

**Abundance Healing Arts Sanctuary**  
**Yummy Yarden Wild & Cultivated Edible, Beverage, & Medicinal Plant Friends**

*"To you the earth yields her fruit, and you shall not want if you but know how to fill  
your hands." KAHILIL GIBRAN, The Prophet*

ANISE HYSSOP  
BEE BALM  
BEAUTYBERRY  
BLACKBERRY  
BLACK COHOSH  
BLACK EYED SUSAN  
BLOODROOT  
BONESET  
BURDOCK  
CATNIP  
CEDAR  
CHICKWEED  
CHIVES  
COLTSFOOT  
COMFREY  
COMMON EVENING PRIMROSE  
CREASY GREENS  
DANDELION  
DAY LILY  
DOGWOOD  
DUTCHMAN'S VINE  
ECHINACEA  
ELDERBERRY  
ELECAMPANE  
ELLEAGNUS  
FALSE NETTLE (aka smooth nettle)  
FALSE UNICORN ROOT  
FEVERFEW  
FRINGETREE  
GARLIC  
GINSENG  
GOLDENROD  
GOLDENSEAL  
GREENBRIER  
GROUND IVY  
HOLLY  
HOLY BASIL  
HYSSOP  
JAPANESE HONEYSUCKLE  
JEWELWEED  
JOE PYE WEED  
LADY'S THUMB  
LAMBS QUARTER  
LAVENDER  
LEMON BALM  
LEMON VERBENA  
LICORICE  
MARSHMALLOW  
MAYAPPLE  
MEADOWSWEET  
MOTHERWORT

MOUNTAIN MINT  
MUGWORT  
MULBERRY  
MULLEIN  
NETTLES  
OAK  
OATS  
OX EYE DAISY  
OREGANO  
PASSIONFLOWER  
PENNYROYAL  
PEPPERMINT  
PERILLA  
PERIWINKLE  
PERSIMMON  
PINE  
PLANTAIN  
POKE  
PURSLANE  
RED RASPBERRY  
RED ROOT  
ROSE  
ROSEMARY  
RUE  
SAINT JOHN'S WORT  
SASSAFRAS  
SELF HEAL  
SHEEP SORREL  
SKULLCAP  
SOCHAN  
SOLOMAN'S SEAL  
SPICE BUSH  
SPIDERWORT  
SPIKENARD  
STEVIA  
SUMAC BERRIES  
SWEET GUM  
TANSY  
TULIP POPLAR  
VALERIAN  
VIOLET  
VITEX  
WILD GRAPE  
WILD YAM  
WINTERGREEN  
WOOD BETONY  
WOOD SORREL  
YARROW  
YELLOWDOCK

\* Sign-up for my monthly email updates and check out more herbalism resources at: [www.AbunDanceHealingArts.com](http://www.AbunDanceHealingArts.com)

\* Like AbunDance Healing Arts on Facebook for inspiring photos, descriptions, and updates!

\* Thank you! Abundant Green Blessings! [kimcalhoun@gmail.com](mailto:kimcalhoun@gmail.com) (919) 967-1783