

Medicinal plants offering wildcrafting possibilities in northwest and north-central Washington

List compiled by Michael Pilarski (3/1/96 version)

Following are plant species growing in northwest and north-central Washington which have medicinal properties. Most of the plants listed here are found growing wild or naturalized, but a few are common yard ornamentals. This is not a comprehensive list and it will be added to as new information comes in. We will collect many (but not all) of these over the course of Friends of the Trees Summer Wildcrafting Program. Some will be collected in commercial quantities. Others we will just dabble in. Amounts collected will depend on the size of the stands we locate, markets and value.

* = Native species.

Aconite, Monkshood* (*Aconitum columbianum*). Tops.
 Alder* (*Alnus*) Leaves, bark and twigs.
 Alfalfa (*Medicago sativa*) Leaf.
 Alum Root* (*Heuchera* sp.) Root, Leaves.
 Angelica* (*Angelica arguta*, *A. pinnata*) Seeds, roots
 Arnica* (*Arnica cordifolia* and other sp.) Flowers, foliage, root.
 Arrowhead* (*Sagittaria latifolia*)
 Asparagus (*Asparagus officinale*) Roots.
 Aspen* (*Populus tremuloides*). Bark. Buds.
 Avens. Prairie Smoke* (*Geum triflorum*) Whole herb.
 Balsamroot* (*Balsamorhiza sagittata*). Root, leaves.
 Baneberry* (*Actea rubra*) root
 Bethroot* (*Trillium* sp.) Leaves, stems, roots.
 Betony* (*Pedicularis* sp.)
 Birch* (*Betula*) Leaves, bark, oil, inner bark.
 Bistort* (*Polygonum bistortoides*)
 Bittersweet Nightshade* (*Solanum dulcamara*) stems to bark
 Blackberry (*Rubus* sp.) Root, leaves.
 Black Cohosh* (*Cimicifuga elata*) leaves, roots
 Black Indian Hemp* (*Apocynum cannabinum*) Rhizomes, roots.
 Black walnut (*Juglans nigra*) Husks and leaves.
 Bladderwrack* (*Fucus* sp.)
 Bleeding Heart* (*Dicentra formosa*) roots
 Blueberry (*Vaccinium* sp.) Leaves.
 Bouncing Bet (*Saponaria officinalis*) Tops and rhizomes.
 Brook Mint* (*Mentha arvensis*)
 Bunchberry* (*Cornus canadensis*) whole plant
 Burdock (*Arctium lappa*). Root.
 Butterbur* (*Petasites frigida palmaris*). Rhizomes, leaves.
 California Poppy (*Eschscholzia californica*) root and all.
 Canadian Fleabane* (*Conyza canadensis*) formerly *Erigeron canadensis*
 Cascara* (*Rhamnus purshiana*). Bark.
 Catnip (*Nepeta cataria*). Flowers and leaves.
 Cattail* (*Typha latifolia*) Pollen.
*Ceanothus velutinus** or *C. sanguineus** Roots.
 Cherry* (*Prunus* sp.) Bark.
 Chickweed (*Stellaria media*). Whole plant.

Chicory (*Cichorium intybus*). Root.
 Cleavers* (*Gallium* sp.). Foliage.
 Clematis* (*Clematis columbianum*). Plant.
 Clubmoss* (*Lycopodium*). Whole plant.
 Cocklebur (*Xanthium strumarium*). Fruit.
 Coral root* (*Corallorhiza* sp.) Roots, lower stems.
 Corydalis* (*Corydalis*)
 Cottonwood* (*Populus trichocarpa*). Buds. Branch bark.
 Cow Parsnip* (*Heracleum lanatum*). Seeds.
 Creeping Wood Sorrel (*Oxalis curviculata*)
 Dandelion (*Taraxacum officinale*) Root, leaves.
 Devils Club* (*Oplopanax horridum*). Root-bark
 Dodder (*Cuscuta* sp.)
 Dogbane* (*Apocynum andraesimifolium*) Rhizomes and roots.
 Elder* (*Sambucus caerulea*). Flowers, berries.
 Elephant Head* (*Pedicularis groenlandica*). Plant.
 Evening Primrose (*Oenothera biennis*) Seeds.
 False Lily-of-the-valley* (*Maianthemum dilatatum*)
 False Solomon's Seal* (*Smilicina racemosa*). Root and Tops.
 Fennel (*Foeniculum vulgare*)
 Fir* (*Abies* sp.) Leaves, resin, oil, bark.
 Fireweed* (*Epilobium angustifolium*). Tops and roots.
 Foxglove (*Digitalis purpurea*). Poisonous.
 Gentian* (*Gentiana* sp.) Roots and rhizomes
 Ginkgo (*Ginkgo biloba*.) Leaves.
 Goat's Beard* (*Aruncus dioicus*)
 Goldenrod* (*Solidago canadensis*) Tops.
 Goldthread* (*Coptis laciniata*) roots, leaves
 Gumweed* (*Grindelia integrifolia*)
 Hawthorn* (*Crataegus* sp.). Flowers, leaves and fruit.
 Hedge Nettle (*Stacys rigida*)
 Herb Robert (*Geranium robertianum*). Leaf, whole plant, root.
 Honeysuckle (*Lonicera japonica*)
 Hops (*Humulus lupulus*) Strobiles.
 Horehound (*Marrubium vulgare*). Tops.
 Horsechestnut (*Aesculus Hippocastanum*) Seeds.
 Horse-mint* (*Agastache urticifolia*) Whole Plant.
 Horsetail* (*Equisetum arvense*). Foliage.
 Houndstongue (*Cynoglossum officinale*). Flowering plant and leaves, roots.
 Huckleberry* (*Vaccinium* sp.) Leaves.
 Indian-Pipe* (*Monotropa uniflora*)
 Inside-out Flower* (*Vancouveria hexandra*) whole plant, roots
 Juniper* (*Juniperus* sp.) Seeds and foliage.
 Kinnikinnik* (*Arctostaphylos uva-ursi*). Leaves.
 Labrador Tea* (*Ledum glandulosum*, *L. groenlandicum*) leaves
 Lady's Mantle* (*Alchemilla occidentalis*) Whole Plant.
 Larch* (*Larix occidentalis*) Bark and resin.
 Large-leaved Avens* (*Geum macrophyllum*) Whole herb.
 Larkspur* (*Delphinium* sp.)
 Licorice* (*Glycyrrhiza lepidota*)
 Licorice Fern* (*Polypodium glycyrrhiza*) Rhizome, whole plant.
 Linden (*Tilia* sp.) Flowers.

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- Lomatium dissectum**. Roots, seeds.
Lungwort* (*Lobaria pulmonaria*) Whole plant.
Madrone* (*Arbutus menziesii*) Leaves.
Maidenhair Fern* (*Adiantum pedatum*) Roots, fronds, stems.
Mallow, Malva (*Malva neglecta*) Whole green plant.
Marsh marigold (*Caltha palustris*)
Mint* (*Mentha piperita*)
Milk Thistle (*Silybum marianum*)
Morning Glory, Bindweed (*Convolvulus*)
Motherwort (*Leonurus cardiaca*) Tops.
Mulberry (*Morus alba*) bark strips, twig slices, fruit. Bark of root, Sap.
Mullein (*Verbascum thapsus*). Leaf and flowers.
Nettles* (*Urtica dioica*). Tops, seeds, roots.
Oak* (*Quercus* sp.) Leaves, stems and bark.
Oregon Ash* (*Fraxinus oregana*). Bark and leaves.
Oregon Grape* (*Mahonia* sp.). Roots and root bark.
Osha* (*Ligusticum porteri*) Roots.
Oxeye Daisy (*Chrysanthemum leucanthemum*) flowering stems
Pasque Flower* (*Anemone* sp.) flowering tops.
Pearly Everlasting (*Anaphalis margaritacea*)
Pennyroyal* (*Mentha pulegium*) Flowering tops and stems.
Penstemon* (*Penstemon* sp.)
Periwinkle (*Vinca minor*)
Pine* (*Pinus* sp.) Pitch and dried needles.
Pippsissewa* (*Chimaphila umbellata*) Tops.
Plantain (*Plantago major* and *P. lanceolata*) leaves and roots
*Potentilla** Roots.
Prickly Pear Cactus* (*Opuntia* sp.)
Privet (*Ligustrum*) Berries.
Potentilla, Cinquefoil* (*Potentilla* sp.) Roots, whole plant.
Prostrate Knotweed (*Polygonum aviculare*) Herb
Puccoon* (*Lithospermum ruderale*) Whole plants, roots.
Purple Loosestrife (*Lythrum salicaria*) Tops.
Purple Sage* (*Salvia doriai*)
Pusseytoes* (*Antennaria dioica*). Whole plants, flower heads.
Pyrola sp.* Tops.
Quackgrass (*Agropyron repens*). Root.
Raspberry* (*Rubus idaeus*). Leaves.
Rattlesnake Plantain* (*Goodyera*) Whole plant, esp. roots.
Red Clover (*Trifolium pratense*). Blossoms. Tops.
Red Osier Dogwood* (*Cornus stolonifera*) Leaves, bark, roots, stems.
Red Root* (*Ceanothus velutinus* or *C. sanguineus*) roots
Rose* (*Rosa*). Rosehips.
Salal* (*Gaultheria shallon*) Branches, Leaves, berries.
Salmonberry* (*Rubus spectabilis*)
Scotch Broom (*Cytisus scoparius*). Tops.
Self Heal (*Prunella vulgaris*). Tops.
Sheep Sorrel (*Rumex acetosella*). Foliage.
Shepherds Purse (*Capsella bursa-pastoris*). Tops.
Sitka Valerian* (*Valeriana sitchensis*). Roots.
Skullcap* (*Scutellaria laterifolia*). Plant.
Skunk Cabbage* (*Symplocarpus foetidus*). Roots.
Soapwort, Bouncing Bet (*Saponaria officinalis*) Tops, rhizomes.
Solomon's Seal* (*Polygonatum* sp.)
Spikenard* (*Aralia californica*) roots
Spruce* (*Picea* sp.) tips.
Sticky Geranium* (*Geranium viscosissimum*) Herb and roots.
St. John's Wort (*Hypericum perforatum*). Flowering tops.
Storcksbill (*Erodium cicutarium*) Whole Plant.
Stream Orchid* (*Helleborine gigantea*) roots
Sumac* (*Rhus glabra*) Root bark and fruit.
Sweet Cicely* (*Osmorhiza occidentalis*) root
Sweetclover (*Melilotus officinalis*) Tops.
Sweetgum (*Liquidamber styraciflua*) Resin.
Tansy (*Tanacetum vulgare*)
Teasel (*Dipsacus sylvestris*) Flowering herb, root.
Toadflax, Butter-and-eggs (*Linaria vulgaris*)
Tree of Heaven (*Ailanthus altissima*). Bark. Fruit.
Twinflower* (*Linnaea borealis*)
Usnea sp.* Whole lichen.
Valerian (*Valeriana officinalis*) Roots.
Vanilla leaf* (*Achlys triphylla*) Tops.
Vine Maple* (*Acer circinatum*). Bark.
Violet (*Viola* sp.)
Viper's Bugloss (*Echium vulgare*)
Western Red Cedar* (*Thuja plicata*) Foliage.
Wild Buckwheat* (*Eriogonum* sp.) whole plant
White Clover (*Trifolium repens*)
Wild Carrot, Queen Anns Lace (*Daucus carota*).
Wild Ginger* (*Asarum canadense*). Tops, roots. Rhizomes.
Wild Lettuce (*Lactuca canadensis*)
Wild Oats (*Avena fatua*) Seeds in the milk stage.
Wild Parsley* (*Lomatium nudicale*) Root.
Wild Strawberry* (*Fragaria* sp.) Leaves, roots.
Willow* (*Salix* sp.) Bark.
Wormwood (*Artemesia absinthum*)
Yarrow* (*Achillea millefolium*). Flowers and leaves.
Yellow Dock (*Rumex crispus*). Root.
Yellow Glacier Lily* (*Erythronium grandiflorum*)
Yellow Sweet Clover (*Melilotus officinalis*) Flowers. Tops.
Yerba Buena* (*Satureja douglasii*)