



ALL MEDICINALS POLYPHANTS

Prince Edward Island

M E D I C I N A L
A N D
P O I S O N O U S
P L A N T S
O N

P R I N C E E D W A R D I S L A N D

BY

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- 1979 -

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FOREWORD

The first settlers on Prince Edward Island relied, to a great extent, on the use of herbs to cure many of the ailments that beset them. Their knowledge of the medicinal and therapeutic use of plants came from those used in the country of their origin. In some cases, in order of an assurance of a supply of these plants known for the cure of certain ailments, plants were introduced into this Province from Europe and Asia. Further knowledge was gained by what the first inhabitant of this country, the Indian, knew about plants as a cure for the many maladies of the human body.

Unfortunately, the plants that once were used have either been forgotten about or their use has become legendary.

In order that these once-used remedies not be lost to posterity, the native plants that at one time were relied upon have been described with the following information:

- (a) Common Name
- (b) Botanical Name
- (c) Other Names
- (d) French Name or Names
- (e) Description of the Plant
- (f) Habitat where the Plant is found
- (g) What part of the Plant is used
- (h) The use or uses of the Plant

On the opposite page a drawing of the plant itself or the leaf and twig is made by the author to facilitate the plant's recognition.

It is very important to realize that in no way am I recommending the medicinal or therapeutic use of the plants described in this book.

Added to these medicinal plants is found a list of the poisonous plants that have either been introduced here or that can be found growing in the Province in a natural environment.

These plants have been broken down as follows:

- House Plants
- Flower Garden Plants
- Trees and Shrubs
- Plants in Wooded areas or fields
- Vegetable garden plants

"S" (con't)

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"T"

Tabac du Diable	52
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"R" (con't)

Name	Page
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Ribwort	56
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Ronouée Poivre-d'eau	84
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Rowan Tree	48
Rubus	16
Rumex Crépu	30
Rumex crispus	30

In each breakdown, the common name of the plant is given, the part or parts of the plant that is poisonous and finally the symptoms that do occur if ingested or touched.

It is hoped that greater care will be taken where these plants are found especially where children are concerned.

"S"

Sage of Bethlehem	70
Salix nigra	60
Salspareille	64
Sang-Dragon	20
Sanguinaire du Canada	20
Sanguinaria canadensis	20
Sapin	6
Sapin Baumier	6
Sarsaparilla	64
Satin Flower	26
Saule Noir	60
Scarlet Strawberry	90
Sceau-de-Solomon	68
Scotch Mint	70
Scratchweed	14
Sealwort	68
Service Tree	48
Shellflower	66
Shotbush	64
Silkweed	46
Silver Birch	96
Smaller Burdock	22
Small Solomon's Seal	68
Small Spikenard	64
Smartweed	84
Snakebite	20
Snakehead	66
Snakemouth	66
Solomon's Seal	68
Sorbier d'Amerique	48
Sorbus americana	48
Sour Dock	30
Sow Berry	10
Spearmint	70
Speckled Alder	2
Spiked Maple	50

ACKNOWLEDGEMENTS

- A Guide to Medicinal Plants of Appalachia - A. Krochmal,
R.S. Walters, R.M. Doughty
Dr. I. McQuarrie, Professor of Botany, U.P.F.I.
Flore Laurentienne - Frere Marie-Victorin
Forest Flora of Canada - G.C. Cunningham
Gray's Manual of Botany - M.F. Fernald
How to Know the Wild Flowers - Mrs. W.S. Dana
Island Woodland Plants - Kathy Martin
Keith Brehaut, Superintendent, Runbury Nursery
Medicinal Plants 1942 - A. B. Massey
Plantes Sauvages Printaniers - G. Lamoureux
Plants that Poison - Consumers' Research Magazine, 1976
The Flora of Nova Scotia - A. F. Roland
The Forest Trees of Ontario - J.H. White & R.C. Hosie
The Maritime Gardener - T. Vandam
Think Safety - Dept. of Consumer & Corporate Affairs, 1973
Weeds of Canada - C. Frankton

In the Spring of 1982, J. Frank Gaudet died. He was respected
by many Islanders, both young & old, and his writings will
continue to touch Islanders in the future.

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pigweed	42
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pine Root	34
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Poinsettia	101
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Poison Ivy	58 & 104
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"M"

BOTANICAL AND PHARMACOLOGICAL MEANINGS

<u>Name</u>	<u>Page</u>
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Mistletoe	101
Molène Vulgaire	52
Monkshood	102
Morning Glory	104
Mountain Ash	48
Mountain Maple	50
Mouron des Oiseaux	26
Mullein	52
Myrica cerifera	12
Myrtle	12

"N"

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Nasturtium	82
Nasturtium officinale	82
Nightshade	105
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Noyer Noir	18

"O"

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Oldman's Root	40
Oleander	101

"P"

Parsley Fern	78
Pattern Pine	88
Peach	103
Pepper Plant	84
Petit Merisier	54

ACHENE - A dry one-celled, one-seeded fruit.

ALKALOID - Any of the certain compounds of nitrogen.

ALLERGENIC - Used to produce an allergy.

ALTERATIVE - Changes a condition gradually.

ANNUAL - A plant that completes its development from germination of the seed, through flowering, and death in one growing season.

ANODYNE - Relieves or quiets pain.

ANTHELMINTIC - Capable of expelling or destroying intestinal worms.

ANTIARTHRITIC - Counteracts arthritis.

ANTIASTHMATIC - Relaxes bronchial muscles and relieves labored breathing.

ANTIFUNGAL - Counteracts fungus.

ANTIRHEUMATIC - Reduces pain in the joints.

ANTISEPTIC - Checks or inhibits the growth of microorganisms.

ANTISPASMODIC - Reduces spasms or prevents convulsions.

ANTITUSSIVE - Relieves or prevents coughing.

ARTERIOSCLEROSIS - A thickening of the blood vessels.

ASTRINGENT - Causes the contraction of tissues.

AXIL - The angle formed by the leaf or branch with the stem.

BIENNIAL - A plant that requires two growing seasons to complete its development.

BILIOUSNESS - Having an excess of bile.

BISEXUAL - A flower having both pistils and stamens.

BRACT - A modified or scale-like leaf.

BUR - A prickly seed envelope (i.e. burdock).

CAPSULE - A closed container bearing seeds; also a dry fruit with more than one part.

CARDIOACTIVE - Referring to heart action.

CARMINATIVE - Used to relieve gas and colic.

CATKIN - A scaly, drooping spike of flowers such as that of the willow.

COLIC - Severe griping abdominal pains.

COUNTERIRRITANT - Causes irritation of the surface of an area with the object of relieving a deep-seated congestion.

CYANIDE - A deadly poison.

- DEMULCENT - Substance used to protect or soothe the mucous membrane.
- DIAPHORETIC - Used to increase perspiration.
- DIARRHEA - Abnormally frequent evacuation of the bowels.
- DIURETIC - Increases the volume of urine.
- DYSENTERY - A disease of the large intestine characterized by diarrhetic discharge of blood and mucus from the bowels.
- DYSPEPSIA - A disturbed digestive condition characterized by nausea, gas and heartburn.
- EMETIC - An agent that causes vomiting.
- EMMENAGOGUE - An agent that induces menstrual flow.
- ENTIRE - Without teeth or divisions.
- EXPECTORANT - An agent that causes expulsion of mucus from the respiratory tract.
- FEBRIFUGE - An agent that reduces fever.
- FLATULENCE - Stomach discomfort caused by gas.
- GLUCOSIDE - Any compound when chemically treated produces glucose.
- HALLUCOGENIC - A drug that affects some sense organ to an extent sufficient to produce an impression of something which is non-existent.
- HEMORRHOIDAL - An agent used to shrink hemorrhoids.
- HEMOSTATIC - An agent used to stop internal hemorrhage.
- HUSK - Outer covering of seed or fruit.
- JAUINDICE - A symptom of disease arising from obstruction of the bile duct - stains skin yellow.
- LAXATIVE - A cathartic that causes a more or less normal evacuation of the bowel without griping or irritation.
- LEGUME - A plant that bears its fruit in a pod bearing seeds along the ventral suture.
- LOBE - The rounded part or segment of an organ, usually part of a leaf or petal.
- NODE - The often swollen point on a stem at which a leaf is joined.
- NYMPHOMANIA - A female abnormality marked by an unbridled sexual craving.
- OPHTHALMIATRIC - Used in the treatment of eye diseases.
- PAPPUS - The modified calyx in the compositae florets.
- PECTORAL - Usually an expectorant, used for diseases of the chest and lungs.

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Indian Plantago		56
Indian Root		40
Indian Strawberry		90
Indian Tobacco		52 & 92
Iris		102
Ivory Plum		80
	"J"	
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Jassamine		103
Jaundice Berry		10
Jimson Weed		74 & 104
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Lady's Mint		70
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Laurel		103
Lemonnut		24
Liard		8
Life-of-Man		40
Lily-of-the-Valley		102
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Lobélie Gonflée		92
Low Maple		50

"F"

<u>Name</u>	<u>Page</u>	<u>PERENNIAL</u>
Fat-Hen	42	- Continuing or lasting for several years.
Fernbush	76	- A flower with both stamens and pistils.
Ferngale	76	- The stalk of a leaf.
Filnut	24	- Compound with the leaflets arranged along each side of a common stalk or axis.
Fir	6	- Used locally to protect and soothe the skin and mucous membranes.
Fire Cherry	54	- Covered with hairs, especially short, soft ones.
Fishmouth	66	- Pertaining to or affecting the lungs.
Flagroot	34	- A sharp sensation as to taste, smell or feeling.
Flannel Plant	52	- Increases the contraction of the bowel.
Fleasseed	56	- An elongated axis bearing flowers on short stalks.
Fly-trap	32	- Allays thirst and gives a sensation of coolness to the body.
Foxglove	102	- Remove coarse outer bark.
Fragaria virginiana	90	- Causes reddening and mild irritation of the skin.
Fraisier des Champs	90	- An indehiscent winged fruit.
Fraisier de Virginie	90	- A disease caused by lack of Vitamin "C".
Framboise	16	- Used to quiet an individual.
Fraxinus americana	4	- With sharp teeth pointed forward.
Frêne Blanc	4	- Without a stalk or petiole.
Frêne d'Amérique	4	- A substance that increases general functional activity.

"G"

Gagroot	92	- Stimulates appetite and increases secretion of digestive juices.
Gaillet Gratteron	14	- A flower having either stamens or pistils but never both.
Gallane Glabre	66	- An agent that promotes healing of open wounds.
Galium aparine	14	- Three or more flowers or leaves at a node forming a circle.
Garden Mint	70	
Garden Patience	30	
Gaultheria procumbens	80	
Gaulthérie Couchée	80	
Genévrier	36	
Genévrier Commun	36	
Ginger Plant	78	
Gold Birch	96	
Golden Buttons	78	
Golden Chain	102	
Goosegrass	14	
Gorst	36	
Grande Salsepareille	40	
Gratte-Cul	14	
Ground Holly	80	
Ground Juniper	36	

"H"

Hard Birch	96	
Hemlock	38	
Hemlock Spruce	38	
Herbe à Coton	46	
Herbe à Dindes	94	

<u>Name</u>	<u>Page</u>
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Cresson	82
Cresson de Fontaine	82
Cresson Officinal	82
Cuckoo Button	22
Curled Dock	30
Curley Birch	96
Curley Dock	30

"D"

Daffodil	101
Daphne	102
Datura stramonine	74
Datura Stramonium	74
Dead Nettle	44
Devil's Trumpet	74
Dewberry	16
Dieffenbachia	101
Dogbane	32 & 104
Dogberry	48
Dog Daisy	94
Dragon Grape	10
Dragon's Claws	28
Dwarf Juniper	36
Dwarf Maple	50
Dwarf Solomon's Seal	68

"E"

Eastern Black Walnut	18
Eastern Hemlock	38
Eastern White Pine	88
Elderberry	103
Elephant Ear	101
Emetic Herb	92
English Cost	78
English Ivy	101
English Oak	86
Epinette	72
Epine-Vinette	10
Erable \ Épis	10
Erable Fouereux	50
Erable Fouereux	50
Eyebright	92

"C"

<u>Name</u>	<u>Page</u>
Caladium	101
Calamus	34
Canadian Fir	6
Canadian Hemlock	38
Canadian Sweetgale	76
Canadian White Ash	4
Candleberry	12
Carolina Poplar	8
Castor Bean	101
Cat Spruce	72
Ceriser de Pennsylvanie	54
Cerises d'été	54
Checkerberry	80
Chelone glabra	66
Chêne Blanc	86
Chenopode Blanc	42
Chenopodium album	42
Cherry	103
Chickweed	26
Chochons de Lait	46
Chou Gras	42
Christmas Holly	101
Ciabergrass	14
Cleavers	14
Common Alder	2
Common Burdock	22
Common Chickweed	26
Common Juniper	36
Common Milkweed	46
Common Mint	70
Common Silkweed	46
Common Yarrow	94
Comptonia peregrina	76
Comptonie Voyageuse	76
Conquer John	68
Corallorhiza trifida	28
Corallorhiza Trifide	28
Coralroot	28
Cork Pine	88
Cormier	48
Cottonweed	46
Cottonwood	8
Courage Renouée	84
Cow Clover	62
Cow Itch	58

M F D I C I N A L
P L A N T S

"B"

COMMON NAME - ALDER

BOTANICAL NAME - *Alnus -B.Ehrh.*

OTHER NAMES - Speckled Alder, Common Alder, Swamp Alder

FRENCH NAMES - Auline or Aune

DESCRIPTION - Grows in clumps of many stems. Leaves are alternate, simple from 5 to 10 cm (1 1/2 to 4 inches) long, sharp pointed and usually triple-toothed. Flowers are in clusters. reddish-brown catkins opening before the leaves. The fruit is a tiny two-winged nut borne in a stout, nearly black cone 6 to 12 mm. (1/4 to 1/2 inch) long.

HABITAT - Found in thickets, along streams, around lakes, in swamps and on areas that are subject to spring flooding.

HARVEST - Bark

USES - The chewed bark was used as a vulnerary. When boiled, it produces an orange to brown dye.

<u>Name</u>	<u>Page</u>
Balm of Gilead	8
Balmomy	66
Balsam	6
Balsam Fir	6
Balsam Poplar	8
Barberry	10
Bardane	22
Baume	70
Bayberry	12
Bedstraw	14 & 104
Beewort	34
Belle-Angélique	34
Bellyache Root	44
Berberis vulgaris	10
Betula alleghaniensis	96
Bird Cherry	54
Biting Knotweed	84
Bitter Buttons	78
Bitter Dock	30
Bitter Root	32
Blackberry	16
Black Birch	96
Black Locust	103
Black Psyllium	56
Black Spruce	72
Black Walnut	18
Black Willow	60
Blanket Leaf	52
Bleeding Heart	102
Bloodroot	20 & 104
Bois de Chien	58
Boissent-bon	12
Bonhomme	52
Boleau Jaune	96
Bouillon Blanc	52
Boxberry	80
Brambleberry	16
Broad-leaved clover	62
Brown Mint	70
Burdock	22
Buttercup	104
Butternut	24

ALDER

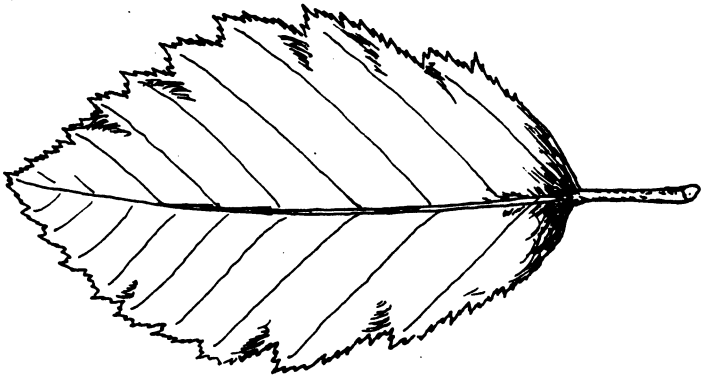
ALPHABETICAL LIST

OF

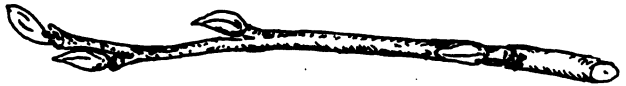
BOTANICAL, COMMON, FRENCH AND OTHER NAMES

"A"

<u>Name</u>	<u>Page</u>
Aaron's Rod	52
Abies balsamea	6
Acer spicatum	50
Achillea Millefolium	94
Achillea Millefeuille	94
Acorus Calamus	34
Acorus Ruseau	34
Adder's Mouth	26
Alder	2
Alexanders	44
Alnus	2
American Ash	4
American Barberry	10
American Mountain Ash	48
American Spikenard	40
American Walnut	18
Angelica	44
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Angélique Noir-Pourprée	44
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Apple of Peru	74
Aralia nudicaulis	64
Aralia racemosa	40
Aralie à Grappes	40
Aralie à Tige Nue	64
Arbre à Noix Longues	24
Archangel	44
Arctium minus	22
Arsmart	84
Asclepiade commune	46
Asclepias syriaca	46
Ash, White	4
Asthma Weed	92
Aulne	2
Aune	2
Autumn Crocus	102
Axalea	101
Azalea	103



LEAF



WINTER TWIG

COMMON NAME - ASH, WHITE

BOTANICAL NAME - Fraxinus americana - L.

OTHER NAMES - Canadian White Ash, White Ash, American Ash.

FRENCH NAMES - Frêne Blanc, Frêne d'Amérique

DESCRIPTION - A medium-sized tree about 15m (50 ft.) in height and rarely exceeding 30 cm. (1 ft.) in diameter. Leaves are opposite and compound, 20 to 30 cm. (8 to 12 inches) long, composed of 5 to 9 long-stalked leaflets: borne in pairs. Leaflets are oval and lance-shaped, sharp-pointed, entire or sparsely toothed, 8 to 13 cm. (3 to 5 inches) long. Flowers in May before the leaves, unisexual, male and female on different trees, borne in stout clusters. Seed is an elongated samara 2.5 to 6.3 cm. (1 to 2 1/2 inches) long with a thin wing extending below the top of the seed cavity.

HARVEST - Bark, buds

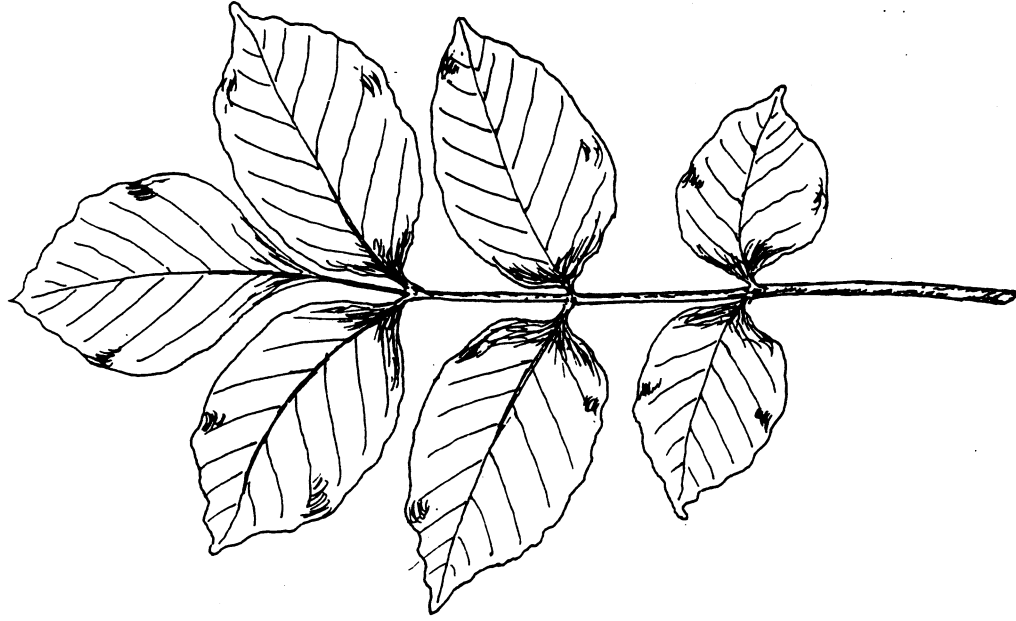
USES - Used as a tonic, cathartic, diuretic, febrifuge, diaphoretic, astringent, antiarthritic and alterative. It has been prescribed for headache followed by a fever, sores of the lips and constipation. The chewed bark has also been used as a poultice on sores, and a tea made from the buds was used for snakebite.

Name	Poisonous Part	Symptoms
Wild Tobacco	The plant	The plant contains lobeline sulphate which is said to be poisonous if taken internally.
Nightshade	Berries and leaves and rootstock in the fall	This plant is extremely poisonous.
White Baneberry	Rootstock Berries	When ingested the rootstock can cause severe diarrhea. A few berries may cause increased pulse rate, colic, dizziness and general sickness.
<u>VEGETABLE GARDEN PLANTS</u>		
Rhubarb	Leaves	Fatal. Large amounts of raw or cooked leaves can cause convulsions, coma followed rapidly by death.
Potato	Vines Green berries	Contain solanine which causes digestive disturbance and nervous symptoms. Can be fatal.
Tomato	Vines	Same as potato symptoms.

WHITE ASH

PLANTS IN WOODED AREAS OR FIELDS

Name	Poisonous Part	Symptoms
Red Baneberry	All parts	Contains a poison that causes stomach cramps, headache, increased pulse rate, vomiting, delerium, dizziness and circulatory failure. Children especially should be warned about this plant.
Bedstraw	All parts	This plant contains lobeline sulfate and is said to be poisonous if ingested.
Jack-in-the-Pulpit	All parts, especially the roots	Contain small needle-like crystals of calcium oxalate that cause intensive irritation and burning of the mouth and tongue. See House Plants, Dieffenbachia and Elephant Ear.
Bloodroot	Rootstock	An extremely poisonous plant. Morphine is derived from it.
Buttercup	Stems and roots	Contain irritant juices that may severely damage the digestive system.
Dogbane	Roots and underground stem	This plant is extremely poisonous
Morning Glory	Seeds	The seeds contain several alkaloids that are chemically related to lysergic acid diethylamide, commonly known as L.S.D.
Poison Ivy	All parts	Contain an oil that is extremely irritating to the skin. Even the smoke from burning the plant is irritating to the skin.
Jimson Weed or Stinkweed	Entire Plant	Contains a poison which causes thirst, distorted sight, delerium and coma. Can be fatal.
Teaberry	Oil	Wintergreen oil made from this plant is extremely poisonous if taken internally.



WINTER TWIG

COMPOUND LEAF

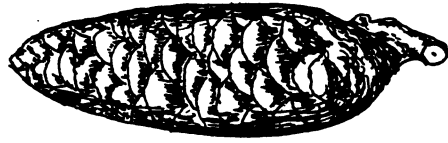
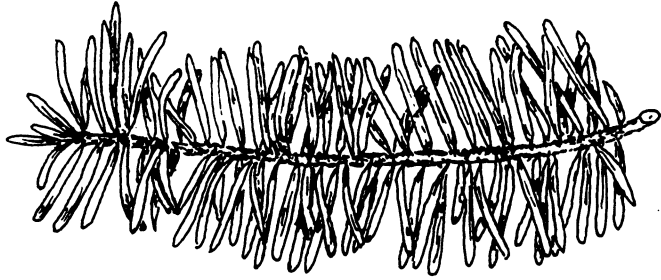
- COMMON NAME - BALSAM FIR
- BOTANICAL NAME - Abies balsamea L. (Mill.)
- OTHER NAMES - Fir, Balsam, White Fir, Var, White Spruce, Canadian Fir
- FRENCH NAMES - Sapin Baumier, Sapin
- DESCRIPTION
- The tree is usually up to 18.3m. (60 ft.) in height and up to 40 cm. (16 inches) in diameter. The branches come out in whorls and generally the bark is marked with raised blisters which contain balsam. The needles are flattened in cross section, rounded or notched at the tip, usually appearing two-ranked, 1.9 to 3.2 cm. (3/4 to 1 1/4 inches) long, with two white lines below. The flowers are unisexual, the male yellowish to red, the female purple, both on the same tree. The seeds ripen in October in a dark purple cone 5 to 10 cm. (2 to 4 inches) long, erect on the branch.
- HABITAT
- It is found in pure stands but is also found in mixtures of white, red and black spruce, larch, aspen, white birch and red maple.
- HARVEST
- Balsam
- USES
- When heated and applied to a wound acts as a vulnerary. It is so transparent that it is used as a cement between microscope slides.

Poisonous		Symptoms
Name	Part	
Laurels		
Rhododendron	All parts	Fatal. Produces nausea and vomiting, depression, difficult breathing, prostration and coma.
Azaleas		
Jassamine	Berries	Fatal. Produces digestive disturbance and nervous symptoms.
Yew	Berries Needles	Fatal. The foliage is more toxic than the berries. Death is usually sudden without warning symptoms.
<u>TREES AND SHRUBS</u>		
Name	Poisonous Part	Symptoms
Cherries (Wild & cultivated)	Leaves Twigs	Contain a compound that releases cyanide. Gasping, excitement and prostration are common symptoms that appear within minutes. Can be fatal.
Oaks	Acorns Foliage	Affect the kidneys gradually. Symptoms appear only after several days or weeks. Takes a large amount to poison an adult, however children should not be allowed to chew acorns.
Elderberry	Stem	Children have been poisoned by using pieces of the pithy stem for blowguns.
Black Locust	Bark Seeds Foliage	Children have suffered nausea, weakness and depression after chewing the bark and seeds.
Peach	Leaves	Contains hydrocyanic acid, one of the five most dangerous poisons known.
Privet	Leaves Berries	Are poisonous and can cause nausea, vomiting and abdominal pain.

BALSAM FIR

FLOWER GARDEN PLANTS

Name	Poisonous Part	Symptoms
Lily-of-the-Valley	Leaves and flowers	Contain a toxic substance that causes irregular heart beat and pulse, usually accompanied by digestive upset and mental confusion.
Iris	Underground stems	Cause severe but not usually serious digestive upsets.
Larkspur	Young plant Seeds	Cause digestive upset, nervous excitement and depression. May be fatal.
Monkshood	Fleshy roots	Cause digestive upset and nervous excitement.
Autumn Crocus Star-of-Bethlehem	Bulbs	Cause vomiting and nervous excitement.
Foxglove	Leaves	One of the sources of the drug digitalis, used to stimulate the heart. In large amounts, it causes irregular heartbeat and pulse, usually digestive upset and mental confusion. May be fatal.
Bleeding Heart	Foliage Roots	May be poisonous in large amounts. Has proven fatal to cattle.
Daphne	Berries	Very toxic. A few berries can kill a child.
Wisteria	Seeds Pods	Causes a mild to severe digestive upset. Many children are poisoned by this plant.
Golden Chain	Bean-like capsules in which the seeds are suspended	Causes severe poisoning. Symptoms are excitement, staggering, convulsions and coma. May be fatal.



TWIG AND NEEDLES

CONE

COMMON NAME - BALSAM POPLAR

BOTANICAL NAME - Populus balsamifera - (Du Roi)

OTHER NAMES - Popular, Balm of Gilead, Carolina Poplar, Cottonwood

FRENCH NAMES - Liard, Peuplier Baunier, Peuplier

DESCRIPTION - A tree that can reach a height of 30.4 m. (100 ft.) and at times a diameter of 1.8m. (6 ft.). The broad, pointed leaves are 8 to 15 cm. (3 to 6 inches) long and from 5 to 10 cm. (2 to 4 inches) wide. They are rounded or slightly heart-shaped at the base, finely toothed, shiny dark green above, pale green with rusty brown patches on the underside. The large reddish-brown buds are resinous and aromatic. It flowers from May to June.

HABITAT - It is suspected that this tree has been introduced into this province some time ago, for it is now found around old houses and other buildings. It is very seldom found in wooded areas.

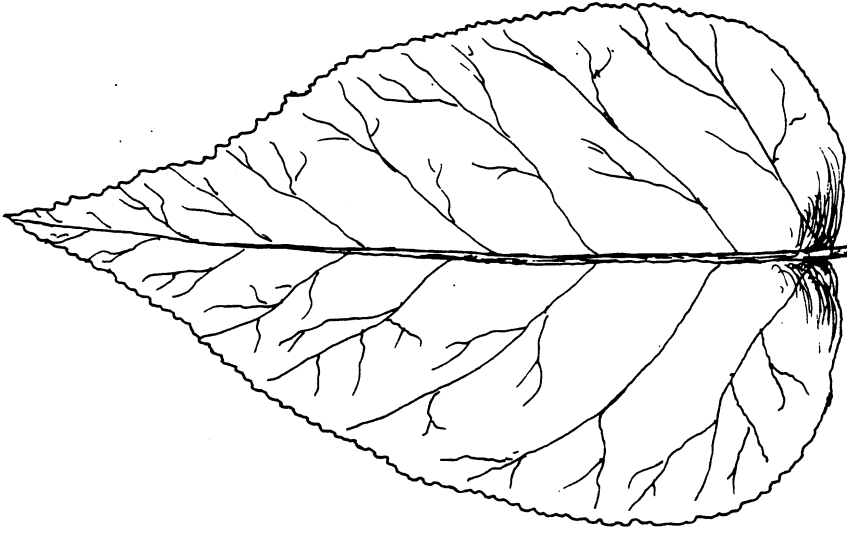
HARVEST - Buds are harvested in February or March before they open. Bark, flowers.

USES - A solution of boiled bark has reportedly been used to treat infections of the chest, kidneys, stomach and for rheumatism, gout, scurvy. The buds have been used as a vulnerary and pectoral. In Europe, the fresh flowers are steeped in cold water, strained and the solution drunk to purify the blood.

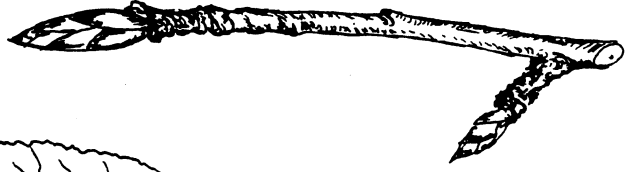
HOUSE PLANTS

Name	Poisonous Part	Symptoms
Hyacinth		
Narcissus	Bulbs	Nausea, vomiting, diarrhea. May be fatal.
Daffodil		
Oleander	Leaves & Branches	Extremely poisonous. Affects the heart and produces severe digestive upsets.
Dieffenbachia	All parts	Contains calcium oxalate crystals which causes an intense burning and irritation of the mouth and tongue. Death can occur if the base of the tongue swells enough to block the air passage of the throat.
Elephant Ear		
Poinsettia	Leaves	Extremely poisonous. One leaf is capable of proving fatal to a child.
Mistletoe	Berries	Very toxic and can prove fatal to both adults and children.
English Ivy	All parts	Contains a toxic substance that causes local irritation, nausea, vomiting, thirst, severe diarrhea, abdominal pain and colic.
Axalea	All parts	Contains a toxic substance that can cause the eyes to water, nasal discharge, loss of appetite, nausea, vomiting, abdominal pains, paralysis of the limbs and convulsions.
Christmas Holly	Berries	Contains a poison that causes nausea, vomiting, abdominal pain and diarrhea.
Rosary Pea	Seeds	Very poisonous. One rosary pea has caused death. One or two castor beans are near the lethal dose for adults.
Castor Bean		
Caladium	All parts	Contains the same toxic crystals as Dieffenbachia
Philodendron		

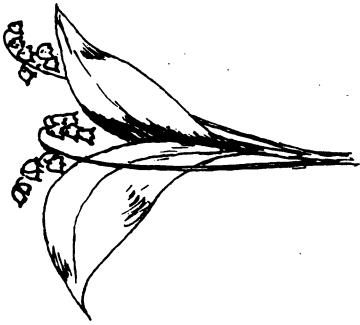
BALSAM POPLAR



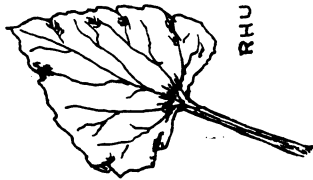
LEAF



WINTER TWIG



LILY-OF-THE-VALLEY



RHUBARB



DAFFODIL



DAPHNE



JIMSON WEED

COMMON NAME - BARBERRY

BOTANICAL NAME - Berberis vulgaris L.

OTHER NAMES - American Barberry, Dragon Grape, Jaundice Berry, Sow Berry, Wood Sour, Yellow Root

FRENCH NAME - Epine-Vinette

DESCRIPTION - A perennial shrub that generally grows to a height of 2.4m. (8 ft.). The leaves are small, ovate, green above, greyish below. The leaves of the young sprouts are spiny. The flowers, May to July, are yellow and in racemes 2.5 to 5 cm. (1 to 2 inches) long. The fruit is oblong, scarlet to purple in color.

HABITAT - Generally found in pastures, thickets and along fence rows.

HARVEST - Roots, Root bark, stem, fruit in fall.

USES - The fruit is rich in Vitamin "C" and has been used in treating certain vitamin deficiencies. The root bark, which is astringent, has been used to treat diarrhea, dysentery and jaundice. In Europe a root infusion was used to treat chronic dyspepsia.

POISONOUS PLANTS

Many of the most innocent looking, even the most beautiful plant in the house, garden, lawn or field may be a potential killer or cause severe illness if eaten and sad to say, children are frequent victims.

Here are the facts about poisonous plants that can either be fatal or cause extremely painful reactions to the human body if ingested or touched, in the case of Poison Ivy.

BARBERRY

POISONOUS.
PLANTS



SEED

PLANT



FLOWER

YELLOW BIRCH

COMMON NAME - BAYBERRY

BOTANICAL NAME - Myrica cerifera L.

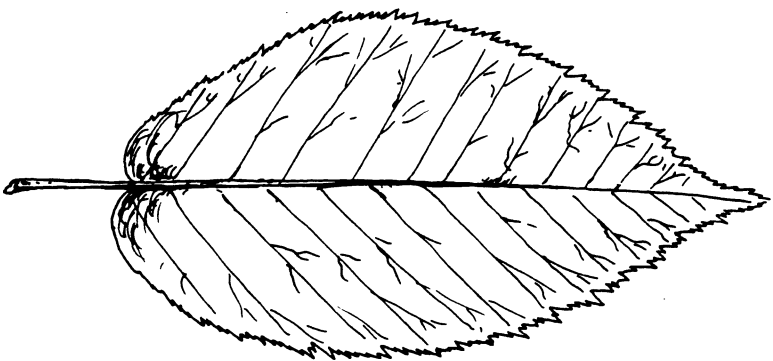
OTHER NAMES - Waxmyrtle, Candleberry, Myrtle, Waxberry,
Tallow Shrub

FRENCH NAME - Boissent-bon

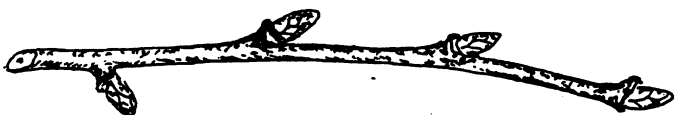
DESCRIPTION - A small tree or perennial shrub that will grow to a height of 10.6m. (35 ft.) with waxy rough branchlets. Around here its average height never exceeds 1.5m (5 ft.). The leaves are evergreen, narrow and taper at both ends with a few serrations along the edges. 4 to 9 cm. (1 1/2 to 3 1/2 inches). The flowers, May to June, are on a short scaly catkin. These produce a waxy greyish berry 2 mm. (1/16 inch) in diameter.

HABITAT - Generally found on poor dry areas, barrens, and low woodlands.

USES - The root bark is astringent and emetic. The fruit is used as a source of wax in bayberry candles. The leaves are used as a spice when baking fish.



LEAF



WINTER TWIG

BAYBERRY

- COMMON NAME - YELLOW BIRCH
- BOTANICAL NAME - *Betula alleghaniensis* (Britton)
- OTHER NAMES - Curly Birch, Black Birch, Hard Birch, Tall Birch, Gold Birch, Red Birch, Silver Birch
- FRENCH NAME - Boleau Jaune

DESCRIPTION - A tree growing from 18 to 21 m. (60 to 70 ft.) high with a diameter of up to .6 m. (2 ft.). The leaves are simple, oval, coarsely double-toothed and having more than 8 pairs of parallel veins. The flowers, from May to June, are unisexual and borne in greenish catkins; the male clustered, formed the preceding autumn, the female solitary, appearing before the leaves. The fruit ripens in the autumn and is a tiny two-winged nut, borne in a stout erect cone 2.5 to 4 cm. (1 to 1 1/2 inches) long.

HABITAT - Grows on a variety of sites and in this Province it is seldom found in pure stands. It generally occurs mixed with red and white spruce, hemlock, beech, sugar maple and red maple.

HARVEST - Sap in spring, young bark.

USES - A syrup made from the sap is very laxative. When chewed, the young bark has a wintergreen flavour and aids in slaking thirst.

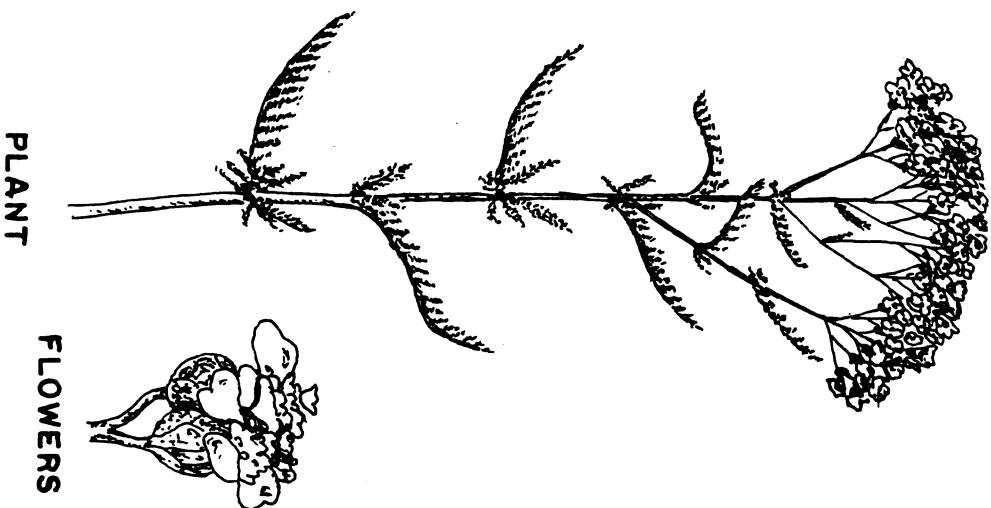


PLANTS

GROUP OF BERRIES

YARROW

- COMMON NAME - REDSTRAW
- BOTANICAL NAME - Galium aparine L.
- OTHER NAMES - Clabbergrass, Cleavers, Goosegrass, Milkweed, Scratchweed, Turkey Grass
- FRENCH NAMES - Gaillet Gratteron, Gratte-Cul
- DESCRIPTION - A 1m. (3 ft.) high, branching annual. the leaves are ovate or oblong, somewhat toothed, from 2.5 to 7.5 cm. (1 to 3 inches) long. The blue or purple flowers, 6 to 9 mm. (1/4 to 3/8 inch) long are located in the axils of alternate leaves. It flowers from July to September.
- HABITAT - Found in dry open fields, roadsides, woods and in partial shade.
- HARVEST - The plant when in flower and forming seeds.
- USES - The herb yields lobeline sulfate, which is used in anti-tobacco therapy. It has been used as a stimulant, antiasthmatic and expectorant in case of bronchitis.
- WARNING - THE PLANT IS SAID TO BE POISONOUS IF TAKEN INTERNALLY.



BEDSTRAW

COMMON NAME - YARROW

BOTANICAL NAME - Achillea Millefolium L.

OTHER NAMES - Milfoil, Common Yarrow, Nosebleed, Thousand-Leaf, Dog Daisy

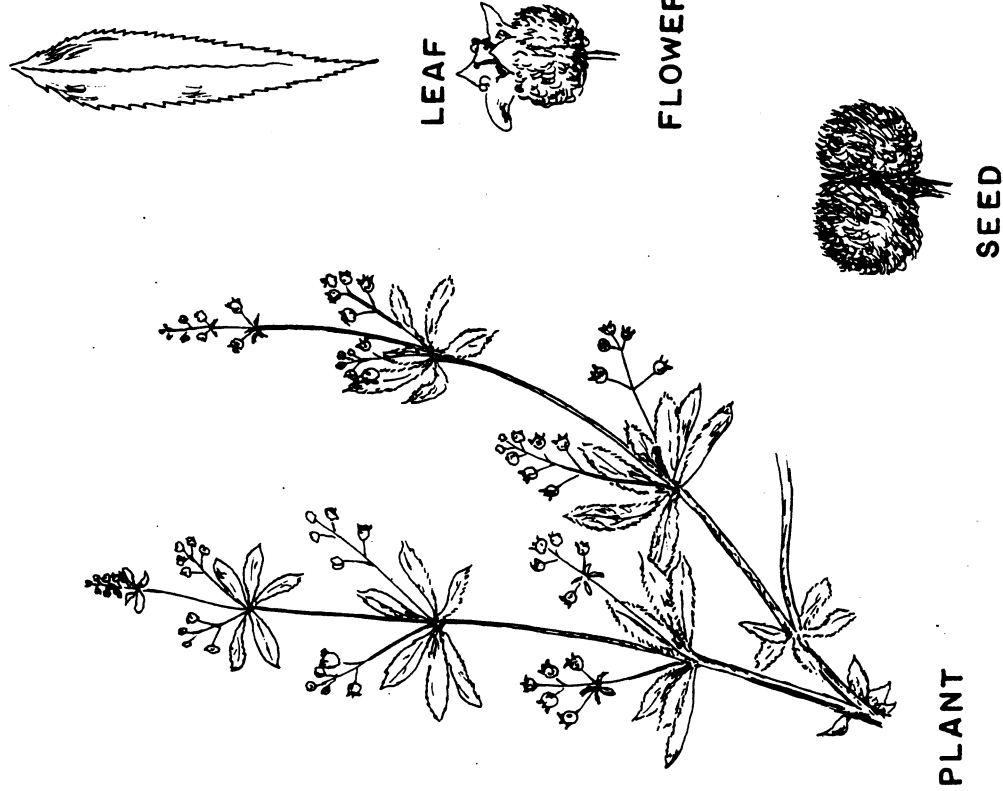
FRENCH NAMES - Herbe à Dindes, Achillée Millefeuille

DESCRIPTION - A perennial up to .6 m. (2 ft.) high, whose leaves grow in basal rosettes and are alternate. They are finely cut into narrow lobes, mostly 8 to 20 or more that are also divided. They are hairy and aromatic. The flowers are clustered, dense and flat on the top, mostly white but can sometimes change into shades of pink to purple, flowering generally all summer.

HABITAT - Waste places, pastures, meadows, lawns and roadsides.

HARVEST - The herb and leaves when in flower.

USES - The plant is an aromatic with diaphoretic and emmenagogue activity. It also has been used as a vulnerary.



WILD TOBACCO

COMMON NAMES - BLACKBERRY OR RASPBERRY

BOTANICAL NAME - Rubus Spp. L.

OTHER NAMES - Brambleberry, Dewberry

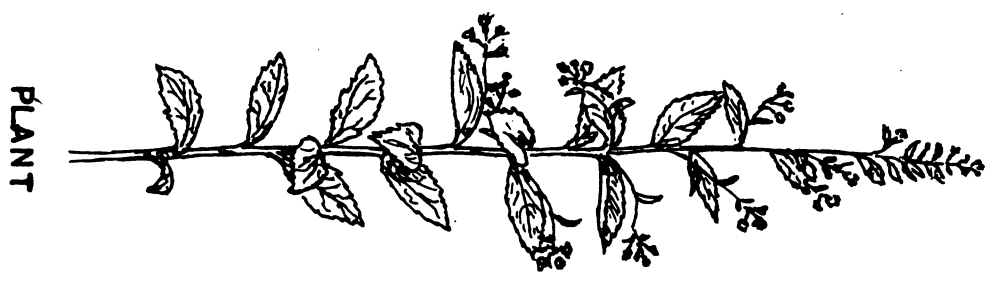
FRENCH NAMES - Ronce, Framboise

DESCRIPTION - A prickly shrub or vine, perennial. It produces five-petaled white flowers from June to August. The fruit is fleshy or pulpy containing many hard or stoney seeds, red or black in color when mature.

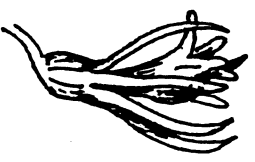
HABITAT - It is found in old fields, pastures, after softwood cutovers, fence rows, and on edges of woodlands.

HARVEST - Bark, fruit, leaves, root and root bark.

USES - The roots and underground stem have been used as astringents because of their high tannin content. A tea made from the roots was used to stop secretions while a fruit juice and wine made from the berries was used to control diarrhea. A tea made from the bark of the wild raspberry was used to control dysentery.



PLANT



FLOWER

BLACKBERRY

- COMMON NAME - WILD TOBACCO
- BOTANICAL NAME - *Lobelia inflata* L.
- OTHER NAMES - Indian Tobacco, Asthma Weed, Emetic Herb, Eyebright, Gagroot, Pukeweed
- FRENCH NAME - Lobélie Gonflée
- DESCRIPTION - A 1 m. (3 ft.) high, branching annual. The leaves are ovate or oblong, somewhat toothed, from 2.5 to 7.6 cm. (1 to 3 inches) long. The plant produces blue or purple flowers, 6 to 9 mm. (1/4 to 3/8 inch) long, located in the axils of alternate leaves. It flowers from July to September.
- HABITAT - Found in dry open fields, roadsides, woods and in partial shade.
- HARVEST - The plant when in flower and forming seeds.
- USES - The herb yields lobeline sulfate, which is used in anti-tobacco therapy. It has been used as a stimulant, antiasthmatic and expectorant in case of bronchitis.
- WARNING - THE PLANT IS SAID TO BE POISONOUS IF TAKEN INTERNALLY.



BERRY

PLANT

COMMON NAME - BLACK WALNUT

BOTANICAL NAME - *Juglans nigra* L.

OTHER NAMES - American Walnut, Eastern Black Walnut, Walnut

FRENCH NAME - Noyer Noir

DESCRIPTION - A large tree that can attain a height of 30m (100 ft.)

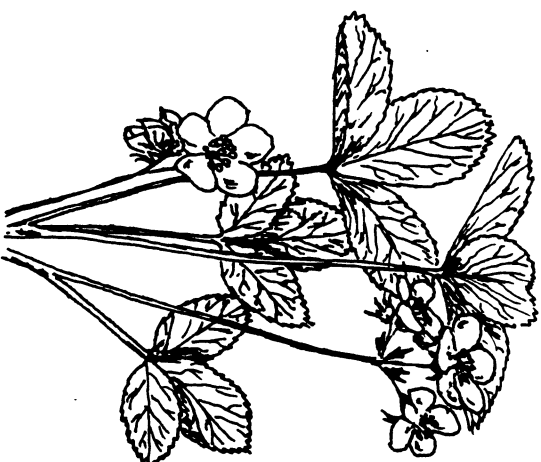
with almost black bark divided into rough ridges by deep narrow furrows. The compound leaves, are alternate with 12 to 23 leaflets per leaf. Leaflets are from 8 to 9 cm. (3 to 3 1/2 inches) long with finely-toothed margins. Flowers from May to June. The fruit occurs singly or in clusters of 2 to 3 and has a thick somewhat fleshy aromatic husk; the seed is roundish 3.5 to 5 cm. (1 1/2 to 2 inches) in diameter with a hard, rough, deeply-furrowed shell.

HABITAT - The tree has been introduced into this Province as an ornamental and can be found in the city, towns, villages and around homesteads.

HARVEST - Inner bark of roots and nuts in fall.

USES - The root bark is a cathartic. A leaf infusion was used as an astringent and against bed bugs. The nut is edible.

WILD STRAWBERRY



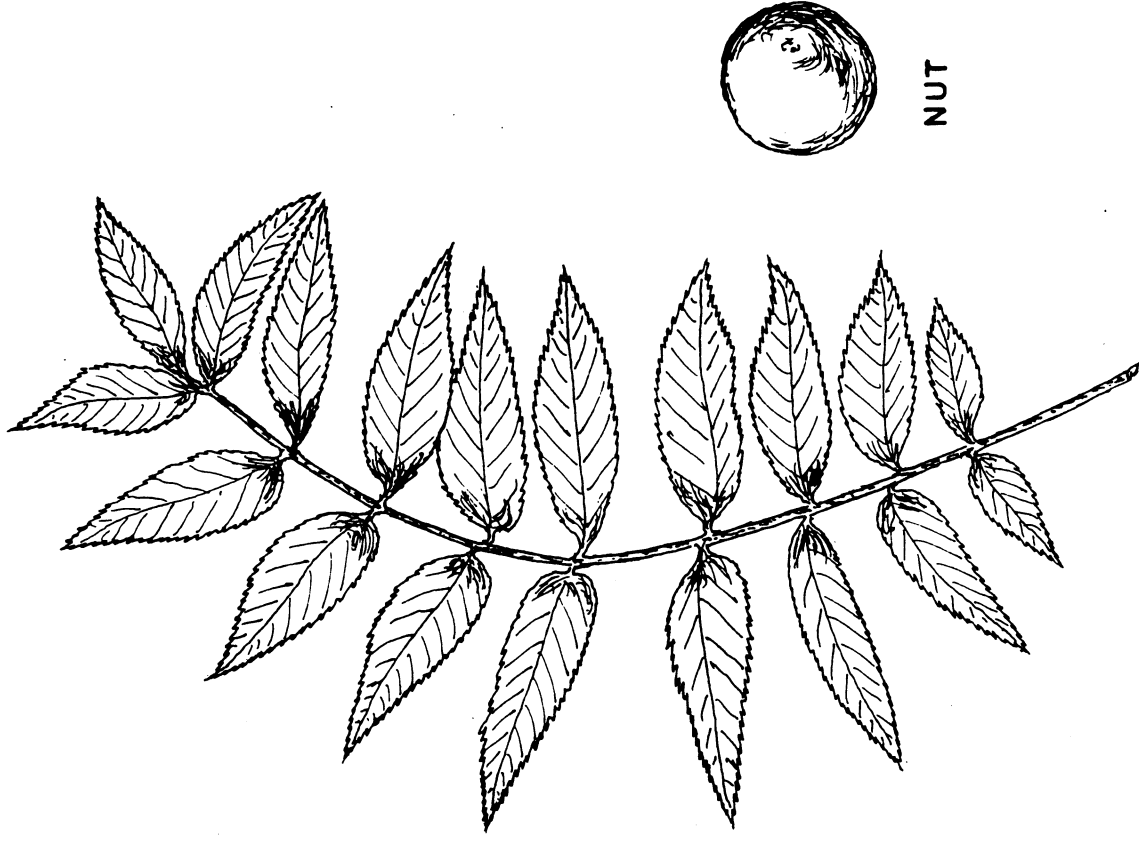
PLANT



BERRY

BLACK WALNUT

- COMMON NAME - WILD STRAWBERRY
- BOTANICAL NAME - *Fragaria virginiana* Duchesne
- OTHER NAMES - Strawberry, Virginia Strawberry, Indian Strawberry, Scarlet Strawberry
- FRENCH NAMES - Fraisier de Virginie, Fraisier des Champs
- DESCRIPTION - A low perennial with 3 ovate, toothed leaflets. The flowers, .6 to 2.5 cm. (1/4 to 1 inch) broad, with 5 white petals, can be seen from June to September. The berry is bright red when ripe, .6 to 2 cm. (1/4 to 3/4 inch) in diameter.
- HABITAT - Can be found in uncultivated fields, borders of woods, roadsides and cutovers.
- HARVEST - Leaves and fruit.
- USES - The leaves are mildly astringent. The fruit, a gourmet's delight, has been used as an old time gout remedy and refrigerant.



NUT

COMPOUND LEAF

WHITE PINE

COMMON NAME - BLOODROOT

BOTANICAL NAME - Sanguinaria canadensis L.

OTHER NAMES - Red Root, Snakebite, Tumeric, Sweet Slumber, Red Indian Paint

FRENCH NAMES - Sanguinaire du Canada, Sang-Dragon

DESCRIPTION - A 15 to 36 cm. (6 to 14 inch) perennial with a solitary leaf stem. The leaves are palmately lobed around the outer edge. From May to June it produces white flowers 2.5 to 5 cm. (1 to 2 inches) in width with 8 to 12 petals. The root produces a very red juice.

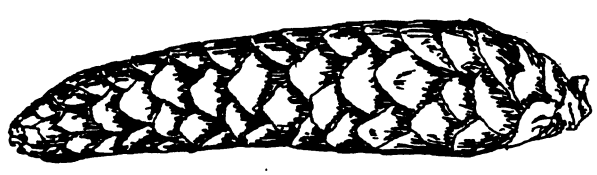
HABITAT - Found in rich woodlands and on cool, moist deciduous woodland slopes.

HARVEST - Rootstock at flowering time or in late summer or early fall.

USES - An extremely poisonous plant. Morphine is derived from it, and proper precautions should be taken. The drug is an emetic, laxative and emmenagogue. It has been used to treat chronic bronchitis. It was also used both as a sedative and a pain killer. When the roots are combined with white oak bark, a red dye results. People used to carry a piece with them to ward off evil spirits.



NEEDLES IN
BUNDLES OF 8



CONE

BLOODROOT

COMMON NAME - WHITE PINE

BOTANICAL NAME - Pinus strobus L.

OTHER NAMES - Eastern White Pine, Cork Pine, Weymouth Pine, Pattern Pine, Yellow Pine, Quebec Pine

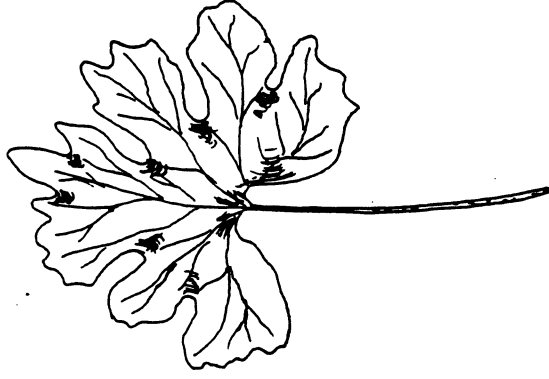
FRENCH NAME - Pin Blanc

DESCRIPTION - At one time one of our most predominant trees; 30 m. (100 ft.) high and a diameter of from .6 to .9 m. (2 to 3 ft.). The needles, in groups of 5, are slender and from 6 to 14 cm. (2 1/2 to 5 1/2 inches) long. The flowers, from May to June, are unisexual, male yellow, female pink to purple, both on the same trees. The cones are slender, often curved from .6 to 2.5 dm. (2 1/2 to 10 inches) long, containing many dark brown winged seeds 4 to 6 cm. (3/4 to 1 1/4 inches) long.

HABITAT - It is found on a number of sites but prefers a moist sandy soil.

HARVEST - Inner bark, rossed or natural. Balsam.

USES - The bark is used as an astringent and expectorant. The balsam has been used to produce white pine tar which has values as an antiseptic, expectorant, and a protective.



LEAF



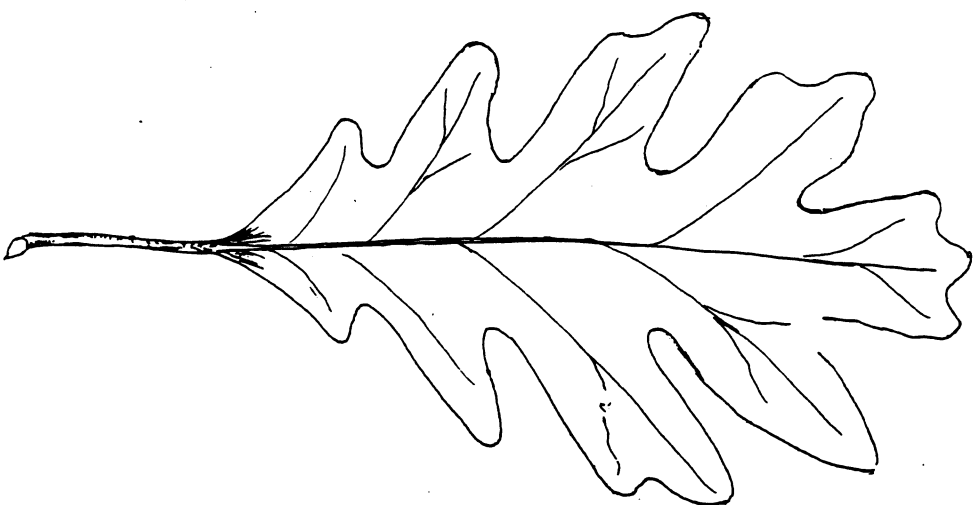
FLOWER



SEED

WHITE OAK

- COMMON NAME - BURDOCK
- BOTANICAL NAME - *Arctium minus* (Hill) Bernh.
- OTHER NAMES - Common Burdock, Smaller Burdock, Bardane, Wild Burdock, Cuckoo Button
- FRENCH NAME - Bardane
- DESCRIPTION - It is a 1 to 2.4 m. (3 to 8 ft.) biennial or perennial with a multitude of flowers. The leaves are large, wide and rounded, somewhat similar to rhubarb leaves. The flowers 1.5 to 2.5 cm. (5/8 to 1 inch) broad are tube-shaped and can be pale pink, deep purple or rarely white; these can protrude from an envelope of bracts surrounded by a pappus of barbed bristles. Flowers from July to September. The burs ripening in the fall, are big, round and bristly. The seed is an achene, 6 mm. (¼ inch) long, grey or ashy-brown and usually dark-mottled.
- HABITAT - Usually found on moist fertile soils. Very common in farm yards, fencerows, roadsides, waste places and stream banks.
- HARVEST - Roots in autumn of the plant's first year of growth. Seeds the second year of growth.
- USES - The plant is a diaphoretic, diuretic, alterative, and depurative. It has been used externally as a wash to relieve burns, skin irritations and minor wounds.



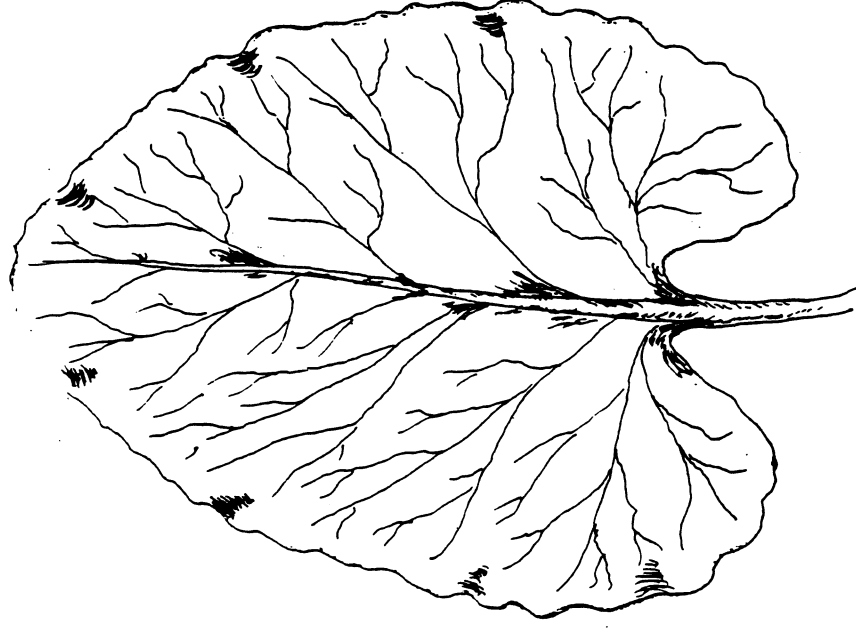
LEAF



ACORN

BURDOCK

- COMMON NAME - WHITE OAK
- BOTANICAL NAME - *Quercus alba* L.
- OTHER NAMES - English Oak, Stave Oak, Stone Oak, Tanner's Oak
- FRENCH NAME - Chêne Blanc
- DESCRIPTION - The tree is between 18 to 24 m. (60 to 80 ft.) high but can grow much higher. The bark is a light ashy-grey, variable in appearance, from loosely attached plates on young trees to narrow rounded ridges with deep fissures on old trees. The leaves from 12.5 to 23 cm. (5 to 9 inches) long are smooth, thin, short stemmed and usually divided into 7 to 9 smooth, rounded lobes. It flowers from May to June. The fruit, an acorn, is 2 to 4 cm. (3/4 to 1 1/2 inches) long.
- HABITAT - This tree has been introduced into this Province and is used as an ornamental. The Red Oak is our only native oak.
- HARVEST - Pollen, inner bark; bark from older trees should be collected in the spring.
- USES - The pollen is reportedly allergenic. Because the bark contains tannin, it is used as an astringent and antiseptic. A tea made from the bark was used to treat burns and sore mouth. A chartreuse dye is obtained from the bark.
- WARNING - THE FOLIAGE AND ACORNS OF ALL OAKS AFFECT THE KIDNEYS GRADUALLY. SYMPTOMS APPEAR ONLY AFTER SEVERAL DAYS OR WEEKS. IT TAKES A LARGE AMOUNT TO POISON A PERSON; HOWEVER CHILDREN SHOULD NOT BE ALLOWED TO CHEW ON THE ACORNS.



LEAF



FLOWER

COMMON NAME - BUTTERNUT

BOTANICAL NAME - Juglans cinerea L.

OTHER NAMES - White Walnut, Filnut, Oilnut, Lemonnut

FRENCH NAMES - Noyer Cendré, Arbre à Noix Longues

DESCRIPTION - A tree from 12 to 18 m. (40 to 60 ft.) in height with light grey bark divided into broad, flat ridges and deep furrows. The compound leaves have between 11 to 17 leaflets, opposite one another. The leaflets are from 5 to 8 cm. (2 to 3 inches) long with very short stems. The fruit is elliptical with pointed ends, 3.8 to 6.3 cm. (1 1/2 to 2 1/2 inches) long and can either appear in clusters of from 2 to 5 or singly. The husk of the fruit is sticky, strong-smelling, covered with hairs and contains an edible nut that has a hard, thick, deeply-furrowed shell.

HABITAT - The tree has been introduced into the Province as an ornamental. Found around homesteads and along lanes; also in the city, towns and villages.

HARVEST - The inner bark of the root any time of the year; leaves and nuts in the autumn.

USES - The inner bark has been used as a rubifacient and cathartic. The oil extracted from the edible nut is reportedly valuable in treating tape worms and fungus infections. A tea made from the bark and leaves has been used as a laxative.

WATER PEPPER



PLANT



FLOWERS

BUTTERNUT

COMMON NAME - WATER PEPPER

BOTANICAL NAME - Polygonum Hydropiper L.

OTHER NAMES - Arsmart, Biting Knotweed, Pepper Plant, Red Sharks, Smartweed

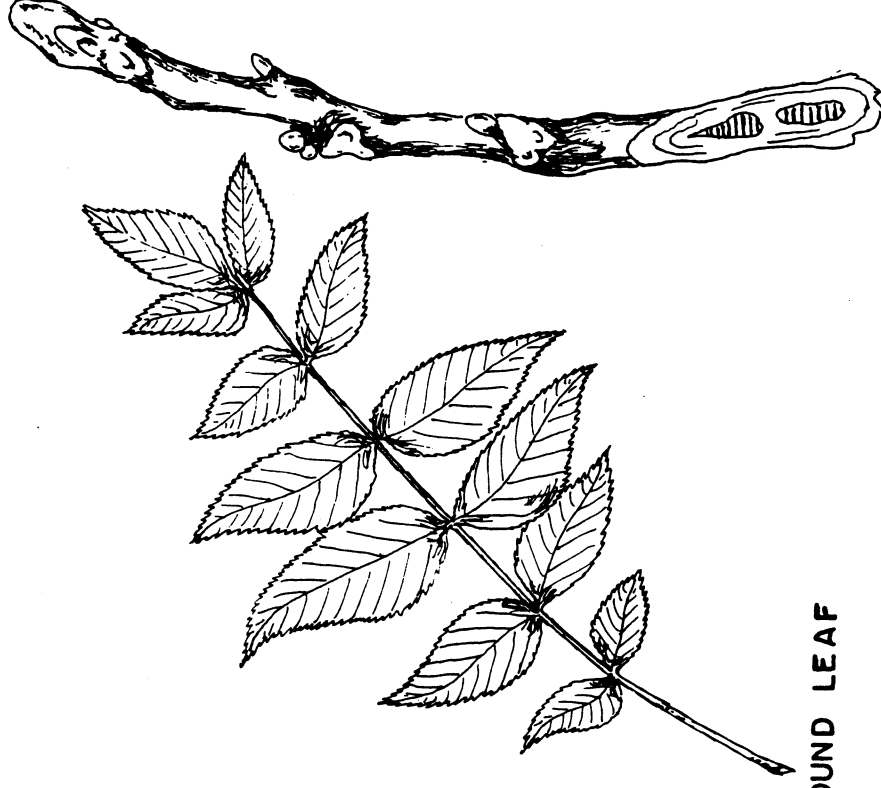
FRENCH NAMES - Ronouée Poivre-d'eau, Curage Renouée

DESCRIPTION - A 30 to 61 cm. (1 to 2 ft.) high annual that is erect and branched at the base. The stems of the plant are a reddish color. The leaves are narrow, lance-like, alternate with smooth margins, 2.5 to 10 cm. (1 to 4 inches) long. The plant produces many small greenish flowers from July to October. These flowers are formed close together on the ends of nodding, terminal spikes. The small, 1 to 3 mm. (1/32 to 1/8 inch) long, dark, nut-like seed ripens in the fall.

HABITAT - Common in lowlands, damp open ground, around ponds and streams, in damp gardens and waste places.

HARVEST - Herb.

USES - The herb is a diuretic and has been used in certain uterine disorders. In Europe it is used as a hemostatic drug to control internal and hemorrhoidal bleeding.

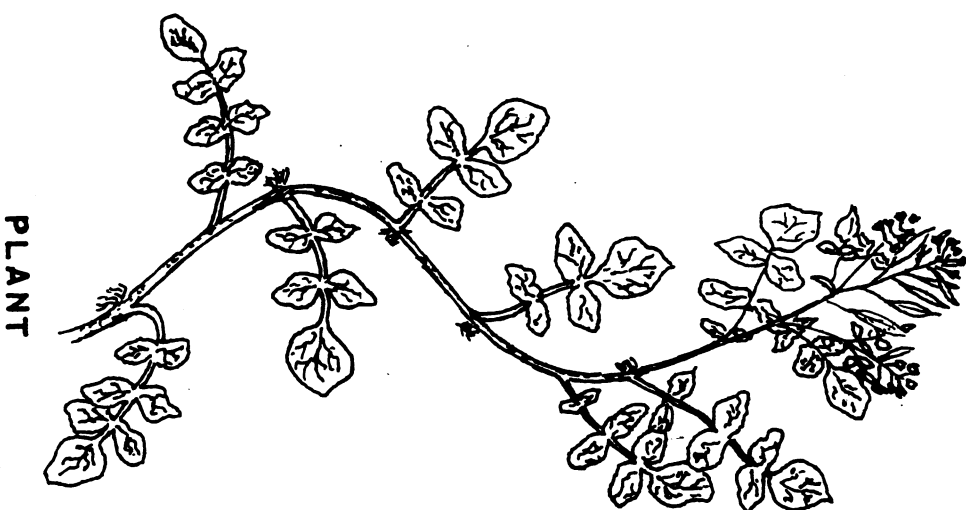


COMPOUND LEAF

WINTER TWIG

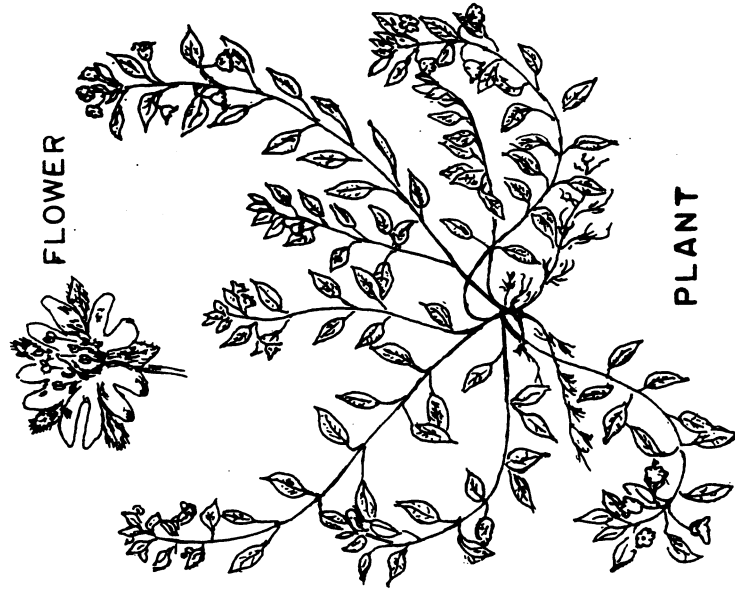
WATERCRESS

- COMMON NAME - CHICKWEED
- BOTANICAL NAME - *Stellaria media* L. Cyrillo
- OTHER NAMES - Common Chickweed, Adder's Mouth, Starwort, Satin Flower, Tongue Grass
- FRENCH NAMES - Stellaire Moyenne, Mouron Des Oiseaux
- DESCRIPTION - An annual that grows to about 30 cm. (1 ft.) in height. The stems are usually prostrate but are sometimes ascending. The leaves are oval and pointed, stalked and opposite, 0.5 to 4 cm. (1/4 to 1 1/2 inches) long; the upper leaves are sessile and highly variable. The solitary, small flowers have 4 to 5 star-shaped white petals that are 2-cleft. It flowers throughout the growing season.
- HABITAT - Generally found in gardens, waste land, thickets, deep woods, cultivated land and dooryards.
- HARVEST - The herb.
- USES - It has been classified as an expectorant, demulcent, and a refrigerant.



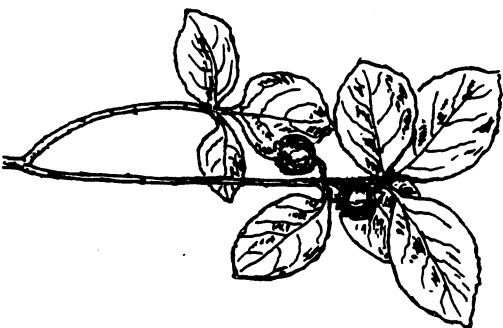
CHICKWEED

- COMMON NAME - WATERCRESS
- BOTANICAL NAME - *Nasturtium officinale* R. Br.
- OTHER NAMES - *Nasturtium*, True Watercress
- FRENCH NAMES - Cresson Officinal, Cresson, Cresson de Fontaine
- DESCRIPTION - A floating perennial with large stems that are freely rooting, thick and hollow. The leaves are alternate and pinnately divided into 3 to 11 roundish to oblong leaflets. The leaflets are entire. Its flowers, white in color and small, can be found from June to October.
- HABITAT - Has been introduced from Europe and can now be found in slow streams, brooks and ponds.
- HARVEST - Herb
- USES - This floating plant is widely used as an edible green. The leaves are very rich in vitamins A and C. In New Mexico the plant is eaten as a treatment for kidney and heart trouble and also crushed in cold water as a treatment for tuberculosis. In Europe it is used to increase urine flow and to combat rheumatism and bronchitis. Pregnant women are warned that its use might cause abortion.



TEABERRY

- COMMON NAME - CORALROOT
- BOTANICAL NAME - Corallorhiza trifida-Fern
- OTHER NAME - Crawleyroot, Dragon's Claws
- FRENCH NAME - Corallorhize Trifide
- DESCRIPTION - This plant is a perennial that lives on dead or decaying plant material. It has no green foliage. It produces a spike-like flowering stem 0.8 to 3 cm. (3 to 12 inches) high, with yellow, brown or purplish flowers arranged along the stem. It flowers from July to September. The underground stems are coral-like and clustered.
- HABITAT - Usually found in uplands, damp woods, thickets, swamps, coniferous and deciduous woods.
- HARVEST - Roots
- USES - The plant is a diaphoretic and is also used as a sedative.



PLANT



FLOWER

CORALROOT

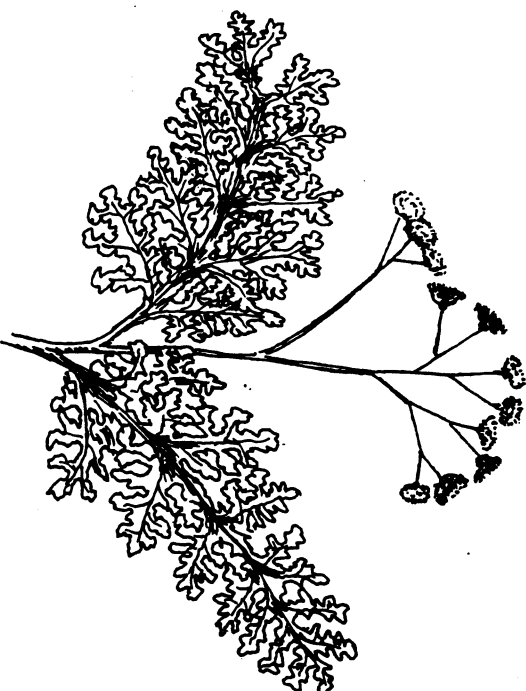
- COMMON NAME - TEABERRY
- BOTANICAL NAME - *Gaultheria procumbens* L.
- OTHER NAMES - Checkerberry, Boxberry, Wintergreen, Wax Cluster, Ground Holly, Ivory Plum
- FRENCH NAMES - Gaulthérie Couchée, Petit Thé de Bois
Thé de Bois
- DESCRIPTION - A low, creeping, aromatic evergreen shrub with 5 to 15 cm. (2 to 6 inches) long branches. The leaves are ovate, 1.6 to 5 cm. (5/8 to 2 inches) long, shiny green and waxy. The single white flowers are on an elongated axis, on short stems and flowers from June to August. They produce bright red berries that can be found in the fall or winter.
- HABITAT - Generally found in sterile woods and clearings, and dry wooded areas. It is associated with rhododendron, mountain laurel and other members of the heath family.
- HARVEST - Herb and leaves in the fall.
- USES - The plant is primarily a source of true wintergreen oil, which is used as a flavouring, counterirritant, astringent and carminative. A tea made from steeping young tender leaves makes a refreshing mint-flavoured drink.
- WARNING - WINTERGREEN OIL IS EXTREMELY POISONOUS IF TAKEN INTERNALLY.



FLOWERING PLANT

TANSY

- COMMON NAME - CURLED DOCK
- BOTANICAL NAME - *Rumex crispus* L.
- OTHER NAMES - Curley Dock, Bitter Dock, Sour Dock, Garden Patience, Yellow Dock
- FRENCH NAME - Rumex Crépu
- DESCRIPTION
- A perennial that grows to a height of 1.5 m. (5 ft.). The leaves are large 15 to 30 cm. (6 to 12 inches) in length, linear and curly-edged. A yellow to green flower is produced in loosely branched groups, flowering from June to September. Dense spikes of winged, brownish triangular seeds are produced in the fall.
- HABITAT
- Can be found in pastures, fields and waste lands.
- HARVEST
- Leaves, roots in late summer and fall.
- USES
- The roots of this plant are reportedly valuable as an astringent and a mild laxative. The roots were placed in vinegar and the wash used to treat ringworm. The leaves were used in a poultice to treat hives. The roots are also used to produce a yellow dye.



PLANT

CURLED DOCK

COMMON NAME - TANSY

BOTANICAL NAME - *Tanacetum vulgare* L.

OTHER NAMES - Bitter Buttons, English Cost, Ginger Plant,
Golden Buttons, Hind Heal, Parsley Fern

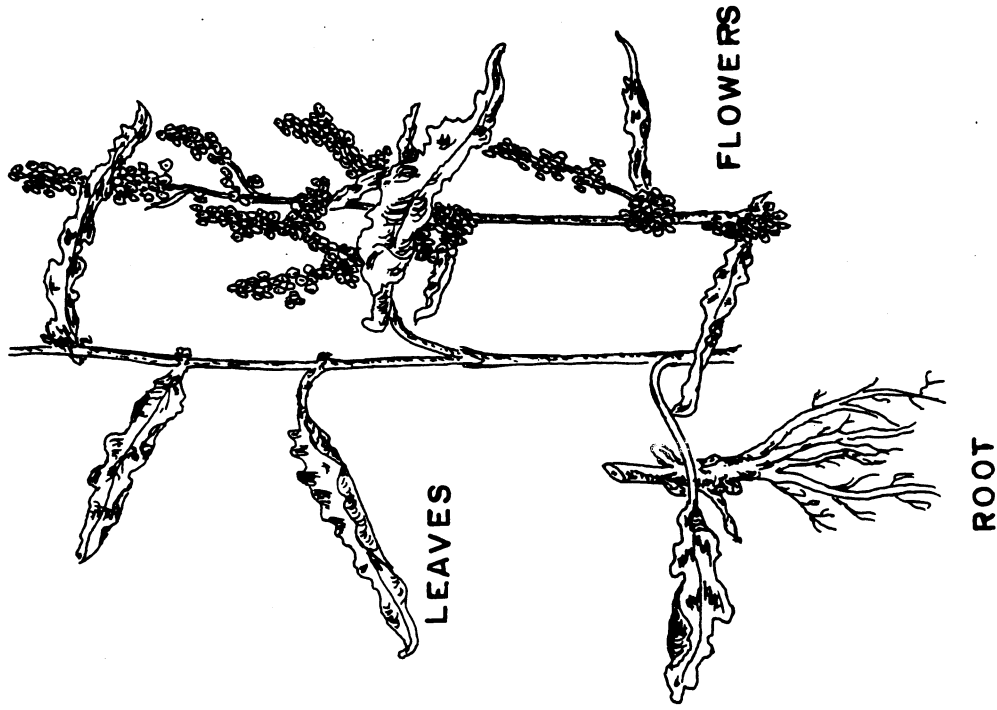
FRENCH NAMES - Tanaise, Tanaise Vulgaire

DESCRIPTION - A 0.5 to 1 m. (1 1/2 to 3 ft.) high perennial with erect, unbranched stems that grow in clumps. The leaves are fern-like, pungent, aromatic, alternate. The yellow flowers resemble small, flat buttons 0.6 to 1.3 cm. (1/4 to 1/2 inch) broad, growing in groups at the top of the plant. It flowers from July to September.

HABITAT - This plant has been introduced into the Province from Europe and is now found along roadsides and on borders of fields.

HARVEST - The plant.

USES - The plant has been used as an anthelmintic, emmenagogue, and stomachic. The dried flower heads are often used in floral arrangements. A solution made from boiling the leaves was used in treating sprains and was also used on the legs of tired horses.



SWEET FERN

COMMON NAME - DOGBANE

BOTANICAL NAME - Apocynum androsaemifolium L.

OTHER NAMES - Bitter-root, Fly Trap, Honey Bloom, Indian Hemp, Wild Ipecac

FRENCH NAMES - Apocyn à feuilles d'Androsème, Herbe à la Puce

DESCRIPTION - A perennial that grows from 1 to 2 m. (3 to 6 ft.) in height, and is widely spread from the horizontal rootstock. The leaves are opposite and nearly sessile. The flowers from 6 to 12 mm. (1/4 to 1/2 inch) broad, are whitish, oval and appear from June to August. The double pods 10 to 15 cm. (4 to 6 inches) long are slender. The seeds are 2 mm. (1/16 inch) in diameter. The plant produces a milky juice.

HABITAT - Found in open woods, roadside banks, meadows, thickets and stream banks.

HARVEST - Roots and underground stem in late autumn.

USES - The above parts have been used as a cardioactive drug. Has also been used as a tonic, diuretic and a purgative.

WARNING - THIS PLANT IS EXTREMELY POISONOUS.



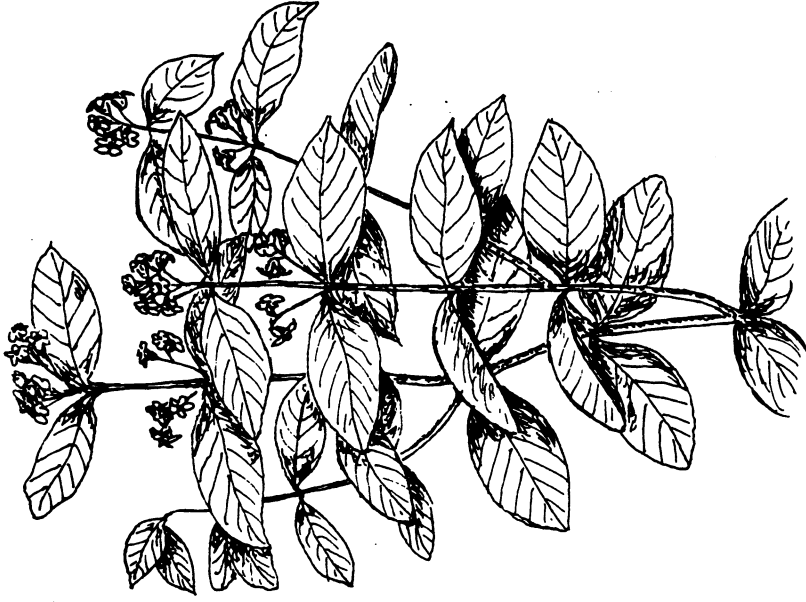
PLANT



FLOWER

DOGBANE

- COMMON NAME - SWEET FERN
- BOTANICAL NAME - *Comptonia peregrina* L. Coult.
- OTHER NAMES - Canadian Sweetgale, Fernbush, Ferngale, Meadow Fern, Spleen Fern, Sweet Bush, Sweet Ferry
- FRENCH NAME - Comtonie Voyageuse
- DESCRIPTION - This shrub is a sweet-smelling, many-branched perennial that will grow up to 1 m. (3 ft.) in height. The smaller branches are slightly hairy. The leaves are alternate, 7.5 to 15 cm. (3 to 6 inches) long, linear and deeply cleft. The catkins, 1.3 to 2.5 cm. (1/2 to 1 inch) in diameter, produce fuzzy pistillate flowers during May or June. The nutlets are shiny brown about 6 mm. (1/4 inch) long.
- HABITAT - Found in open and sterile woodlands, clearings, pastures and dry woods.
- HARVEST - Leaves.
- USES - The United States Dispensary states that the brew made from boiled leaves is used to treat diarrhea. It has also been used in the treatment of the rash caused by coming in contact with Poison Ivy.



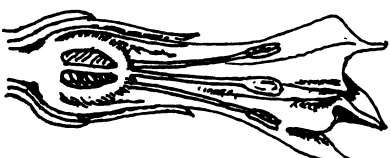
PLANT

STINKWEED

- COMMON NAME - FLAGROOT
- BOTANICAL NAME - Acorus Calamus L.
- OTHER NAMES - Sweet Sedge, Sweet Root, Pine Root, Sweet Cane, Beewort, Calamus
- FRENCH NAMES - Acorus Ruseau, Redote, Belle-Angélique
- DESCRIPTION - The plant is a perennial with long, 0.5 to 1 m. (2 to 3 ft.), narrow, sharp-edged leaves that have a distinctive fragrance. The flower stalk, appearing about halfway up the leaf is 5 to 7.5 cm. (2 to 3 inches) long and club-like. The stalk is covered with tiny crowded greenish-yellow flowers, in June and July. The plant has a creeping underground stem.
- HABITAT - Generally found in swamps, edges of streams, marshes and pond margins.
- HARVEST - Underground stems in early spring or roots in early fall, plant.
- USES - This plant has many uses ranging from a flavouring agent and insecticide to a tonic. The root when chewed was used to clear the throat and to cure stomach gas. The powdered or ground plant was used in sachets.



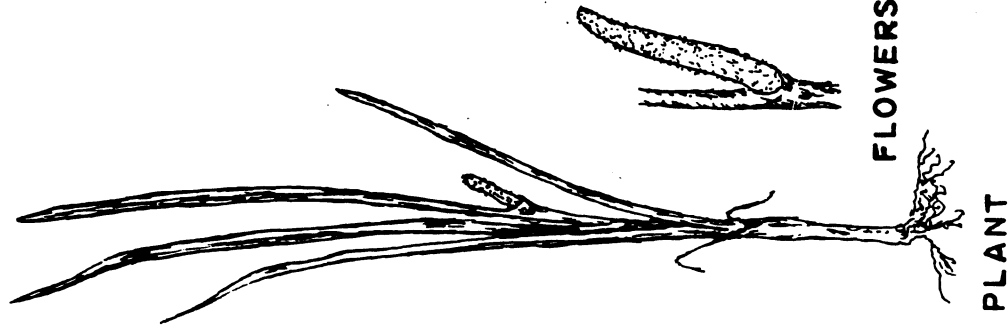
PLANT



FLOWER

FLAGROOT

- COMMON NAME - STINKWEED
- BOTANICAL NAME - Datura Stramonium L.
- OTHER NAMES - Jimsonweed, Apple of Peru, Devil's Trumpet, Mad Apple, Thorn Apple
- FRENCH NAMES - Herbe aux Sorciers, Pome Epineuse, Datura Stramoine
- DESCRIPTION - An ill-smelling annual that grows between .3 to 1.5 m. (1 to 5 ft.) high. The leaves are broad, unevenly-large toothed. The flowers are long 7 to 10 cm. (2 3/4 to 4 inches), pale blue or white, in the stem forks. Blooms from July to October. The seeds are in a prickly capsule.
- HABITAT - Generally found on the edges of woodlands, fields, roadsides and waste grounds.
- HARVEST - Leaves and tops when plant is in flower and seeds.
- USES - The plant is used as an antispasmodic, antiasthmatic, and anodyne sedative. The dried leaves are frequently mixed with saltpeter and burned in a treatment for asthma. A poultice made from the blossoms was used to treat wounds and kill pain. Dried leaves were smoked in a pipe to relieve asthma. In the southwest, the plant is used by Zuni Indians as a hallucogenic. In Europe, it is used to treat pulmonary disease, nervous affliction and nymphomania. Legend has it that the Delphic Oracle inhale smoke from burning leaves to induce visions.
- WARNING - THIS PLANT IS EXTREMELY POISONOUS.



SPRUCE

COMMON NAME - GROUND JUNIPER

BOTANICAL NAME - Juniperus communis L.

OTHER NAMES - Common Juniper, Dwarf Juniper, Juniper, Juniper Bush, Gorst

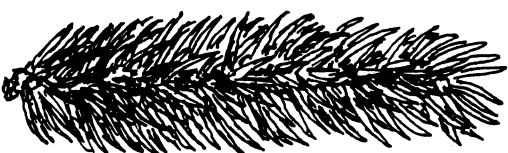
FRENCH NAMES - Genévrier commun, Genévrier

DESCRIPTION - A small evergreen shrub, very seldom exceeding 6 m. (20 ft.) in height, low and spreading or upright. The bark is reddish-brown and shreddy. The needles, 12 to 21 mm. (1/2 to 7/8 inch) in length, are straight, sharp-pointed and at right angles to the stem. It flowers from May to June. The fruit is round, dark purple, fleshy and berry-like, about 6 mm. (1/4 inch) in diameter.

HABITAT - Can be found in both softwood and hardwood areas where the soil is fairly dry.

HARVEST - Fruit in fall and winter.

USES - The fruit is used commercially in flavouring gin and has value as a diuretic and urinary antiseptic. In Europe, it is used to treat arteriosclerosis.



TWIG WITH NEEDLES



CONE

GROUND JUNIPER

- COMMON NAME - SPRUCE
- BOTANICAL NAME - Picea Spp.
- OTHER NAMES - White Spruce, Red Spruce, Black Spruce, Yellow Spruce, Cat Spruce
- FRENCH NAME - Épinette
- DESCRIPTION - A tree that reaches a height of over 30 m. (100 ft.) and a diameter of over 6.1 dm. (2 ft.). The needles are short, single, 4-sided; stiff and sharp-pointed. It flowers from May to June and the flowers are unisexual; male bright red, female green to purple. The pendant cones from 2 to 5 cm. (3/4 to 2 inches) long, ripening from late August to November, contain many small winged seeds.
- HABITAT - Found throughout the Province in pure stands or mixed with other conifers and broadleaved trees.
- HARVEST - Balsam and needles.
- USES - The balsam when heated and applied to a wound acts as a vulnerary. The juice from the boiled needles was fermented and made into a beer.



PLANT

COMMON NAME - HEMLOCK

BOTANICAL NAME - *Tsuga canadensis* L. Carr.

OTHER NAMES - Eastern Hemlock, Canadian Hemlock, Hemlock Spruce, White Hemlock

FRENCH NAMES - *Tsuga du Canada, Pruche*

DESCRIPTION - One of our largest conifers, reaching a height of over 21 m. (70 ft.) and a diameter of up to 60 cm. (2 ft.). The needles, 10 to 12 mm. (3/8 to 1/2 inch) long are flat, stalked and appearing 2-ranked on the twig. The flowers, appearing in May, are unisexual; male yellow, female pale green on the same branch. The fruit is an upright brownish cone.

HABITAT - In this Province, it is generally associated with white pine, red and white spruce, balsam fir and various hardwoods.

HARVEST - Bark, resin collected by cutting tree trunk.

USES - The bark is high in tannic acid which makes it also a strong astringent. The resin is used as a mild rubefacient, and veterinary liniment.

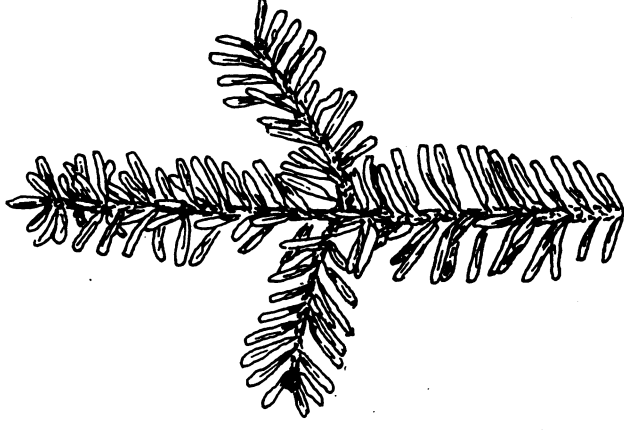
SPEARMINT



PLANT

HEMLOCK

- COMMON NAME - SPEARMINT
- BOTANICAL NAME - *Mentha spicata* L.
- OTHER NAMES - Brown Mint, Common Mint, Garden Mint, Lady's Mint, Sage of Bethlehem, Scotch Mint
- FRENCH NAME - Baume
- DESCRIPTION - A perennial that grows to 1 m. (3 ft.) in height; leaves are oblong, lance-like, unequally serrate, rounded at the base, about 5 cm. (2 inches) long. The flowers, from June to October are pinkish or pale violet, occurring in long spikes in the upper axils and terminally.
- HABITAT - This plant has been introduced into the Province from Europe and can now be found in wet places near settlements.
- HARVEST - Flowering top and leaves.
- USES - It was used as a carminative, antiemetic, refrigerant and for flavouring. It was also used to treat colic.



TWIG WITH NEEDLES

CONE

SOLOMON'S SEAL

COMMON NAME - INDIAN ROOT

BOTANICAL NAME - *Aralia racemosa* L.

OTHER NAMES - American Spikenard, Life-of-Man, Old Man's Root, Pigeon Weed, Pretty Morrel

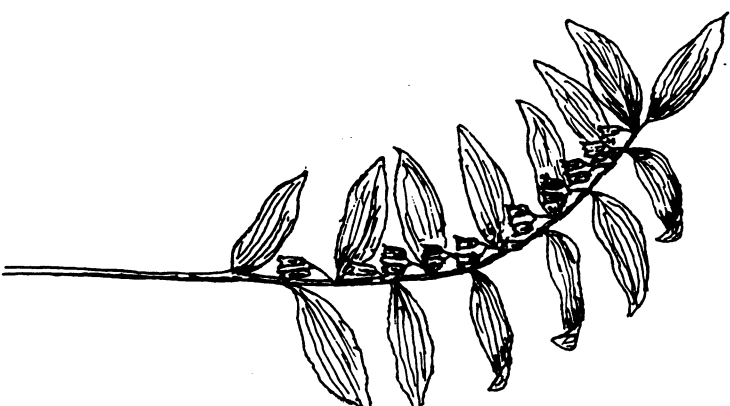
FRENCH NAMES - Aralie à Grappes, Anis Sauvage, Grande Salsepareille

DESCRIPTION - A 0.3 to 3 m. (1 to 9 ft.) high perennial with a single leaf stalk. The leaf is divided into three parts, each with 5 leaflets. The leaf is heart-shaped or oval, double-toothed and pointed. The elongated flowering stock contains small greenish-yellow flowers in cluster and blooms from June to August. A purple or black berry is produced in the early fall.

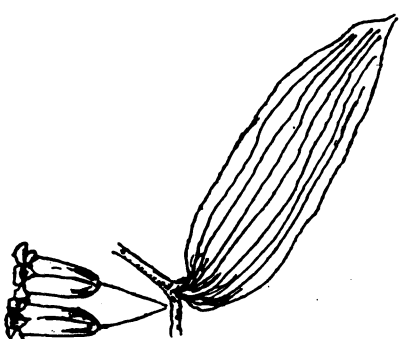
HABITAT - Found in deep woods and on river banks.

HARVEST - Roots in summer and fall.

USES - The roots and the underground stems have been used to treat rheumatism, syphilis, coughs and shortness of breath. At one time a tea made from the roots was used for backache.



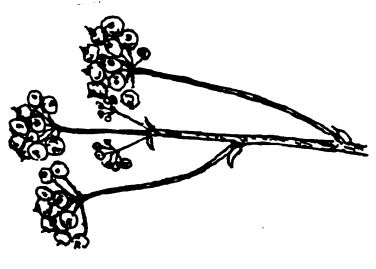
PLANT



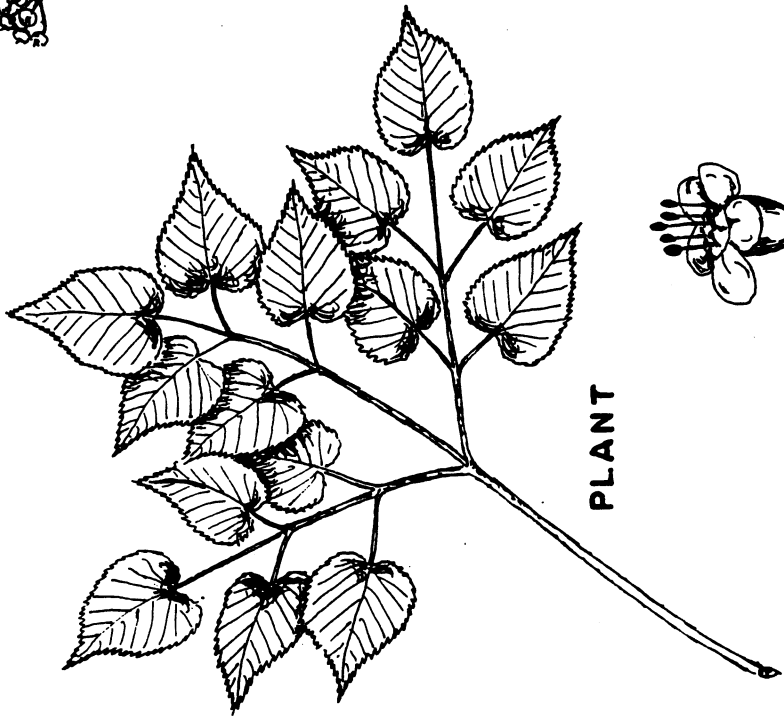
FLOWERS

INDIAN ROOT

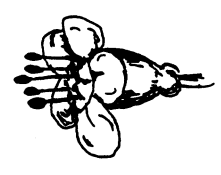
- COMMON NAME - SOLOMON'S SEAL
- BOTANICAL NAME - Polygonatum biflorum (Walt.) Ell.
- OTHER NAMES - Sealwort, Small Solomon's Seal, Conquer-John, Dwarf Solomon's Seal
- FRENCH NAME - Sceau-de-Solomon
- DESCRIPTION - A perennial that grows to 1 m. (3 ft.) in height. The small bell-shaped flowers hang from the axils of the leaves and can be anywhere from 1 to 4 in number. The leaves are about 10 cm. (4 inches) long and 5 cm. (2 inches) wide, hairy below. The flowers, from May to June, produce a globular, black or blue berry.
- HABITAT - Can be found in moist, sandy loam areas and is associated with deciduous woodlands.
- HARVEST - Root in fall.
- USES - The roots are mildly astringent, diuretic, emetic and tonic.



FRUIT



PLANT



FLOWER

SNAKEHEAD

COMMON NAME - LAMB'S QUARTERS

BOTANICAL NAME - *Chenopodium album* L.

OTHER NAMES - Pigweed, Fat-Hen, White Goosefoot

FRENCH NAMES - Chenopode Blanc, Chou Gras

DESCRIPTION - Annual spreading by seeds. 0.3 to 1.75 m. (1 to 6 ft.) high, branched, ridged, green or sometimes purple-striped. Leaves alternate, stalked, somewhat triangular, margins coarsely toothed but sometimes nearly entire, lower surface grayish-green and covered with mealy particles; flowers small, greenish, densely crowded in the leaf axils and at the stem tips, without petals; seeds small 1.25 mm. (1/20 inch) in diameter, frequently covered by a thin white papery envelope, flowering from June to September.

HABITAT - Found in cultivated land, grain fields, gardens, roadsides, waste places. Very common and vigorous in well-manured fields.

HARVEST - Leaves.

USES - Used as a substitute for spinach. A good source of Vitamin "A". Readily eaten by livestock. Plants with reddish patches on the leaves should be avoided by those utilizing the plant as a vegetable.



PLANT



FLOWERS

LAMBS QUARTERS

COMMON NAME - SNAKEHEAD

BOTANICAL NAME - *Chelone glabra* L.

OTHER NAMES - White Turtlehead, Balmony, Fishmouth, Shellflower, Snakemouth

FRENCH NAMES - tête de Tortue, Galane Glabre

DESCRIPTION - A 1 m. (3 ft.) high perennial whose leaves are opposite, narrow, from 5 to 16.5 cm. (2 to 6 1/2 inches) long. Its flowers are rose-white, about 2.5 cm. (1 inch) long. A pale beard-like structure is found within the turtlehead flower tube, flowering from August to October.

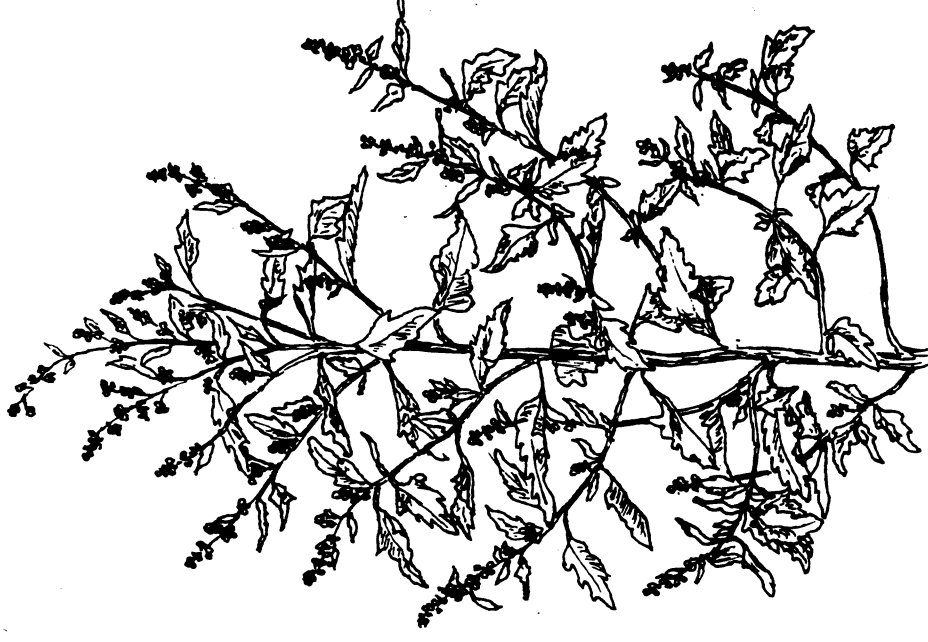
HABITAT - Found on low grounds, woodland, margins of streams and wet thickets.

HARVEST - Plant at flowering time and the leaves in spring.

USES - The leaves and plant itself have been used for reducing inflammation, and as an anthelmintic and tonic.



SEED



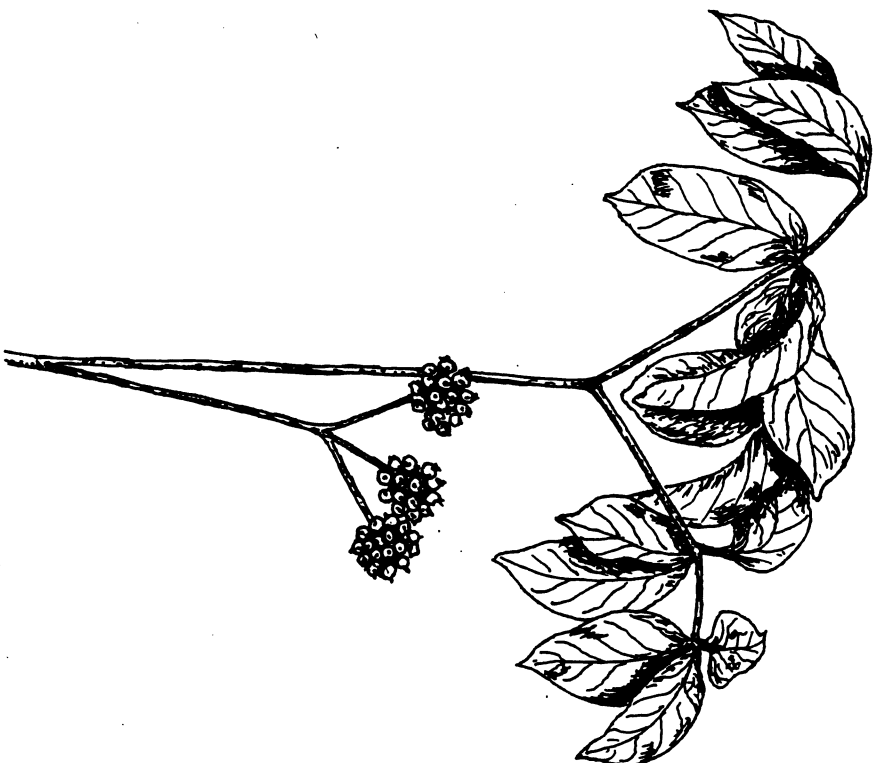
PLANT



LEAF

SARSAPARILLA

- COMMON NAME - MASTERWORT
- BOTANICAL NAME - *Angelica atropurpurea* L.
- OTHER NAMES - Purple Stem, Angelica, Alexanders, Bellyache Root, Dead Nettle, Archangel
- FRENCH NAME - Angélique Noir-Pourprée
- DESCRIPTION - A shrub with a purplish stem that will grow to a height of 2 m. (7 ft.). At the tip of each leaf stem appear three saw-toothed leaves that are alternate and compound. The leaflets are up to 1.5 dm. (6 inches) long. At the end of each leaf stalk occur clusters of white or greenish flowers. The stalks and clusters are arranged in a semi-circle; flowers from June to August.
- HABITAT - Found mostly in cultivated gardens, in rich low grounds and near streams and swamps.
- HARVEST - Roots in fall; stem.
- USES - The plant contains a volatile oil that is used as a flavouring agent and in treating colic and flatulence. A confection prepared by sweetening the boiled stems is considered a gourmet favourite. In Europe a root infusion is used to treat dyspepsia and stomach ailments. It was also considered a diuretic and an expectorant.



LEAVES AND BERRY CLUSTERS

MASTERWORT

COMMON NAME - SARSAPARILLA

BOTANICAL NAME - *Aralia nudicaulis* L.

OTHER NAMES - Rabbit's Foot, Shotbush, Small Spikenard, Spikeweed, Sweetroot, Wild Licorice

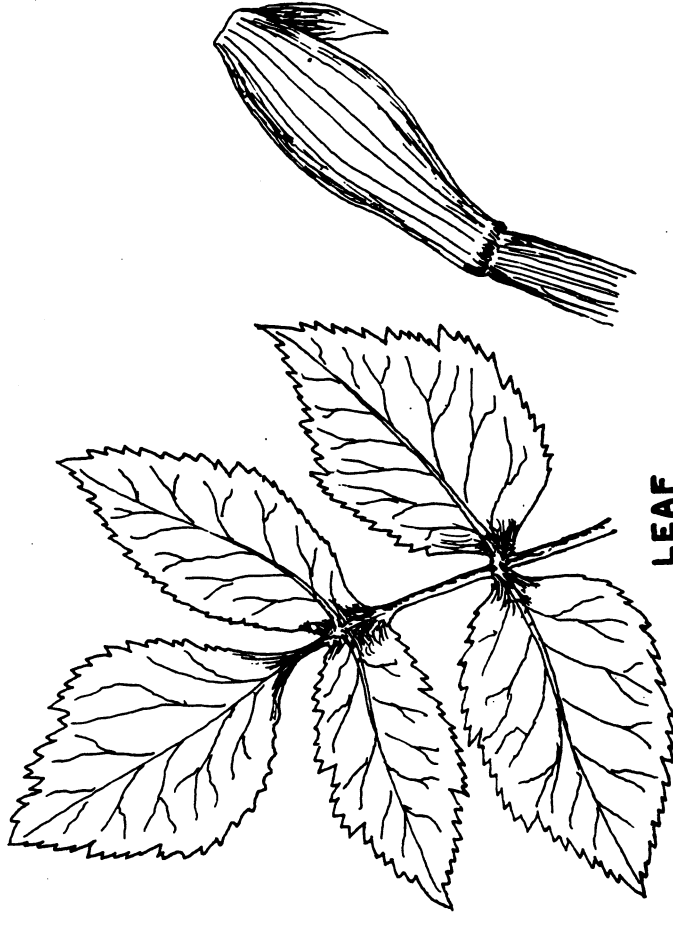
FRENCH NAMES - Salsepareille, Aralie à Tige Nue

DESCRIPTION - A perennial with a short stem generally up to 30 cm. (1 ft.) in height. The flowers from May to July, are small and greenish-yellow, generally in three clusters of from 12 to 30 flowers on the stalk. The berry-like fruit are about 6 mm (1/4 inch) in diameter and purplish-black.

HABITAT - Generally found in all types of woodlands.

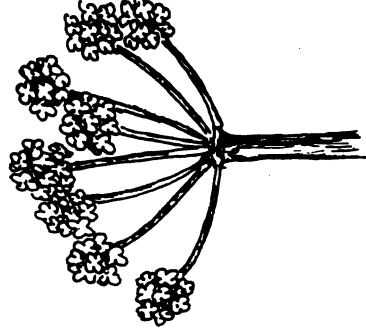
HARVEST - The roots in late summer and fall. Berries.

USES - The roots and underground stems have been used as a diuretic, diaphoretic and cough remedy. The berries were used for making wine. A solution made from the roots was rubbed on the legs of tired horses.



LEAF

SEED CONTAINER



FLOWERS

- COMMON NAME - MILKWEED
- BOTANICAL NAME - *Asclepias syriaca* L.
- OTHER NAMES - Cottonweed, Common Milkweed, Silkweed, Wild Cotton, Common Silkweed
- FRENCH NAMES - *Asclépiade* Commune, Herbe À Coton, Chochons de Lait, Petits Cochons

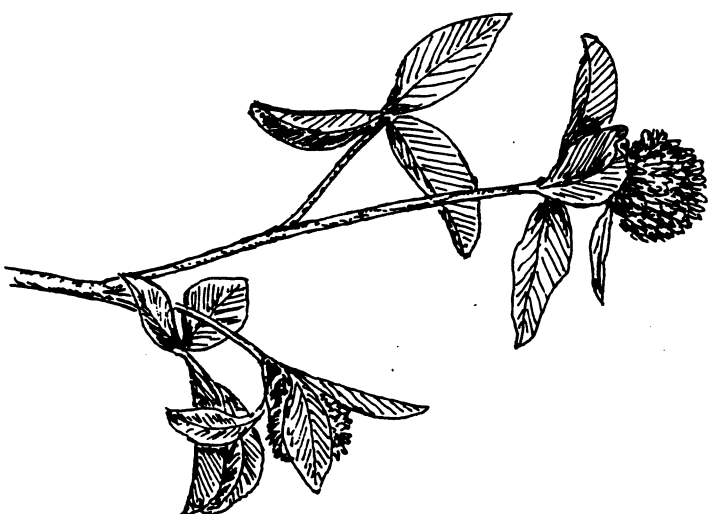
DESCRIPTION - A 1 to 1.5 m. (4 to 5 ft.) perennial whose leaves are broad, oval, opposite or whorled, pubescent below, from 10 to 20 cm. (4 to 8 inches) long. The flowers, 6 to 9 mm. (1/4 to 3/8 inch) long are clustered in heads and are dull greenish-purple in color and very fragrant. Flowers in late June and July. The pods, 8 to 10 cm. (3 to 4 inches) long, contain many seeds.

HABITAT - Found in pastures, grain fields, roadsides, fencerows and waste places.

HARVEST - The roots in the autumn.

USES - This plant has been used as an expectorant, antirheumatic, diaphoretic and diuretic. It is also the source of glucoside and alkaloid. It has been used in treating warts. The plant contains a white juice which is very irritating to the eyes.

RED CLOVER



PLANT

MILKWEED

- COMMON NAME - RED CLOVER
- BOTANICAL NAME - *Trifolium pratense* L.
- OTHER NAMES - Broadleaved Clover, Cow Clover, Sweet Clover, Purple Clover, Meadow Clover
- FRENCH NAMES - Trèfle des Prés, Trèfle Rouge
- DESCRIPTION - The plant, with ascending stems 0.5 to 4 dm. (2 to 16 inches) high, is a biennial or perennial legume, with long petioled, tri-foliolate leaves, each with 3 oval-shaped leaflets 1 to 3 cm. (3/8 to 1 1/4 inches) in length. The round or ovate flower heads are dense and rose colored; flowering from June to September.
- HABITAT - Found on roadsides, in fields and meadows.
- HARVEST - Flowers and plant.
- USES - The flowers of this plant are therapeutically used as an antispasmodic, expectorant, sedative and vulnerary. The United States Dispensatory reports that the flowers have been used in some anti-asthma cigarettes. In Central Europe, the plant has been used to regulate digestive functions, to improve appetite and to treat liver ailments.



PLANT

FLOWER

COMMON NAME - MOUNTAIN ASH

BOTANICAL NAME - Sorbus americana-Marsh

OTHER NAMES - Dogberry, Rowan Tree, Service Tree, American Mountain Ash, Witchwood

FRENCH NAMES - Sorbier d'Amérique, Cormier, Maska

DESCRIPTION - A shrub or small tree rarely exceeding 9 m. (30 ft.) in height. The compound leaves consist of from 11 to 17 narrow, pointed, serrated leaflets from 2.5 to 7.6 cm. (1 to 3 inches) long. The white flowers, 6 mm. (1/4 inch) broad, appear in May or June in dense, round or flattish clusters. The berry-like fruit 6 mm (1/4 inch) in diameter are bright red and glossy.

HABITAT - Generally found in coniferous woodlands, waste areas, along shorelines and are often planted ornamentally.

HARVEST - Bark and fruit.

USES - Bark preparations have been used for biliousness. The berries have been used to treat scurvy and as a vermifuge. A tasty jam or jelly is also made from the berries.

PUSSY WILLOW



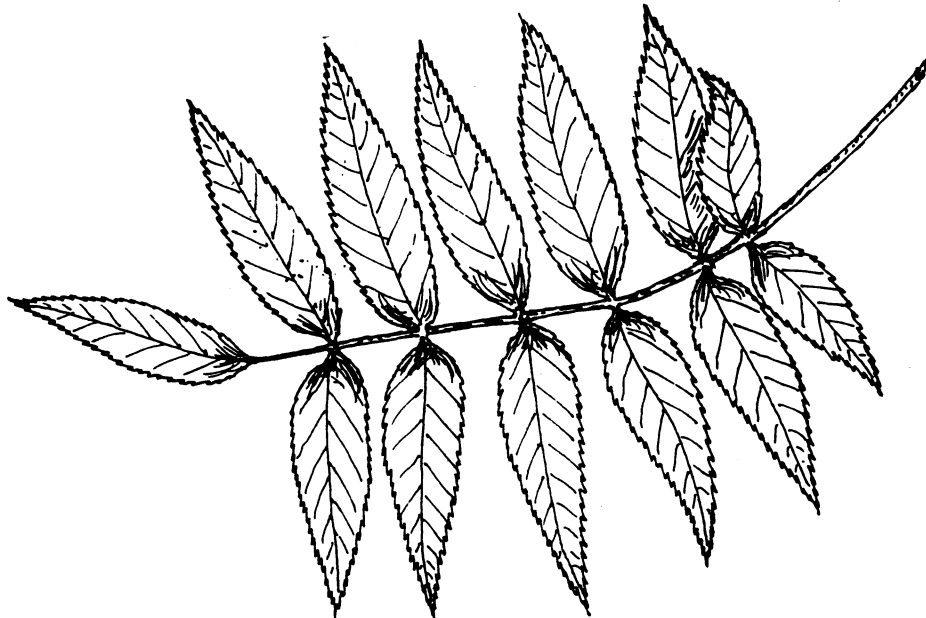
LEAF



WINTER TWIG

MOUNTAIN ASH

- COMMON NAME - PUSSY WILLOW
- BOTANICAL NAME - *Salix nigra* Marsh.
- OTHER NAMES - Black Willow, Willow, Swamp Willow
- FRENCH NAME - Saule Noir
- DESCRIPTION - A tree that grows to a height of 15 m. (50 ft.) but is capable of growing much higher. The leaves are narrow, 2 cm. (3/4 inch), quite long 7.6 to 15 cm. (3 to 6 inches), alternate, sharp-pointed, finely-toothed and short-stemmed. The twigs are slender, reddish-brown with black buds in the winter. It produces male and female flowers in separate catkins from May to June. The male catkins are from 2.5 to 5 cm. (1 to 2 inches) long while the female catkins are from 4 to 7.6 cm. (1 1/2 to 3 inches) long.
- HABITAT - Found on banks of streams, lake shores, and in rich, low woods.
- HARVEST - Buds and bark from 2 or 3 year old branches in the spring.
- USES - The bark and buds are reportedly an expectorant, hemostatic, astringent and tonic. The bark has been used in a tea to break up fever.



COMPOUND LEAF



WINTER TWIG

POISON IVY

COMMON NAME - MOUNTAIN MAPLE

BOTANICAL NAME - *Acer spicatum* Lam.

OTHER NAMES - White Maple, Dwarf Maple, Low Maple, Spiked Maple

FRENCH NAMES - Erable à Epis, Plaine Bâtarde, Erable Fouéreau

DESCRIPTION - A small bushy tree or shrub rarely more than 7.6 m. (25 ft.) in height or more than 8 cm. (3 inches) in diameter. The leaves are simple, opposite, thin, downy beneath, 3 to 5 lobed with shield-shaped teeth. Its flowers, from June to July, are small, on upright, narrow spikes 8 to 14 cm. (3 to 5 1/2 inches) long. The fruit is a pair of red or yellow winged samaras, 1.6 to 2.5 cm. (5/8 to 1 inch) long, maturing in the fall.

HABITAT - It prefers rich soils around streams and seems to require a certain amount of shade, for it is seldom found in the open except on recently cut-over woodlands.

HARVEST - Bark.

USES - The bark of this plant was used as an anthelmintic, tonic and ophthalmatic. At one time the bark was used to make a rose-tan dye.

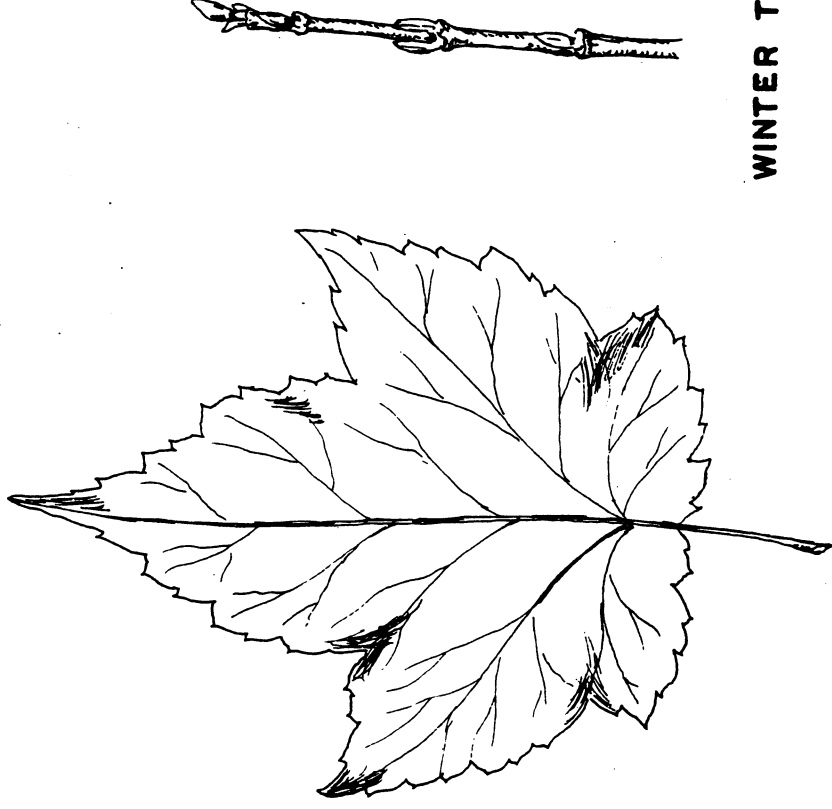


FLOWERING PLANT

BERRIES

MOUNTAIN MAPLE

- COMMON NAME - POISON IVY
- BOTANICAL NAME - *Rhus radicans* L.
- OTHER NAMES - Stinging Ivy, Poison Berry, Mercury, Markry, Cowitch
- FRENCH NAMES - Sumac Grim pant, Herbe à la Puce, Bois de Chien
- DESCRIPTION - In this Province this shrub is generally low and erect. Its leaves are shiny green and divided into three somewhat four-sided leaflets. The leaf stalk is 2 to 10 cm. (3/4 to 4 inches) long. The flowers are small greenish or yellowish-white, some perfect, others unisexual, in loose clusters in the axils of the leaves, in June or July. The somewhat berry-like fruit are small, globular and dun-colored.
- HABITAT - Generally found in moist woodlands but can also be found in bogs and near seashores.
- HARVEST - All parts of the plant.
- WARNING - THIS PLANT CONTAINS AN OIL THAT IS VERY IRRITATING TO THE SKIN OF HUMANS. EVEN THE SMOKE FROM THE BURNING PLANT WILL IRRITATE SKIN. IT IS REPUTED TO BE ESPECIALLY HARMFUL DURING THE NIGHT, OR ANYTIME IN EARLY SUMMER WHEN THE SUN IS NOT SHINING ON IT.



WINTER TWIG

LEAF

- COMMON NAME - MULLLEIN
- BOTANICAL NAME - Verbascum Thapsus L.
- OTHER NAMES - Aaron's Rod, Indian Tobacco, Blanket Leaf, Flannel Plant, Ice Leaf, Velvet Plant
- FRENCH NAMES - Bonhomme, Tabac du Diable, Bouillon Blanc, Molene Vulgaire

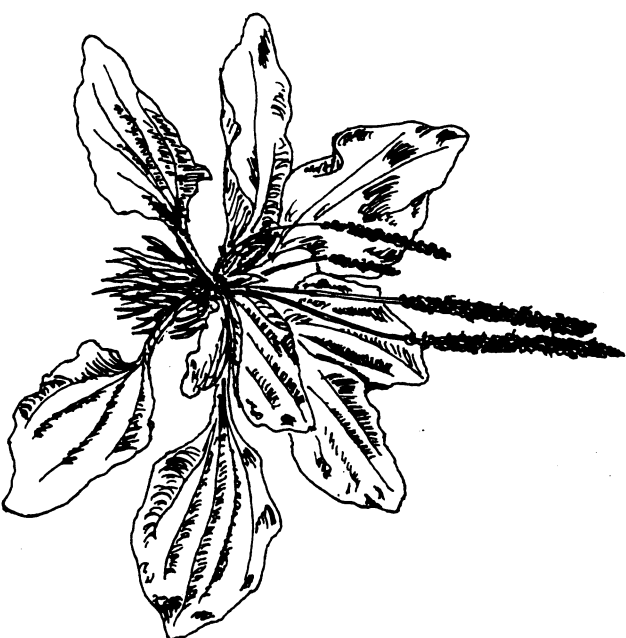
DESCRIPTION - An unbranched, weedy, biennial that grows to a height of 2 m. (7 ft). The leaves are quite soft and hairy and to the touch feels somewhat like velvet. The flowers, 1.6 to 2.5 cm. (5/8 to 1 inch) broad are densely arranged along a club-like spike at the top of the plant. They are yellow in color and can be found from June to September.

HABITAT - Found mainly in fields, gravelly banks, waste lands, roadsides, embankments, pastures and meadows.

HARVEST - Leaves and flowers when open.

USES - Both the leaves and flowers are classed as astringent, antitussive, respiratory sedative, antifungal and anodyne. A tea made from the leaves was used for colds. The Greeks and Romans dipped the dried stalks in wax for candles. The Spanish people of New Mexico smoked the dried leaves wrapped in corn husks as a treatment for asthma.

PLANTAIN



PLANT

MULLEIN

- COMMON NAME - PLANTAIN
- BOTANICAL NAME - Plantago Spp. L.
- OTHER NAMES - Plantago, Ribgrass, Ribwort, Flea Seed, Black Psyllium, Indian Plantago
- FRENCH NAMES - Plantain Majeur, Queue de Rat
- DESCRIPTION - A perennial with a thick rootstalk fixed firmly in the soil by many tough, strong roots; spreading by seeds. The leaves, in a basal rosette, are dark green and dull, erect or prostrate, oval, entire or sometimes with a few coarse teeth. Flowers are small and inconspicuous greenish and grouped in narrow, bluntish spikes on leafless stems.
- HABITAT - Found in pastures, meadows, cultivated land, gardens, lawns, roadsides and waste places.
- HARVEST - Seeds and leaves.
- USES - The seeds were used as a bulk laxative. Soaking the seeds in water causes them to exude a clear sticky gum which has been used in the manufacture of lotions and hair-wave sets. Some authorities report that the leaves are used as a vulnerary. The wet leaves have been used as a poultice for snakebite and wounds. Crushed, fresh leaves were rubbed on wounds and skin irritations, and were also used for treating rectal itch. A tonic tea was also made from the boiled leaves.



PLANT

COMMON NAME - PIN CHERRY

BOTANICAL NAME - Prunus pensylvanica (L. f.)

OTHER NAMES - Fire Cherry, Bird Cherry, Pigeon Cherry.

FRENCH NAMES - Cerises d'été, Petit Merisier, Cerisier de Pennsylvanie

DESCRIPTION - A small tree 3 to 7.5 m. (10 to 25 ft.) high and 10 to 20 cm. (4 to 8 inches) in diameter. The leaves are alternate, simple, lance-shaped, sharp pointed and finely-toothed, from 6 to 11 cm. (2 1/2 to 4 1/2 inches) long. The flowers are bisexual, white, 12 mm. (1/2 inch) broad, borne in 4 to 5 flowered clusters. The fruit 6 to 8 mm. (1/4 to 1/3 inches) in diameter is a berry with sour, edible flesh.

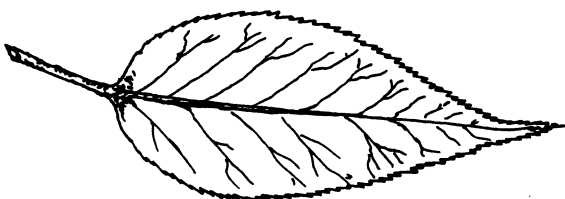
HABITAT - It is one of the first trees to spring up after a fire but is also found in clearings and along roadsides.

HARVEST - Bark, fruit

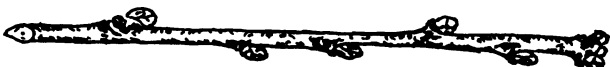
USES - A tea was made from the bark and used as a tonic. The berries have been used to make jams and jellies.

WARNING - THE TWIGS AND LEAVES OF ALL CHERRIES, BOTH WILD AND CULTIVATED WHEN EATEN CAN BE FATAL. THEY CONTAIN A COMPOUND THAT RELEASES CYANIDE. GASPING, EXCITEMENT AND PROSTRATION ARE COMMON SYMPTOMS THAT OFTEN APPEAR WITHIN MINUTES. BESIDES THE CULTIVATED CHERRY, ANOTHER WILD CHERRY IS FOUND IN THIS PROVINCE CALLED THE CHOKE CHERRY.

PIN CHERRY



LEAF



WINTER TWIG