

Medicinal Plants by Region

This chart shows the breakdown of each plant covered by the regional “Medicinal Plant” series published by Timber Press. There are books for six different regions of the United States - the Northeast, Pacific Northwest, Mountain States, Southwest, Southeast, and Midwest.

Here are the states covered by each region:

Northeast - Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, and Vermont.

Pacific Northwest - Oregon, Washington, Alaska, northern California and British Columbia.

Mountain States - Idaho, Montana, Wyoming, Utah, Colorado, eastern Oregon, eastern Washington, and northern Nevada.

Southwest - Arizona, southern California, southern Nevada, New Mexico, Oklahoma, western and central Texas, and southern Utah.

Southeast - West Virginia, Virginia, Kentucky, Tennessee, North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, Arkansas, and Louisiana.

Midwest - Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, Ohio, Wisconsin.

The chart below lists the herb by common name. The X indicates that that herb is covered in the book indicated.

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
agrimony	X			X	X	X
alder	X		X	X		X
alfalfa			X			
algerita				X		
alumroot		X	X			
amaranth			X			
American licorice				X		
American spikenard	X					
anemone				X	X	
angelica			X		X	X
apple			X			X
Arizona cypress				X		
arnica			X			X
Arrowleaf balsamroot		X				
artemisia						X
Artist's conk		X				
ash				X		

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
Aspen			X	X		X
bacopa					X	
Baldhip rose		X				
Balm of Gilead					X	
Balsamroot			X			
baptisia					X	X
barberry	X				X	
bayberry					X	
Barestem biscuitroot		X				
bearsfoot					X	
Bee balm			X	X		
beech	X					X
Beggar ticks	X				X	
Bermudagrass				X		
betony*				X		
birch	X					
bistort			X			

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
blackberry	X				X	X
Black cherry	X					X
Black cohosh					X	
Black-eyed Susan	X					
Black haw					X	
Black walnut	X		X		X	X
Black cottonwood		X				
bladderwrack		X				
Blazing star				X		
bloodroot					X	
Bluebells			X			
blueberry			X			
Blue cohosh					X	
Blue elder		X				
Blue flag iris	X					
Blue skullcap	X					
Blue vervain	X	X			X	X

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
boarhog					X	
boneset	X				X	X
borage	X					X
bricklebush				X		
buckbean		X				
buckeye					X	
bugleweed					X	
Bull thistle	X					
burdock	X	X	X		X	X
Butterfly weed						X
buttonbush				X		
calamus					X	X
California bay		X				
California bayberry		X				
California greenbrier		X				
California mugwort		X				
California poppy		X		X		

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
camphorweed				X		
Canyon bursage				X		
Cascade Oregon grape		X				
Cascara sagrada		X		X		
catnip	X		X		X	X
ceanothus						X
chaparral			X			
chaga						X
Chaste tree				X		
chia				X		
chickweed	X	X	X	X		X
chicory	X		X			
chokecherry		X		X		
cholla				X		
cinquefoil	X					
cleavers	X	X	X	X	X	X
clematis					X	

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
Coastal hedgenettle		X				
coltsfoot	X					X
comfrey	X	X				X
Common mallow	X	X				
copperleaf				X		
cota			X			
cotton					X	
cottonwood			X	X		X
Cow parsnip		X		X	X	
crabapple			X			
crampbark	X					X
cranberry	X					X
cranesbill			X	X		
Creosote bush				X		
crossvine					X	
cudweed				X		
Curl-leaf mountain mahogany		X				

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
Curly dock				X		
Cut-leaved goldthread		X				
dandelion	X	X	X	X	X	X
Desert cotton				X		
Desert lavender				X		
Desert parsley		X				
Desert willow				X		
Devil's club		X				
dock			X			X
Douglas-fir		X	X			
Eastern cottonwood	X					
Easrern red cedar	X					
Eastern white cedar						X
echinacea	X			X		X
elder*	X			X	X	
elderberry*			X			
elecampane	X					X

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
English ivy	X					
estafiate			X	X		
Evening primrose	X			X		X
False Solomon's Seal		X				
fanpetals				X		
feverfew	X	X				X
Field garlic	X					X
Field mint		X				
figwort				X	X	
filaree				X		
fir			X			
fireweed		X	X	X		
Flor de tierra				X		
forsythia	X					
Fremont's silktassel		X				
Fringe tree					X	
Fuller's teasel		X				

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
Garlic mustard	X					
gentian					X	
German chamomile	X					
Ghost pipe		X			X	X
Glacier lily			X			
globemallow			X	X		
ginkgo	X				X	X
ginseng					S	
goatbush				X		
goldenrod	X	X	X	X	X	X
goldenseal					X	
Golden smoke				X		
Gotu kola					X	
goutweed	X					
Gravel root					X	
Gray's lovage		X				
grindelia			X			X

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
Green ephedra		X				
Ground ivy	X					X
gumweed		X		X		
hackberry				X		
Hairy arnica		X				
hawkweed						X
hawthorn	X		X	X	X	X
Herb Robert		X				
Highbush cranberry		X				
Himalayan blackberry		X				
honeysuckle					X	X
Hookedspur violet		X				
hopbush				X		
Hop tree				X		
Hops	X					
horehound		X	X			X
horsetail	X	X	X	X	X	X

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
horseweed				X		
hyssop			X			X
inmortal				X		
Japanese knotweed	X				X	
Japanese honeysuckle	X					
jewelweed	X					X
Joe Pye Weed						X
jojoba				X		
juniper			X	X	X	X
kidneywood				X		
King's gentian		X				
kudzu					X	
Labrador tea		X				
Lady's mantle						X
larch	X					
Lemon balm	X	X				X
liferoor					X	

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
linden	X		X		X	X
Lion's mane					X	
lobelia	X			X	X	X
lovage						X
lungwort		X				X
maitake						X
mallow			X	X		
manzanita		X		X		
maple	X					
meadowsweet	X					X
Menzies' larkspur		X				
Mexican palo verde				X		
mimosa	X				X	
mint*	X					
Mock vervain				X		
Monkey flower				X		
Mormon tea			X	X		

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
motherwort	X		X		X	X
Mountain ash			X			
Mountain mint					X	
Mountain monardella		X				
mugwort	X					
mulberry	X			X		
mullein	X	X	X	X	X	X
Narrow-leaved plantain		X				
nettle*		X		X	X	X
Nettleleaf giant hyssop		X				
New England aster	X					X
Northern bedstraw			X			
Northern bugleweed		X				
oak	X		X			X
oat				X	X	
oceanspray		X				
ocotillo				X		

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
Oneseed hawthorn		X				
oreganillo				X		
Oregon grape			X			X
Oregon figwort		X				
Oregon white oak		X				
osha			X	X		
Oxeye daisy		X		X		X
Pacific bleeding heart		X				
Pacific dogwood		X				
Pacific madrone		X				
Parrot's beak		X				
partridgeberry	X				X	X
passionflower				X	X	
peach	X		X		X	
Pearly everlasting		X	X	X		
periwinkle	X					
pecan				X		

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
pedicularis			X			X
pennycress						X
peppermint*						X
pine	X		X	X		X
Pineapple weed			X			
pinon			X			
pipsissewa	X	X			X	X
plantain	X		X	X	X	X
Pleurisy root					X	
poke	X				X	X
Ponderosa pine		X				
Prickly ash	X			X	X	X
Prickly pear			X	X		X
Prickly poppy				X		
Puncture vine				X		
purslane			X			
Quaking aspen		X				

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
Queen's root				X		
ragweed	X				X	
raspberry	X		X		X	X
Red alder		X				
Red baneberry		X				
Red-belted conk		X				
Red clover	X	X	X		X	X
Red root	X	X	X	X	X	
reishi					X	X
rhatany				X		
rose	X		X			X
Rosemary mint				X		
Russian sage						X
sage				X		
sagebrush		X	X			
Saint John's Wort*	X	X	X			
salal		X				

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
sarsaparilla					X	
sassafras	X				X	X
Saw palmetto					X	
Scouler's corydalis		X				
selfheal	X	X		X	X	X
Sharptooth angelica		X				
Sheep sorrel		X				
Shepherd's purse	X	X	X	X	X	X
Siberian elm			X	X		
Silk tassel				X		
Sitka valerian		X				
skullcap			X	X	X	X
skunkbush			X			
Skunk cabbage					X	
Slippery elm					X	X
Smooth sumac		X				
snakeweed			X	X		

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
Snapdragon skullcap		X				
Solomon's plume			X			
Solomon's seal	X				X	X
Sow thistle				X		
spearmint						X
spicebush	X				X	X
Spikenard			X	X	X	
Spotted bee balm						X
Spotted Joe Pye Weed	X					
Spreading dogbane		X				
Spruce	X		X			X
St. John's Wort*					X	X
Starry Solomon's Seal			X			
Stinging nettle*	X		X			
Stone root					X	
sumac	X		X		X	
sunflower	X					

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
Sweet clover	X		X	X		X
Sweet fern	X					
Sweet gale		X				
Sweet grass			X			
Sweet gum	X				X	
sweetroot		X	X			
teasel	X		X		X	X
thimbleberry		X				
Thinleaf huckleberry		X				
thistle				X		
tickseed				X		
Tree of heaven				X		
Tulip poplar	X					X
Turkey tail						X
usnea		X	X		X	
Uva ursi		X	X			X
valerian	X		X			X

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
veronica			X			
vervain			X			
violet	X		X	X	X	X
walnut				X		
Waxy coneflower		X				
Western aralia		X				
Western bunchberry		X				
Western coltsfoot		X				
Western hemlock		X				
Western juniper		X				
Western mugwort		X				
Western pasqueflower		X				
Western peony		X				
Western redcedar		X				
Western skunk cabbage		X				
Western trillium		X				
Western white clematis		X				

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
White cedar					X	
White hoarhound	X					
White oak					X	
White pine					X	
White pond lily					X	
White water lily	X					
Wild asparagus			X			
Wild bergamot	X					X
Wild buckwheat				X		
Wild caraway			X			
Wild carrot	X	X				
Wild cherry			X		X	
Wild geranium	X				X	X
Wild ginger		X			X	X
Wild grape	X					
Wild hops			X			
Wild hydrangea					X	

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
Wild lettuce	X		X			
Wild licorice			X			
Wild mint			X	X		
Wild oregano				X		
Wild peach						X
Wild sarsaparilla	X				X	
Wild strawberry	X		X			
Wild tobacco				X		
Wild yam					X	X
Willow	X	X	X	X	X	
willowherb			X			
wintergreen	X					X
Witch hazel	X				X	X
Wood betony*					X	X
Woodland strawberry		X				
Wormwood		X	X			
Yarrow	X	X	X	X	X	X

Herb	NEast	Pac NW	Mt State	SWest	SEast	MidWest
Yellow birch						X
Yellow dock	X	X			X	
Yellow pond-lily		X				
yellowroot					X	
Yellow sweet clover					X	
Yerba buena		X				
Yerba mansa			X	X		
Yerba santa		X		X		
Yucca			X		X	

*Herbs Listed under two different names: Betony/Wood Betony, elder/elderberry, mint/peppermint, Nettle/Stinging Nettle, Saint John's Wort/St. John's Wort.