

Weeds and Selected Choice useful plants of the Warren Wilson Garden

October 2017

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? = species suspected but not certain... sp = Genus certain but species unknown... Otherwise species keyed out except for some Poaceae wherein Amy Boyd told me the common name and i filled in the scientific

	Family	Genus	Species	Common name	Use/Comments
1	Adoxaceae	<i>Sambucus</i>	<i>nigra</i> ssp. <i>canadensis</i>	Elderberry	Wine, Jam, Tincture
2	Agavaceae	<i>Yucca</i>	<i>filamentosa</i>	Yucca	Rope, soap, edible flowers
3	Alliaceae	<i>Allium</i>	<i>vineale?</i>	Wild onion	Condiment
4	Amaranthaceae	<i>Amaranthus</i>	<i>retroflexus</i>	Pigweed	Cooked green, High protein seeds
5	Amaranthaceae	<i>Amaranthus</i>	<i>spinosus</i>	Spiny Pigweed	Top ten worst weed
6	Amaranthaceae	<i>Chenopodium</i>	<i>album</i>	Lambsquarters	Cooked green
7	Amaranthaceae	<i>Dysphania</i>	<i>ambrosioides</i>	Epazote, Wormseed	Reduces gas and anti-parasitic
8	Anacardiaceae	<i>Rhus</i>	sp.		Pink lemonade like beverage. Natural Dye, Beloved by bees, Cherokee medicinal
9	Anacardiaceae	<i>Toxicodendron</i>	<i>radicans</i>	Poison Ivy	Can cause severe skin irritation
10	Apiaceae	<i>Daucus</i>	<i>carota</i>	Queen Anne's Lace	Brings in beneficial insects
11	Apiaceae	<i>Aegopodium</i>	<i>podagraria</i>	Goutweed	Tasty in salad, can become invasive
12	Apiaceae	<i>Osmorhiza</i>	sp.	Sweet Cicely	Good in salads, tea Don't Mistake 4 HEMLOCK
13	Apocynaceae	<i>Vinca</i>	<i>major</i>	Periwinkle	Toxic
14	Asclepiadaceae	<i>Asclepias</i>	sp.	Milkweed	Sap has been used to get rid of warts
15	Asteraceae	<i>Achillea</i>	<i>millefolium</i>	Yarrow	Leaf Tea, small amounts cooked
16	Asteraceae	<i>Ambrosia</i>	<i>artemisifolia</i>	Ragweed	Leaf Tea if not allergic
17	Asteraceae	<i>Ambrosia</i>	<i>trifida</i>	Giant Ragweed	Leaf Tea if not allergic
18	Asteraceae	<i>Arctium</i>	<i>lappa</i> or <i>minus?</i>	Burdock	Root liver detox, Tincture
19	Asteraceae	<i>Artemisia</i>	<i>vulgaris</i>	Mugwort	Cold/flu tea, Moxa sticks, Dream pillows
20	Asteraceae	<i>Bidens</i>	sp.	Bidens or Beggar's ticks	Cooked green
21	Asteraceae	<i>Cichorium</i>	<i>intybus</i>	Chickory	Root, Coffee substitute
22	Asteraceae	<i>Cirsium</i>	sp.	Thistle	Edible inner stem
23	Asteraceae	<i>Erigeron</i>	<i>philadelphicus</i>	Flea Bane	
24	Asteraceae	<i>Galinsoga</i>	sp.	Quickweed	Choice cooked green
25	Asteraceae	<i>Lactuca</i>	sp.	Wild Lettuce	A little in salad
26	Asteraceae	<i>Solidago</i>	spp.	Goldenrod	Tea
27	Asteraceae	<i>Taraxacum</i>	<i>officinale</i>	Dandelion	Tea, Salad, Coffee sub,
28	Asteraceae	<i>Xanthium</i>	sp.	Cocklebur	Poisonous
29	Beberidaceae	<i>Podophyllum</i>	<i>peltatum</i>	May Apple	Edible fruit
30	Brassicaceae	<i>Alliaria</i>	<i>petiolata</i>	Garlic Mustard	Salad, Pesto in small quantities
31	Brassicaceae	<i>Capsella</i>	<i>bursa-pastoris</i>	Shepard's Purse	Condiment, Salad
32	Brassicaceae	<i>Cardamine</i>	<i>hirsuta</i>	Bittercress	Pesto, Cooked green
33	Brassicaceae	<i>Cardamine</i>	<i>laciniata</i>	Toothwort	Pesto, Horseradish substitute

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34	Brassicaceae	<i>Lepidium</i>	sp.	Poor Person's Pepper	Edible greens Choice edible seeds
35	Brassicaceae	<i>Sibara</i>	<i>virginica</i>		Edible greens?
36	Caprifoliaceae	<i>Lonicera</i>	<i>japonica</i>	Japanese Honeysuckle	Edible flowers, basket making
37	Caprifoliaceae	<i>Lonicera</i>	<i>fragrantissima</i>	Sweet Breath of Spring	Early bloom with great smell but can be invasive
38	Caryophyllaceae	<i>Cerastium</i>	<i>vulgatum</i>	Mouseear Chickweed	Cooked green
39	Caryophyllaceae	<i>Stellaria</i>	<i>media</i>	Chickweed	Pesto, salad
40	Celastraceae	<i>Celastrus</i>	<i>orbiculatus</i>	Oriental Bittersweet	Top ten exotic invasive Toxic
41	Chenopodiaceae	<i>Chenopodium</i>	<i>album</i>	Lambsquarters	Cooked green
42	Convolvulaceae	<i>Convolvulus</i>	<i>arvensis</i>	Morning Glory	Toxic
43	Elaeagnaceae	<i>Elaeagnus</i>	<i>umbellata</i>	Russian/Autumn Olive	Edible fruits w 10 times the lycopene of tomatoes
44	Ericaceae	<i>Vaccinium</i>	sp.	Blueberry	Edible fruit
45	Euphorbiaceae	<i>Acalypha</i>	sp.	Three seeded mercury	Toxic don't harvest by mistake!
46	Euphorbiaceae	<i>Euphorbia</i>	<i>maculata</i>	Spotted spurge	Probably toxic
47	Fabaceae	<i>Cercis</i>	<i>canadensis</i>	Redbud	Edible flowers and young pods
48	Fabaceae	<i>Securigera</i>	<i>varia</i>	Crown Vetch	Escaped cover crop. Fixes nitrogen
49	Fabaceae	<i>Trifolium</i>	<i>repens</i>	White Clover	Flower tea, small amounts cooked
50	Fabaceae	<i>Trifolium</i>	<i>incarnatum</i>	Crimson clover	
51	Fabaceae	<i>Trifolium</i>	<i>pratense</i>	Red Clover	Flower tea, small amounts cooked
52	Fabaceae	<i>Vicia</i>	sp.	Vetch	Escaped cover crop. Fixes nitrogen
53	Fagaceae	<i>Castanea</i>	<i>chinensis</i>	Chinese Chestnut	Edible nuts
54	Geraniaceae	<i>Geranium</i>	<i>carolinianum</i>	Wild Geranium	
55	Geraniaceae	<i>Geranium</i>	<i>molle</i>		
56	Hemerocallidaceae	<i>Hemerocallis</i>	<i>fulva</i>	Day Lily	Edible tubers,greens,flowers, Rarely allergic
57	Lamiaceae	<i>Ajuga</i>	<i>reptans</i>	Ajuga	
58	Lamiaceae	<i>Glechoma</i>	<i>hederaceae</i>	Gill over the ground	Tea, Subsitute for hops
59	Lamiaceae	<i>Lamium</i>	<i>purpureum</i>	Purple Dead nettle	Cooked Green
60	Lamiaceae	<i>Lamium</i>	<i>aplexicaule</i>	Henbit	Cooked Green
61	Lamiaceae	<i>Mentha</i>	spp.	Mints	Tea, salad
62	Lamiaceae	<i>Monarda</i>	spp.	Bee Balm, Bergamot	Tea, salad
63	Lamiaceae	<i>Pycnanthemum</i>	sp.	Mountain Mint	Tea, contraindicated in pregnancy
64	Lauraceae	<i>Lindera</i>	<i>benzoin</i>	Spice Bush	Tea from leaves,stem, Berries for spice
65	Liliaceae	<i>Muscari</i>	<i>racemosum</i>	Grape Hyacinth	Good smelling flowers but not edible
66	Malvaceae	<i>Hibiscus</i>	<i>trionum</i>	Flower for an hour	Edible flower?
67	Malvaceae	<i>Malva</i>	sp.		
	Malvaceae	<i>Tilia</i>		Basswood/Linden	Flowers for tea, Leaves for wraps, Fiber plant formerly Tiliaceae
68	Oleaceae	<i>Ligustrum</i>	sp.	Privet	Exotic Invasive shrub
69	Onagraceae	<i>Oenothera</i>	<i>biennis</i>	Evening Primrose	Edible roots

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70	Oxalidaceae	<i>Oxalis</i>	<i>europaea</i>	Wood Sorrel	Small amounts in salad
	Passifloraceae	<i>Passiflora</i>	<i>incarnata</i>	Passionflower	Sedative tea and edible fruit
71	Phytolaccaceae	<i>Phytolacca</i>	<i>americana</i>	Pokeweed	Early spring edible with caution!
72	Plantaginaceae	<i>Plantago</i>	<i>lanceolata</i>	Lance leaf plantain	Bee sting relief, Edible in small amts
73	Plantaginaceae	<i>Plantago</i>	<i>rugelii</i>	Common Plantain	Bee sting relief, Edible in small amts
74	Plantaginaceae	<i>Veronica</i>	sp.	Speedwell	
75	Plantaginaceae	<i>Veronica</i>	<i>serpyllifolia</i>	Thyme Leaf speedwell	
76	Poaceae	<i>Anthoxanthum</i>	<i>odoratum</i>	Sweet Vernal grass	
77	Poaceae	<i>Arundinaria</i>	sp.	River Cane	Stakes, Baskets, Blow guns
78	Poaceae	<i>Cynodon</i>	<i>dactylon</i>	Bermuda Grass	Invasive
79	Poaceae	<i>Dactylis</i>	<i>glomerata</i>	Orchard grass	
80	Poaceae	<i>Digitaria</i>	sp.	Crabgrass	Top ten worst weed
81	Poaceae	<i>Lolium</i>	<i>multiflorum</i>	Italian Rye Grass	
82	Poaceae	<i>Poa</i>	<i>annua</i>	Kentucky Blue Grass	
83	Poaceae	<i>Phyllostachys</i>	<i>aurea?</i>	Golden Bamboo	Shoots edible? Great structural material
84	Poaceae	<i>Setaria</i>	sp.	Foxtail	Edible seeds
85	Poaceae	<i>Sorghum</i>	<i>halepense</i>	Johnson grass	
86	Polygonaceae	<i>Polygonum</i>	sp.	Smartweed	Cooked green, small amounts raw. Can be spicy
87	Polygonaceae	<i>Polygonum</i>	<i>cuspidatum</i>	Japanese knotweed	Like rhubarb early spring
88	Polygonaceae	<i>Rheum</i>		Rhubarb	Edible stems cooked, The rest TOXIC
89	Polygonaceae	<i>Rumex</i>	<i>crispus</i>	Yellowdock	Root for liver detox, tea/tincture
90	Polygonaceae	<i>Rumex</i>	<i>obtusifolius</i>	Obtuse Yellowdock	Root for liver detox, tea/tincture
91	Portulacaceae	<i>Claytonia</i>	<i>virginica</i>	Spring Beauty	Edible greens when abundant
92	Portulacaceae	<i>Portulaca</i>	<i>oleracea</i>	Purslane	High in Omega 3's, Eat leaves in salad
93	Ranunculaceae	<i>Ranunculus</i>	<i>bulbosus</i>	Buttercup	Toxic
94	Ranunculaceae	<i>Ranunculus</i>	<i>arbortivus</i>	Kidney leaf Buttercup	Toxic
95	Rosaceae	<i>Duchesnia</i>	<i>indica</i>	False strawberry	Leaf for tea
96	Rosaceae	<i>Fragaria</i>	<i>virginiana</i>	Wild Strawberry	Leaf tea astringent
97	Rosaceae	<i>Malus</i>	sp.	Apple	Edible fruit
98	Rosaceae	<i>Pyrus</i>	<i>communis</i>	Pear	Edible fruit
99	Rosaceae	<i>Rosa</i>	<i>multiflora</i>	Multiflora Rose	Leaf tea astringent
100	Rosaceae	<i>Rubus</i>	spp.	Blackberry	Leaf Tea astringent
101	Rubiaceae	<i>Galium</i>	<i>aparine</i>	Cleavers	Tea lymph system detox
102	Scrophulariaceae	<i>Verbascum</i>	<i>thapsus</i>	Mullein	Tea for bronchial issues
103	Solanaceae	<i>Datura</i>	<i>stramonium</i>	Jimson Weed	Toxic
104	Solanaceae	<i>Nicandra</i>	<i>physalodes</i>	Apple of Peru	Toxic
105	Solanaceae	<i>Physalis</i>	sp.	Ground Cherry	Edible ripe fruit
106	Solanaceae	<i>Solanum</i>	<i>carolinense</i>	Horse Nettle	Top ten worst weed, Toxic

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107	Tiliaceae	<i>Tilia</i>	<i>americana</i>	Basswood	Young leaves edible for wraps, Flower tea
108	Urticaceae	<i>Urtica</i>	<i>dioca</i>	Nettles	Amazing!!! Vitamins, minerals and acetylcholine
109	Violaceae	<i>Viola</i>	<i>papilionaceae</i>	Violet	Tea, small amounts in salad, edible flowers