Fringe-tree (chionanthus virginicus )

Snowdrop tree, snowflower, white fringe, old mans’s beard, poison ash tree, chionanthus.

Parts used: dried root bark, bark.

Uses: liver, gallbladder disease, hepatitis, jaudince, wounds, nephrits, rheumatism, blood purifier, sores, cuts, infections.

Bark/tea/ infusion: Applied externally to wounds and ulcers.

Actions: Anti-inflammatory, antimicrobial, antiviral, cholagogue, blood purifier, laxative actions, tonic, antioxidant. Blood sugar-reduncing effects.

Constituents: Saponins, phyllyrin.

Tincture: 1 part bark by weight in parts 50% grain alcohol and water.

Tea: infusion twice a day to treat liver disorders.

Harvest: spring or fall season.

Taste: slightly bitter, astringent.

Combines: wild yam.

Contraindications: In bile duct obstruction/ pregnancy.