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| --- | --- | --- | --- | --- |
| plant | P | E | Description or  Benefits (health or otherwise) | Picture |
| Jewelweed |  |  | Used as a “mush” if you come into contact with poison oak, sumac or ivy. Will relieve itch and symptoms. |  |
| Arrowroot |  |  |  |  |
| beechnut |  |  |  |  |
| Blackberry |  |  |  |  |
| Burdock flower |  |  |  |  |
| Buttercup |  |  |  |  |
| Cattail |  |  |  |  |
| Chicory |  |  |  |  |
| Daffodil |  |  |  |  |
| Dandelion |  |  |  |  |
| Elderberry |  |  |  |  |
| Fox glove |  |  |  |  |
| Holly |  |  |  |  |
| Meadow death |  |  |  |  |
| Milkweed |  |  |  |  |
| Morning glory |  |  |  |  |
| Mulberry |  |  |  |  |
| Yarrow |  |  |  |  |
| Poison hemlock |  |  |  |  |
| Poison oak |  |  |  |  |
| Poison ivy |  |  |  |  |
| Poke weed |  |  |  |  |
| Rose hips |  |  |  |  |
| Sassafrass |  |  |  |  |
| Stinging nestle |  |  |  |  |
| Sugar maple |  |  |  |  |
| Sumac |  |  |  |  |
| Trumpet vine |  |  |  |  |
| Wild garlic |  |  |  |  |
| Wild leek |  |  |  |  |
| Wild strawberry |  |  |  |  |
| Lavender |  |  |  |  |
| Lemon Balm |  |  |  |  |
| Plantain |  |  |  |  |
| Purple Coneflower  Echinacea |  |  |  |  |
| Black Walnut |  |  |  |  |
| Birch Bark |  |  |  |  |