

Magnolia sp.

Umbrella Magnolia Cucumber tree

☞ *M. liliflora* Desr. for (1) headache (2) running nose buds 8 fen - 1.5 ch'ien decoction or crush for nose plugs
☞ *M. officinalis* Rehd & Wils. bitter, acid taste for (1) Abdominal distension, constipation, (2) gastroenteritis, dysentery
3) excessive sputum production, asthma, & coughing (use dried bark) 4) Gas pains in liver & stomach. (use flowers)
Dry bark 1-3 ch'ien; 8 fen - 1.5 ch'ien blossoms in decoction ☞ *M. macrophylla* bark acts as gentle

stimulant, aromatic tonic diaphoretic & stomachic 3

8 *M. acuminata* Cherokee in steam baths for biliousness, dyspepsia, swelling abdomen yellow skin
Tea for cramps, flux, sinusitis, stomachache toothache (tea with ironwood bark)

M. grandifolia Choctaw washed pritty heat rash with bark decoction

M. virginiana Houma cured chills & cobs & warmed blood with leaf decoction; warm bark decoction for rheumatism;
Cold bark decoction for malaria

Cherokee hold warm bark decoction of this and hophornbeam in mouth for toothache
bark tea for stomach ache or cramps bark is ingredient in medicine for bloody flux
snuff hot bark tea for sinus

Malva

a *syvestris* L.
b *neglecta* Wallr.
c *rotundifolia* L.

d *parviflora* L.

Mallow

1 *parviflora* bruised leaves rubbed on skin irritations strained leaf tea cleans out mother's system after childbirth leaves or plant mashed for headache poultice; powdered leaves blown into throat for swollen glands leaves used to induce sweating & menstrual flow, reduce fever, & treat pneumonia 9 *M. verticillata* L. mild laxative stimulates milk production in nursing mothers for (1) Edema, difficult urination, constipation (2) inadequate milk supply whole plant 3-5 chien decoction; seeds 3-5 chien decoction 3. *M. rotundifolia* demulcent Root or leaves infusion of tsp leaves to cup of boiling water loosens cough relieves sore throat especially with honey Internally relieves irritation of bowels, kidneys & urinary organs add to enemas for emollient poultice will remove obstinate inflammation fresh leaf poultice for stings 3 5 *M. verticillata* Cluster Mallow diuretic, relieves indigestion 5 8 *M. neglecta* Cherokee oil extract of flowers with tallow for sores Massachusetts Indians emollient poultice on tumors Navaho cold infusion on rheumatic swellings & injuries

Marrubium vulgare L. (Malaxis)

Horehound

9 Appalachian leaf-honey syrup for colds dried bark tea for colds, debility; warm infusion is tonic
plant mild laxative to treat asthma diarrhea menstrual irregularity & kidney ailments 9 3 cough remedy
& expectorant tonic slightly diuretic for cough cold infusion oz to pint of boiling water, by
wineglassful snakebite fly repellent, vermifuge ointment for wounds & itches
For colds, coughs 1/2 oz each horehound, rue, hyssop, licorice & marshmallow root boiled
down to a pint & a half from a quart of water strained & given in 1/2 tsp doses every 2 hours 3
8 Cherokee tea for chest complaints colds coughs hoarseness Navaho for infection influenza
parturition stomachache Paiute flagellated aching body parts, as counter-irritant to stimulate blood circulation

8 Malaxis Unifolia Green Adders Mouth Orchid Jibwa roots diuretic

Marsilea sp.

M. quadrifolia L. cooling, pleasant taste (clears fever, detoxifies, promotes diuresis & reduces inflammation) ^{Pepper wort}
for 1) Boils & abscesses 2) Snakebites 3) Trauma-caused back pains whole plant 3-5 ch'ien decoction.

Medeola virginiana

Indian Cucumber-root

Prefers moisture shade humus pH 4-5 Propagate by division & seed¹⁴
& Indians used as hydragogue for dropsy

Medicago

sativa L.
lupulina L.
arabica (L.) Huds.

Alfalfa
Black Medick
Spotted Medick

Part Used: Herb

- 1 of 3 commercial sources of Carotene (synthetic Vitamin A) meal added to baby foods
- 1 cage bird food as source of vitamin A¹
- 8 M. sativa rheumatism, arthritis

F boil alfalfa leaves for tea for colds (Marked Tree) dry alfalfa leaf tea for rheumatism (Springdale)

Melilotus sp. officinalis Yellow
alba White

Sweet Clover

3 *M. officinalis* Collect in May carminative, mild expectorant diuretic aromatic leaves & flowers boiled in water for ulcers, inflammations & burns salve for ulcers & open sores Possible (?) anticoagulant 3 *M. alba*
Mild expectorant diuretic emollient keeps moths out of clothing 3

Melissa officinalis

Lemon Balm

3 for nervous headache; neuralgic affections Infusion 1 oz fresh or dry herb to pint of water
for carminative, diaphoretic & febrifuge for delayed menstruation, headaches, to fight insomnia 3
Ck stimulant, tonic, for old colic, typhus fevers, chills

Menispermum canadense

see Cocculus

Moonseed

Parts Used: Root stalks, Roots beware seeds (can puncture internally)

¹² collect in fall, tonic, alterative and diuretic ¹² ⁹ tincture of fresh roots laxative & to treat syphilis, rheumatism, gout & skin infections roots have been substituted for sarsaparilla, tonic & increase urine flow pioneer drink for weakness from prolonged illness **3** Infusions & tinctures of fresh or dried root 1 tsp to cup boiling water alterative for scrophula, blood disorders & cutaneous diseases generally tonic & nervine Overdose causes excessive vomiting & purging or headache dry throat & general aching (alkaloid menispermine) **3**

8 Cherokee root for bowels, skin, & weakness, weak stomach **VD** Delaware added to salves for chronic sores scrophula Cherokee[↑]

Mentha arvensis L.

Field Mint

Cooling acid taste aromatic ¹ Expels flatulence, clears fevers, promotes sweating & measles eruption,
² pharyngitis, conjunctivitis, ber-beri edema ³ pruritis whole plant 5 fern to 3 chien decoction
8 Bells Coala decocted for stomachache Carrier tea for ~~colds~~ stomach lungs Cheyenne decocted antiemetic
Cherokee tea for fever Dakota sweetened tea for heart Keregan decocted for fever
Malecite for croup, childrens' upset stomach Menominee tea for fever & pneumonia Mohawk childrens fever
Mohegan to calm stomach Menominee combined with catnip & peppermint for pneumonia
Ojibwa de purative, febrifuge in sweats Omaha sweetened tea for heart Navaho cold infusion for fever & influenza
Paiute decocted poulticed or sniffed leaves for headache decocted tops for diarrhea inhalent for cold
colic dyspepsia, fever sore throat & stomachache Potawatomi decocted for fever & pleurisy
Shoshone decocted tops for colic, diarrhea, dyspepsia fever & stomachache Tete-de-Boule for fever
Thompson decocted tops or used in sweats for cold, myalgia, pain, rheumatism, swelling Washoe decocted
tops for colic, dyspepsia, & stomachache in children Winnebago Herb tea for heart

Mentha piperita L.

Peppermint

Parts Used leaves, stems, flowering tops

fresh leaves flavor tea, juleps or make into tea oil flavoring for candies, gums, medicines & soaps 19 Appalachian tea for indigestion & colic, stimulant, for intestinal ailments oil rubbed on sore & strained muscles for treating muscular aches & rheumatism 9 3 Oil strong antispasmodic for sudden pains abdominal cramps useful in diarrhea infusion of leaves & flowering tops tsp to cup cold for flatulence headache & heartburn Bruised fresh leaves slightly anesthetic rub on skin for local pain, headache can allay nausea 3

8 Cherokee tea for cholera, cold, colic, cramps, dyspepsia, fever, gravel, headache, hysteria, nerves oliguria, tincture to piles Cree for renasis sore throat Delaware leaves in Compound for gynecological in frail women Menominee for pneumonia Mohegan infused leaves as anthelmintic Montagnai steeped for headache

Cherokee stimulant, to check vomiting relieve hysteria for stomach & bowels dispels flatulence & removes colic pains, relieves cramps, smell & wet temples to remove nervous headache infant cholera, urinary-gravel, tincture put on piles tea for upset stomach fevers

Eat peppermint to keep away all illness Nashville

Mentha spicata piper

Spearmint

9 Indians used tea for indigestion diarrhea & neuralgia wash for sores tea + cinnamon to hasten childbirth
dried tops stimulant & to prevent vomiting 9 3 carminative 1 oz to pint boiling water in wineglassful
doses decoction wash for scabs & blotches, chapped hands 3

8 Lumbee tea for upset stomach Menominee for pneumonia Mohegan infused leaves as vermifuge

Montagnai tea for headache Seneca inhaled in skunk oil for cold coryza & croup

Western Indians antispasmodic

Cherokee same as peppermint

Mertensia virginica (L.) Pers.

Bluebells
Virginia Cowslip

Parts Used: flowers

F flowers make narcotic tea for colic
rich soil damp semishaded pH 6-7 Propagate by seeds & division marks
before die-back (best time to transplant) 14
& Cherokee for consumption & pertussis
Ch whooping cough consumption

Mitchella repens L.

Turkeyberry Squaw Vine
Partridge Berry

Parts Used: Entire Plant, esp. leaves

Full or partial shade pH 4-5 Needs protection from slugs birds rodents frequent light waterings leaf winter cover partly removed in spring ¹⁴ 9 tea for insomnia excessive water retention, as aid to childbirth & for diarrhea 9 3 for birthing mentioned by Cotton Mather & Barton from 1700's diuretic, astringent dropsy, diarrhea, amenorrhea, dysmenorrhea menorrhagia decoction of 2 oz plant to 1 pint of water in wineglass doses daily in last month of pregnancy increasing dose towards end 3

8 Abenaki mixes with plantain for swellings Iroquois berries for pain of parturition Lumbee stem & leaf for Cherokee for bowels, dysentery, dysmenorrhea, hives, parturition, piles & sore nipples \ delayed menstruation

Delaware decocted for amenorrhea, root & shoot infusion for steam for arthritis, muscular swellings & rheumatism

Menominee 7 ailments & insomnia Montagnai cooked berries for febrifugal jelly Penobscot decocted leaves for tonic

Cherokee diaphoretic, diuretic, boil in new milk for dysentery & piles, childbirth, root tea with rattlesnake weed for bowel complaints for newborn for monthly period for pregnant cat & kittens tea for hives sore nipples

F berries produce a mild euphoria in quantity J.B. Fox Tea from leaves relaxant produces state of detached clarity of mind K.B.

Monarda

^a Russeliana Nutt. ^d citriodora Cerv
^b punctata L. ^e didyma L.
^c fistulosa L.

^a Horsemint ^d Lemon Mint
^b Dotted Horsemint ^e Bee Balm
~~c~~ Wild Bergamont

Part Used: the whole herb

¹ Russeliana: tea from leaves ^b punctata: varieties contain aromatic oils used in stimulant medicines
^c fistulosa: tea from dried or fresh leaves stimulant to remove pain in colic ^d citriodora —
^e didyma leaves aromatic fragrant delicious tea; place leaves in boiling water
^e moist opening in woods pH 5.5-6.5 easy to cultivate Propagate by division
or seed ¹⁴ ⁹ fistulosa Indians decocted leaves & bathed for chills; dried herb boiled & vapors
inhaled for bronchial treatment root decoction drunk for stomach disorders tea of leaves & flowers
for bronchial problems; pioneer lotion of boiled leaves for pimples & skin eruptions. Infusion to
reduce fever & treat headaches colds & sore throats N. Mex. Indians dry & crush & rub on forehead for headache

Also meat flavoring & with beans ⁹

⁸ didyma Cherokee tea for colds, colic, fever flu headache, heart, hysteria insomnia messier wipe on head for epistaxis

fistulosa Chippewa for burns eruptions gastritis headaches worms chew & put in nose for headache
suffled powdered leaves for colds Creek infused for diaphoretic, deafness, delirium, dropsy, rheumatism, swellings
Dakota leaf & flower decoction for abdominal pain Fox for colds Menominee for catarrh and infantile weakness
Navaho cold infusion for arrows or gunshot wounds Ojibwa boiled & inhaled steam for bronchitis & catarrh
decoction for colic Sioux floral tea for cold fever & headache Teewa ate leaves and poulticed on head ache
internally & externally for fever & sore throat
OVER &

8 M punctata Delaware decoction internally & externally for fever; = parts mullein leaves for kidney
Fox snuffed dry leaves for catarrh, colds, headache & cramps Mohegan leaves for fever
Nanticoke whole plant for colds Winnebago leaf tea to pimples, skin eruptions, diaphoretic, diuretic
Cummagegue rubefacient

Cherokee leaf poultice for headache, colds, leaf & top tea for weak stomach, bowels
stomach diuretic, diaphoretic & obstructions carminative for colic flatulency hysterics
leaf or root infusion drunk and wiped on head for nosebleed hot leaf tea for measles
tea to sweat off flu, for heart trouble, warm poultice for headache, tea for fever
restful sleep, food

Monotropa unifolia

Indian Pipe

pH 5-6 Almost impossible to transplant due to brittle roots
transplant when ground is soaked to flat 14-9 Dried powdered root for children
with epilepsy & convulsions Indians pulverized & mixed juice with water for eye lotion
dried plant used in place of opium to relieve pain & induce sleep ^{settles} fresh juice for eye ailments ?
3 root is tonic sedative, nervine and antispasmodic, ophthalmic for sore eyes use
tincture of whole fresh plant 3

8 squeeze fluid for inflamed eyes Potawatomi used roots for eye ailments
Cherokee pot crushed plant to bunions & warts, juice to sore eyes roots for convulsions, epilepsy
& fits Mohegan flower tea for aches & pains of cold or roots as analgesic
Ch pound root for fits in children, epilepsy, convulsions juice for eye wash
rub crushed plants on bunions or warts

Morel | Mushrooms

Morchella sp.




string & dry over stove for winter use stuff & bake $\frac{1}{2}$ hour or
fry in butter

Geaster hygrometricus Earth star, puffball
dust snuff on baby's navel to cause quick healing

Morus rubra L. Red
alba L. White

Mulberry

Parts Used - Wood, fruits

± fruits make jams, jellies pies, refreshing drinks or eaten raw Indians used bark as cloth
Wood light & durable posts & boats ± 9 alba fruit drink to treat high fever & as mild laxative root tea
for diarrhea 9 rubra cooling drink for fever & mild laxative outer bark for intestinal worms inner bark scraped
& boiled as tea for children's laxative Indians used sap for ringworm  twigs Neutral, bitter taste
blood tonic, carminative & diuretic for Rheumatic numbness & pain spasms of hands & feet 3 chien 11 tien decoction
achenes slightly cooling pleasant tart taste strengthens kidneys aids vision nourishes blood, yin for
Agitation & insomnia, deafness & blurred vision, white patches in hair & beard, hot intestines, constipation
pain in back & knees, stiffness of muscle & joints 3-5 chien decoction  leaves cooling bitter pleasant taste
carminative antipyretic for fever from colds, headaches & bloodshot eyes, hot pulmonary coughing sore throat
toothache Root bark of *M. bombycis* Koidz cold acid pleasant taste Relieves lung congestion promotes diuresis
for hot pulmonary coughing asthma excessive sputum production edematous face, difficult urination.
1.5-3 chien decoction  3 fruit laxative decoction of outer bark for vermifuge inner bark
syrup or tincture laxative or purgative for children 3 5 *M. tartarica* Russian Mulberry inner root used
for swellings & cancerous ulcers 5

F leaf pulp makes a good poultice to draw out infection Eaton Bark tea for yellow jaundice Meja

8 Alabama drank root infusion for dysuria & weakness Delaware bark decoction emetic
Cherokee drank bark tea for dysentery & worms Creek root decoction emetic bark for heart
Fox root bark panacea Rappahannock rubbed sap for ringworm
Cherokee purgative, worms laxative

Nelumbo lutea

Water Chingapin Water Lotus

☞ *N. nucifera* cold bitter taste calms heart, reduces fever for agitation & hematemesis Fruit 5 fen-1 ch'ien decoction
decoction Seeds for spleen seminal control peritonitis metrorrhagia & leucorrhoea 2-5 ch'ien decoction ☞
Floral receptacle warming bitter & acrid taste Resolve clots & stop bleeding for Abdominal cramps
associated with blood clots, post-partum non-expulsion of amniotic sac, metrorrhagia, bloody discharge
1.5-3 ch'ien decoction ☞

Nepeta cataria L.

Catnip

9 Appalachian plant tea for colds, nervous conditions, stomach ailments, and hives dried leaves & stalks smoked to relieve respiratory ailments, to bring on delayed menstruation, poultice to reduce swellings.

10 *Nepeta japonica* Maxim. Colds & fever, severe chills & headaches, sore throat, syphilitic sores, scabies, post-partum anemia, apoplexy & lockjaw, hematemesis, nosebleeds, bloody stools, metrorrhagia 1.5-3 Chien decoction 3 carminative, stimulant infusion 1 oz to a pint of boiling water 2 tbsp doses (2 tsp children) to relieve colic, stomach pains, flatulence tea produces sweating for colds

Cats like it Rats don't, even hungry chewing root makes violent or quarrelsome 3

8 Cherokee tea for cold colic cough dysmenorhea fever pikes hysteria spasm stomachache & worms

Lumbee leaveste cuts tea for colds, colic, dyspepsia insomnia, stomachache Iroquois tranquilizer for children

Menominee tea for fever & pneumonia Chippewa for fever Ojibwa depurative tonic

bat had to raise temperature Mohegan for baby colic, Cherokee, Delaware & Menominee for baby sedative

Rappahannock leaf infusion as anodyne tonic for rheumatism Western Indians smoked dry leaf for colds

tea for periods for ♀ poulticed on boils tea for scarlet fever and smallpox

Ch ♀ obstructions hysterias; worms, spasms colic poultice for swellings syrup with honey for colds & coughs tea for baby colds, hives, stimulant tonic fevers stomach

Nicotiana rustica tabacum

Wild Tobacco

^{Rustica}
8 New England Indians cured scirrhus tumors

tabacum Algonquin, Malecite, Mohegan & Rappahannock blew smoke into ear for earache

Aztec pounded & ground leaves mixed with lime & applied externally to gout

Cherokee for ague apoplexy chill, colic, cramps, dropsy, lockjaw pain snakebite syncope toothache

vertigo Maritime Canadian leaves for earache & bleeding, others for tumors & cancer enemias for strangulated hernia

Ch diuretic emetic cathartic antispasmodic sudorific, expectorant, worms, dropsy

cramps lockjaw, colic, poultice on bites & stings, dizziness fainting smoke on toothache
decoction for chill ague pains

Nymphaea odorata

Water Lily

3 astringent mucilaginous for bowel complaints, gargle for sore throats, wash for sore eyes for baldness decoction as lotion for boils, sores & ulcers decoction 1 oz root boiled in 1 pint water in wineglass doses 3

8 Chippewa put dry root in mouth for sores Maritime roots for adenopathy cold flu swellings

Micmac root juice for cough boiled root poultice on swellings Cjibwa en cathart tuberculosis

Potawatomi on inflammatory ailments, Rappahannock on boils, fever inflammation & sores

~~Thompson poultice fresh leaves onto sores & wounds root or stem decoction for internal pain~~

Nyssa sylvatica Marsh

Black Gum
Sour Gum

Parts used fruits bark hollow logs

Wood difficult to split used for mine rollers, scaffolding, water pipes, chopping bowls gunstocks, instruments, Bee gums rabbits gums etc.

Cherokee bark tea emetic, bilious, milky urine, diarrhea, metrorrhagia, parturition

Cherokee & Houma root or bark decoction anthelmintic Creek ingested or bathed in bark & chip decoction for tuberculosis Alabama used for cancer Lumbee brewed twigs

Chk for worms, inner bark in tea to vomit bile and for milky urine ingredient in decoction for diarrhea bark tea with hearts a bursting (wahoo) grape, sweet gum, sycamore, beech & sassafras for baldness dripstony root ooze into eyes, bark tea for flooding, tea for childbirth

F Boil bark in 1 pt. water take 1 tsp every 2 hrs for dysentery (beware of over dose) Red Star