

LATIN NAME	COMMON NAME	ORIGIN	DESCRIPTION	HABITAT	USE & PART USED	NB!!	PROPAGATION	CULTIVATION	PKT	XXX
Abutilon theophrasti	dong kui zi, China jute	MG 01	ann 2-6', ss	gdn	sd-M, lf-E, st-F	W	direct sow when soil warms nick seed or hotwater soak			
Acanthopanax hypoglauca		MG 01								
Achillea millefolium	Yarrow	MG 99	per hb to 3'	gdn	fl hb-M	I				
Achillea sibirica										
Achillea wilsonii										
Achyranthes bidentata	huai niu xi, ox knee	MG 99	per hb 3', ss	gdn	rt (st, lf)-M, (sd-E)	W	sow direct or in flat, spring. space 12-18"	sandy, rich, slightly acid soil, sun	1	
Aconitum carmichaelii (wilsonii)	Chinese aconite, fu zi	MG 01	per hb 3'	gdn	rt-M	P	cool temperature is required for germination			
Actaea pachypoda	White baneberry	N 98	per hb, 2'	rich woods		P				
Adenophora liliifolia		MG 98	per hb, 18"	gdn	rt-E; M?	I				
Aethionema grandiflorum	Persian candytuft	MG 01	per hb 12", ss	rock gdn	O					
Agastache nepetoides	yellow giant hyssop	MG00	per hb to 5', ss	gdn						
Agastache foeniculum	Anise hyssop	MG 99	per hb, 3', ss	gdn	lf-E (M), fl-H (M), O		sow in flat, or direct, in spring, space 12"	tolerant, prefers well-drained soil, sun		
Agastache rugosa	Korean gt. Hyssop	MG 01	per hb, 4'	gdn			sow in flat, or direct, in spring, space 12"		1	
Agrimonia eupatorium	Agrimony	MG 01	per hb to 5', ss	gdn	hb-M&D		sow spring or autumn, direct or indoors. Space 12-18"	well-drained soil, fullsun. Tolerates drought.		
Agrimonia pilosa japonica	xian he cao	MG 01	per hb, 3', ss	gdn	hb-M	W				
Agrostemma githago 'Milas'	corn cockle	MG00								
Akebia quinata	5 leaf Akebia	G 00								
Albizia julibrissin	he huan, Mimosa tree	N 99	tree to 40'	gdn	bk&fl-M, O					
Alcaea rosea	Hollyhock, single	MG 98	per hb 5'	gdn	O, M, (E)		sow direct in spring, or in flat. space 12-18"	tolerant, prefers well-drained soil, sun	1	
Alettris farinosa	Unicorn rt, devil's bit	N 01	per hb 2-3'	sandy, sun	rt-M		sow in flat, sandy soil mix, do not cover: needs light.	sandy, moist but well-drained soil, sun		
Alliaria petiolata (=officinalis)	Garlic Mustard	MG 98	bien 2-3', ss	pt shade	lf&sd-E, (hb-M)	W				
Allium fistulosum	Japanese bunching onion	MG 00	per hb 2'	gdn	pl-E&M					
Allium rakkyo		MG 98	per hb 16"	gdn	bulb E & M					
Allium ramosum	fragrant-flowered garlic	MG 98	per hb, 18"	gdn	bulb-E & M					
Allium tricoccum	ramps	N 01	per hb, 12"	rich woods	pl -E		sow in autumn or earliest spring, needs cold period	humus rich, moist soil in deciduous woods.	1	
Allium tuberosum	Garlic chives, jiu zi	MG 01	per hb 18", ss	gdn	lf-E, fl-O, sd-M		sow in flat in spring, transplant 6" apart	rich, well-drained soil, sun		
Althaea officinalis	Marshmallow	MG 01	per hb to 4'	gdn / wet	lf, fl & rt-M & E		Sow direct or in flat, spring. Hot water soak. Slow germination	fertile, moist - wet soil, sun		
Amaranth, red leaf, mixed	amaranth	MG 01	ann 3-5', ss	gdn	lf & sd-E; O	W	sow in garden when soil warms, thin to 12"	average vegetable garden soil & sun	1	
Amorpha fruticosa	false indigo	N 98	sh to 20'	poor soil	Nf, O, (fr-E)	W				
Amsonia tabernaemontana	blue star	MG 01	per hb 3'	gdn	O					
Anchusa officinalis	alkannet	MG 98	per hb 3'	dry, alkaline	O, (rt-M)					
Andropogon virginicum	broom sedge	N 99	per gr 3'	dry, poor soil	M, (E)	W				
Anemone virginiana	thimbleweed	MG 98	per hb, 2-3'	lt sh	rt & sd-M; O					
Angelica archangelica "Jizerka"	Archangel	MG 98	bien to 6', ss	gdn, lt sh	E & M, O					
Angelica atropurpurea		MG 00								
Angelica dahurica	bai zhi	MG 01	bien to 7', ss	gdn, lt sh	rt - M		sow direct, autumn or early spring. Do not cover	rich, moist, well-drained soil. Sun / part shade. Space 2'+		
Angelica gigas	Purple angelica	MG 01	bien 3'	gdn, lt sh	O, rt-M, yg lf-E		sow direct, autumn or early spring. Do not cover	rich, moist, well-drained soil. Sun / part shade. Space 2'+		
Angelica pubescens	du huo	MG 01	bien 6'	gdn, lt sh	rt-M, O		sow direct, autumn or spring, do not cover	rich, moist soil; sun / part shade. Space 2+	1	
Angelica sinensis	dang gui	MG 01	bien 2'	rich, pt sh	rt-M		sow direct or in flat, early spring. Do not cover.	rich, moist, well-drained soil. Light shade. Space 2'+		
Angelica triquinata		N 00								
Anthemis tinctoria	golden Marguerite	MG 01								
Anthoxanthum odoratum	Sweet vernal grass	MG 01	per gr 12", ss	gdn	lf-frag		sow in flat, space transplants 6-12"	well-drained soil, sun - light shade	1	
Anthriscus sylvestris	perennial chervil	MG 01	per hb 30", ss	gdn, lt sh	E & M, O					
Apios americana	American groundnut	N 01	per vn 10'+	moist thickets	rt-E, NF?	I				
Aplectrum hyemale	Adam & Eve orchid	N 00								
Apocynum cannabinum	indian hemp	N 98	per hb, 2'	gdn	rt-M; st-F					
Aquilegia vulgaris	Columbine, blue & pink	MG 01	per hb 2', ss	gdn, lt sh	O, (M)	I				
Aralia cordata	Udo	MG 01	per hb to 10'	rich, pt sh	sh-E, rt-M, O	I	sow autumn - early spring (cold aids germination)	rich moist soil, part shade	1	
Aralia racemosa	Spikenard	N 01	per hb 3'+	rich woods	rt-M & E					
Aralia spinosa	Hercules' club	N 01	sh to 30'	thickets	bk-M, yg lf-E	I				
Arctium lappa	Great burdock	MG 01	bien 6'+, ss	gdn	rt, sd-M; rt, st-E		sow direct in spring, thin to 6" (2' second year)	moist, neutral soil; sun to light shade	1	
Arisaema triphyllum	Jack-in-the-pulpit	N 01	per hb, 1-3'	pt sh, woods	rt- E & M		sow in flat (or direct) in spring; space 6"	moist soil in woods or part shade in garden	1	
Aristolochia macrophylla	Dutchman's pipe	N 01	per vn 50'+	pt sh, woods	rt-M, O					
Arnica montana		MG 01								
Aronia prunifolia	purple chokeberry	N 00								
Artemisia annua	sweet annie	MG 01	ann, 5'+	gdn	lf & sd-M; hb-F	W				
Aruncus dioicus	Goat's beard	N 01	per hb 3'	pt sh, woods	yg pl-E, (rt-M), O					
Asclepias curvarasica	bloodflower	MG 01	ann, 2-3'							
Asclepias incarnata	swamp milkweed	MG 98								
Asclepias tuberosa	Pleurisy rt, butterfly weed	MG 01	per hb 2'	gdn, dry, sun	rt-M, sh, fl-E, O					
Aster tataricus	zi wan	MG 01	per hb 5'	gdn	rt-M, yg lf-E, O	I				
Astilbe biternata	False Goat's beard	N 01	per hb 3'	pt sh, woods	O					
Astragalus canadensis	Canada milkvetch	N 00	per hb 4'	rich woods	rt-E, NF					
Astragalus chinensis	Sha yuan	MG 01	per hb 3'	gdn	sd-M, NF					
Astragalus membranaceus	Huang qi	MG 01	per hb 3-4'	gdn	rt-M, NF		sow direct (or in flat) in spring, space 12"	well-drained, neutral-alkaline soil; sun	1	
Atropa belladonna	Belladonna	MG 01	per hb 2-2'	pt sh, lime	rt & lf-M	P				
Baptisia alba		G 00								
Baptisia australis	Blue false indigo	MG 01	per hb 30'	gdn	rt-M, O					
Baptisia bracteata		G 00								
Baptisia megacarpa		G 00								
Baptisia pendula		G 00								
Baptisia tinctoria	Wild indigo	N 01	per hb 3'	dry, acid	rt-M, O		sow direct (resents transplanting), space 2-3'	well-drained to dry, acid soil; sun or light shade	1	
Barbarea verna	land cress	MG 00								
Begonia grandis	hardy begonia, zi bei tian ku	MG 01	per hb 1-2'	gdn, lt sh	hb-M, O					
Belamcanda chinensis	blackberry lily, she gan	MG 01	per hb 2'	gdn	rt-M					
Berberis canadensis	Canada barberry	N 99	dec sh to 6'	gdn, slopes	fr-E, M; rt bk, lf-M; H	T				
Bidens bipinnata	bur marigold	MG 99	ann to 5', ss	gdn	hb-M	W				
Bidens pilosa	bur marigold	MG 98	ann to 5', ss	gdn	hb-M	W				
Bidens tripartita	bur marigold	MG 98	ann to 5', ss	gdn	hb-M	W				
Boehmeria (platanifolia?)	false nettle	MG 01	per hb, 3', ss	gdn	M & F					
Boehmeria nivea	ramie	MG 99								
Brassica rapa	turnip	MG 00								
Bunias orientalis	Turkish rocket	MG 01	per hb 2+	gdn	yg lf-E					
Bunium bulbocastanum	earth chestnut	MG 01	per hb 2"	gdn	rt, yg lf, etc.-E					
Bupleurum chinense	Chai hu	MG 01	per hb 30", ss	gdn	rt-M		sow direct (or in flat) in spring; space 12"	moist, well-drained soil; sun or light shade	1	
Cacalia atriplicifolia	Indian plaintain	N 00	per hb 3-4'	rich woods	(lf-M), O					
Calendula arvensis	field marigold	MG 98	ann, 12"	gdn	yg lf-E; (M)					
Calendula officinalis	Pot marigold	MG 00	ann 2', ss	gdn	fl- E, M, dye; yg lf-E; O					
Calycanthus floridus	Carolina allspice	N 99	dec sh to 10'	moist woods	rt, bk-M, bk-E, O					
Campanula americana	Bellflower	N 01	bien to 6'	rich woods	(rt&lf-M), O					
Capsella bursa-pastoris	Shepherd's purse	MG 01	ann 1-2', ss	gdn	hb-M, yg pl, sd-E	W				
Cardiospermum haliababanum	heart seed	G 00								
Carpesium abrotanum	he shi	MG 00	ann (per?), 2'	gdn	sd-M					
Carpesium cernuum	he shi	MG 98	rt-M; yg pl & lf-E	gdn	sd-M					
Cassia hebecarpa	wild senna	G 99	per hb, 3-4'	gdn, moist	lf-M, NF					
Cassia marilandica	wild senna	MG 01	per hb to 6'	gdn, pt sh	Nf, M?					
Catalpa speciosa	northern catalpa	G 98	dec tr to 100'	gdn	bk, lf, sd-M					
Caulophyllum thalictroides	Blue Cohosh	N 01	per hb, 2-3'	rich woods	rt-M; (sd-E)					
Ceanothus americanus	New jersey tea	N 01	dec sh, 2'	sun, dry	rt & lf-M; lf-E					
Celastrus orbiculatus	oriental bittersweet	N 99								
Celosia argentea	cockscomb	MG 01								
Celtis laevigata	sugarberry	G 98	dec tr to 80'	gdn	fr-E					
Centaurea cyanus	Cornflower	MG 99	ann 1-2'	gdn	fl-M, E, D; O					
Centaurea nigra	black knapweed	MG 00	per hb, 2'							
Cephalanthus occidentalis	Buttonbush	G 98	dec sh to 20'	moist soil	bk, lf-M					
Chaerophyllum aromaticum		MG	per hb 3-4'	lt sh	O, E?					
Chamaelirium luteum	False Unicorn root	N 01	per hb, 2-3'	moist acid sh	rt-M; O				1	
Chasmanthium latifolium	wild oats	G 99	per gr, 3'	sh	O					
Chelidonium majus	Celandine poppy	MG 01	per hb, 2'	lt sh	pl-M		sow in flat in spring, space 12"	moist soil, part shade	1	

Chelidonium majus asiatica	Asian celandine	MG 00	per hb 2'	lt sh	pl-M				
Chelidonium majus flore pleno	double celandine	MG 01							
Chelone glabra	turtlehead, balmony	N 01	per hb 2-3'	moist - wet	pl-M; O				
Chelone lyonii	pink turtlehead	N 01	per hb 2'	dry woods	O				
Chen. ambrosioides anthelmintica	Amer. wormseed	MG 98	per hb 3', ss	gdn	pl-M & I; lf-E;				
Chenopodium album	lamb's quarters	MG 01	ann, 4-5', ss						
Chenopodium bonus-henricus	Good King Henry	MG 01	per hb 2'						1
Chenopodium botrys	Jerusalem oak	MG 98	ann, 2'						
Chenopodium capitatum	beetberry	MG 98	ann, 18"						
Chenopodium giganteum	Magenta lamb's quarters	MG 01	ann to 6', ss	gdn	lf & sd-E		sow direct in late spring, thin (edible) to 1-2'	good soil, full sun (vegetable garden conditions)	1
Chimonanthes praecox	wintersweet	G 98	dec sh to 10'	gdn	O; fl-E & M				
Chionanthus virginicus	fringetree	N 00							
Chrysanthemum (Tanacetum) parthenium	Feverfew	MG 00	per hb 2', ss	gdn	pl-M & I; O		sow in flat in spring, do not cover; space 6-12"	moist, well-drained soil; sun to part shade	1
Chrysanthemum cinerariifolium	Pyrethrum	MG 00	per hb, 18"+	gdn	fl-I; O				
Cimicifuga americana	bugbane	N 01							
Cimicifuga racemosa	Black Cohosh	N 01	per hb, 5'+	rich woods	rt-M; O		seed requires warm followed by cold period	rich, moist soil; woodland. space 2'	1
Cirsium tuberosum	Tuberous thistle	MG 01	bien (?), 4'	dry, sun	rt-E				
Clematis heracleifolia	shrub clematis	MG 01							
Clematis virginiana	virgin's bower	N 00							
Cleome hasslerana	spider flower, Cleome	MG 99	ann, 3'+, ss	gdn	O				
Clerodendron trichotomum	glory bower	G 99	dec sh to 10'+	gdn	lf-M; yg sh-E; O				
Clintonia borealis	blue bead lily	N 01							
Cnicus benedictus	blessed thistle	MG 99	ann, 1-2'	gdn	pl-M		sow direct in spring, space 12"	well-drained soil in sun	
Cnidium monnieri	snake's bed seed	MG 01	ann (per?), 12"	gdn	sd-M				
Codonopsis ovata	dang shen	MG 00	hb vn, 10'	thickets	rt-M & E				
Codonopsis pilosula	dang shen	MG 01	hb vn, 10'	thickets	rt-M & E		sow in flat in spring, space 6"	well-drained soil, light shade; needs trellis or ~	1
Coix lachryma-jobi	Job's tears, yi yi ren	MG 01							
Collinsonia canadensis	Stone root	N 01	per hb, 3'+	rich woods	rt & lf-M				
Commelina coelestis tuberosum	Tuberous dayflower	MG 99	per hb, 2-3'	gdn	rt (pl?)-E; O				
Conyza (Erigeron) canadensis	horseweed	MG 00							
Coreopsis tinctoria	Calliopsis	MG 99	ann to 4', ss	gdn	pl-Dye, (M); O				
Cornus amomum	red willow, red osier	N 99							
Cornus officinalis	shan zhu yu	G 00							
Corydalis heterophylla japonica									
Corydalis sempervirens									
Cosmos sulphureus	yellow / orange cosmos	G 99							
Cryptotaenia canadensis	Honewort	N 01	per hb, 2-3'	rich woods	pl-E				
Cupressus arizonica garryi	Arizona cypress	G 98	ev tr to 40'	gdn	O				
Cynoglossum amabile	Chinese forget-me-not	MG 00	bien, 2'						
Cynoglossum officinale	Hound's tongue	MG 01	bien 3', ss	gdn	pl, hb & lf-M; (yg lf-E)				
Cynoglossum virginianum	wild comfrey	N 01							
Cypripedium calceolus	yellow lady's slipper	N 98							
Datisca cannabina		MG 01	hb per, 5'+	gdn	Dye				
Datura stramonium	Jimson weed	MG 98							
Delphinium staphisagria	stavesacre	MG 98							
Deschampsia flexuosa		MG 01							
Dianthus barbatus	sweet william	MG 01							
Dianthus plumarius	Pinks	MG 99	per hb, 1-2'	gdn	fl-E; O				
Dianthus superbus longicalycinus		MG 01							
Dicentra eximia	bleeding heart	G 00							
Digitalis lutea	Yellow foxglove	MG 00	per hb 3'	lt sh	hd-M; O		sow in flat in spring, do not cover; space 12"	moist, well-drained soil, light shade	1
Dioscorea batatas (bulbils)	Shan yao, cinnamon vine	MG 01	hb vn, 20'+, ss	gdn	rt-E & M	W	sow direct in spring, space 12"	tolerant, prefers rich soil and sun	1
Dioscorea tokoro	Bei xie	MG 01	hb vn, 20'+, ss	gdn	rt-M				
Dioscorea villosa	wild yam	N 01	hb vn, 10'+	woods	rt-M				1
Diospyros virginiana	Persimmon	N 98	dec tr, 40'+	gdn	fr-E; bk-M				
Diphyllea cymosa	Umbrella leaf	N 00	per hb, 3'	rich moist sh	(rt-M); (fr-E?); O				
Dipsacus asper	xu duan	MG 01	bien/per hb, 4'	gdn	rt-M				
Dipsacus japonicus	xu duan	MG 01	bien/per hb, 4'	gdn	rt-M				
Disporum lanuginosum	Yellow mandarin	N 01							
Dodecatheon media	Shooting star	N 01							
Dolichos lablab	hyacinth bean	G 99	ann vn, 10'+	gdn	sd-E & M, O		sow direct in late spring, space 12"	vegetable garden conditions, provide trellis	
Drosera spp.	Sundew	N 00							
Ecchinacea tennesseensis	Tennessee coneflower	MG 00							1
Ecchinacea purpurea	Purple coneflower	MG 01	per hb, 2-3'	gdn	pl-M; O		sow in flat (or direct) in spring, space 12"	rich, moist soil; sun or light shade	1
Echium vulgare	blueweed	MG 00	ann, 3'+	gdn, lme	lf & rt-M				
Eclipta prostrata	han lian cao	MG 01	ann, 12", ss	gdn moist	pl-M;		sow direct (or in flat) late spring; space 12"	moist to wet soil, sun	1
Elsholtzia ciliata	xiang ru	MG 01	ann, 1-2', ss	gdn	hb-M; yg pl-E				
Emilia javanica	Tassel flower	MG 00	ann, 12"	gdn	yg pl-E; O				
Epifagus virginiana	Beech drops	N 98	per hb, 12"	beech woods	pl-M				
Epilobium angustifolium	fireweed	MG 00	per hb, 2-5'	gdn	lf & rt-M; sh & yg lf-O	I			
Epilobium parviflorum	Small-flowered willow herb	MG 01	per hb, 2-3', ss	gdn	hb-M		sow direct (or in flat), spring; space 6-12"	average garden soil; sun or light shade	1
Erechtites hieracifolia	Pilewort	MG 00							
Erigeron pulchellus	Pink selection	MG 98							
Eritrichium rupestris	alpine forget me not	MG 98	per hb, 12"	rock gdn	O				
Eruca sativa	Arugula	MG 98							
Eryngium giganteum	Ms Wilmott's ghost	MG 00	per hb 2-3'	gdn	O				
Eryngium planum		G 00							
Eryngium yuccifolium	Rattlesnake master	G 01	per hb to 3'	dry soil	rt-M				
Erythraea centaurium	centaury	MG 98	ann, 12"	gdn	hb-M				
Euonymus americana	Hearts a busting	N 99							
Euonymus europaea	Spindle tree	G 00							
Eupatorium chinense		MG 98	per hb, 2'	gdn	pl-M				
Eupatorium perfoliatum	Boneset	N 01	per hb to 5'	moist, sun	lf-M				
Euphorbia helioscopia	sun spurge	MG 99	ann, 12"	gdn	M				
Ferula communis	Hog Fennel	MG 98	per hb, 5'+, ss	gdn	lf-E	W			
Festuca ovina glauca	blue sheep fescue	MG 01							
Filipendula rubra	Queen of the meadow	N 01	per hb, 3'+	moist meadows	rt-M; O	I			
Filipendula ulmaria	Meadowsweet	MG 01	per hb, 3'	gdn	rt, fl-M; Dye; lf, fl-E; O		sow in flat in spring, do not cover; space 12-18"	rich, moist to wet, neutral soil; sun or light shade	
Foeniculum vulgare atropurpurea	bronze fennel	MG 01	per hb to 5', ss	gdn	lf, sd & rt-E & M; O		sow direct in spring, space 18-24"	well-drained soil; sun or light shade	1
Frangula carolinensis		G 01							
Gaillardia aestivalis		G 01							
Galax aphylla		N 01							
Galium aparine	cleavers	N 00							
Galium verum	bedstraw	MG 00							
Gaultheria procumbens	Wintergreen	N 98	ev per hb, 6"	acid soil	lf & fr-E; lf-M				
Gaura biennis		MG 99	bien, 5'+, ss	gdn	O				
Geranium maculatum	Wild geranium	N 01	per hb, 1-2'	rich woods	pl, rt-M				
Geranium robertianum	herb robert	MG 01	per hb, 12", ss	dry sh	pl-M				
Geum rivale	chocolate rt, water avens	MG 98	per hb, 1-2'	moist	rt-M & E				
Geum urbanum	herb Bennet, cloverroot	MG 01	per hb, 2'	gdn	rt & pl-M & E				
Gnaphalium obtusifolium	Everlasting	N 98	per hb, 2'+	dry fields	lf & fl-M				
Goodyera pubescens	rattlesnake plantain	N 01							
Gossypium herbacea	cotton	G 99	ann, 2-5'	gdn	rt-M, (sd-E), Fiber				
Gynura segetum		MG 99	per hb, 2-3'	gdn	rt (?) -M				
Gypsophila oldhamii		MG 99	per hb, 2-3'	gdn	M				
Habenaria ciliaris	yellow fringed orchid	N 00							
Hamamelis virginiana	witch hazel	N 99	dec sh/tr, 15'+	woods	lf, br & bk-M				
Hedeoma pulegioides	American pennyroyal	MG 01	ann 6-12", ss	sun, dry soil	pl-M & I				1
Heimia salicifolia		MG 00	dec sh, 3'	gdn	psychoactive				
Heracleum lanatum	Cow parsnip	N 00	bien/per hb 6'+	rich woods	st, lf, rt, sd-E; pl-M				
Heracleum mantegazzianum	giant hogweed	MG 99	bien to 10'	rich, lt sh	O		sow direct in spring, space 3' or more	rich moist soil, sun or part shade	
Heracleum sphondylium		MG 98	bien/per hb 6'+	rich, lt sh	yg sh & st-E; pl-M				
Hesperis matronalis	dame's rocket	N 01							
Heuchera americana	Alum root	N 00	per hb, 2'	pt sh	rt & lf-M; O				
Hibiscus sabdariffa	roselle	G 01	ann/per hb to 6'	gdn	calyx-M, E, D; lf, sd-E; O				1
Hibiscus syriacus	rose of sharon	G 99	dec sh to 10'+	gdn	lf & fl-E; fl-M; O				
Hieracium pilosella	Mouse ear hawkweed	MG 98	per hb, 6-12"	sun, dry soil	pl-M				
Hydrangea arborescens	Wild hydrangea	N 01	dec sh 3-4'	woods	bk & rt-M				
Hydrastis canadensis	Golden seal	N 01	per hb 12"	rich woods	rt & lf-M				
Hydrophyllum virginianum	Indian salad	N 00							

Hypericum perforatum	St John's wort	MG 01	per hb, 2-3', ss	sun, dry	pl-M & D; If-E		sow in flat in spring, space 1-2'	well-drained to dry soil, sun	1	
Hyssopus officinalis	Hyssop	MG 00	ev sh, 1-2'	gdn	If & fl-M & E; O					
Ilex cassine	dahoon	G 99	ev sh/tr to 40'	gdn	If-E; O					
Ilex opaca	American holly	N 99	ev tr to 50'	gdn	If, bk & fr-M; If-E					
Ilex verticillata	winterberry	N 98	dec sh to 15'	moist	bk & fr-M					
Ilex vomitoria	Yaupon	G 98	ev sh/tr to 25'	gdn	If-E; O					
Impatiens capensis	jewelweed, orange	MG 01								
Impatiens pallida	pale jewelweed	MG 01								
Impatiens textori	jewelweed, purple	MG 01								
Inula helenium	Elecampane	MG 99	per hb to 6'	moist, sun	rt, fl-M; rt, yg If-E; O					
Isatis tinctoria	Woad	MG 00	bien, 2-3', ss	gdn	rt & If-M; If-D					
Juniperus virginiana	red cedar	N 98	ev tr to 75'	gdn	If & fr-M; fr-E					
Kalmia latifolia	mountain laurel	N 98	ev sh/tr to 15'	acid soil	If-M	P				
Kochia scoparia	summer cypress	MG 01	ann to 5'	gdn	sh & sd-E; sd-M; brooms; O					
Koeleruteria paniculata	golden rain tree	G 99	dec tr to 60'	gdn	fl-M & D; sd-beads; O					
Lactuca serriola	wild lettuce	MG 98	bien 5'+	gdn	pl, lf, latex-M	W				
Lactuca virosa	Lettuca opium	MG 01	bien, 5'+, ss	dry, sun	pl, lf, latex-M	W				
Lamium album	white deadnettle	MG 98	per hb, 18"	gdn, lt sh	pl-M; fl-E					1
Lamium amplexicaule & purpureum	henbit	MG 99								
Laportea canadensis	Woods nettle	N 00	per hb2-3'	rich woods	yg If-E; st-F	St				
Lapsana communis	Nipplewort	MG 99	ann 2-3', ss	moist, lt sh	If-E & M	W				
Laserpitium latifolium	Laserwort	MG 01	per hb, 2-3'	gdn	rt-E; O					
Lavendula angustifolia (veris)	lavender	MG 00								1
Leonitis nepetaefolia	lion's tail	MG 99								
Leonurus artemisia	Chinese motherwort	MG 00	ann 4'+, ss	gdn	pl & sd-M					
Leonurus cardiaca	American motherwort	MG 01	per hb, 3', ss	gdn	pl-M; fl-E; hb-D		sow direct in spring, space 12-18"	well-drained to dry soil, sun	1	
Leonurus macrantha		MG 98	per hb, 2'	gdn	pl-M ?					
Leonurus sibirica	Siberian motherwort	MG 01	bien, 5'+, ss	gdn	pl & sd-M;rt, yg pl-E		sow in flat in spring (cold aids germination)	well-drained, neutral soil, sun; space 1-2'	1	
Ligularia dentata	ligularia	MG 98	per hb to 4'	moist-wet	M; (yg pl-E?); O					
Ligularia stenocephala		G 01								
Ligusticum canadense	Canada lovage	N 01	per hb, 3'+	woods	rt-M					
Ligusticum chuanxiong (wallichii)	chuan xiong	MG 01								
Ligusticum lucidum	Shining lovage	MG 01	per hb, 2-3'	gdn	O					
Ligustrum lucidum	Chinese privet, niu zhen zi	G 99	ev sh to 40'	gdn	sd-M; O					
Lilium superbum	Turk's cap lily	N 00	per hb, 5'+	rich woods	rt-E; O					1
Linaria canadensis	old-field toadflax	N 00								
Linaria vulgaris	butter & eggs	MG 99								
Lindera benzoin	Spicebush	N 01	dec sh to 15'	moist woods	fr, tw-E & M; bk, If-M					
Linum usitatissimum	fiber flax	MG 99	ann, 2-3'+	gdn	st-F; sd-E, M & oil; O					
Lippia dulcis	Aztec sweet herb	MG 98	ann/per, 12"	gdn	M					
Liriodendron tulipifera	tulip poplar	N 01	dec tr to 200'	rich woods	bk-M					
Lithospermum erythrorhizon	Zi cao	MG 01	per hb 2-3'	neutral-alk	rt-M & D					
Lobelia cardinalis	Cardinal flower	N 00	per hb,2'3', ss	moist, lt sh	O; rt & If-M					
Lobelia inflata	Indian tobacco	N 01	ann 1-2', ss	gdn, moist	pl, sd-M		sow in flat in spring, do not cover; space 6"	moist, fertile soil, light shade	1	
Lobelia sphyllatica	great blue lobelia	N 00	per hb, 2-3'	moist soil	If & rt-M; O					
Lunaria annua	Money plant	MG 01	bien, 2-3', ss	lt sh	O; rt & sd-E		sow direct in spring, space 12"	moist, well-drained soil, light shade	1	
Lupinus perennis	Lupine	MG 01	per hb, 2'	dry soil	O; (If-M); (sd-E)					
Lychnis coronaria	mullein pink	MG 00	bien/per hb, 2', ss	gdn	O					1
Lycopus virginicus	Bugleweed	N 01	per hb, 1-2'	moist-wet	pl-M, rt-E					
Macleaya cordata	Plume poppy	N 01	per hb, 6'+	gdn	M & O	I	sow in flat in spring; space transplants 18"	moist, well-drained soil, light shade	1	
Malva alcaea fastigiata	mallow	MG 98	per hb, 3', ss	gdn	O (M, E)		sow direct in spring, thin to 12" spacing	well-drained soil; sun or light shade		
Malva moschata	musk mallow	MG 98								
Malva verticillata	Dong kui zi, mallow	MG 01	ann/bien, 3'	gdn	M, sh & If-E					1
Malva verticillata chinense	dong kui zi	MG 00	ann/bien, 3'	gdn	M, sh & If-E					
Malva verticillata v. crispa		MG 01	ann/bien, 3'	gdn	M, sh & If-E					
Marrubium vulgare	Horehound	MG 01	per hb, 1-2'	dry, alk. soil	pl & If-M & E		sow in flat in spring, space plants 12"	well-drained to dry, neutral soil; sun	1	
Medeola virginiana	Indian cucumber root	N 01	per hb, 1-3'	woods	rt-E (M);If & fr-M		sow autumn - early spring (cold aids germination)	moist woodland; space 6"	1	
Melissa officinalis	Lemon balm	MG 00	per hb, 2'	gdn	pl, lf, oil-M, E, Fr					
Melissa officinalis aurea	Golden lemon balm	MG 98	per hb, 2'	gdn	pl, lf, oil-M, E, Fr; O					
Mentha pulegium	English pennyroyal	MG 00								
Mirabilis jalapa	4-o'clock	MG 99	per hb, 3'	gdn	O; fl-D; (rt-M, If-E)					
Mitchella repens	Partridge berry	N 98	per hb, 6"	acid woods	pl-M, (fr-E), O					
Momordica charantais	bitter melon	G 00								
Monarda didyma	Bee balm	N 99	per hb to 4'	moist, pt sh	pl-M, Fr, If & fl-E; O	I				
Monarda punctata	dotted horsemint	MG 00								
Monotropa uniflora	Indian pipe	N 98	per hb to 1'	woods	pl-M (E)					
Mosia dianthoides		MG 01	ann, 18"	gdn	pl-M					
Myrica cerasifera	southern bayberry	G 98	ev sh to 35'	gdn	rt bk, If-M; fr-Wax; lf, fr-E					
Myrica pennsylvanica	northern bayberry	G 98								
Myrrhis odorata	Sweet cicely	MG 01	per hb, 3', ss	rich, lt sh	lf, rt & sd-M & E; O					
Nandina domestica	sacred bamboo	G 98	ev sh to 8'	gdn	fr-M; If-E; O					
Nepeta cataria	Catnip	MG 01	per hb 2-3'	dry, sunny	pl-M; If-E		sow direct (or in flat) in spring. Space 1-2'	well-drained soil, full sun or light shade	1	
Nicandra physalodes	Shoo-fly plant	MG 00	ann 3'+	gdn	I; yg If-E					
Nicotiana rustica	native tobacco	MG 01	ann, 2-3'	gdn	I, ceremonial		sow in flat, spring; transplant when soil warms	rich, moist soil. space plants 18-24" apart	1	
Nicotiana rustica v.Hawkwind	native tobacco	MG 99	ann, 2-3'+	gdn	I, ceremonial					
Nicotiana trigonophylla		MG 00								
Nigella damascena	love in the mist	G 00								
Ocimum "sanctum" (x canum)	"holy basil"	MG 99	ann, 1-2', ss	gdn	If & sd-E					
Oenothera biennis	evening primrose	MG 98								
Oenothera glaziovina	magic evening primrose	MG 99	bien, 5'+, ss	gdn	O		sow direct in spring; thin to 18-24" spacing	well-drained soil and sun	1	
Onopordum acanthium	Scotch thistle	MG 01	ann/bien 6'+	gdn, dry	O; fl & yg sh-E	T	sow direct in spring; space plants 2-3' apart	well-drained soil and sun		
Opuntia (vulgaris?)	prickly pear	G 99	per hb, 3'	dry, sunny	fr & yg If-E; D (cochineal); T					
Orychophragmus violacea	Purple- flowered mustard	MG 01	ann/bien, 1-3'	gdn	If & fl-E; O; M					
Osmorhiza longistylis	Anise root	N 01	per hb, 2-3'	rich woods	rt- M & E		sow in flat autumn-early spring; space plants 12"	moist, well-drained soil; woodland or part shade	1	
Oxydendrum arboreum	sourwood	N 98	dec tr to 80'	dry woods	If & bk-M; O; fl-honey					
Panax quinquefolius	American ginseng	N 01	per hb, 12"	rich woods	rt & If-M					
Papaver somniferum	Bread seed poppy	MG 01	ann, 2-3'+, ss	gdn	yg pl, sd-E; O; M		sow direct (resents transplanting) in spring	well-drained soil, sun. thin to 6-12" spacing	1	
Papaver somniferum v. chinese	poppy	MG 98								
Parietaria officinalis	Pellitory-of-the-wall	MG 01	per hb, 2-3'	gdn, walls	pl-M					
Parthenium integrifolium	wild quinone	N 01								
Pastinaca sativa	parsnip	MG 01	ann, 3', ss	gdn	rt-E					
Patrinia scabiosaefolia	Bai jiang cao	MG 01	per hb, 3'+	gdn	O; pl-M; yg pl & fl-E		sow in flat in spring; space transplants 18-24"	moist, well-drained soil, sun to light shade	1	
Patrinia villosa		G 00	per hb, 2-3'	gdn	O; pl-M; yg pl & fl-E					
Pedicularis canadensis	lousewort	N 99								
Penthorum sedoides	ditch stonecrop	MG 98								
Perilla frutescens crispa		MG 01								
Perilla frutescens, green	Shiso, zi su	MG 00	ann, 1-3', ss	gdn	If & sd-E & M	W	sow direct in late spring (warm soil), space 12"	moist, well-drained soil, sun to light shade	1	
Perilla frutescens, purple	Shiso, zi su	MG 01	ann, 1-3', ss	gdn	If & sd-E & M	W				
Peucedanum officinale	masterwort	MG 99	per hb, 2-3'	gdn	rt-M					
Peucedanum ostruthianum	masterwort	MG 01	per hb, 3"	pt sh	rt-M; rt & If-E					
Phalaris arundinacea, DMT strain	Reed canary grass	MG 98	per gr 3'	gdn	hb-M					
Pharbitis nil		MG 00								
Phellodendron amurense	Huang bai	G 99	dec tr to 50'	gdn	bk-M; O					
Phlomis fruticosa	jerusalem sage	G 99								
Phryma leptostachya	Lopseed	N 00	per hb, 1-2'	rich woods	rt-M; I					
Physalis alkekengi franchetti	Chinese lantern	MG 01								
Physalis ixocarpa	Tomatillo	MG 99	ann, 2-4', ss	gdn	fr-E					
Phytolacca acinosa	Asian poke, shang lu	MG 01	per hb, 5'	gdn	yg sh-E; rt-M; O	P				
Phytolacca americana	pokeweed	N 99	per hb to 12', ss	gdn	yg sh-E; rt & fr-E; O	P, W				
Phytolacca esculenta	Asian poke, shang lu	MG 98	per hb, 5'	gdn	yg sh-E; rt-M; O	P				
Pimpinella saxifraga	burnet saxifrage	MG 01	per hb 2', ss	dry, alkaline	pl & rt-M;yg If-E					
Pinkneya pubens	fever tree	G 99	dec tr to 30'	gdn	bk-M					
Plantago asiatica	che qian	MG 01								
Plantago asiatica variegata	che qian	MG 99	per hb, 12", ss	gdn	If & sd-M & E; O					
Plantago lanceolata	ribwort plantain	MG 99								
Plantago major intermedia		MG 98								

<i>Platycodon grandiflorum</i>	Balloon flowers, jie geng	MG 01	per hb, 2-3'	gdn	rt-M & E; O; yg pl-E		sow in flat (or direct) in spring; space plants 12"	well-drained soil; sun or light shade	1
<i>Plectranthus japonicus</i>		MG 99	per hb 5'+	gdn	M; yg lf-E				
<i>Polygonatum commutatum</i>	Giant Solomon's seal	N 01	per hb 3-5'	rich woods	rt-M; rt, sh, yg fr & fl-E; O		sow autumn-early spring (cold aids germination)	rich, moist, well-drained; woods or part shade	1
<i>Polygonum aviculare</i>	knotweed	N 00							
<i>Polygonum orientale</i>	Princes feather, shui hong h	MG 01	ann, 3-6', ss	gdn	O; hb & sd-M				
<i>Polygonum perforiatum</i>	Mile-a-minute vine	MG 00	ann vn, 10'+, ss	thickets	M; yg lf, tops, fr-E	W	sow in flat or direct; space plants 12"	average garden soil and sun	1
<i>Polygonum tinctoria</i>	Japanese indigo	MG 01	ann, 18"	gdn	pl-D & M; yg pl-E				
<i>Polymnia uvedalia</i>	Bear's foot	N 01	per hb, 6"+	rich woods	rt-M				
<i>Poncirus trifoliatus</i>	trifoliolate orange, zhi shi	G 01	dec tr 10-20'	gdn	fr-M & E; O; (yg lf-E)	T			
<i>Porteranthus (Gillenia) trifoliatus</i>	Indian physic	N 01	per hb, 2-3'	woods	pl-M				
<i>Portulaca oleracea</i>	Purslane	MG 01	ann, 6", ss	gdn	pl, sd, rt-M; lf-E	W			
<i>Potentilla chinensis</i>		MG01							
<i>Poterium sanguisorba</i>	salad burnet	MG 98	per hb, 2'	gdn	lf-E; pl, rt-M				
<i>Primula japonica</i>	bog primrose	MG 01							
<i>Prunella vulgaris</i>	Heal-all, xia ku cao	MG 01	per hb, 1-2', ss	gdn	pl & fl-M; yg sh & lf-E				
<i>Prunus americana</i>	wild plum	N 98	dec sh/tr to 25'	pt sh	fr-E				
<i>Pycnanthemum incanum</i>	hoary mtn. mint	N 99	per hb, 2-6'	pt sh	lf-E				
<i>Pycnanthemum tenuifolia</i>		MG 99	per hb, 2-3'	pt sh	lf-E				
<i>Pycnanthemum virginianum</i>		MG 98	per hb 2-3'	pt sh	lf-E				
<i>Reichardia picrioides</i>	French salsify	MG 01							
<i>Reseda luteola</i>	Weld	MG 01	bien, 3-5', ss	gdn	pl-D				
<i>Rheum palmatum v. Tanguticum</i>	Da huang	MG 98	per hb to 6'+	gdn	rt-M; lf st-E; O				
<i>Rhexia virginiana spp.</i>	meadow beauty	N 00							
<i>Rhus typhina</i>	staghorn sumac	N 98	dec sh/tr to 15'	dry soil	fr-E; lf, fr, bk & rt-M	I			
<i>Ribes nigrum</i>	Black currant	MG 99	dec sh, 3-6'	gdn	lf-M; lf & fr-E				
<i>Ricinus communis</i>	castor bean	G 00							
<i>Robinia hispida</i>	bristly locust	N 00							
<i>Rosa chinensis</i>	Yue ji hua	MG 01	dec sh 3-4'	gdn	fl & fr-M; yg sh & fl-E; O	T			
<i>Rosa eglantaria</i>	sweet briar, eglantine	MG 99	dec sh to 6'	gdn	fl-M & E; fr-E	T			
<i>Rosa pomifera</i>	Apple rose	MG 99	dec sh to 6'	gdn	lf & fr-E	T			
<i>Rosa rugosa</i>		G 99	dec sh to 6'	gdn	fr, fl, yg sh-E; fl & fr-M; O	T			
<i>Rubus idaeus v. canadensis</i>	red raspberry	N 99	dec sh, 6"	gdn	fr-E; lf-M	I			
<i>Rubus odoratus</i>	Flowering raspberry	MG 00	dec sh to 6'	pt sh	(fr-E); O	I			
<i>Rudbeckia laciniata</i>	Sjo-chen	N 01	per hb, 6'+, ss	moist, pt sh	sh-E; rt & fl-M				1
<i>Rumex crispus</i>	Yellow dock	MG 99	per hb, 2-3', ss	gdn	yg lf-E; rt-M	W	sow direct in spring, slow germination. space 6-12"	well-drained soil; sun or light shade	
<i>Rumex dentatus</i>		MG 98	per hb, 3'	gdn	E & M?				
<i>Rumex hymenosepalus</i>	canaigre	MG 99	per hb	gdn	lf & sd-E; rt-M & D; tannin				
<i>Rumex japonicus</i>	Yang ti	MG 01	per hb, 3'	gdn	lf & sd-E; rt-M				
<i>Rumex patientia</i>	patience dock	MG 99	per hb, 3-4', ss	gdn	sh & yg lf-E	W			
<i>Ruta graveolens</i>	ruie	MG 01							
<i>Sabatia angularis</i>	bitter bloom, Amer. centaury	N 01	ann/bien, 2'	lf sh	hb-M				
<i>Sagittaria latifolia v. pubescens</i>	duck potato wapoto	G 00							
<i>Salvia lyrata</i>	Cancerweed	MG 01	per hb, 1-2', ss	lf sh, sandy	rt & lf-M	W			
<i>Salvia pratensis</i>	meadow clary	MG 98	per hb to 3', ss	gdn	(sd-M), (E), O				
<i>Salvia przewalskii</i>	dan shen	MG 99	per hb, 2'	gdn	rt-M				
<i>Salvia sclarea</i>	clary sage	MG 01	per hb 3', ss	gdn	lf & fl-E; lf & sd-M				
<i>Sambucus canadensis</i>	American elderberry	N 99	dec sh/tr, 8'	moist thickets	fl & fr-M; lf, bk, fl & fr-M	I			
<i>Sambucus chinensis/ javanica</i>	Chinese elderberry	MG 00	dec sh/tr, 8' ?	moist?	st & lf-M; fr, st, lf, rt-E				
<i>Sanguisorba canadensis</i>	Canada burnet	N 01	per hb, 3'	moist meadow	lf-E; O				
<i>Sanguisorba officinalis</i>	great burnet, di yu	MG 01	per hb to 5'	moist meadow	lf & rt-M; lf, sh & buds-E				
<i>Sanguisorba tenuifolia atropurpurea</i>		MG 99							
<i>Sanicula canadensis</i>	sanicule, black snakeroot	N 01							
<i>Saponaria officinalis</i>	soapwort	N 99	per hb, 1-2'	gdn	pl-Soap, M; rt-M	I			
<i>Sarrachis edulis</i>		MG 98	ann, 3-5'	gdn	fr-E				
<i>Saururus cernuus</i>	lizard's tail	N 01							
<i>Schizonepeta tenuifolia</i>	Jing jie	MG 98	ann, 2', ss	gdn	hb-M				
<i>Scoppolia carniolica</i>		MG 98	per hb 4'+	gdn, lf sh	rt-M				
<i>Scrophularia marilandica</i>	Figwort	G 01	per hb to 10'	moist sh	lf & rt-M				
<i>Scrophularia ningpoensis</i>	xuan shen	MG 00	per hb 3'+	moist sh	rt-M				
<i>Scrophularia nodosa</i>	figwort	MG 01	per hb, 3'+, ss	moist sh	lf & rt-M				
<i>Scutellaria barbata</i>	ban zhi lian	MG 01	per hb, 12"	moist sh	pl-M				
<i>Scutellaria galericulata</i>		MG 99							
<i>Scutellaria lateriflora</i>	mad-dog skullcap	MG 01							1
<i>Sedum telephioides</i>		N 98	per hb to 12"	rock gdn	O				
<i>Senecio aureus</i>	Lifroot	N 00	per hb 2', ss	moist sh	lf & rt-M				
<i>Sida rhombifolia</i>	mahabala	MG 01							
<i>Siegesbeckia pubens</i>	xi xian cao	MG 01	ann, 2-3'	gdn	hb-M; yg pl & lf-E				
<i>Silene armeria</i>	none so pretty	MG 01	bien 2', ss	gdn	O	W			
<i>Silene dioica</i>	red campion	MG 01							
<i>Silene virginica</i>	fire pink	N 01	per hb, 2'	pt sh	O; (rt-M?)				
<i>Siler trilobum</i>		MG 01							
<i>Silybum marianum var Silyb</i>	Milk thistle	MG 01	ann/ bien, 3'	gdn	sd, pl-M; sh, st, rt, bud-E, O		sow direct, autumn or spring; space 1-3'	rich, well-drained soil and sun	1
<i>Sisymbrium officinale</i>	hedge mustard	MG 98	ann to 30"	gdn	pl-M; yg lf-E				
<i>Smilacina racemosa</i>	False solomon's seal	N 99	per hb, 2'	woods	rt & lf-M; sh (rt, fr)-E				
<i>Smilax herbacea</i>	Carriion vine	N 98	herb vn, 10'+	pt sh	yg sh, fr-E				
<i>Solanum carolinense</i>	horse nettle	N 98	per hb to 3'	gdn	rt, lf, fr-M	I, T			
<i>Solanum dulcamara</i>	bittersweet	N 98	dec sh/vn to 15'	gdn	lf, st, fr-M	P	sow in flat in spring; space plants 12"	average garden soil, part shade	
<i>Solidago odora</i>	Sweet goldenrod	MG 01	per hb, 2-3'	dry woods	lf-M & E				
<i>Sonchus arvensis</i>	Sow thistle	N 98	per hb, 2-3', ss	gdn	rt & lf-M; yg pl-E	I			
<i>Sorbus americana</i>	mountain ash	N 01							
<i>Sorghum bicolor gr. technicum</i>	Hungarian broomcorn	G 99	ann to 15'	gdn	fl st-Brooms, etc.				
<i>Spilanthes acmella</i>	Paracress	MG 98	ann, 12"	gdn	yg lf-E; M				
<i>Stachys officinalis</i>	Wood betony	MG 00	per hb, 1-3'	dry, lf sh	pl-M; lf ? fl-E				
<i>Stachys sylvatica</i>	woundwort	MG 00							
<i>Stellaria media</i>	Chickweed	MG 01	ann, 6-12"	gdn	pl-M; hb-E	W			
<i>Stevia rebaudiana</i>	stevia	G 00							
<i>Stipa tenacissima</i>	Esparto grass	MG 98	per gr, 2-3'	gdn	st & lf-F				
<i>Stokesia laevis</i>	Stokes' aster	MG 00	per hb, 2'	gdn	O		sow direct (or in flat) in spring; spacing 12"	average garden soil; sun to light shade	1
<i>Stylophorum diphylla</i>	American celandine	MG 01							1
<i>Styrax americanus</i>	storax	G 00							
<i>Styrax grandifolius</i>	storax	G 99	dec tr to 12'	gdn	O				
<i>Swertia carolinensis</i>	Columbo	G 98	per hb, 3-6'	woods, lime	rt-M				
<i>Tagetes minuta</i>	Mexican marigold	MG 01	ann, 5'+, ss	gdn	lf-E & M; I				
<i>Tagetes signata pumila</i>		MG 01							
<i>Talinum paniculatum</i>	Jewels of Opar	MG 99	per hb, 1-2'	gdn	rt-M; lf-E; O				
<i>Taraxacum kok-saghyz</i>	Russian dandelion	MG 01	per hb 1-2', ss	gdn	latex-Rubber	W?			
<i>Tephrosia virginiana</i>	Goat's rue	N 98	per hb, 1-2'	dry, acid	rt & lf-M; I				
<i>Tauricrum scorodonia</i>	wood germander	MG 98	per hb, 1-2'	lf sh	(M)				
<i>Thalictrum</i>	meadow rue	N 01							
<i>Thaspium barbinoide</i>		N 00							
<i>Thermopsis caroliniana</i>	Carolina lupin	MG 01	per hb to 5'	lf sh	O		sow direct in spring; space plants 1-2'	average soil, part shade (forest clearings)	1
<i>Thlaspi arvense</i>	pennycress	N 00							
<i>Tragopogon pratensis</i>	Jack-go-to-bed-at-noon	MG 98	bien, 3', ss	gdn	rt, hb, st, etc-E				
<i>Trillium erectum</i>	Birthwort	N 98	per hb, 1-2'	rich woods	rt, pl-M; yg lf-E; O				
<i>Triosteum perfoliatum</i>	wild coffee, fever-root	N 99	per hb, 2-4'	neutral woods	rt & lf-M; fr-E; O				
<i>Tropaeolum majus</i>	nasturtium	G 00							
<i>Tussilago farfara</i>	coltsfoot	MG 01	per hb, 1-2'	moist, sun	lf & fl-M; lf-E, Smoke	I	fresh seed: sow now, keep moist. space 12"	moist soil, sun to light shade	1
<i>Typhonium giganteum</i>	bai fu zi	MG 01	per hb, 2-3'	gdn	rt-M; O				
<i>Urtica dioica</i>	stinging nettle	G 99	per hb, 2-6'	rich moist	pl & lf-M; st-F; yg lf-E	St	sow autumn-spring (cold period aids germination)	rich, moist soil; light shade	1
<i>Vaccaria pyramidata</i>	Wang bu liu xing	MG 01	ann, 2'	gdn	sd-M; (E?)				
<i>Vaccinium erythrocarpon</i>	Mountain cranberry	N 98	dec sh to 8'	moist woods	fr-E				
<i>Valeriana officinalis</i>	Valerian	MG 00							
<i>Valeriana locusta</i>	corn salad, mache	MG 00							
<i>Veratrum viride</i>	False hellebore	N 00	per hb, 3'	rich woods	rt-M, I	P			
<i>Verbascum blattaria</i>	moth mullein	N 01	bien to 5'	gdn	O				
<i>Verbascum thapsus</i>	Mullein	MG 01	bien to 10', ss	gdn	lf & fl-M; lf-Smoke; fl-D; O				
<i>Verbena hastata</i>	Blue vervain	MG 00	per hb, 3-5'	moist soil	rt & lf-M; lf & sd-E		sow early spring (cold period aids germination)	moist - wet soil; sun to light shade	
<i>Verbena officinalis</i>	vervain	MG 00							1
<i>Vernonia noveboracensis</i>	Ironweed	N 01	per hb to 6'	moist meadows	O				
<i>Veronica officinalis</i>	Speedwell	MG 01	per hb, 6"	gdn	lf & rt-M; lf-E				
<i>Veronicastrum sibiricum</i>		MG 00	per hb, 6'+	gdn	rt-M; yg pl & lf-E				
<i>Veronicastrum virginicum</i>	Culver's root	MG 01	per hb, 5'+	moist-wet	rt-M; yg pl & lf-E				

Viburnum acerifolium	arrowwood, possum haw	N 00							
Viburnum alnifolium	Moosewood	N 98	dec sh to 10'	moist woods	fr-E; O				
Viburnum prunifolium	cramp bark	N 01	dec sh to 15'	moist woods	rt bk-M; fr-E				1
Viburnum trilobum	cranberry bush	MG 98	dec sh to 12'	pt sh	fr-E				
Vitex agnus-castus	Chasteberry	G 00	dec sh, 10-20'	dry soil	sd-M, (E); st-basketry				1
Vitex negundo 'heterophylla'	Man jing	MG 99	dec sh/tr to 20'	gdn	lf, st, rt & fr-M; lf-l				
Vitex rotundifolia		G 99	dec sh 3'(?)	gdn	M?; O				
Wasabia japonica	wasabi	MG 001							
Withania somniferum	Ashwaganda	MG 01	per hb, 3'+	gdn, dry	rt-M; fr-Soap	sow in flat in spring, transplant to warm soil.	well-drained - dry soil; sun / part shade. space 12"		A
Xanthium strumarium	cocklebur	N 00							
Xanthorhiza simplicissima	Yellowroot	N 01	per hb, 2'	moist sh	rt-M, D				
Zanthoxylum ailanthoides		G 00	dec tr to 60'	gdn	yg lf-E; M				
Zinnia (elegans?)	zinnia, single-flowered	G 99	ann 1-2'	gdn	fl-D				