

LOCAL HERBS

Chinese Herbs in North America

Note to OM Practitioners: The production of Asian medicinal plants is new to North America, although many of these species have been growing here for hundreds of years. We expect to partner with you in assessing the quality of these herbs. We do not carry an inventory, nor do we broker sales at present. However, we are eager to enlist your support and participation in our journey, which will help assure you a future for your herbs.

This list is not exhaustive, but gives examples of herbs being grown along with the timeframe of their growth:

Availability: A=Annual, B=Biennial, T=Tree; all others are Perennials and take require three years or more to mature to harvest stage.

<i>Pinyin</i>	<i>Genus</i>	<i>Species</i>	<i>Part</i>	<i>Family</i>	<i>Avail.</i>
ài yè	Artemisia	argyi	herb	Asteraceae	
bái guǒ	Ginkgo	biloba	fruit	Ginkgoaceae	T
bǎi hé	Lilium	lancifolium	bulb	Liliaceae	
bái jí	Bletilla	striata	rhizome	Orchidaceae	
bài jiàng cǎo	Patrinia	scabiosaefolia	herb	Valerianaceae	
bài jiàng cǎo	Patrinia	villosa	herb	Valerianaceae	
bái sháo	Paeonia	lactiflora	root	Paeoniaceae	
bai zhǐ	Angelica	dahurica	root	Apiaceae	B
bái zhú	Atractylodes	macrocephala	root	Asteraceae	
bǎi zǐ rén	Biota	orientalis	seed	Cupressaceae	
bǎn lán gēn	Isatis	indigotica	root	Brassicaceae	B
bàn xià	Pinellia	ternata	bulb	Araceae	
bàn zhī lián	Scutellaria	barbata	herb	Lamiaceae	
běi shā shēn	Glehnia	littoralis	root	Apiaceae	
běi xuán shēn	Scrophularia	buergeriana	root	Scrophulariaceae	
bì xiè	Dioscorea	tokoro	rhizome	Dioscoreaceae	
bó hé	Mentha	haplocalyx	herb	Lamiaceae	
bǔ gǔ zhǐ	Psoralea	corylifolia	seed	Fabaceae	
cāng ěr zǐ	Xanthium	sibiricum	fruit	Asteraceae	A
chái hú	Bupleurum	chinense	root	Apiaceae	
chē qián zǐ	Plantago	asiatica	seed	Plantaginaceae	
chōng wèi zǐ	Leonurus	heterophyllus	seed	Lamiaceae	B
chòu wú tóng	Clerodendron	trichotomum	leaf	Verbenaceae	T
chuān niú xī	Cyathula	officinalis	root	Amaranthaceae	
chuān xīn lián	Andrographis	paniculata	herb	Acanthaceae	A
cì jí lí	Tribulus	terrestris	fruit	Zygophyllaceae	A
cì wǔ jiā	Eleutherococcus	senticosus	rootbark	Araliaceae	
dà huáng	Rheum	palmatum	root	Polygonaceae	
dà jì	Cirsium	japonicum	root	Asteraceae	
dà qīng yè	Isatis	indigotica	leaf	Brassicaceae	B
dà zǎo	Ziziphus	jujuba	fruit	Rhamnaceae	T
dàn dòu chǐ	Glycine	max	preparation	Fabaceae	
dān shēn	Salvia	miltiorrhiza	root	Lamiaceae	

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dàn zhú yè	Lophatherum	gracile	leaf	Poaceae	
dǎng shēn	Codonopsis	pilosula	root	Campanulaceae	
dēng xīn cǎo	Juncus	effusus	pith	Juncaceae	
dì gǔ pí	Lycium	chinense	rootbark	Solanaceae	
dì yú	Sanguisorba	officinalis	root	Rosaceae	
dōng guā zǐ	Benincasa	hispida	seed	Cucurbitaceae	A
dōng kuí guǒ	Malva	verticillata	fruit	Malvaceae	
dú huó	Angelica	pubescens	root	Apiaceae	B
dù zhòng	Eucommia	ulmoides	bark	Eucommiaceae	T
fān hóng huā	Crocus	sativus	stamen	Iridaceae	
fān xiè yè	Cassia	angustifolia	leaf	Fabaceae	
fáng fēng	Saposhnikovia	divaricata	root	Apiaceae	
gān cǎo	Glycyrrhiza	uralensis	root	Fabaceae	
gān jiāng	Zingiber	officinale	rhizome	Zingiberaceae	
gáo běn	Ligusticum	jeholense	root	Apiaceae	
gé gēn	Pueraria	lobata	root	Fabaceae	
gōu qǐ zǐ	Lycium	barbarum	fruit	Solanaceae	
guā lóu gēn	Trichosanthes	kirilowii	root	Cucurbitaceae	
guā lóu shí	Trichosanthes	kirilowii	fruit	Cucurbitaceae	
guǐ jiàn yǔ	Euonymus	alatus	twig	Celastraceae	
hé huān huā	Albizia	julibrissin	flower	Mimosaceae	T
hé huān pí	Albizia	julibrissin	bark	Mimosaceae	T
hóng huā	Carthamus	tinctorius	flower	Asteraceae	A
hòu pò	Magnolia = (Houpoëa)	officinalis	bark	Magnoliaceae	T
hú lú bā	Trigonella	foenum-graecum	seed	Fabaceae	
hǔ zhàng	Polygonum	cuspidatum	rhizome	Polygonaceae	
huā jiāo	Zanthoxylum	bungeanum	pericarp	Rutaceae	
huái mǐ, huái jiǎo	Sophora (=Styphnolobium)	japonica	bud, fruit	Fabaceae	T
huái niú xī	Achyranthes	bidentata	root	Amaranthaceae	
huáng bǎi	Phellodendron	chinense	inner bk	Rutaceae	T
huáng jīng	Polygonatum	sibiricum	rhizome	Liliaceae	
huáng lián	Coptis	chinensis	root	Ranunculaceae	
huáng qí	Astragalus	membranaceus	root	Fabaceae	
huáng qí	Astragalus	mongholicus	root	Fabaceae	
huáng qín	Scutellaria	baicalensis	root	Lamiaceae	
jī guān huā	Celosia	cristata	flower	Amaranthaceae	A
jiǎo gǔ lán	Gynostemma	pentaphyllum	leaf	Curcubitaceae	
jié gēng	Platycodon	grandiflorus	root	Campanulaceae	
jīn yín huā	Lonicera	japonica	flower	Caprifoliaceae	
jīng dà jǐ	Euphorbia	pekinensis	root	Euphorbiaceae	
jīng jiè	Schizonepeta	tenuifolia	herb	Lamiaceae	
jiǔ cài zǐ	Allium	tuberosum	seed	Liliaceae	
jú huā	Chrysanthemum	morifolium	flower	Asteraceae	
jué míng zǐ	Cassia	obtusifolia	seed	Fabaceae	A
kǔ guā	Momordica	charantia	fruit	Cucurbitaceae	
kǔ shēn	Sophora	flavescens	root	Fabaceae	

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kuǎn dōng huā	Tussilago	farfara	flower	Asteraceae	
lián qiào	Forsythia	suspensa	fruit	Oleaceae	
lián zǐ	Nelumbo	nucifera	seed	Nymphaeaceae	
líng xiāo huā	Campsis	radicans	flower	Bignoniaceae	
líng zhī	Ganoderma	lucidum	fr body	Polyporaceae	
lóng dǎn cǎo	Gentiana	scabra	root	Gentianaceae	
lú gēn	Phragmites	communis	rhizome	Poaceae	
lù lù tōng	Liquidambar	formosana	fruit	Hamamelidaceae	T
má huáng	Ephedra	sinica	herb	Ephedraceae	
mài mén dōng	Ophiopogon	japonicus	tuber	Liliaceae	
màn jīng zǐ	Vitex	rotundifolia	fruit	Verbenaceae	
méi guī huā	Rosa	rugosa	bud	Rosaceae	
mò hàn lián	Eclipta	prostrata	herb	Asteraceae	A
mǔ dān pí	Paeonia	ostii	rootbark	Paeoniaceae	
mù guā	Chaenomeles	speciosa	fruit	Rosaceae	
mù tōng	Akebia	quinata	stem	Lardizabalaceae	
mù zéi	Equisetum	hiemale	herb	Equisetaceae	
níu bàng zǐ	Arctium	lappa	seed	Asteraceae	B
nǚ zhēn zǐ	Ligustrum	lucidum	seed	Oleaceae	
pèi lán	Eupatorium	heterophyllum	herb	Asteraceae	
pí pá yè	Eriobotrya	japonica	leaf	Rosaceae	
pú huáng	Typha	angustifolia	pollen	Typhaceae	
qián hú	Peucedanum	praeruptorum	root	Apiaceae	
qín jiāo	Gentiana	macrophylla	root	Gentianaceae	
qīng hāo	Artemisia	annua	herb	Asteraceae	A
qīng má zǐ	Abutilon	theophrasti	seed	Malvaceae	A
qīng xiāng zǐ	Celosia	argentea	seed	Amaranthaceae	A
qú mài	Dianthus	chinensis	herb	Caryophyllaceae	A
sāng yè	Morus	alba	leaf	Moraceae	T
shā yuàn jí lí	Astragalus	chinensis	seed	Fabaceae	
shān yào	Dioscorea	opposita	tuber	Dioscoreaceae	
shān zhā	Crataegus	pinnatifida var. major	fruit	Rosaceae	T
shān zhū yú	Cornus	officinalis	fruit	Cornaceae	T
shāng lù	Phytolacca	americana	root	Phytolaccaceae	
shé chuáng zǐ	Cnidium	monnieri	seed	Apiaceae	A
shè gān	Belamcanda	chinensis	rhizome	Iridaceae	
shēng dì huáng	Rehmannia	glutinosa	root	Scrophulariaceae	
shēng jiāng	Zingiber	officinale	rhizome	Zingiberaceae	
shēng má	Actaea	foetida	root	Ranunculaceae	
sōng jié	Pinus	tabulaeformis	nodes	Pinaceae	T
suān zǎo rén	Ziziphus	jujuba var. spinosa	seed	Rhamnaceae	T
táo rén	Prunus	persica	kernel	Rosaceae	T
tiān mén dōng	Asparagus	cochinchinensis	tuber	Liliaceae	
tǔ huò xiāng	Agastache	rugosa	leaf	Lamiaceae	A
tǔ mù xiāng	Inula	helenium	root	Asteraceae	

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wáng bù liú xíng	Vaccaria	segetalis	seed	Caryophyllaceae	A
wēi líng xiān	Clematis	chinensis	root	Ranunculaceae	
wū jiā shēn / pí	Eleutherococcus	gracilistylus	rootbark	Araliaceae	
wū méi	Prunus	mume	fruit	Rosaceae	T
wū wèi zǐ	Schisandra	chinensis	fruit	Schisandraceae	
wū yào	Lindera	aggregata	root	Lauraceae	
xī hé liǔ	Tamarix	chinensis	stem, leaf	Tamaricaceae	T
xī xiān cǎo	Siegesbeckia	orientalis	herb	Asteraceae	A
xī yáng shēn	Panax	quinquefolius	root	Araliaceae	
xià kū cǎo	Prunella	vulgaris	fruit	Lamiaceae	A
xiān hè cǎo	Agrimonia	pilosa	herb	Rosaceae	
xiǎo huí xiāng	Foeniculum	vulgare	seed	Apiaceae	A
xiè bái	Allium	macrostemon	bulb	Liliaceae	
xīn yí huā	Magnolia (=Yulania)	denudata	flower	Magnoliaceae	T
xù duàn	Dipsacus	asperoides	root	Dipsacaceae	A
xuán fù huā	Inula	japonica	flower	Asteraceae	
yā zhī cǎo	Commelina	communis	herb	Commelinaceae	A
yè jiāo téng	Polygonum (=Fallopia)	multiflorum	vine	Polygonaceae	
yì mǔ cǎo	Leonurus	heterophyllus	herb	Lamiaceae	B
yì mǔ cǎo	Leonurus	sibiricus	herb	Lamiaceae	B
yì yǐ rén	Coix	lachryma-jobi	seed	Poaceae	A
yīn chén hāo	Artemisia	capillaris	herb	Asteraceae	
yín yáng huò	Epimedium	sagittatum	herb	Berberidaceae	
yù lǐ rén	Prunus	japonica	pit	Rosaceae	T
yú xīng cǎo	Houttuynia	cordata	herb	Saururaceae	
yù zhú	Polygonatum	odoratum	rhizome	Liliaceae	
yuǎn zhì	Polygala	tenuifolia	root	Polygalaceae	
zào jiá, zào jiǎo cì	Gleditsia	sinensis	fruit, thorn	Fabaceae	T
zé lán	Lycopus	lucidus	herb	Labiatae	
zé xiè	Alisma	orientale	root	Alismataceae	
zhì fù zǐ	Aconitum	carmichaeli	root	Ranunculaceae	
zhì hé shǒu wū	Polygonum (=Fallopia)	multiflorum	tuber	Polygonaceae	
zhī mǔ	Anemarrhena	asphodeloides	rhizome	Liliaceae	
zhì tiān nán xīng	Arisaema	heterophyllum	rhizome	Araceae	
zhī zǐ	Gardenia	jasminoides	fruit	Rubiaceae	
zǐ cǎo	Lithospermum	erythrorhizon	root	Boraginaceae	
zǐ huā dì dīng	Viola	yedoensis	herb	Violaceae	
zǐ sū gēng	Perilla	frutescens	stem	Lamiaceae	A
zǐ sū yè	Perilla	frutescens	leaf	Lamiaceae	A
zǐ sū zǐ	Perilla	frutescens	seed	Lamiaceae	A
zǐ wǎn	Aster	tataricus	root	Asteraceae	