

# HERBS FOR SHADE

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