






Planting Design - Medicinal Properties

| Golden Alexander <i>Zizia aurea</i> | Bee Balm <i>Monarda didyma</i> | Anise Hyssop <i>Agastache foeniculum</i> | New England Aster <i>Aster novae-anglia</i> | Goldenrod <i>Solidago speciosa</i> | Sumac <i>Rhus typhina</i> |
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| <p>The roots and leaves of Golden Alexanders were native practice to treat fevers.</p> | <p>A mix of leaves and flower serve as a digestive aid, including bloating and indigestion.</p> <p>Leaves treat cold symptoms, such as congestion and sore throat.</p> | <p>Fresh and dried leaves and flower relieve respiratory illnesses and digestive problems.</p> <p>This tea can be made in both hot and cold infusions.</p> | <p>A mix of leaves and flower can be used in tea to aid allergies and asthma problems.</p> <p>The roots can be used in tea to aid stomach discomfort and diarrhea.</p> | <p>Tea utilizing the leaves and flower of Goldenrod can reduce inflammatory issues.</p> <p>Infusing Goldenrod into oil can help address pain from arthritis.</p> | <p>Sumac berries can help reduce blood sugar and may have anti-inflammatory properties.</p> |