

UNITED PLANT SAVERS



PLANTING THE FUTURE



Stewardship:

- the conducting, supervising, or managing of something; *especially* : the careful and responsible management of something entrusted to one's care - Merriam-Webster dictionary
- UpS recognizes that environmentally responsible cultivation, land stewardship, habitat protection and sustainable wild-harvesting are of critical importance to ensure an abundant renewable supply of medicinal plants for future generations.

United Plant Savers Statement of Purpose

For the benefit of plant communities, wild animals, harvesters, farmers, consumers, manufacturers, retailers and practitioners we offer this list of native medicinal plants which we feel are most sensitive to the impact of human activities. Our intent is to assure the increasing abundance of the medicinal plants which are presently in decline due to expanding popularity and shrinking habitat and range. UpS is not asking for a moratorium on the use of these plants. Rather, we are initiating programs designed to conserve and cultivate these important native medicinal plants.



~ At Risk List ~

American Ginseng - *Panax quinquefolius*
Black Cohosh - *Actaea racemosa*(*Cimicifuga*)
Bloodroot - *Sanguinaria canadensis*
Blue Cohosh - *Caulophyllum thalictroides*
Echinacea - *Echinacea spp.*
Eyebright - *Euphrasia spp.*
False Unicorn Root - *Chamaelirium luteum*
Goldenseal - *Hydrastis canadensis*
Lady's Slipper Orchid - *Cypripedium spp.*
Lomatium - *Lomatium dissectum*
Osha - *Ligusticum porteri, L. spp*
Peyote - *Lophophora williamsii*
Slippery Elm - *Ulmus rubra*
Sundew - *Drosera spp.*
Trillium, Beth Root - *Trillium spp.*
True Unicorn - *Aletris farinosa*
Venus' Fly Trap - *Dionaea muscipula*
Virginia Snakeroot - *Aristolochia serpentaria*
Wild Yam - *Dioscorea villosa, D. spp.*

~ To Watch List ~

Arnica - *Arnica spp.*
Butterfly Weed - *Asclepias tuberosa*
Cascara Sagrada - *Frangula purshiana (Rhamnus)*
Chaparro - *Casatela emoryi*
Elephant Tree - *Bursera microphylla*
Gentian - *Gentiana spp.*
Goldthread - *Coptis spp.*
Kava Kava - *Piper methysticum (Hawaii only)*
Lobelia - *Lobelia spp.*
Maidenhair Fern - *Adiantum pendatum*
Mayapple - *Podophyllum peltatum*
Oregon Grape - *Mahonia spp.*
Partridge Berry - *Mitchella repens*
Pink Root - *Spigelia marilaandica*
Pipsissewa - *Chimaphila umbellata*
Spikenard - *Aralia racemosa, A. californica*
Stone Root - *Collinsonia canadensis*
Stream Orchid - *Epipactis gigantea*
Turkey Corn - *Dicentra canadensis*
White Sage - *Salvia apiana*
Wild Indigo - *Baptisia tinctoria*
Yerba Mansa - *Anemopsis californica*



**Plants of the
Eastern
Woodlands ~**

Pink Lady's Slipper ~
Cypripedium acaule



Showy Lady's Slipper ~ *Cypripedium reginae*



Goldenseal patch at UpS Sanctuary
above, Goldenseal roots right



Goldenseal ~ *Hydrastis canadensis*



Ginseng ~ *Panax quinquefolius* in berry



Ginseng in the fall



Black Cohosh ~*Actaea racemosa* (formerly *Cimicifuga*)





Bloodroot ~ *Sanguinaria canadensis*



Blue Cohosh ~ *Caulophyllum thalictroides* emerging in spring and later in berry



False Unicorn ~
Chamaelirium luteum



Goldthread ~ *Coptis* spp.



Maidenhair fern ~ *Adiantum pedatum*

Mayapple ~

Podophyllum peltatum





Partridge Berry ~ *Mitchella repens*



Pink Root ~ *Spigelia
marylandica*





Spikenard ~ *Aralia racemosa*



Stone Root ~

Collinsonia canadensis





Trillium ~

Trillium erectum below,

Trillium grandiflorum, left





True Unicorn ~ *Aletris
farinosa*



Turkey Corn ~ *Dicentra canadensis*



Wild Yam ~

Dioscorea villosa





Virginia Snakeroot ~ *Aristolochia serpentaria*

Plants of the
Desert
Southwest ~

Peyote Cactus ~
Lophophora williamsii





Chaparro ~ *Casatela emoryi*





Elephant Tree – *Bursera microphylla*



White Sage ~ *Salvia apiana*



Yerba Mansa – *Anemopsis californica*

**Plants of the
Prairies, Rocky
Mountains and
the West ~**



Arnica ~ Arnica spp.

Gentian ~ *Gentiana* spp.





Lomatium ~

Lomatium dissectum



Oregon Grape Root ~
Mahonia aquifolium





Osha ~ *Ligusticum porterii*



Pipsissewa ~
Chimaphila umbellata

Pleurisy Root (Butterfly
Weed) ~ *Asclepias
tuberosa*





Purple Coneflower ~ *Echinacea purpurea*



Echinacea angustifolia



Echinacea pallida



Stream Orchid ~

Epipactis gigantea

Herbs from Other Environments ~



Lobelia inflata



Lobelia cardinalis



Cascara sagrada ~ *Frangula purshiana* (formerly *Rhamnus*)



Eyebright ~ *Euphrasia officinalis*



Kava ~
Piper methysticum



Slippery Elm ~

Ulmus rubra



Sundew ~ *Drosera* spp.



Venus' Fly Trap ~
Dionaea muscipula



Wild Indigo ~
Baptisia tinctoria



UpS founder
Rosemary Gladstar

In 1996, she organized a group of herbalists who agreed that it was time to be pro-active about conserving our native medicinal plants, many of which had already declined to an alarming degree.

United Plant Savers' Goldenseal Sanctuary in Rutland, Ohio is a model Sanctuary and educational center



Prairie restoration



Greenhouse and
reclaimed strip mine area



Heart Pond provides gravity-fed water to the Sanctuary center below



UpS members planting Slippery Elm

United Plant Savers' Programs Include:

❖ **Botanical Sanctuary Network~**

we assist and encourage members to build sanctuaries nationwide for restoration and education

❖ **Partners In Education~**

our program for students to join and learn more about native medicinal plant conservation

❖ **Intern Program at Goldenseal Sanctuary~**

each spring and fall interns learn hands-on about the plants, their care and conservation

❖ **Planting the Future Educational Events~**

we host one-day conferences all around the US, bringing together growers, herbalists and plant lovers

❖ **Educational materials~**

to inform our communities about which herbs are “At-Risk”, why and what we can do to help

Join us in our Mission at:

United Plant Savers

PO Box 400

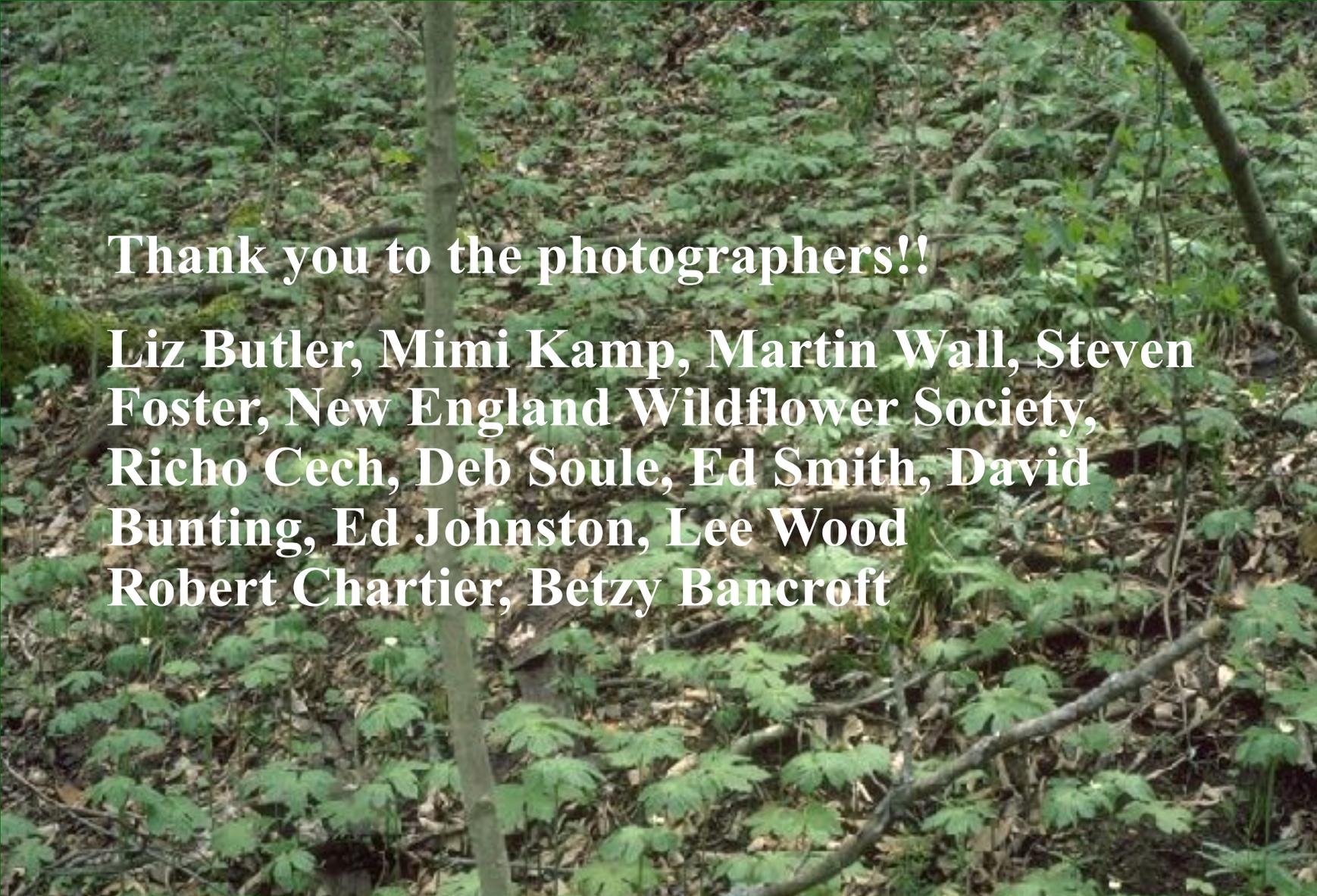
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