is often called the Father of Texas Botany because of his work as the first permanent-resident plant collector in Texas.

Dill



Botanically known as *Anethum graveolens*, dill belongs to the same family as parsley and celery, though it is the sole species of its genus. It is native to the eastern Mediterranean region and western Asia. The word dill comes from the old Norse word *dylla*, meaning to soothe.

Dogbane



Apocynum, commonly known as dogbane or Indian hemp, is a small genus of the flowering plant family Apocynaceae. Its name comes from Ancient Greek ἀπόκυνον

Dogwood



Dogwood, (genus *Cornus*), genus of shrubs, trees, and herbs in the dogwood family (Cornaceae), native to Europe, eastern Asia, and North America.

DONG QUAI



Angelica sinensis, also known as dong quai, is a fragrant plant with a cluster of small white flowers. The flower belongs to the same botanical family as carrots and celery. People in China, Korea, and Japan dry its root for medicinal use. Dong quai has been used as an herbal medication for more than 2,000 years.

Douglas Maple



Douglas maple extends from Alaska through British Columbia and Alberta , proceeds down to New Mexico and southern California . Habitat preferences: moist, well-drained soils of mountain slopes and canyons.

Dragon's Blood



Dragon's blood is a natural plant resin. It's dark red in color, which is part of what gives dragon's blood its name. The resin is extracted from many different tropical tree species commonly called dragon trees. These may come from the plant groups Croton, Pterocarpus, Daemonorops, or Dracaena.



Eastern Skunk Cabbage

The eastern skunk cabbage is native to eastern North America, from Nova Scotia and southern Quebec west to Minnesota, and south to North Carolina and Tennessee. It is protected as endangered in Tennessee. Its habitats include stream banks, wet woodlands, and wet areas such as swamps.



Echinacea



The plant originates from North America and was employed by the indigenous Indians.

Elderberry



Sambucus canadensis is native to North America (Canada, USA and Mexico) and Central America. It has been introduced in South America, the Caribbean, tropical Asia and Africa

Elecampane



It's a widespread plant species in the sunflower family Asteraceae. It is native to Eurasia from Spain to Xinjiang Province in western China, and naturalized in parts of North America.

Eleuthero



Famous for its healthful and adaptogenic properties, eleuthero has become well known globally. Also called Siberian ginseng, it is a member of the Araliaceae family and grows in mountain thickets throughout Japan, China, Korea, and Russia. Eleuthero root is often made into a tea or extract.

English Lavender

Lavender is indigenous to the mountainous areas of the countries bordering the western European part of the Mediterranean region. When early travelers brought it back, the plant spread fairly rapidly to other parts of the world, and by the sixteenth-century lavender was already a much-loved plant in English gardens.



Essiac



In 1922, nurse Rene Caisse first introduced essiac tea to the world. She presented it as an alternative treatment for cancer. The story goes that she had a patient who claimed essiac tea cured their breast cancer. That patient gave Caisse the formula, which originally came from an Ontario Ojibwa healer.



Eucalyptus



Eucalyptus are trees native to Australia and surrounding regions. They were first brought to the UK in seed form in 1774 to Kew. The seeds and specimens collected at this time were from coastal regions where tolerance to frost was low.

Evening Primrose



Evening primrose is a plant native to North and South America that also grows throughout Europe and parts of Asia. It has yellow flowers that open at sunset and close during the day. The oil from evening primrose seeds contains omega-6 fatty acids, including gamma-linolenic acid (GLA).

Fennel

Fennel is an ancient seasonal herb. The fennel plant originated in the southern Mediterranean region and through naturalization and cultivation it grows wild throughout the Northern, Eastern, and Western hemispheres, specifically in Asia, North America, and Europe. It is cultivated in fields and also grows wild.



Fenugreek

Fenugreek is one of the oldest medicinal plants and grows to an average height of 2 ft. The plant originated in India and Northern Africa. Its leaves and seeds are used to prepare extracts for medical use. Fenugreek was documented in ancient Egypt, where it was used in incense and to embalm mummies.



Fern



Ferns first appear in the fossil record about 360 million years ago in the late Devonian period, but many of the current families and species did not appear until roughly 145 million years ago in the early Cretaceous, after flowering plants came to dominate many environments.

Feverfew



Native to the Balkan Peninsula, feverfew is now found in Australia, Europe, China, Japan, and North Africa. In the mid-19th century, feverfew was introduced in the United States.

Feverwort

The species is native to Eurasia and is naturalized in North America, where other members of the genus are native. It has divided leaves and sweetly fragrant pinkish white heads of small blooms. A spicy perfume extracted from the roots sometimes is used as a substitute for spikenard.



Ficus



It is a temperate species native to southwest Asia and the Mediterranean region (from Afghanistan to Portugal), which has been widely cultivated from ancient times for its fruit, also referred to as figs.

Fiddleheads



Matteuccia is a genus of ferns with one species: *Matteuccia struthiopteris* (common names ostrich fern, fiddlehead fern)

Five Finger Grass



The genus *Potentilla*.
Carambola. *Pseudopanax arboreus*, a shrub native to New Zealand.

Four-Leaved Clover



Centuries ago in Ireland, the four leaf clover introduced as a sign of luck to all. Based on legends, the four leaf clover is “legendary” and a symbol of good luck

Frankincense



Originating from Africa, India, and the Middle East, frankincense oil has been important both socially and economically as an ingredient in incense and perfumes for thousands of years. Frankincense oil is prepared from aromatic hardened gum resins obtained by tapping *Boswellia* trees.

Galangal



Galangal is a native of Indonesia though the exact origin is not known, but has become naturalized in many parts of South and South-East Asian countries.

Garcinia Cambogia



Garcinia cambogia is native to India and Southeast Asia. The fruit pulp and rind have long been used in Asian countries as a condiment and food preservative.

Garlic



Garlic, (*Allium sativum*), perennial plant of the amaryllis family (Amaryllidaceae), grown for its flavourful bulbs. The plant is native to central Asia but grows wild in Italy and southern France and is a classic ingredient in many national cuisines.

Gentiana



Gentian, (genus *Gentiana*), any of about 400 species of annual or perennial (rarely biennial) flowering plants of the family Gentianaceae is distributed worldwide in temperate and alpine regions, especially in Europe and Asia, North and South America, and New Zealand.

Geranium



Geranium is found throughout the temperate regions of the world and the mountains of the tropics, but mostly in the eastern part of the Mediterranean region.

Ginger



Ginger originated in Maritime Southeast Asia and was likely domesticated first by the Austronesian peoples. It was transported with them throughout the Indo-Pacific during the Austronesian expansion (c. 5,000 BP), reaching as far as Hawaii.

Ginger Root



Ginger originated in Maritime Southeast Asia and was likely domesticated first by the Austronesian peoples.

Ginkgo Biloba



Also called maidenhair tree, deciduous gymnosperm tree (family Ginkgoaceae), native to China. Ginkgo has been planted since ancient times in Chinese and Japanese temple gardens and is now valued in many parts of the world as a fungus- and insect-resistant ornamental tree.

Ginseng



The most widely used ginseng species worldwide are Korean ginseng (*P. ginseng*), which is native to the Korean Peninsula and northern China, and American ginseng (*P. quinquefolius*), which is native to the United States and Canada

Glucomannan



Glucomannan is derived from the root of *Amorphophallus konjac* (Konjac plant or elephant yam), which is native to the warm and tropical parts of Asia.

Goji Berries



The goji berry, also called the wolfberry, is a bright orange-red berry that comes from a shrub that's native to China. In Asia, goji berries have been eaten for generations in the hope of living longer.

Goldenrod

Goldenrod grows in Europe, Asia, northern Africa, and North America, but most medicinal goldenrod originates in Bulgaria, Hungary, Poland, and other eastern European countries.



Goldenseal



The perennial herb goldenseal (*Hydrastis canadensis*), commonly known as orangeroot or yellow puccoon, is a member of the Ranunculaceae family. It is native to the southeastern United States and northeastern Canada.

Grape



Egypt and Syria during the fourth millennium BCE provide the oldest archaeological evidence of domesticated grapes. In Palestine, grape seeds date back to 3000 BCE at Jericho Bronze Age sites.

Gravel Root



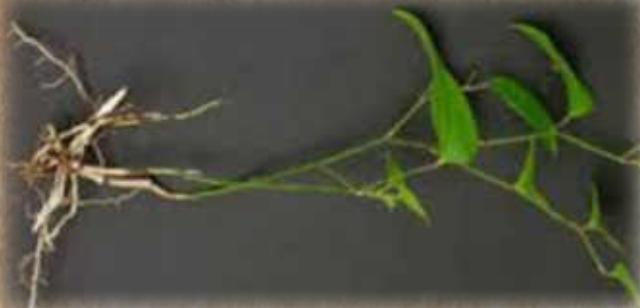
Gravel root is a herbal supplement derived from *Eupatorium purpureum*, a flowering plant native to the forested wetlands of eastern North America.

Green Hellebore



Helleborus viridis, sometimes known as green hellebore, is a species of Ranunculaceae flowering plant native to Central and Western Europe, including southern England.

Greenbriar



The Greenbriar family name was found in the USA between 1880 and 1920. The most Greenbriar families were found in USA in 1880.

Guarana



Guaraná (*Paullinia cupana* H.B.K., Sapindaceae) is a rainforest vine whose caffeinated fruits were domesticated in the Amazon. Guarana has been used as a tonic and a treatment for numerous ailments in Brazil and abroad for centuries, and it has been a national soda in Brazil for almost a century.

Gymnema Sylvestre



The woody climbing shrub **Gymnema sylvestre** is native to the tropical jungles of India, Africa, and Australia. The ancient Indian medical system Ayurveda has utilized its leaves for thousands of years.



Hazelnut



The Eastern beaked hazel grows from southern Canada to Georgia, whereas the Western beaked hazel grows from Alaska to California along the west coast.

Heal-all



Heal All (*prunella vulgaris*) is a perennial fob or herb native to the United States. It grows most actively in the spring and summer months.

Hellebores



Hellebores are a protected genus that are indigenous to mountainous locations at elevations of up to 1,900 meters. Their native range extends from the eastern Alps through Germany (including Bavaria), Austria, Switzerland, and Italy to the northern Balkans.

Hibiscus



The species name translates to "Chinese rose," however researchers believe that hibiscus originated in India. Ross Gast, an early hibiscus researcher, traversed the globe in pursuit of the plant's original origin.

Hops



Although people tend to assume it is synonymous with tequila, mezcal is its own drink with a rich history. It's a distilled alcoholic drink made from agave, a warm climate succulent, and originated in Mexico, where it is the national spirit.

Horehound

Marrubium vulgare (white horehound or common horehound) is a flowering plant of the mint family (Lamiaceae) that is native to Europe, northern Africa, the southwestern and central Asian regions, and southwest North America. It has naturalized in numerous locations, including the majority of North and South America.



Horny Goat



Horny goat weed refers to various herb species of the *Epimedium* genus, and may be known as "yin yang huo.". This plant belongs to the family *Berberidaceae* and is native to China.

Horse Gentian



Historically, horse gentians were regarded for their medicinal powers. Native Americans used them for urinary discomfort and applied them topically on wounds.

Horsemint



A European-introduced species of wild mint, *Mentha longifolia*, with spikes of violet flowers. the New World *Monarda punctata*, as well as numerous other wild mints.

Horsetail



***Equisetum arvense*, sometimes known as the field horsetail or common horsetail, is a perennial herbaceous plant that is indigenous to the arctic and temperate regions of the Northern Hemisphere.**

Hummingbird Blossom



Although scientists assume that hummingbirds originated in South America, where species diversity is greatest, current hummingbirds' ancestors may have resided in parts of Europe and what is now southern Russia.

Indian Hemp



North American plant of the dogbane family Apocynaceae. Its milky juice, or latex, yields rubber, and the dried roots of Indian hemp and a related plant (*A. androsoemifolium*) make a drug that acts as a heart stimulant.

Indian Paintbrush

The herbaceous plant genus Indian paintbrush, popularly known as prairie fire, is a member of the broomrape family. About 200 species of Indian paintbrush are indigenous to the western regions of North and South America and North Asia.



Indian Tobacco



In 1605, the Portuguese brought tobacco cultivation to India. Initially, tobacco was planted in the Gujarat districts of Kaira and Mehsana, but it gradually extended to other parts of the country. With the founding of the Calcutta Botanical Gardens in Howrah in 1787, attempts to develop Indian tobacco began.

Ironweed



Vernonia gigantea (also known as giant ironweed, tall ironweed, and ironweed) is a perennial plant in the United States belonging to the Asteraceae family.

Ivy



The word Ivy derives from English and Latin and meaning "vine." It comes from the Old English word "ifig" for the ivy plant. In ancient Greek culture, ivy served as a symbol of faithfulness. Ivy wreaths were frequently presented to Greek lovers as symbols of eternity and fidelity.

Jerusalem artichoke

Jerusalem artichoke (*Helianthus tuberosus*) did not originate in Jerusalem. Instead, it is a native of North America with a fascinating past. In 1605, Native Americans introduced the French adventurer to a root vegetable they called sunroot.



Jiaogulan



Although people tend to assume it is synonymous with tequila, mezcal is its own drink with a rich history. It's a distilled alcoholic drink made from agave, a warm climate succulent, and originated in Mexico, where it is the national spirit.

Joe Pye Weed



Joe Pye, an Indian medicine man, employed mixtures made from a wild herb found growing in the adjacent forests to treat typhoid. It is reported that his brew stemmed an outbreak in Colonial Massachusetts. Consequently, this native plant became known forever as joe-pye weed.

Juniper



The Latin word Juniper refers to a sort of berry, but the name of the tree can also imply "young." This Latin name for a tree comes from the word iuniperus.

Kava

According to mariners, kava originated in either New Guinea or Vanuatu. The Austronesian Lapita culture disseminated it eastward into the remainder of Polynesia following initial encounter. It is endemic to Oceania but absent from other Austronesian populations. Kava has reached Hawaii, but it does not exist in New Zealand since it cannot grow there.



Kelp



Kelp is a large, brown seaweed that typically grows in shallow saltwater near coastal areas around the world. You can eat it raw, cooked, as a powder, and it's included in a number of supplements.

Kola Nut



The kola nut is the fruit of the West African kola tree (*Cola acuminata* and *Cola nitida*). The trees, which can attain heights of 40 to 60 feet, yield fruit in the shape of a star. There are between two and five kola nuts in each fruit. This fruit, roughly the size of a chestnut, is loaded with caffeine.

Lady's Mantle



The astringents and tannins in Lady's Mantle have numerous health benefits. It can be used to treat wounds (some say even gangrene-infected wounds), as well as skin issues like rashes, acne, and cuts. Lady's Mantle cures bug bites and stings.

Lamb's Quarters



Lamb's quarters,
(Chenopodium album), often
called pigweed, annual weedy
plant of the amaranth family
(Amaranthaceae), with vast
distribution in Asia, Europe

larch



Larches are deciduous coniferous trees that grow to heights of 80 to 180 feet. They are among the dominant plants in the immense boreal forests of Russia and Canada.

Lavender



Lavender is believed to have originated in the Mediterranean, Middle East, and India. Its history spans approximately 2500 years. Lavender is a flowering plant of the mint family that is renowned for its beauty, sweet floral aroma, and various applications.

Lecithin

Lecithin is definitely one of the most complex and diverse compounds derived from soybeans. Etymology and Terminology: The term "lecithin" comes from the Greek word lekithos, which means "egg yolk." Gobley extracted lecithin from egg yolk in 1846 and gave it its current name in 1850.



Lemon



It is believed that they originated in northwestern India. Lemons were brought to southern Italy around 200 A.D., and they have been cultivated in Egypt and Iran since 700 A.D. Arabs propagated lemons over the Mediterranean region during the beginning of the second century.

Lemon Verbena

Lemon verbena, (*Aloysia citriodora* or *Lippia citriodora*), is an Argentine and Chilean perennial shrub belonging to the Verbenaceae family. It is also produced as a potted plant that reaches a height of approximately 25.4 centimeters (about 10 inches) in warm climates where it grows to more than 3 meters (10 feet) tall (10 inches).



Lemongrass



Lemongrass is native to the tropical countries of India, Cambodia, Indonesia, China, Guatemala, Sri Lanka and Malaysia.

Licorice



Licorice root, one of the world's oldest herbal treatments, is derived from the licorice plant (*Glycyrrhiza glabratum*). Licorice, a plant native to Western Asia and Southern Europe, has been used to treat a variety of diseases and flavor candies, beverages, and medications for centuries.

Life root



Life root is a perennial herb with a slender, erect stem that bears bright yellow flower heads. It is a native North American species of the daisy family, with a long historical and herbal use as a treatment for an assortment of gynecological disorders.

Lilac



Colonial settlers brought lilacs to North America in the 17th century from Eastern Europe and Asia. Although they were not indigenous to the United States, they immediately gained widespread popularity.

Lily



In Greek mythology, the Lily was Hera, Zeus's wifeflower. According to mythology, the lily was created from her breast milk. In Roman mythology, Venus, the goddess of beauty, was so envious of the white beauty of the flower that she caused the pistil to sprout from its core.

Lobelia



Lobelia is believed to have originated in southern Africa roughly 20 million years ago, before undergoing a spectacular cosmopolitan diversification. Species migrated to Madagascar, eastern Asia, the Mediterranean, North and South America, and Australia.

Lobster Mushroom



The "lobster mushroom" is actually a mushroom that is originated from a Russula and Lactarius mushroom.

Maca



Maca (*Lepidium meyenii* Walp., Brassicaceae) is an annual or biannual herb that is native to the Andes of Peru at elevations of 3,500 meters or higher^{1,2,3}. Due to the nutrient density.

Magnolia

However, magnolias are among the most primitive plants in evolutionary history, and fossil evidence indicates that magnolias originally grew in Europe, North America, and Asia more than 100 million years ago. Today, they are solely endemic to the southern regions of China and the United States.



Mandrake



Native to the Mediterranean region is mandrake. It is a perennial herb with toxic fruits and a huge root. The Bible contains one of the first references to mandrake, which likely goes back to 4,000 B.C. In the narrative, Rachel utilized the plant's berries to produce a child.

Maple

The earliest fossilized remains of the maple species *Acer amboyense* were discovered in Alaska, dating back around 100 million years. However, based on the location of other early maple fossils in Greenland, Iceland, and Spitzbergen, scientists assume that maples originated in central China.



Marigold



Both French and African marigolds are native to Mexico and Guatemala. They were discovered in the early sixteenth century and brought to Europe and Northern Africa in the late sixteenth century, where they were rapidly adopted in gardens. The surname Tagetes derives from a legendary Etruscan deity.

Marjoram



Marjoram is native to Cyprus, the Mediterranean, Turkey, Western Asia, the Arabian Peninsula, and the Levant, and it was considered a sign of happiness by the ancient Greeks and Romans. During the Middle Ages, it could have spread to the British Isles.

Marsh Mallow



In 2000 B.C., the ancient Egyptians were the first to taste what is now known as a marshmallow. This delicacy was reserved for gods and nobility as it was deemed to be of the highest quality.

Mayapple



Mayapple (*Podophyllum peltatum*), often known as mayflower or mandrake, is a perennial herbaceous plant of the family Berberidaceae (order Ranunculales) that is native to the shaded, rich soil of eastern North America.

Melissa



Lemon balm (*Melissa officinalis*), often known as balm, is an aromatic herb belonging to the mint family (Lamiaceae) that is grown for its lemon-scented leaves. Native to the Mediterranean and Central Asia, lemon balm has naturalized in North America and other regions.

Mexican Yew



Mexican yew is a small evergreen, coniferous species of tree that grows to mature heights of 50 feet (15 m) tall. This species is native to Mexico, the states of Nuevo León, Tamaulipas, San Luis Potosí, Veracruz, Querétaro, Hidalgo, Tlaxcala, Puebla, Oaxaca; and is also known to exist in Guatemala; Honduras; and El Salvador.

Milk-vetch



The term "milk vetch" dates back to the 1500s, when European farmers believed the herb improved goats' milk production.

Milkweed



Asclepias syriaca is a species of flowering plant often known as common milkweed, butterfly flower, silkweed, silky swallow-wort, and Virginia silkweed. Except for the drier portions of the prairies, it is endemic to southern Canada and much of the United States east of the Rocky Mountains.

Miner's Lettuce



Claytonia perfoliata, a spring-blooming, fleshy, herbaceous annual, is indigenous to western North America, with a natural range from British Columbia to Central America. Plants produce two types of leaves as they develop.

Mint



Mint of *Mentha* dates back to Greek mythology, when it was cultivated across vast fields of land. Originating in the Mediterranean, mint was later introduced to Britain and then the United States.

Mistletoe



The earliest known culture to respect mistletoe was Ancient Greece. The Greeks called its white berries "oak sperm" and regarded it as a symbol of male fecundity. In Greek mythology, Aeneas carried mistletoe on his voyage to the underworld to protect himself and secure his safe return.

Moringa



The economically most valuable species is *Moringa oleifera*, which is native to South Asia, where it thrives in the foothills of the Himalayas, but is widely farmed throughout the tropics. Eastern Ethiopia, northern Kenya, and Somalia are home to nine species, eight of which are indigenous to Africa.

Morning glory



The annual vine *Ipomoea purpurea* (common morning glory) is native to Mexico and is renowned for its enormous, beautiful blossoms. Due to the ornamental attraction of morning glory flowers, humans have propagated them globally.

Motherwort



Motherwort (*Leonurus cardiac*) is a plant that grows about 1 meter in height. Motherwort is used for heart conditions, including heart failure, irregular heartbeat, fast heartbeat, and heart symptoms due to anxiety. It is native from temperate Russia to central Asia. It has been cultivated in Europe for many decades.

Mountain Hemlock



Tsuga mertensiana, also known as mountain hemlock, is a hemlock species indigenous to the west coast of North America, with its northernmost boundary on the Kenai Peninsula in Alaska and its southernmost limit in northern Tulare County, California.

Mugwort

Mugwort is native to Europe and eastern Asia, where it has been used medicinally for centuries. Jesuit missionaries in Canada may have introduced seeds to North America as early as the 16th century. Additionally, it was spread across the continent as a contaminant in ship ballast and seedlings.



Mullein

The *Verbascum thapsus* is indigenous to both Europe and Asia. It was likely imported multiple times to North America as a medicinal herb. It was brought to Virginia in the mid-1700s as a piscicide (fish poison) and swiftly spread.



Myrrh



The tree *Commiphora myrrha*, commonly known as *C. molmol*, from which myrrh is extracted is endemic to northeastern Africa and southwest Asia.

Narcissus



Often known as the common daffodil or trumpet narcissus, is a bulb-forming plant in the amaryllis family (Amaryllidaceae) with trumpet-shaped flowers that are widely grown. Daffodils are native to northern Europe and are cultivated worldwide in temperate areas.

Native Hemlock



Tsuga canadensis, also known as eastern hemlock, eastern hemlock-spruce, or Canadian hemlock, is a coniferous tree endemic to eastern North America. In French-speaking portions of Canada, it is known as pruche du Canada.

Nettle

Tsuga canadensis, also known as eastern hemlock, eastern hemlock-spruce, or Canadian hemlock, is a coniferous tree endemic to eastern North America. In French-speaking portions of Canada, it is known as pruche du Canada.



Oak

Native to the Northern Hemisphere, the genus *Quercus* includes deciduous and evergreen species ranging from chilly temperate to tropical zones.



Olive Leaf

The origin of the wild olive tree is Asia Minor, where it is incredibly plentiful and grows in dense forests. It appears to have moved from Syria to Greece via Anatolia (De Candolle, 1883) although other hypotheses point to lower Egypt, Nubia, Ethiopia, the Atlas Mountains, or various regions of Europe as its origin region.



Orchids



On every continent save Antarctica, orchids grow. In China, Greece, and Rome, they date as far back as 500 B.C. In the 18th century, new world travelers discovered and brought back orchid species to their home countries.

Oregano



Native to the hills of the Mediterranean and western Asia, oregano has naturalized in areas of Mexico and the United States. The herb has been a fundamental component of Mediterranean cuisine for centuries and is extensively used to season a variety of cuisines.

Osha Root



Osha, a plant native to the Rocky Mountains and portions of Mexico, has been used traditionally as a decongestant to treat the flu and the common cold. This root is also believed to strengthen the immune system and ease sore throats.

Palo Santo

The Palo santo tree (*Bursera graveolens*) is endemic to Peru, Ecuador, and other South American nations. It grows in arid tropical forests and yields a resin with a strong fragrance. Holy wood is what palo santo means in Spanish. The wood, resin, and oil have been utilized medicinally for thousands of years.



Pansy

The epithet "pansy" actually comes from the French "pensée", which is the past tense of "to think", but is also a feminine reflexive. This name came along in the mid-fifteenth century, and fundamentally, it was used pejoratively to characterize a guy who thought too much (like a woman is the intimation) (like a woman is the intimation).



Parsley

This plant likely originated in the eastern Mediterranean, but during the Middle Ages, it was widely cultivated in monasteries and royal gardens across Europe. The ancient Greeks identified parsley with Achromous, the Herald of Death, and placed wreaths of this herb on their tombs.



Partridgeberry

Partridge Berry is endemic to the eastern half of North America, from Newfoundland to Ontario and Minnesota, and from Texas to Florida in the south. Partridge Berry is a native perennial, consisting of a tiny, woody, trailing vine with 6 to 12-inch-long, slender, trailing stems that does not climb but instead lays flat on the forest floor.



Pasque Flower



The pasque flower is a herbaceous flowering plant and is native to Europe, parts of Asia, as well as North America. It is generally found in locations with prairies and meadows and can be found on rocky slopes and outcroppings also.

Passion Flower



The passion flower was discovered in Peru in 1569 by the Spanish physician Monardes. Forty years later, it was imported to Europe as an attractive plant, because botanists were captivated by this climber's inflorescence long before the passion flower was included in Europe's collection of medical herbs.

Patchouli



Patchouli is a plant that resembles a one-meter-tall shrub and is native to Indonesia and Malaysia. Patchouli oil is the oil taken from the dried leaves, young leaves, and shoots of the plant.

Pau d'arco



Pau d'arco (*Tabebuia avellanedae*) is indigenous to South America, where it has been used to cure a variety of diseases, such as pain, arthritis, inflammation of the prostate gland (prostatitis), fever, dysentery, boils and ulcers, and various malignancies.

Pennyroyal



The perennial mint known as European pennyroyal, often known as English pennyroyal, is indigenous to Europe and Asia. Since its introduction to the continent by early European settlers, the plant has naturalized throughout North America.

Peppermint



Peppermint (*Mentha piperita*, sometimes known as *Mentha balsamea* Wild) is a hybrid of spearmint and watermint. Native to Europe and the Middle East, the plant is now widely dispersed and cultivated in numerous places throughout the globe.