

HERBS FOR SHADE

PARTIAL SHADE	PARTIAL TO DAPPLED SHADE	PARTIAL TO FULL SHADE
<p>Angelica archangelica (Angelica) Uses: The stems can be candied for a dessert or used to decorate cakes.</p>	<p>Allium tricoccum (Wild Leek) Uses: Bulbs are baked and used as flavoring. A native northamerican spring tonic.</p>	<p>Allium ursinum (Ramsons) Uses: The leaves have a pungent smell and flavor of garlic. Also used as a medicinal tea for high blood pressure.</p>
<p>Convallaria majalis (Lily of the Valley) Uses: Affects the heart similar to Digitalis purpurea.</p>	<p>Chelone glabra (Turtlehead) Uses: A bitter herb taken as a tonic for the liver and digestive system.</p>	<p>Cimicifuga racemosa (Bugbane, Black Cohosh, Rattletop) Uses: As an antispasmodic with estrogenic effects; normalizes reproductive cycles.</p>
	<p>Anthriscus cerefolium (Chervil) Uses: Primarily a culinary herb.</p>	<p>Sanguinaria canadensis (Bloodroot) Uses: Relaxes brochial muscles; treatment for asthma, croup & laryngitis.</p>
<p>Lindera benzoin (Spice Bush) Uses: The berry is a good substitute for allspice; the leaves make a refreshing tea.</p>	<p>Primula veris (Cowslip) Uses: Edible flowers are candied or used for tea. Roots used as a sedative and for reducing inflammation.</p>	<p>Trillium erectum (Wakerobin, Bethroot)</p>
<p>Melissa officinalis 'Aurea' (Lemon Balm) Uses: Lemon scented foliage good for tea or refreshing ice water.</p>		
<p>Mentha pulegium (Pennyroyal) Uses: Traditionally a mouse and insect repellent.</p>		
DAPPLED SHADE	DAPPLED TO FULL SHADE	FULL SHADE
<p>Chelidonium majus (Greater Celandine)</p>	<p>Asarum (Wild Ginger)</p>	<p>Aconitum napellus (Monkshood, Aconite, Wolfsbane)</p>
<p>Myrrhis odorata (Sweet Cicely)</p>	<p>Pulmonaria officinalis (Lungwort)</p>	<p>Hepatica nobilis (Liverwort)</p>
		<p>Gallium odoratum (Sweet Woodruff)</p>
		<p>Lamium album (Deadnettle, white)</p>