

10 Medicinal Trees & Shrubs

ERIN'S NOTES FROM HER PLANT ID WALK ♥
AT THE 2017 MIDWEST WOMEN'S HERBAL CONFERENCE

Easter white pine (*Pinus strobus*)

Pinaceae

Parts used: needles, sap, cambium/ innerbark, sprigs, pollen

Constituents: vitamin C

Actions: antiseptic, rubefacients, expectorant, sap is antibacterial

Indications: arthritis, rheumatism, joint problems, sprains, colds, flues, sore throat, scurvy

Contraindications: too much ingestion of sap not good for organs.

Applications: needles tea, bark tea, sap as a “band aids”, resin – dried then powdered and applied to throat with a swab

Crampbark (*Viburnum opulus var americana*)

Adoxacea (Moschatel family) used to be the Caprifoliaceae family

ID: glands on petioles, stamens creamy yellow, hairs on veins, stipules on petioles

Parts used: bark

Constituents: valerianic acid, coumarins

Actions: anti-spasmodic, nervine, astringent, diuretic, uterine nerve

Indications: cramps, joint pain, excessive bleeding menopausal, miscarriage, difficulty urinating, child bedwetting, asthma, seizures, restless leg syndrome, arthritis

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Contraindications:

Applications: berries are edible but bitter -cook and strain out seeds, frost may improve flavor

Fomentations, Tincture, decoction (1 ounce of bark in 1 pint of boiling water for 20 minutes)

White Willow bark (*Salix alba*)

Salicaceae

ID: prefers wet areas, edges of creeks, petal-less catkins, dioecious: one tree produces pollen and one tree produces the seed.

Parts used: bark

Constituents: salicin

Actions: analgesic, anti-inflammatory, febrifuge

Indications: headaches, sciatic, arthritis, neurologic aches and pains

Contraindications: discontinued before surgery, could increase bleeding potential but much milder than a synthetic aspirin

Applications: decoction, tincture

Wild Cherry Bark (*Prunus serotina*)

Rosacea

ID:

	Pin cherry	Black cherry	Choke Cherry
Almond Smell	X	x	X
Pith	Brown	white	White
Leaf Margins	Finely serrate, very Incurved teeth	Finely serrate, incurved teeth	Serrate, pointed
Bark	Orange lenticels	Burnt potato chip (older), smooth grey lenticils (young)	Smooth, lenticils not horizontal
Fruit	Umbels, red	Racemes, Black	Racemes, deep red/dk purple
Glands on petiole	x	X	
Hairs under leaves	none	Rust colored	White hairs in vein corners
Growth form	shrub	tree	Shrub/small tree
Ripen		2 nd	1 st

Parts used: bark

Constituents: cyanogenic glycosides (heat deactivates)

Actions: anti-tussive, sedative, expectorant

Indications: coughing, bronchitis, asthma,

Contraindications:

Applications: syrups, decoction

Elderberry (*Sambucus canadensis*)

Adoxacea (Moschatel family) used to be the Caprifoliaceae family

Parts used: ripe berries, flowers

Constituents: flavonoids

Actions: immunostimulant, flowers are stimulating diaphoretic-when fell hot but no fever; relaxing diaphoretic – shivering creates tense muscles which constrict blood flow and things can't move heat out. Gentle. Flowers for eye inflam too.

Indications: flu, virus, flowers for fever

Contraindications: don't use bark internally

Applications: syrups, tea, gummies, etc.

Eastern Cottonwood (*Populus deltoides*)

Salicaceae

ID: leaf longer than wide, leaf margin at base is almost flat, glabrous underside of leaf, terminal buds of branches are sticky and resinous

Parts used: buds mostly, bark, and leaves (wash)

Constituents: resins soluble in alcohol

Actions: antimicrobial, modulates inflammation, stimulating expectorant, preservative for salves, analgesic

Indications: pain, bruises, rheumatic pain, congesting coughs

Contraindications:

Applications: throat spray, mouth wash, salves

Black walnut (*Juglans nigra*)

Juglandaceae

ID: chambered pith, no terminal leaflet

Parts used: rind of fruit, nut

Constituents: juglone

Indications: athlete's foot, ringworm, dandruff, eczema

Actions: antifungal, anti-parasitic

Contraindications:

Red Raspberry (*Rubus spp. usually idaeus*)

Rosaceae

ID: underside of leaf looks white

Parts used: leaves of white raspberry

Constituents:

Actions: astringent, uterine tonic, hemostatic

Indications: menstrual irregularities, pregnancy

Contraindications:

Applications: tea

Slippery elm (*Ulmus rubra*)

Ulmaceae

ID: alternate leaves, doubly serrate on leaf margins; rough touch to the leaves as they are pubescent above, veins forked near leaf margins, leaf base asymmetrical, petioles are short

Parts used: inner bark

Constituents:

Actions: emollient

Indications: sore throat, dry mouth, ulcers, sores in mouth, digestive issues

Contraindications:

Applications: powdered inner bark is turned into throat drops by adding honey; slippery elm gruel