

Native Plants for Southeast Virginia

FERNS

Asplenium platyneuron
Ebony Spleenwort
Athyrium asplenioides
Lady Fern
Onoclea sensibilis
Sensitive Fern
Osmunda spectabilis
Royal Fern
Polystichum acrostichoides
Christmas Fern
Woodwardia areolata
Netted Chain Fern

HERBS

Achillea millefolium
Yarrow
Arisaema triphyllum
Jack-in-the-pulpit
Endodeca serpentaria
Virginia Snakeroot
Euthamia graminifolia
Grass-leaved Goldenrod
Eutrochium dubium
Joe-pye-weed
Hexastylis arifolia
Evergreen Ginger
Hypericum hypericoides
St. Andrew's Cross
Lobelia puberula
Downy Lobelia
Lycopus virginicus
Bugleweed
Maianthemum racemosum
False Solomon's Seal
Mitchella repens
Partridgeberry
Monarda didyma
Beebalm
Monarda punctata
Horsemint
Phlox paniculata
Garden Phlox
Physostegia virginiana
Obedient Plant
Podophyllum peltatum
Mayapple

Pycnanthemum muticum
Mountain Mint
Rudbeckia hirta
Black-eyed Susan
Scutellaria integrifolia
Hyssop Skullcap
Sisyrinchium atlanticum
Blue-eyed Grass
Solidago sempervirens
Seaside Goldenrod
Tradescantia virginiana
Spiderwort

POND PLANTS

Acorus calamus
Sweetflag
Baccharis halimifolia
Saltbush
Chelone glabra
Turtlehead
Hibiscus moscheutos
Rose Mallow
Iris virginica
Blue Flag Iris
Itea virginica
Virginia Willow
Juncus effusus
Common Rush
Peltandra virginica
Arrow Arum
Pontederia cordata
Pickerelweed
Prunus serotina
Black Cherry
Sagittaria latifolia
Arrowhead

TREES AND SHRUBS

Amelanchier canadensis
Serviceberry
Asimina triloba
Pawpaw
Callicarpa americana
Beautyberry
Clethra alnifolia
Sweet Pepperbush
Cornus florida
Flowering Dogwood

Diospyros virginiana
Persimmon
Gaylussacia frondosa
Dangleberry
Ilex vomitoria
Yaupon Holly
Juniperus virginiana
Eastern Red Cedar
Leucothoe axillaris
Fetterbush
Magnolia virginiana
Sweetbay Magnolia

Morella cerifera
Waxmyrtle
Morus rubra
Red Mulberry
Persea palustris
Swamp Bay
Rhus copallinum
Winged Sumac
Rhus glabra
Smooth Sumac
Rosa palustris
Swamp Rose
Sambucus canadensis
Elder
Sassafras albidum
Sassafras
Viburnum dentatum
Arrowwood

VINES

Gelsemium sempervirens
Yellow Jessamine
Lonicera sempervirens
Coral Honeysuckle
Vitis rotundifolia
Muscadine Grape

CULINARY HERBS

Agastache foeniculum
Anise Hyssop
Prunella vulgaris
Heal-all; Selfheal
Urtica dioica
Nettles

Forager's Way



Herbal Botanicals



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Forager's Way Herbal Botanicals

Forager's way products are developed from herbs that are grown and harvested at Wild Woods Farm without the use of pesticides or herbicides. Availability varies depending on the season. Email Vickie@ecoimages.us for an updated listing.

Herb Seasoning

- Nettles – source of vitamins; add to soups, vegetables, salads
- Rosemary – add to meat, fish, or vegetables
- Sumac – add to fish, chicken, vegetables
- Zest!!! with turmeric, black pepper, and prickly ash seeds
- Spring Burst with rosemary, pine pollen, and yaupon matcha

Matcha

- Rosemary – add to chicken and vegetables as a seasoning
- Yaupon – use to make a caffeinated beverage or add to flour for baking

Tinctures Infused with CBD Oil

- B-Happy! – linden, mimosa, St. Johnswort, wild rose; mood elevator
- Sleep-Ade – passionvine, skullcap, lemon balm, motherwort, wild lettuce
- Calm-Ease – lemon balm, mimosa, linden, St. Johnswort
- Turmeric – helps to relieve inflammation
- Yucca – helps to relieve arthritis and joint pain
- Bacopa – mental and circulation stimulant

Tinctures with Alcohol

- Bacopa – mental and circulation stimulant
- Black Cherry – suppresses cough
- Black Willow – headache, pain, inflammation
- Chanca piedra; Stonebreak – supports kidney and bladder health
- Cleavers – lymphatic cleanser
- Common Plantain – anti-inflammatory and wound healing
- Elderflower – diaphoretic; helps with colds and flu, fever
- Elderberry Syrup – supports the immune system; flu prevention
- Linden – sedative; helps with respiratory problems
- Mimosa – mood elevator, stress
- Motherwort – relieves tension, anxiety
- Mulberry – nutritive, hydration; antioxidants
- Passionvine – sedative, calming

- Prickly Ash – mouthwash; circulation stimulant
- Red Clover – estrogenic; menopausal symptoms
- St. Johnswort – supports the nervous system; antiviral
- Skullcap – sedative, calming
- Swamp Rose – helps with grief and depression; cooling and refreshing
- Sweetgum – cold and flu prevention
- Thistle – liver cleanser
- Turmeric – helps to relieve inflammation
- Usnea lichen – nature's antibiotic; helps with respiratory and sinus infections
- Wild Black Cherry – cough suppressant
- Yarrow – astringent; diaphoretic – lowers fever
- Yellow Thistle – flower buds; liver cleanser and source of magnesium

Tinctures with Vinegar

Vinegar is warming. It tastes sour and bitter. Adding honey or fruit to an herb vinegar can help reduce the sourness. Vinegar is a solvent and can aid fixing and extracting certain compounds and can be used as a substitute for alcohol to preserve herbs.

- Chickweed – nutritive; helps with skin conditions; diuretic, vulnerary, demulcent
- Thistle stalk – liver cleanser
- Sea Rocket – nutritive with vitamins and minerals

Oxymels

Oxymels are herbal preparations that are made by combining herbs with both honey and vinegar. These sweet and sour preparations are specific to the respiratory system and can be used for bronchial complaints, especially when there is a lot of mucous present - such as coughs that are thick with mucous.

Herbal Teas

- Anise Hyssop - aids digestion; tea infusion for colds and flus
- Chanca piedra, Stonebreak – supports kidney and bladder health
- Lemongrass – cooling refreshing tea or seasoning
- Linden – relaxing; useful for colds and flus
- Spearmint – supports the digestive system
- Sumac-Ade – contains citric acid and malic acid; makes a lemon-like beverage
- Yaupon – native caffeine source; also contains theobromine and antioxidants

Salves

- Rid-itch – relieves itching from poison ivy, insect bites, and rashes
- rosemary/mint body butter – moisturizer for dry, chapped skin and hands
- Soothing Salve – soothing for cuts, scratches, wounds, sores, shingles

Insect Repellent – 1/4 oz./\$3.00

- Bug-Away – helps to repel mosquitoes and biting flies