

## Common Milkweed (*Asclepias syriaca*)



Milkweed is native to eastern and central North America. It can be found in open fields, roadsides and disturbed areas. It attracts pollinators, specifically monarch butterflies. It can be used medicinally to treat respiratory ailments, warts, and digestive issues.

## Spotted Beebalm (*Monarda punctata*)



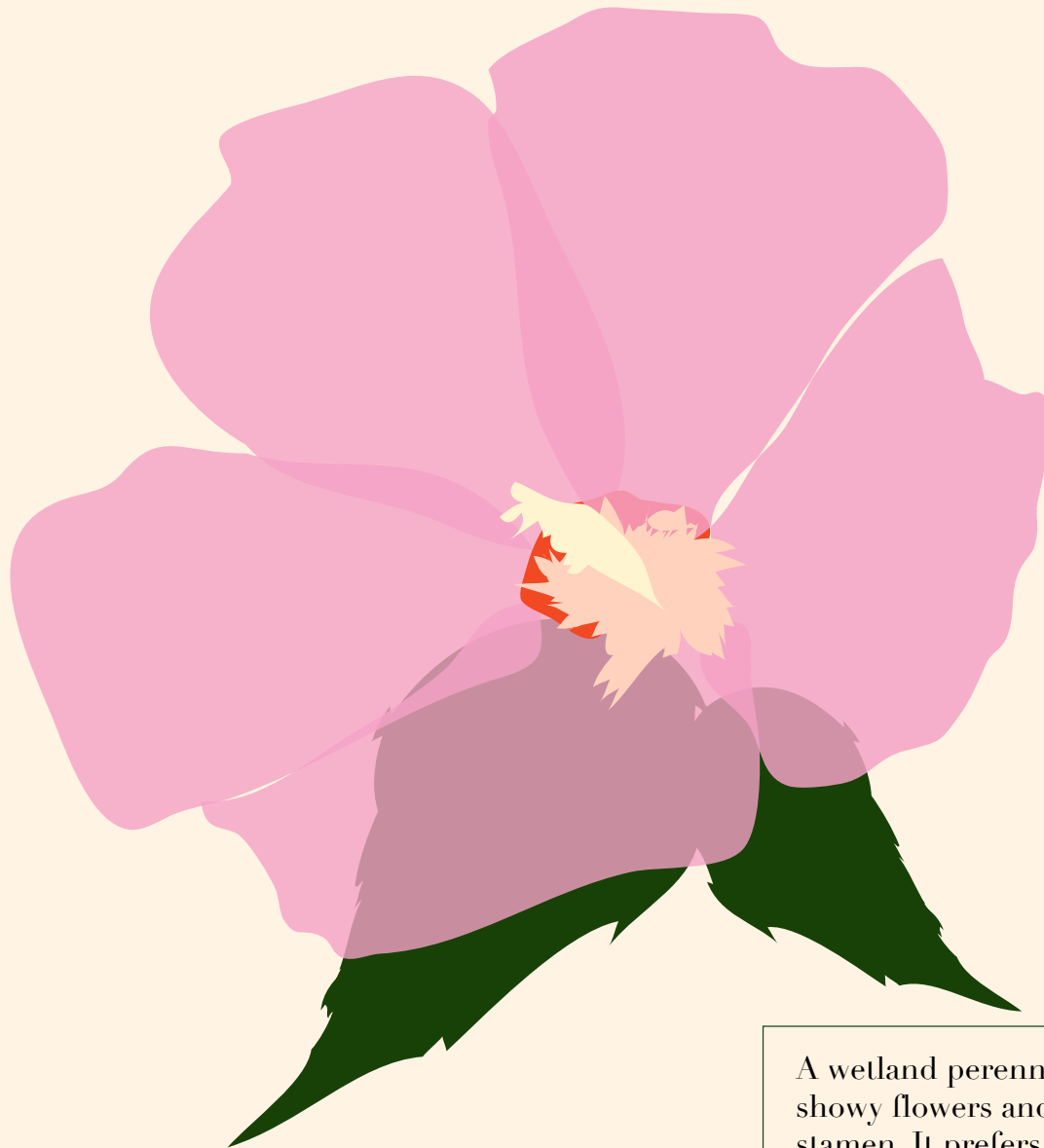
A perennial herbaceous plant in the mint family, Spotted Beebalm grows in dry, sandy soils and is known for its distinctive blue flowers with purple spots. Traditionally, it has been used as an antiseptic and to treat colds, fevers, and digestive issues.

## Pink Tickseed (*Coreopsis rosea*)



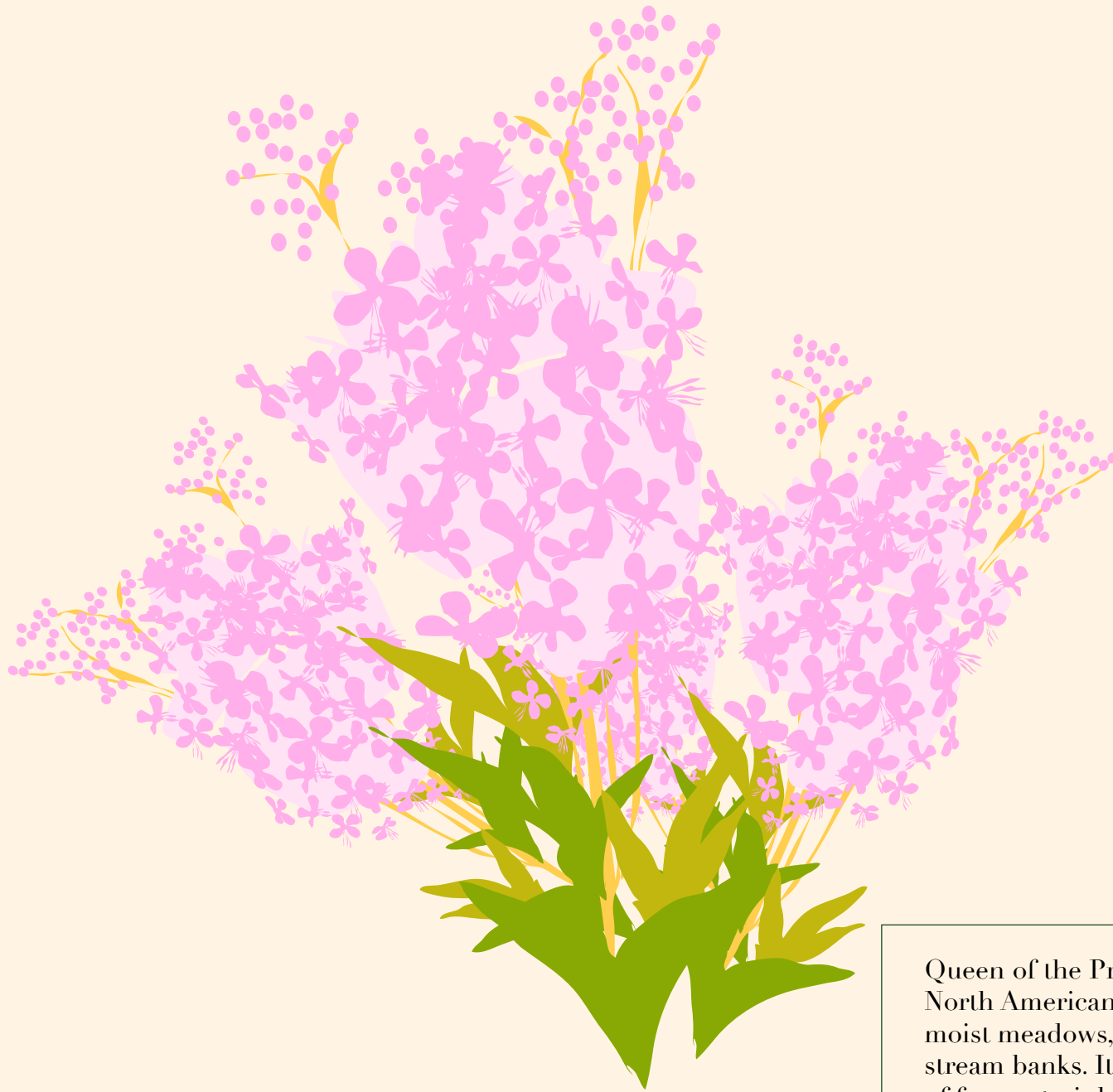
Native to the northeast, Pink Tickseed is a delicate, pink-flowered perennial that thrives in wet meadows and sandy coastal plains.

## Swamp Hibiscus (*Hibiscus moscheutos*)



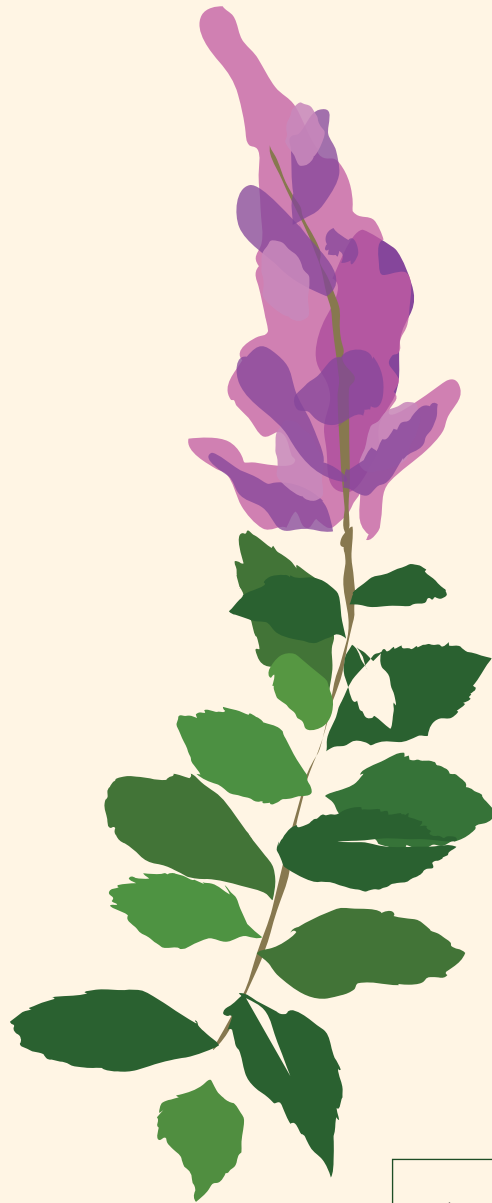
A wetland perennial shrub with large, showy flowers and a prominent central stamen. It prefers moist, marshy soils and full sun, and is commonly found in wetlands along riverbanks. Swamp Hibiscus was traditionally used as an anti-inflammatory and to soothe sore throats. The mucilaginous roots were used to treat coughs and digestive issues.

## Queen of the Prairie (*Filipendula rubra*)



Queen of the Prairie is a perennial North American native. It thrives in moist meadows, prairies, and along stream banks. It produces large clusters of fragrant pink flowers and blooms in mid-to-late summer. Traditionally, it was used in love potions.

## Hardhack (*Spiraea tomentosa*)



A shrub with pink, spiked flowers, Hardhack is native to the northeast and is found in marshes, along streams in wetlands, and open meadows. It has been used medicinally to treat gastrointestinal ailments.

## New York Ironweed (*Veronicastrum noveboracensis*)



A perennial plant native to the eastern United States, New York Ironweed grows in moist soils along stream banks, meadows, and pastures. It can reach 4 to 7 feet in height and produces clusters of small, vibrant purple flowers from late summer to early fall. It has anti-inflammatory and antimicrobial properties.

## Sageleaf Willow (*Salix candida*)



A small willow with silvery foliage, commonly found in North American wet meadows and marshes. Similar to other willows, Sageleaf Willow contains salicin, a precursor to aspirin. Indigenous peoples used it for pain relief and fever reduction by chewing the inner bark or brewing it into tea.



## Northern Sea Oats (*Chasmanthium latifolium*)



Northern Sea Oats is a perennial ornamental grass known for its distinctive, drooping, oat-like seed heads that create a graceful, arching effect in late summer and fall. It grows in clumps and prefers moist, well-drained soils in shaded areas. It can be found along riverbanks, in woodlands and in open forest understories.

## Prairie Dropseed (*Sporobolus heterolepis*)



Prairie Dropseed is a fine-textured ornamental grass with fragrant seeds, native to the midwest prairies of North America. The seeds can be ground into flour.

## Yarrow (*Achillea millefolium*)



Yarrow is a hardy perennial native across North America. It is a beneficial pollinator plant that thrives in meadows and along roadsides. Medicinally, it has antiseptic, anti-inflammatory, and fever-reducing properties.

## Kalm's St. John's Wort (*Hypericum kalmianum*)



Kalm's St. John's Wort is perennial native to the Northeast and is often found in sandy soils near wetlands. It contains hypericin, which is known for its antidepressant and wound-healing properties.

## Brown-Eyed Susan (*Rudbeckia triloba*)



Native to eastern and central North America, Brown-Eyed Susan is a perennial with small, golden-yellow flowers and dark centers. Similar to Coneflower (*Echinacea*), it can be used to boost immunity and treat colds.

## Evening Primrose (*Oenothera biennis*)



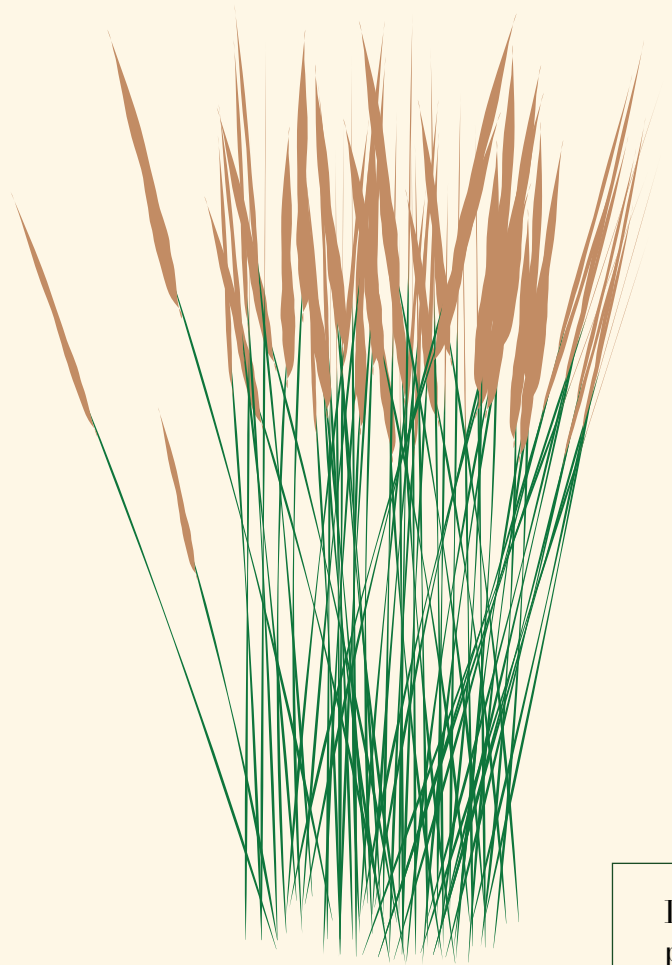
Evening Primrose is a biennial with bright yellow flowers that bloom at dusk and are pollinated by moths. It grows in open meadows and along roadsides. Rich in gamma-linolenic acid, it has traditionally been used to treat skin conditions and support hormonal balance.

## Narrow-leaved Sunflower (*Helianthus salicifolius* ‘Autumn Gold’)



Narrow-leaved Sunflower is a tall perennial with narrow, willow-like leaves and bright yellow flowers. It grows natively in prairies and dry, open areas across the United States.

## Indian Grass (*Sorghastrum nutans*)



Indian Grass is native to North American prairies. It is a tall, warm-season grass with golden seed heads. It plays an important role in soil stabilization and ecological rehabilitation.



## Turk's-cap Lily (*Lilium superbum*)



Native to eastern and central North America, Turk's-cap Lily is a tall, striking perennial with orange petals speckled with maroon. It thrives in moist meadows and woodlands and can reach heights of 3 to 7 feet. The bulbs are edible and can be used medicinally to treat stomach ailments.

## Bee Balm (*Monarda didyma*)



Native to northeastern North America, Bee Balm is a member of the mint family known for its aromatic leaves and ability to attract pollinators. It contains antiseptic properties and was traditionally used to treat cuts, respiratory issues, and wounds.

## Columbine (*Aquilegia canadensis*)



Native to eastern and central North America, Columbine thrives in woodlands and rocky outcrops. This perennial features red and yellow nodding flowers adapted for hummingbird pollination. It has been used medicinally to treat headaches and heart conditions.

## Jewelweed (*Impatiens capensis*)



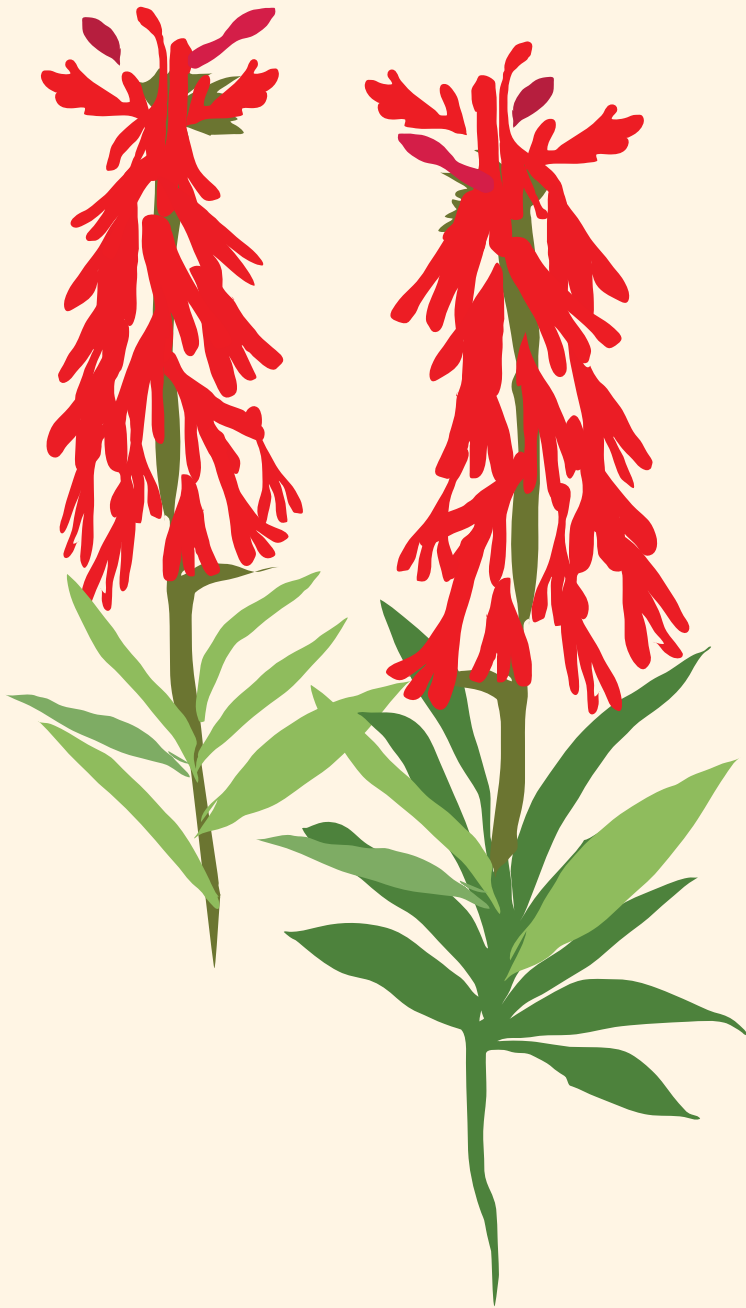
Jewelweed is an annual that thrives in moist, shaded areas, commonly found along streams and in shaded woodlands. It is known to treat poison ivy and skin irritations due to its anti-inflammatory properties.

## Switch Grass (*Panicum virgatum*)



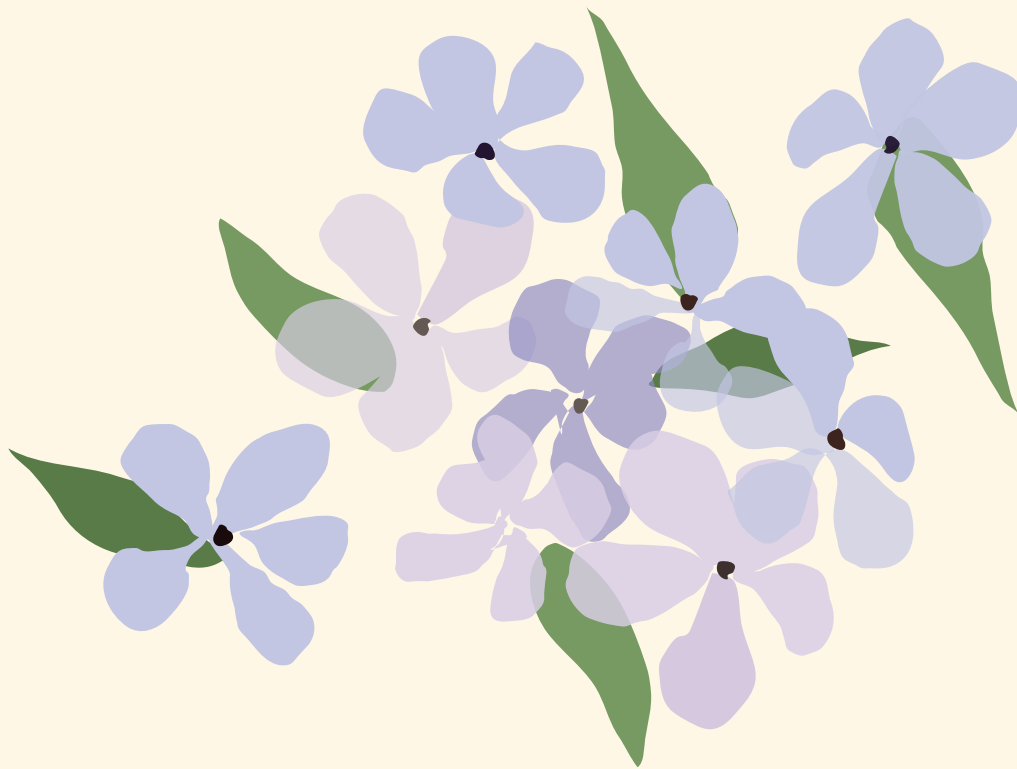
Switch Grass is a tall, warm-seasoned perennial grass known for its feathery seed heads and its role in prairie ecosystems. Its root systems support soil health and prevent erosion.

## Cardinal Flower (*Lobelia cardinalis*)



Cardinal Flower is a perennial native to eastern and central North America. It grows in wet meadows, along stream banks, and in swamps. Its red, tubular flowers are highly attractive to hummingbirds. The plant also contains lobelia, which can help support the respiratory system.

## Woodland Phlox (*Phlox divaricata*)



Woodland Phlox is a shade-loving perennial wildflower that produces fragrant blue to violet flowers. It spreads by rhizomes and is native to eastern and central North America. It can be used medicinally to treat minor wounds and respiratory ailments.

## Gentian (Gentiana 'True Blue')



Gentian blooms from late summer to early fall and prefers moist, well-drained soils in full sun to partial shade. It typically reaches heights of 1 to 2 feet. It has been used medicinally to treat digestive issues and as a bitter tonic.



## Blue Vervain (*Verbena hastata*)



Blue Vervain is a perennial with branching spikes of small blue to purple flowers, often found in moist meadows and prairies across North America. It can be used medicinally as a nervine, helping with anxiety, insomnia, and digestion.

## Northern Blue Flag Iris (*Iris versicolor*)



Northern Blue Flag Iris is a wetland perennial with striking blue-violet flowers. It thrives in marshes and wet meadows. The root has been used by indigenous peoples to treat liver and skin conditions.

## Millennium Ornamental Onion (Allium 'Millennium')



Millennium Ornamental Onion is a bulb-forming perennial with globe-like clusters of star-shaped, purple flowers. It blooms on tall, sturdy stems from late spring to early summer.

## Mist Flower (*Eupatorium coelestinum*)



Mist Flower is native to the northeast and can be found in open woodlands, meadows, and along roadsides. It prefers moist, well-drained soils and produces small blue or violet flowers that attract pollinators.

## Rattlesnake Master (*Eryngium yuccifolium*)



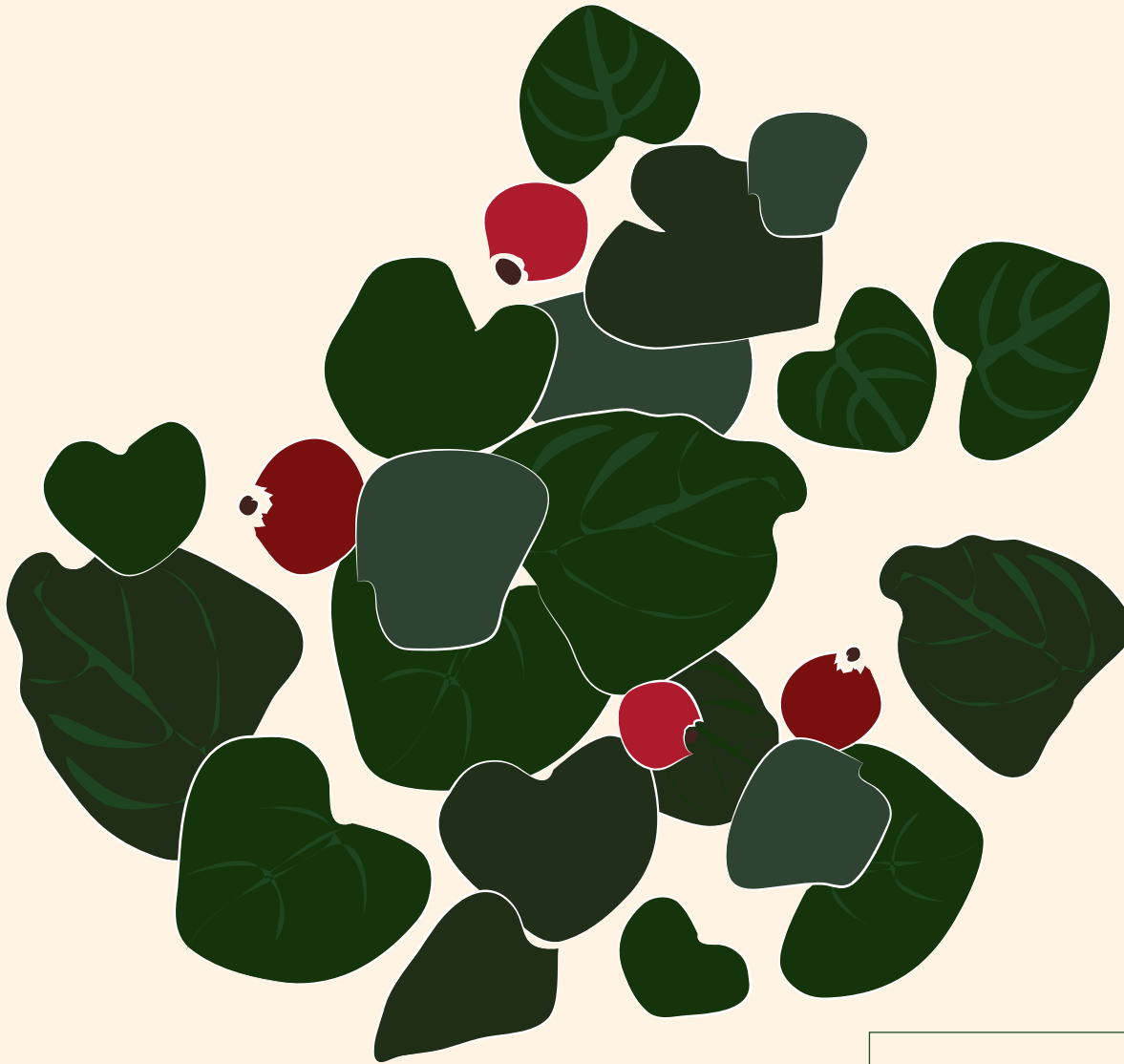
Rattlesnake Master is a prairie plant with spikes, globular flowers and sword-like leaves resembling yucca. It is native to central and eastern North American prairies and open woodlands. It was traditionally used to treat snakebites, infections, and urinary issues.

## Marsh Blazing Star (*Liatris spicata*)



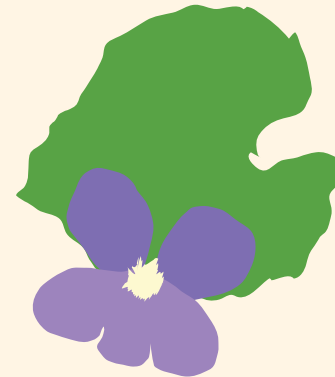
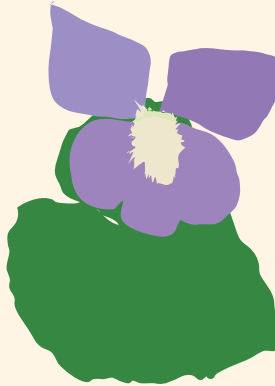
Marsh Blazing Star is a tall, upright perennial with dense spikes of purple flowers that attract pollinators. Native to eastern and central North America, it can be found in meadows and grasslands. It has been used medicinally to treat kidney and urinary tract issues.

## Partridge Berry (*Mitchella repens*)



Partridge Berry is a low-growing, evergreen perennial native to North American forests. It produces small white flowers in pairs, followed by bright red berries that persist through winter. It prefers shady, moist environments. Indigenous peoples used the plant to treat menstrual discomfort and to aid in childbirth.

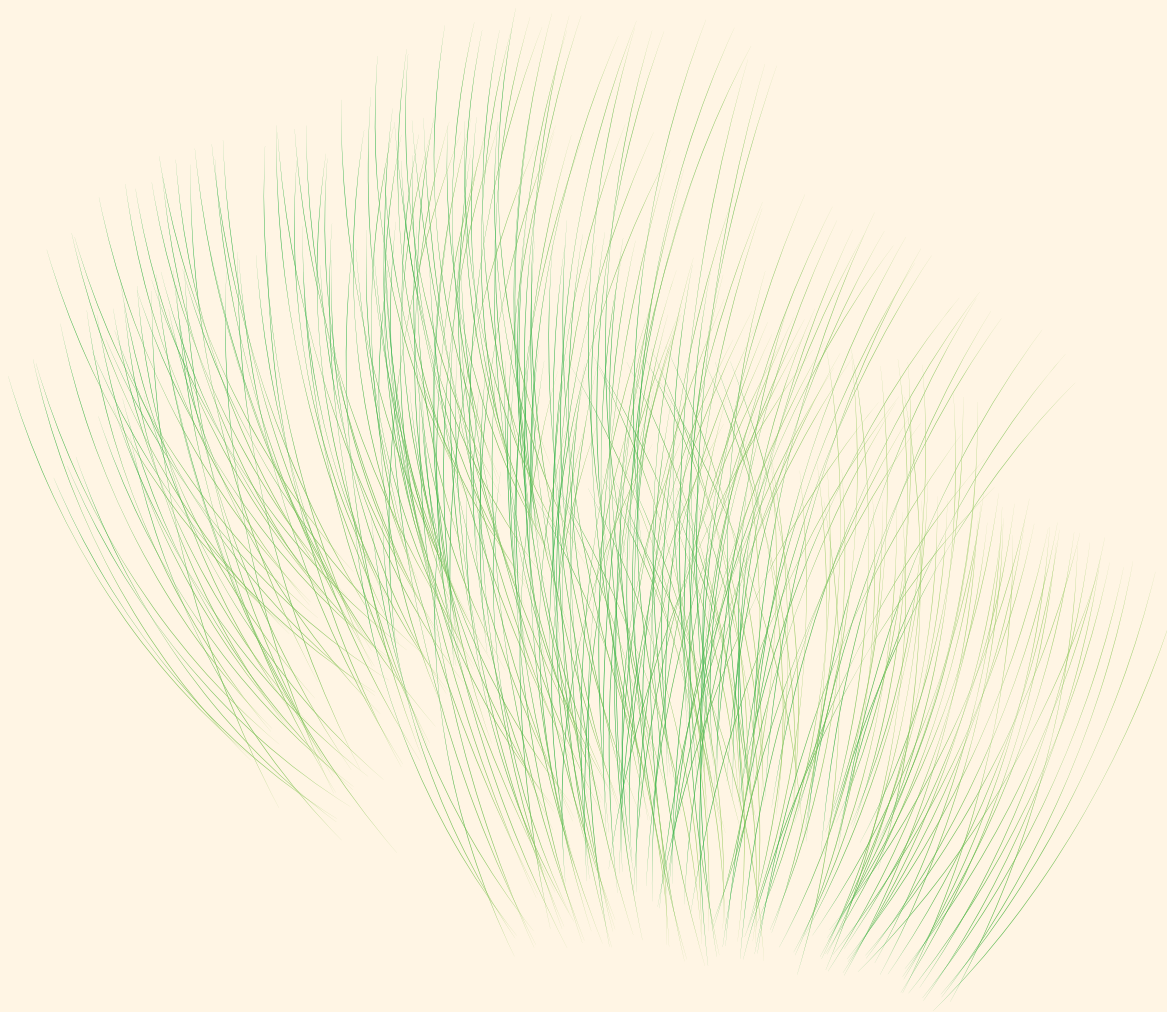
## Common Blue Violet (*Viola sororia*)



Native to eastern and central North America, Common Blue Violet is a low-growing perennial that forms dense ground cover in woodlands, meadows, and along shady trails. Rich in vitamins A and C, it has been used medicinally as an anti-inflammatory and mild laxative.

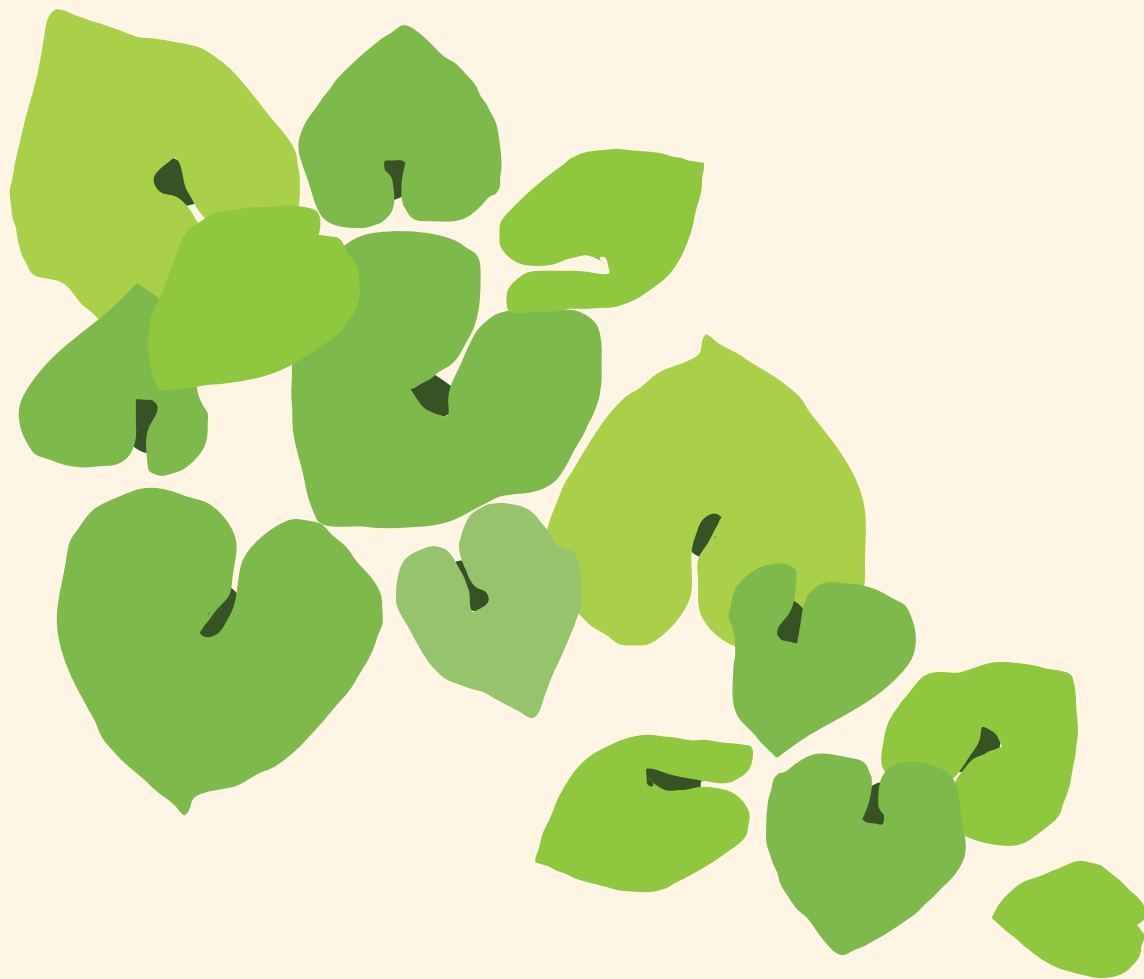


## Pennsylvania Sedge (*Carex pensylvanica*)



Pennsylvania Sedge is a clumping, grass-like perennial sedge that thrives in shady, dry woodlands. With fine-textured leaves, it forms a dense mat and serves as a valuable ground covering in forest understories.

## Canadian Wild Ginger (*Asarum canadense*)



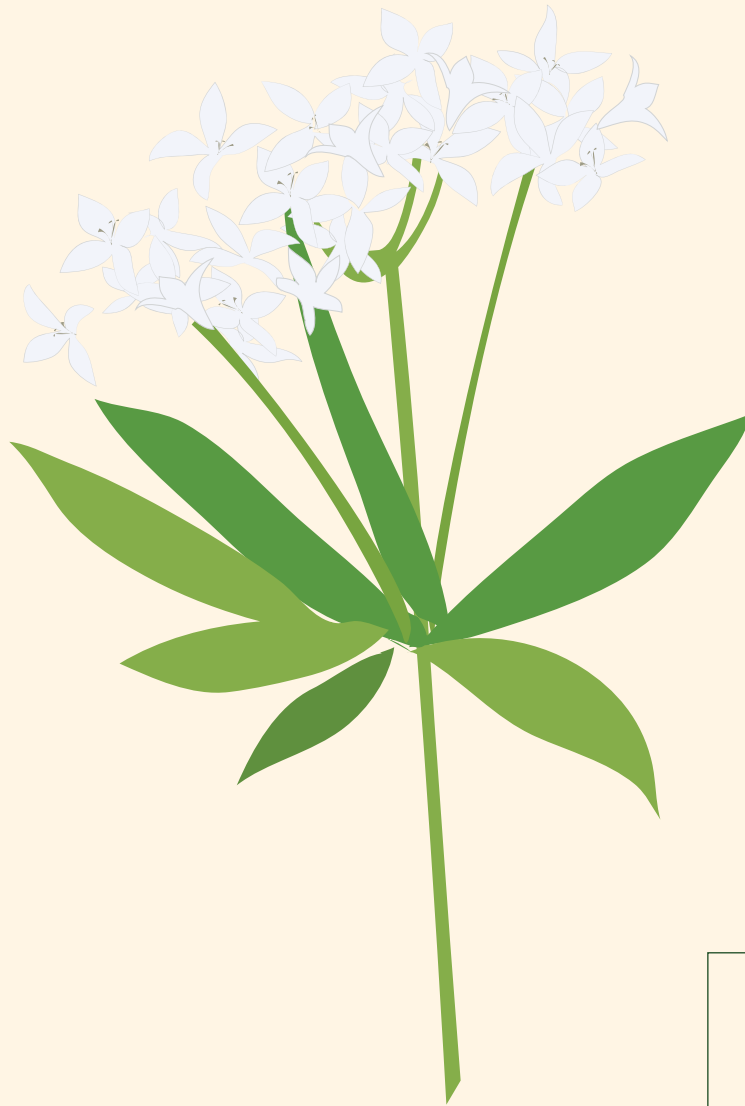
Canadian Wild Ginger is a shade-loving, ground cover perennial with small, bell-shaped flowers. Its long rhizomes have traditionally been used as a stimulant and diuretic. Historically, the plant has also been used to treat colds and digestive issues.

## New York Fern (*Thelypteris noveboracensis*)



Native to the northeast, New York Fern thrives in moist, shaded forest habitats. It is typically found in acidic woodlands, often in forest understories, on slopes, and along stream banks.

## Sweet Woodruff (*Galium odoratum*)



Sweet Woodruff is a low-growing perennial known for its sweet fragrance. It spreads easily in shady woodlands and along forest edges. Traditionally, it has been used as a mild sedative and diuretic and to treat digestive issues.

## Pawpaw (*Asimina triloba*)



Pawpaw is a small deciduous tree native to the northeast. It thrives in well-drained, fertile soils found in river valleys, forest edges and bluffs. In the spring, it produces maroon to purple flowers that emit a strong odor to attract pollinators. By late summer to early fall, the flowers give way to large green-yellow fruits with a custard-like and sweet, slightly tangy flavor. Paw Paw is rich in vitamins, antioxidants, and fiber, and has anti-inflammatory and antimicrobial properties.