



PLANTS ASSOCIATED WITH

# Medicinal Properties

## Aloe Vera

*Aloe spp.*

Garden location: Marjorie K. Daugherty Conservatory, tropical house

Medicinal properties: Aloe vera gel is widely known to relieve sunburn and help heal wounds. It has also historically been used to aid with heartburn relief, lower blood sugar, serve as a natural laxative, and to keep skin clear and hydrated.

## Aster

*Symphyotrichum spp.*

Garden location: conservation discovery garden

Medicinal properties: Asters are decongesting, antispasmodic, and relaxing to the lungs. They are particularly useful for the treatment of seasonal allergies and colds, as well as for cases of acute and chronic asthma.

# Banana

## *Musa acuminata*

Garden location: Marjorie K. Daugherty Conservatory, tropical house

Medicinal properties: In addition to being vitamin and nutrient rich, nearly all parts of the banana plant have medicinal applications. The leaves have been used to heal burns, the root tannins can help relieve pain at the site of an injury, the flowers have been used to treat bronchitis and control diabetes, and the stem is a diuretic.

# Bay Laurel

## *Laurus nobilis*

Garden location: Marjorie K. Daugherty Conservatory, temperate house

Medicinal properties: Bay laurel eases digestion, soothes urinary tract infections and dental infections, and lessens sore throats and other flu-related symptoms (cough, bronchitis, obstructed sinuses, etc.). When used as a topical oil, it relaxes muscle pain, joint inflammations and rheumatism and has been used to treat acne.

# Black Cohosh

## *Actaea racemosa*

Garden location: English perennial border

Medicinal properties: Native American tribes used black cohosh to support a healthy inflammatory response, to support bronchial health, to support normal levels of energy, and to support the female reproductive system during the menopausal years. Today, the plant is frequently promoted as a dietary supplement for hot flashes, cramps, and other menopausal symptoms.

# Bronze Fennel

*Foeniculum vulgare*

Garden location: children's garden

Medicinal properties: Fennel seed is an effective digestive aid and is highly beneficial to reduce digestive cramping, gas, and bloating. In teas and tinctures, it is also used to treat intestinal spasms. An active ingredient in gripe water for infants, it can be used for chronic cough and to relieve gas.

# Butterfly Milkweed

*Asclepias tuberosa*

Garden location: arrival garden

Medicinal properties: The roots of butterfly milkweed support the elimination of excess mucus and remove congestion in the lungs. Butterfly milkweed blends well with other plants (like goldenrod, slippery elm, and yarrow) in tinctures or cold infusions. It is often combined with honey to offset its bitter taste.

# Calendula

*Calendula officinalis*

Garden location: festival garden

Medicinal properties: Calendula is a versatile medicinal plant. It has been used topically for centuries to heal wounds, burns, and rashes, and to treat insect bites, cold sores, acne, and eczema. The edible ray florets of the flower heads are bursting with antioxidant compounds. It is also a wonderful digestive ally and has been used to treat GERD and peptic ulcers.

# Cardinal Flower

*Lobelia cardinalis*

Garden location: Color Burst

**Medicinal properties:** Historically, the roots of cardinal flower have been boiled and used in teas to treat fever, cramps, epilepsy, typhoid, croup, and stomach aches, among other ailments.

**Note:** although this plant has been used medicinally, the cardinal flower is potentially toxic to humans and other mammals.



# Catmint

*Nepeta racemosa* 'Walker's Low'

Garden location: arrival garden

**Medicinal properties:** A valuable herbal remedy, catnip treats digestive discomfort. A nerve-calming and relaxant herb, the leaves and flowers can be made used in a massage oil or bath salt to soothe muscle pain. Its aromatic properties make it an effective ingredient in herbal bug repellent.



# Cottonwood

*Populus deltoides*

Garden location: Arboretum and Oberman Bird Sanctuary

**Medicinal properties:** The aromatic and spicy buds of the cottonwood can be used in muscle rubs and salves to treat tight or strained muscles, rheumatic pain, minor cuts, rashes, and insect bites.



# Fragrant Teaolive

## *Osmanthus fragrans*

Garden location: Marjorie K. Daugherty Conservatory, temperate house

Medicinal properties: Fragrant teaolive is often used as an edible plant, adding flavor and aroma to teas, wines and sweet dishes. Medically, the bark has been ground to incorporate into treatments for boils. Its fragrant flowers are antitussive and are used to treat coughs. They are also used to flavor other medicines.



# German Chamomile

## *Matricaria recutita*

Garden location: festival garden

Medicinal properties: German chamomile is commonly used as a medicinal plant for its anti-inflammatory, anti-bacterial, anti-allergenic, and sedative properties. It aids in relaxation and sleep and some research shows that it can reduce anxiety and depression. It is often used in teas and salves, as well as in vapors.



# Ginkgo

## *Ginkgo biloba*

Garden location: tree peony garden

Medicinal properties: Ginkgo is one of the oldest living trees and its nuts and leaves have a long history of medicinal use. The plant has strong antioxidant properties and improves circulation due to flavonoids and terpenoids in the leaf. It also supports overall brain health and increases clarity and mental function.



# Hawthorn

*Crataegus phaenopyrum*

Garden location: Victorian garden

Medicinal properties: Hawthorn flowers, fruit, leaves, and thorns have a long history of use as heart medicine and/or tonic. The plant is considered to be a valuable remedy for strengthening and tonifying the heart and vascular system and for reducing inflammation. As a tincture, the flowers and fruit are said to ease the heart of sadness and grief.

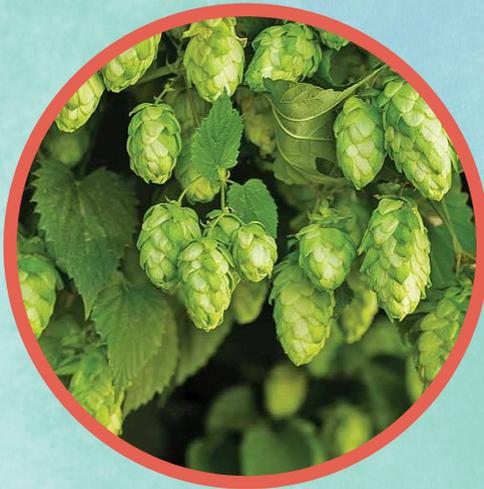


# Hops

*Humulus lupulus*

Garden location: herb garden

Medicinal properties: Dried hops are used in medicines to treat anxiety, insomnia, restlessness, tension, excitability, attention deficit-hyperactivity disorder, nervousness, and irritability. They are also used to improve appetite, increase urine flow, start the flow of breast milk, and for indigestion.



# Hyssop

*Hyssopus officinalis*

Garden location: Arboretum and Oberman Bird Sanctuary

Medicinal properties: Hyssop is a classic remedy for colds, hacking coughs, and lung congestion. Its flowers, leaves, and stems are also used medicinally. Parts of the plant can be combined with other plants to make cough drops, cough syrups, and herbal pastilles. It can also be infused with honey or used to make tea.



# Lamb's Ear

## *Stachys byzantina*

Garden location: Founders' Garden

**Medicinal properties:** Though not technically a medicinal plant, Lamb's ear has been used for centuries to create bandages and wound dressings. Its leaves are absorbent and have antiseptic, anti-inflammatory, and antibacterial properties. Because the wooly leaves are so soft, you won't mind putting them on your skin!

# Lavender

## *Lavandula angustifolia*

Garden location: festival garden

**Medicinal properties:** Lavender has been used medicinally for centuries as a remedy for digestive issues, headaches, grief and stress. It is a gentle sedative and can help with anxiety, tension and insomnia. Lavender is also a traditional remedy for headaches; both internally as a tea and externally as an essential oil, rubbed into the temples.

# Loquat

## *Eriobotrya japonica*

Garden location: Marjorie K. Daugherty Conservatory, temperate house

**Medicinal properties:** Loquat fruit, seeds, and leaves are packed with powerful plant compounds and have been used in traditional medicine for thousands of years. They are rich in antioxidants and are capable of counteracting inflammation, diabetes, cancer, bacterial infections, heart disease, allergies, and general pain.

# Lovage

*Levisticum officinale*

Garden location: herb garden

**Medicinal properties:** The spicy and aromatic lovage is used to soothe colds and flus, calm upset stomachs, ease sore throats, and clear sinuses. The flowers, leaves, roots, seeds, and stems are all used in different medicinal applications- from tinctures to infusions, teas, to lozenges.



# Mast Tree

*Polyalthia longifolia*

Garden location: Marjorie K. Daugherty Conservatory, tropical house

**Medicinal properties:** The bark of the mast tree has historically been used to reduce fever, treat skin diseases and stomach ailments, manage diabetes, reduce hypertension, and to lower blood pressure. Research is ongoing regarding the antifungal, antibacterial, and other properties of the plant's seeds and leaves.



# Muscadine Grape

*Vitis rotundifolia* 'Southern Home'

Garden location: Marjorie K. Daugherty Conservatory, temperate house

**Medicinal properties:** Muscadine grapes have antioxidant, anti-inflammatory, and anticancer actions attributed to their high phenolic and flavonoid content. They are said to improve heart functions, reduce cholesterol and blood pressure, and prevent coronary artery disease, and certain forms of cancer.



# New England Aster

*Symphyotrichum novae-angliae*

Garden location: festival garden

**Medicinal properties:** New England aster is an aromatic and astringent plant that is used to alleviate sinus issues caused by seasonal allergies or pet dander. It is often used medicinally in teas, tinctures, and infusions and is frequently blended with ground ivy, goldenrod, and nettle.



# Onion

*Allium cepa*

Garden location: children's garden

**Medicinal properties:** Powered with vitamin C, B6, manganese, potassium, phytonutrients, and loads of antioxidants, onions fight inflammation, improve bone health, reduce lung tightness in people with asthma, maintain healthy skin, and reduce levels of cholesterol and sugar in the blood.



# Oregano

*Origanum vulgare*

Garden location: herb garden

**Medicinal properties:** Oregano is used to treat respiratory tract disorders such as coughs, asthma, croup, and bronchitis. It is also used for gastrointestinal disorders such as heartburn and bloating. Oregano oil can be used topically to treat a variety of skin conditions, as well as for insect and spider bites, gum disease, toothaches, muscle pain, and varicose veins.



# Purple Coneflower

*Echinacea purpurea*

Garden location: arrival garden

**Medicinal properties:** The roots of echinacea boost the immune system and help to clear systemic septic and topical infections. Echinacea also assiststhe body in fighting off viruses and illness with its antibacterial and antiviral properties



# Red Passionflower

*Passiflora racemosa*

Garden location: Marjorie K. Daugherty Conservatory, tropical house

**Medicinal properties:** Passionflower is not only beautiful, it is also an incredibly useful herbal medicine and wild edible. The leaves, stem, and flowers are used in various applications to treat mild and moderate depression, mild anxiety, insomnia, hypertension, and menstrual cramps.



# Rose Hips

*Rosa spp.*

Garden location: rose garden

**Medicinal properties:** Rose hips provide a rich herbal source of vitamin C and flavonoids, which enhance the integrity of connective tissue, reduce inflammation, and support the immune system. Rose hips also have antioxidant properties that support the heart and cardiovascular system. They have been used for treating varicose veins, hypertension, diabetes, and allergies.



# Rosemary

*Rosmarinus officinalis*

Garden location: festival garden

**Medicinal properties:** Consuming and inhaling compounds in rosemary have been shown to reduce anxiety, boost mood, and improve concentration and memory. Recent research shows that rosemary may protect the health of your brain and may protect your vision as you age by slowing the progression and severity of diseases like cataracts and age-related macular degeneration.

# Russian Sage

*Perovskia atriplicifolia*

Garden location: arrival garden

**Medicinal properties:** A common ornamental flowering plant, Russian sage is a useful medicinal herb for soothing an upset stomach, treating a cold or flu, or washing a wound. It is highly aromatic and its oils are useful for clearing sinuses or soothing a head cold. The flowers and leaves are used in teas, tinctures, infusions, and massage oils.

# Sage

*Salvia officinalis*

Garden location: children's garden

**Medicinal properties:** Sage is rich in anti-inflammatory and antioxidant compounds. It contains camphor and carnosol, which can help prevent skin damage. It may also accelerate wound healing and kill harmful bacteria and fungi. Sage is widely used in alternative medicine to boost mood, improve memory, and help prevent brain-related disorders like Alzheimer's.

# Serviceberry

## *Amelanchier canadensis*

Garden location: Garden of Memories

**Medicinal properties:** The berries of this small tree or shrub can be eaten as a nutritional “superfood.” Their health benefits include a stronger immune system, younger looking skin, healthier gums, stronger teeth and bones, a lower risk of heart disease, and increased muscle strength. The boiled bark has historically been used as an antiseptic.

# Southern Magnolia

## *Magnolia grandiflora*

Garden location: Marjorie K. Daugherty Conservatory, temperate house

**Medicinal properties:** Magnolia has been used medicinally to ease anxiety, reduce gingivitis, treat menstrual cramps, and improve respiratory and digestive health. Magnolia bark also helps detoxify the body, aid in weight loss, and protect against severe allergic reactions.

# Spearmint

## *Mentha spicata*

Garden location: festival garden

**Medicinal properties:** Spearmint is valuable as a relaxant herb. It gently soothes upset stomachs and can reduce nausea, gas, and indigestion. When used in tea, it is said to have calming effects and be stress-relieving.

# Spotted Beebalm

*Monarda punctata*

Garden location: rose garden

**Medicinal properties:** When brewed as a hot tea, the warming aromatics of spotted bee balm help to stimulate circulation in feet and hands, and curb cold and flu symptoms. The flowers and leaves help clear sinuses when used as a steam inhalation. It can also be used in tinctures and ointments to aid in wound cleansing and care.

# St. John's Wort

*Hypericum perforatum*

Garden location: herb garden

**Medicinal properties:** St. John's Wort is one of the most commonly known over-the-counter herbal remedies. It is useful in treating mild and moderate depression, seasonal affective disorder, and mild anxiety, and when used topically, it is said to offer relief for chronic pain caused by fibromyalgia and rheumatoid arthritis.

# Tansy

*Tanacetum vulgare* 'Gold Sticks'

Garden location: arrival garden

**Medicinal properties:** Tansy is used for digestive tract problems including stomach and intestinal ulcers, certain gallbladder conditions, migraines, nerve pain, joint pain, and many other ailments. Note: although this plant has been used medicinally, parts of the tansy are toxic to humans and other mammals.

# Vervain

## *Verbena officinalis*

Garden location: English perennial border

Medicinal properties: Vervain, also known as verbena, has calming properties that can ease stomach aches and stress. It is anti-spasmodic, which makes it a great way to relieve cramps. Its anti-inflammatory properties make it a great treatment for many conditions. It is typically used in tea or in topical herbal remedies.



# White Ginger Lily

## *Hedychium coronarium*

Garden location: Marjorie K. Daugherty Conservatory, tropical house

Medicinal properties: The rhizomes of the white ginger lily have been used to treat bronchitis, tonsillitis, and diabetes. The essential oils have antimicrobial, antifungal, anti-inflammatory, antibacterial and analgesic properties. The herbal distillates have been used to treat a myriad of skin conditions.



# Witch-hazel

## *Hamamelis virginiana*

Garden location: Garden in the Glen

Medicinal properties: Witch-hazel has astringent properties and is often found in over-the-counter skin care products. When prepared as a tonic and applied to the skin, witch-hazel tightens and tones tissues. Historically, it has also been used to wash wounds and to soothe hemorrhoids.



---

**PLEASE NOTE:**

**The list above is for informational purposes only and is not medical advice. Do not use this information to diagnose, treat or cure any illness or health condition.**

**Always consult your physician or health care provider before using any plant medicinally. Lauritzen Gardens is not liable for any injury, illness, adverse reaction and/or side effect of the herbal supplements or plant-derived products you may take.**

---