



dible



lant



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of the Sunken Garden

# Booklet User Guide

Family name

*Latin name*

Common name

Height: 15.0 to 25.0 feet  
Spread: 15.0 to 20.0 feet  
Sun: Full sun/partial shade/full shade  
Water: low/medium/high










Photo of the plant

Month

Blooming time											
Harvest period											
1	2	3	4	5	6	7	8	9	10	11	12
											

Plant's medicinal use

-  Fruit
-  Flower
-  Roots
-  Bark
-  Leaf
-  Natural dye
-  Toxicity



hrubs

Rosaceae

## *Amelanchier alnifolia*

'Regent' Juneberry

Height: 4.00 to 6.00 feet  
Spread: 4.00 to 6.00 feet  
Sun: Full sun to partial shade  
Water: Medium



Native

Rosaceae

## *Aronia melanocarpa*

Chokeberry

Height: 3.00 to 6.00 feet  
Spread: 3.00 to 6.00 feet  
Sun: Full sun to partial shade  
Water: Medium



Native

1	2	3	4	5	6	7	8	9	10	11	12
											



The fruit is rich in iron and copper. It can be eaten raw or cooked.



The leaves can be used as herbal tea.



Infusion of the inner bark is used as a treatment for eye infection.

1	2	3	4	5	6	7	8	9	10	11	12
											



The fruit has a high concentration of antioxidants and is best eaten after the first frost when it is fully ripe. Because it is rich in pectin, it can be used to make a jelly. The pectin can also protect the body against radiation.



The fruit's syrup can be used to create a natural purple dye.



Cornaceae

# *Cornus mas*

Cornelian Cherry Dogwood

Height: 15.0 to 25.0 feet  
Spread: 15.0 to 20.0 feet  
Sun: Full sun to partial shade  
Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The fruit is juicy, with an acidic flavour. The seeds can be roasted, ground into a powder, and used as a coffee substitute.



The bark is astringent, febrifuge, and nutritious. It is used to treat cholera.



The flowers are used to treat diarrhea.

Oleaceae

# *Forsythia*

*Forsythia x ovata*

Height: 4.00 to 5.00 feet  
Spread: 5.00 to 7.00 feet  
Sun: Full sun to partial shade  
Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The flowers have strong bactericidal and acaricidal properties which can be used for skincare. Washing your face with the flowers once a day can effectively reduce facial pigmentation, acne, and wrinkles.



The flowers can be used to create yellow dye. In addition, green dye can be extracted from the leaves and the stem.





Caprifoliaceae

*caerulea*

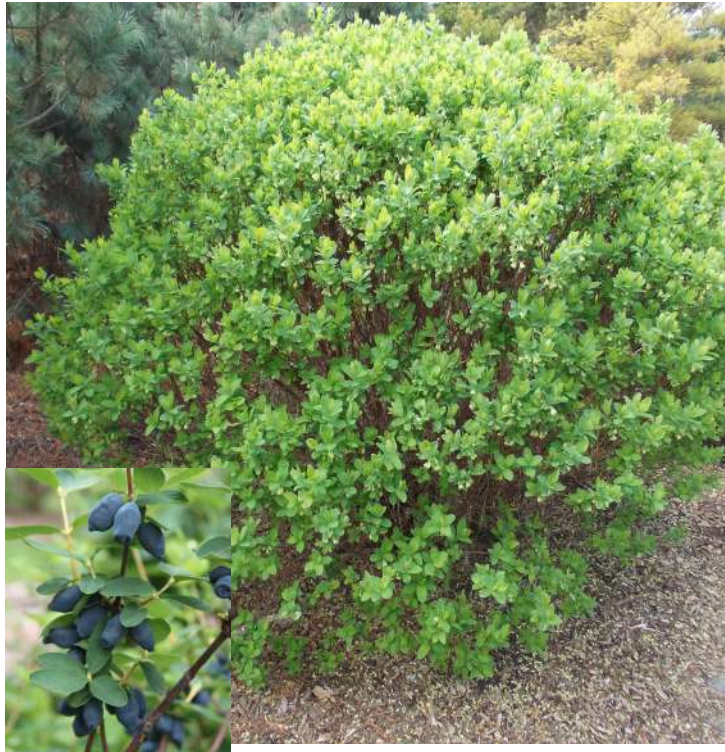
'Indigo Gem' Honeyberry

Height: 3.00 to 5.00 feet

Spread: 3.00 to 5.00 feet

Sun: Full sun

Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The fruits are high in Vitamin C, Vitamin A, fiber, and potassium. They can be used in various products such as pastries, jams, juice, and sauces.

Rosaceae

*Malus*

Crab Apple

Height: 8.00 to 12.00 feet

Spread: 8.00 to 14.00 feet

Sun: Full sun to partial shade

Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The fruit is astringent and laxative. The crushed fruit pulp can be used as a poultice to heal inflammations or small flesh wounds.



The leaves can be used to make herbal tea.



Hydrangeaceae

## *Philadelphus lewisii*

'Blizzard' Mockorange

Height: 4.00 to 5.00 feet  
Spread: 3.00 to 3.00 feet  
Sun: Full sun to partial shade  
Water: Medium



Native

1	2	3	4	5	6	7	8	9	10	11	12
											



The leaves and flowers are rich in saponins. When crushed and mixed with water, they produce a lather that is an effective cleaner. The fresh leaves can be used as a bar of soap.



The dried powdered roots can be mixed with oil and used as a rub on sores and swollen joints.

Rosaceae

## *Prunus maritima*

Beach Plum

Height: 4.00 to 5.00 feet  
Spread: 4.00 to 6.00 feet  
Sun: Full sun  
Water: Low



Native

1	2	3	4	5	6	7	8	9	10	11	12
											



The fruits are sweet, rich in Vitamin C, and have a high concentration of antioxidants.



The leaves can be used to make herbal tea to treat a sore throat and swelling of the mouth.



A green dye can be obtained from the leaves. A dark green dye can be obtained from the fruit.





Ericaceae

# *Rhododendron*

Azalea

Height: 5.00 to 6.00 feet  
 Spread: 5.00 to 6.00 feet  
 Sun: partial shade to full shade  
 Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The leaves can be used as poultice to relieve arthritic pain and headaches.


Grossulariaceae

# *Ribes rubrum*

Gooseberry

Height: 3.00 to 5.00 feet  
 Spread: 3.00 to 5.00 feet  
 Sun: Full sun to partial shade  
 Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The fruits are edible and can be used cosmetically in face-masks to rejuvenate the skin.



A yellow dye can be obtained from the leaves. A black dye can be obtained from the fruit.



Rosaceae

# Rosa glauca

Rose






Height: 6.00 to 8.00 feet

Spread: 5.00 to 7.00 feet

Sun: Full sun

Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The fruit is not very fleshy but it is rich in vitamins A, C, and E. It is also a good source of essential fatty acids. The seed is a good source of vitamin E; it can be ground and mixed with flour or added to other foods as a supplement.



The leaves can be used for an infusion called "Rose Tea."

Adoxaceae

# Sambucus

Elderberry

Height: 5.00 to 12.00 feet

Spread: 5.00 to 12.00 feet

Sun: Full sun to partial shade

Water: Medium to wet



1	2	3	4	5	6	7	8	9	10	11	12
											



The fruits are rich in vitamin C and are best when dried. The unripe fruit contains a toxic alkaloid and cyanogenic glycosides. These toxins are destroyed when the fruit is cooked.



The leaves and stems are poisonous. The fruit has been known to cause an upset stomach.

Native



Rosaceae

# *Sorbaria sorbifolia*

False Spiraea

Height: 5.00 to 10.00 feet  
Spread: 5.00 to 10.00 feet  
Sun: Full sun  
Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



Buds and leaves can be eaten if cooked.



The leaves and the flowers contain the toxin: hydrogen cyanide.




Adoxaceae

# *Swida alternifolia*

Pagoda Dogwood

Height: 15.00 to 25.00 feet  
Spread: 20.00 to 32.00 feet  
Sun: Full sun to partial shade  
Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The inner bark can be used as a tea treat influenza, diarrhoea, headaches, voice loss, and reduce fevers. Some Native Americans used it as a eye wash. A compound infusion of the bark and roots has been used to treat childhood diseases and conditions such as measles and worms.



The roots, mixed with vinegar, yield a light to dark brown dye.

Native



Oleaceae

# Syringa vulgaris

Lilac

Height: 8.00 to 15.00 feet  
Spread: 6.00 to 12.00 feet  
Sun: Full sun  
Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The bark or leaves can be chewed in order to treat a sore mouth.



Flowers are edible, raw or cooked. An essential oil is obtained from the flowers.



A green dye is obtained from the flowers. Green and brown dyes are obtained from the leaves. A yellow-orange dye is obtained from the twigs.

Ericaceae

# Vaccinium corymbosum

Highbush Blueberry

Height: 6.00 to 12.00 feet  
Spread: 8.00 to 12.00 feet  
Sun: Full sun to partial shade  
Water: Medium to wet



1	2	3	4	5	6	7	8	9	10	11	12
											



The fruits are rich in vitamin C.

They can be used in pies, pastries, cereals, and jellies. The fruit can also be dried and used like raisins.



A tea is made from the leaves.

Blueberry leaves are incredibly high in the phenolic compounds found in the antioxidant anthocyanins. They also enhance dopamine levels which support efficient memory, attention and problem solving functions.

Native

# *Viburnum trilobum*

Viburnum 'Wentworth'

Height: 8.00 to 12.00 feet  
 Spread: 8.00 to 12.00 feet  
 Sun: Full sun to partial shade  
 Water: Medium



Native

1	2	3	4	5	6	7	8	9	10	11	12
											



The fruits are rich in vitamin C and are best after the frost.



An infusion of the roots is used to make a person vomit and to treat fevers.



The inner bark is used to treat stomach cramps





inter-interest Perennials

*Actaea racemosa*

Baneberry

Height: 4.00 to 6.00 feet  
 Spread: 2.00 to 4.00 feet  
 Sun: Partial shade to full shade  
 Water: Medium

Native



1	2	3	4	5	6	7	8	9	10	11	12
											



As the leaves die back in the autumn, the roots are harvested and dried. The root is toxic in overdose; it should be used with caution and be completely avoided by pregnant women.

Actinidiaceae

*Actinidia arguta*

Kiwi

Height: 25.00 to 30.00 feet  
 Spread: 7.00 to 20.00 feet  
 Sun: Full sun to partial shade  
 Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The fruit is rich in vitamin C and can be eaten raw or dried for later use.



The plant is rich in sap and thus can be tapped and drunk in the spring.



Malvaceae

## *Althea officinalis*

Marshmallow

Height: 3.00 to 6.00 feet  
Spread: 3.00 to 5.00 feet  
Sun: Full sun to partial shade  
Water: Medium to wet



1	2	3	4	5	6	7	8	9	10	11	12
											



The flowers and young leaves can be eaten and are often added to salads or boiled and fried.



The root extract (halawa extract) is sometimes used as flavoring in a Middle Eastern snack called halva.

Saxifragaceae

## *Astilbe*

False Goat's Beard

Height: 1.00 to 1.50 feet  
Spread: 1.00 to 1.50 feet  
Sun: Partial shade to full shade  
Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The young shoots are edible after they are cooked.



*Aruncus*

Goat's Beard

Height: 4.00 to 6.00 feet  
 Spread: 2.00 to 4.00 feet  
 Sun: Full sun to partial shade  
 Water: Medium to wet

Native



1	2	3	4	5	6	7	8	9	10	11	12
				🌸	🌸						



The poulticed root is applied to ease bee stings. A tea made from the roots is used to allay bleeding after child birth, to reduce profuse urination, and to treat stomach pains, diarrhea, fevers and internal bleeding. The tea is used externally to bathe swollen feet and rheumatic joints.

Boraginaceae

*Brunnera*

Brunnera

Height: 1.00 to 1.50 feet  
 Spread: 2.00 to 2.50 feet  
 Sun: Partial shade  
 Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
			🌸	🌸							



The roots can be used to make a red dye.




*Hydrastis*

Goldenseal

Height: 0.75 to 1.00 foot  
 Spread: 0.75 to 1.00 foot  
 Sun: Partial shade  
 Water: Medium

Native



1	2	3	4	5	6	7	8	9	10	11	12
											



The root is used to treat disorders affecting the ears, eyes, throat, nose, stomach, and intestines. The plant should not be used during pregnancy or by people with high blood pressure.



A yellow dye can be obtained from the root.

Iridaceae

*Iris sibirica*

Iris

Height: 3.00 to 4.00 feet  
 Spread: 2.50 to 3.00 feet  
 Sun: Full sun to partial shade  
 Water: Medium to wet



1	2	3	4	5	6	7	8	9	10	11	12
											



The roots are edible and have great quantities of starch.



Some reports suggest that the plant might be poisonous.

*Leucanthemum*

Daisy

Height: 1.50 to 2.00 feet  
 Spread: 1.50 to 2.00 feet  
 Sun: Full sun  
 Water: Dry to medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The leaves can be eaten raw or cooked. Young spring shoots are finely chopped and added to salads and soups.



The root can be consumed raw and the flowers can be tossed into a salad or pickled.



The leaves and the roots can make yellow dye.

*Paeonia suffruticosa*

Peony

Height: 3.00 to 5.00 feet  
 Spread: 3.00 to 4.00 feet  
 Sun: Full sun to partial shade  
 Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



A tea made from the dried crushed petals is used as a cough remedy, and as a treatment for haemorrhoids and varicose veins. The fallen flower petals are parboiled and sweetened, or cooked in various dishes.






Saxifragaceae

# *Rodgersia aesculifolia*

Rodgersia

Height: 3.00 to 5.00 feet  
Spread: 3.00 to 5.00 feet  
Sun: Full sun to partial shade  
Water: Medium to wet



1	2	3	4	5	6	7	8	9	10	11	12
											



In the medicinal tradition of China, Rodgersia aesculifolia has been employed in the treatment of rheumatoid arthritis, chronic bronchitis, dysentery, asthma, bronchial inflammation and chronic gastritis.

Ericaceae

# *Vaccinium angustifolium*

Lowbush Blueberry

Height: 3.00 to 4.00 feet  
Spread: 3.00 to 4.00 feet  
Sun: Full sun to partial shade  
Water: Medium to wet



1	2	3	4	5	6	7	8	9	10	11	12
											



The fruit can be dried and used like raisins or eaten raw.



A tea made from the leaves can be used as a blood purifier and a treatment of infant's colic. It also has been used to induce labour and as a tonic after a miscarriage.

Native



erbaceous Perennial



Pteridaceae

## *Adiantum pedatum*

Maidenhair Fern

Height: 1.00 to 2.50 feet

Spread: 1.00 to 1.50 feet

Sun: Partial shade to full shade

Water: Medium



Native

1	2	3	4	5	6	7	8	9	10	11	12



The leaves can be used as tea or syrup to treat nasal congestion, asthma, and sore throats. The Native Americans chewed the fronds and then applied them to wounds to stop bleeding.

The leaves are also used as a hair conditioner. The stems have been used as a hair wash.

Lamiaceae

## *Ajuga reptans*

Bugleweed


Height: 0.50 to 0.75 feet

Spread: 0.50 to 1.00 feet

Sun: Full sun to partial shade

Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The whole plant is aromatic. It is harvested as it flowers in late spring and dried for later use. It is also commonly used fresh in ointments and medicated oils. It is widely used in various preparations against throat irritations and especially in the treatment of mouth ulcers.

Ranunculaceae



## *Anemone canadensis*

Wood Anemone

Height: 1.00 to 2.00 feet  
 Spread: 2.00 to 2.50 feet  
 Sun: Full sun to partial shade  
 Water: Medium to wet

Native



1	2	3	4	5	6	7	8	9	10	11	12
											



An infusion of the root can be used as an eye wash to treat twitches and eye poisoning. A wash of the pounded boiled root or of the leaves is applied externally to wounds, nosebleeds, sores, etc. A tea of the roots is used to treat headaches and dizziness. The root can be eaten to clear the throat.

Ranunculaceae

## *Anemone hupehensis*

Japanese anemone

Height: 1.50 to 2.50 feet  
 Spread: 1.00 to 1.50 feet  
 Sun: Full sun to partial shade  
 Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											

Decorative



Ericaceae

## *Arctostaphylos uva-ursi*

Bearberry

Height: 0.50 to 1.00 foot

Spread: 3.00 to 6.00 feet

Sun: Full sun to partial shade

Water: Dry to medium



Native

1	2	3	4	5	6	7	8	9	10	11	12
											



The leaves can be infused with oil, making a poultice to treat rashes and skin sores. The herb should not be used by children, pregnant women, or patients with kidney disease.



A yellowish-brown dye is obtained from the leaves. A grey-brown dye is obtained from the fruit.

Aristolochiaceae

## *Asarum canadense*

Wild Ginger

Height: 0.50 to 1.00 foot

Spread: 1.00 to 1.50 feet

Sun: Partial shade to full shade

Water: Medium to wet



Native

1	2	3	4	5	6	7	8	9	10	11	12
											



The fresh leaves are applied as a poultice to wounds and inflammations, while a decoction or salve is applied to sores.



The dry root has an aromatic smell like mild pepper and ginger. The root is best harvested in autumn but is available year round. It can be dried for later use.


Asparagaceae

## *Convallaria majalis*

Lily of the Valley

Height: 0.50 to 1.00 foot  
Spread: 0.75 to 1.00 foot  
Sun: Partial shade to full shade  
Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The leaves encourage the heart to beat more efficiently, and reduce blood volume.



An ointment made from the roots is used to treat burns and prevent scar tissue.



A yellow dye is obtained from the leaves in autumn.



The plant has toxic properties.

Asparagaceae

## *Phionodoxa luciliae*

Glory of the Snow

Height: 0.25 to 0.50 feet  
Spread: 0.25 to 0.50 feet  
Sun: Full sun to partial shade  
Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											

Decorative





Papaveraceae

## *Dicentra spectabilis*

Bleeding Heart

Height: 2.00 to 3.00 feet  
Spread: 1.50 to 2.50 feet  
Sun: Partial shade to full shade  
Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



In spring, the young leaves are edible when cooked.



Chewing on the rhizomes has a numbing effect on the surface of the gums, inner cheeks and tongue.



The plant is potentially poisonous and can also cause skin rashes.

Plantaginaceae

## *Digitalis grandiflora*

Yellow Foxglove

Height: 2.00 to 3.00 feet  
Spread: 1.00 to 1.50 feet  
Sun: Partial shade  
Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The leaves are used to treat certain heart complaints.



All parts of the plant are poisonous.

Asteraceae




# *Echinacea purpurea*

Purple Coneflower

Height: 2.00 to 5.00 feet  
Spread: 1.50 to 2.00 feet  
Sun: Full sun to partial shade  
Water: Dry to medium

Native



1	2	3	4	5	6	7	8	9	10	11	12
											



The whole plant is beneficial in the treatment of sores, wounds, and burns.



An infusion of the root can improve the immune system. It is harvested in the autumn and dried for later use.

Berberidaceae

# *Epimedium grandiflorum*

Fairy Wings

Height: 1.00 to 1.50 feet  
Spread: 0.75 to 1.50 feet  
Sun: Partial shade to full shade  
Water: Dry to medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The leaves and flowers are used to lower blood sugar levels. The leaves are used as an aphrodisiac. The young leaves are edible and taste best when they are soaked and then boiled in order to remove the bitterness.



It can cause allergic reaction.



Rosaceae




# *Fragaria vesca*

Alpine Strawberry

Height: 0.25 to 0.75 feet  
Spread: 0.75 to 1.00 foot  
Sun: Full sun to partial shade  
Water: Medium



Native

1	2	3	4	5	6	7	8	9	10	11	12
											



The fruit can be applied externally to heal sunburns and whiten teeth.



A tea made from the leaves can treat diarrhea. A poultice can be made from the powdered leaves mixed in oil, and then used to treat open sores.



The roots are used to help stop diarrhea and chronic dysentery.

Ericaceae



# *Gaultheria procumbens*

Wintergreen

Height: 0.25 to 0.50 feet  
Spread: 0.50 to 1.00 foot  
Sun: Partial shade to full shade  
Water: Medium



Native

1	2	3	4	5	6	7	8	9	10	11	12
											



The fruit has a strong spicy taste of germolene. The fruit can also be used in pies or made into jams.



The leaves can be eaten raw when the plant is young and can be used as tea. An essential oil is extracted from the leaves. It contains methyl salicylate, which is closely related to aspirin and is an effective anti-inflammatory.





Geraniaceae

## *Geranium*

Geranium

Height: 1.00 to 1.50 feet  
Spread: 1.00 to 2.00 feet  
Sun: Full sun to partial shade  
Water: Dry to medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The leaves are very aromatic and can be used as a source of geranium oil.

Saxifragaceae

## *Heuchera americana*

American Alumroot

Height: 1.00 to 2.00 feet  
Spread: 1.00 to 1.50 feet  
Sun: Full sun to partial shade  
Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The root can be used as an external remedy for sores, wounds, vaginal discharges, and ulcers. It can be dried, ground into a powder, and sprinkled onto wounds. The root is harvested in the autumn and is dried for use in decoctions or as a powder.



It should be used with caution since excessive exposure irritates the stomach and can cause kidney and liver failure.

Native





Asphodelaceae

## *Heimerocallis fulva*

Day Lily

Height: 2.00 to 2.50 feet  
Spread: 2.00 to 2.50 feet  
Sun: Full sun to partial shade  
Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The flowers are edible raw and are very rich in iron. The flowers can also be dried and used as a thickener in soups.



The leaves and young shoots can be used as vegetables. The leaves need to be eaten while still very young since they quickly become fibrous.

Asparagaceae

## *Hosta*

Plantain Lilies

Height: 2.00 to 3.00 feet  
Spread: 2.00 to 3.00 feet  
Sun: Partial shade to full shade  
Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12
											



The young leaves and leaf stems are edible after they are boiled.

Iridaceae

## *Iris versicolor*

Northern Blue Flag Iris

Height: 2.00 to 2.50 feet  
Spread: 2.00 to 2.50 feet  
Sun: Full sun to partial shade  
Water: Medium to wet



Native

1	2	3	4	5	6	7	8	9	10	11	12
											



The leaves have been used to weave baskets and mats.



The root can be taken internally as a tea to promote the excretion of excess body fluids. Some Native American tribes used the root as a protection against rattlesnakes.



The fresh root is quite acrid and when taken internally may cause nausea and vomiting.

Asteraceae

## *Ligularia stenocephala*

Ligularia

Height: 4.00 to 6.00 feet  
Spread: 2.00 to 3.00 feet  
Sun: Partial shade to full shade  
Water: Medium to wet



1	2	3	4	5	6	7	8	9	10	11	12
											



The plant is used in Chinese medicine to treat anxiety, weakness, and menstrual disorders.



Polemoniaceae

## *Phlox stolonifera*

Creeping Phlox

Height: 0.50 to 1.00 foot  
Spread: 0.75 to 1.50 feet  
Sun: Full sun to partial shade  
Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12

Decorative

Lamiaceae

## *Physostegia virginiana*

Obedient Plant

Height: 3.00 to 4.00 feet  
Spread: 2.00 to 3.00 feet  
Sun: Full sun  
Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12

Decorative

Native



*Rheum palmatum*

Chinese rhubarb

Height: 6.00 to 10.00 feet

Spread: 4.00 to 6.00 feet

Sun: Full sun to partial shade

Water: Medium



1	2	3	4	5	6	7	8	9	10	11	12



The stem has a wonderful flavour once it is cooked and is a common ingredient in berry cakes. The leaves can be used to make an insect spray.



The leaves are poisonous.

*Tanacetum vulgare*

Tansy

Height: 1.00 to 3.00 feet

Spread: 0.75 to 1.50 feet

Sun: Full sun to partial shade

Water: Dry to medium



1	2	3	4	5	6	7	8	9	10	11	12



The leaves are used as a poultice on swellings and some eruptive skin diseases. The plant is harvested as it is coming into flower.



A green dye is obtained from the young shoots. The leaves and flowers can also be used to obtain a yellow dye.



In larger doses the plant can be poisonous.



Saxifragaceae


## *Tiarella cordifolia*

Foamflower

Height: 0.75 to 1.00 foot  
Spread: 1.00 to 2.00 feet  
Sun: Partial shade to full shade  
Water: Medium



Native

1	2	3	4	5	6	7	8	9	10	11	12
											



A tea made from the leaves is diuretic. It has been used as a mouthwash and as a wash for sore eyes.



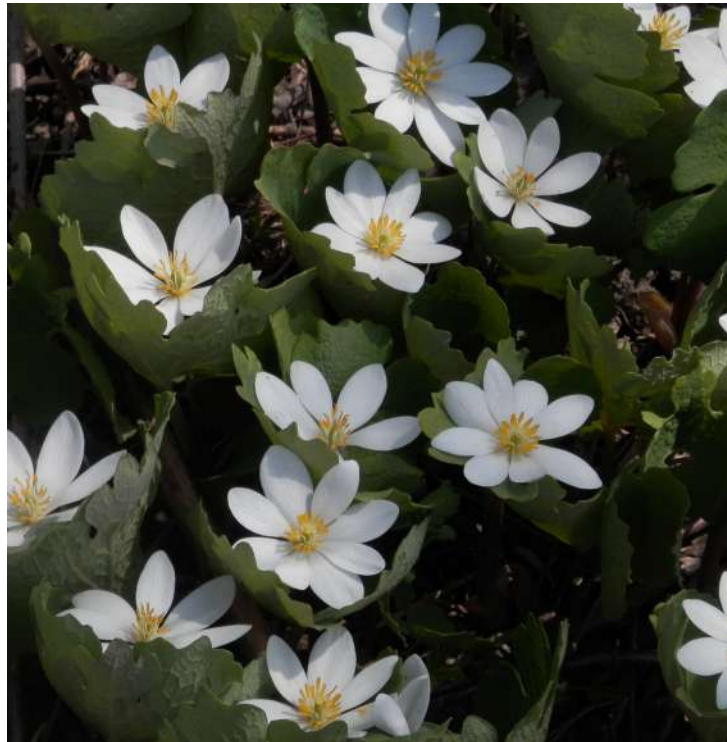
A tea made from the roots is used to treat diarrhea or sore mouths. The crushed roots can be used as a poultice on wounds.

Papaveraceae

## *Sanguinaria canadensis*

Bloodroot

Height: 0.50 to 0.75 feet  
Spread: 0.25 to 0.50 feet  
Sun: Partial shade to full shade  
Water: Medium



Native

1	2	3	4	5	6	7	8	9	10	11	12
											



Externally, the root is used in the treatment of skin diseases, warts, nasal polyps, and benign skin tumours. The crushed root has been applied to the body as an insect repellent.



The root is toxic. An excessive dose causes nausea and vomiting, and may prove fatal.



A red dye is obtained from the sap of the root. It was used as a face paint by the Native Americans.

Ericaceae

# *Vaccinium macrocarpon*:

Bog Cranberry

Height: 0.75 to 1.00 foot

Spread: 3.00 to 4.00 feet


Sun: Full sun


Water: Medium

Native



1	2	3	4	5	6	7	8	9	10	11	12
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 The fruit can be eaten raw or cooked.  
It is rich in vitamin C.

 An infusion of the branches is used as  
a treatment for pleurisy.



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Made by Yaniv Korman, College of the Atlantic, March, 2018