

PLANTS OF THE KARMAPA GARDEN

CREATIVE LIFE CENTER, SEDONA, ARIZONA

Native perennial and Annual Herbs

Basin Bladderpod	Lesquerella cinerea	
Blackfoot Daisy	Melanpodium leucanthum	
Broom Milkwort	Polygala scoparioides	
Brownfoot	Acourtia wrightii	
Canyon Grape	Vitis Arizonica	Ed:
Cooper's Rubberweed	Hymenoxys cooperi	
Desert Tobacco	Nicotiana obtusifolia	Med:
Drummond's False Pennyroyal	Hedeoma drumondii	Med:
Eaton's Penstemon	Penstemon eatonii	Med:
Fendler's Globemallow	Sphaeralcea fendleri	Med:
Fendler's Sandmat	Chamaesyce fendleri	
Fremont's Goosefoot	Chenopodium fremontii	
Hoary Tansyaster	Machaeranthera canescens	
Horseweed	Conyza canadensis	Med:
Lousiana Sagewort	Artemessia ludoviciana	Med:
Oak Mistletoe	Phoradendron coryae	Med:
Oak Creek Ragwort	Packera quercetorum	
Palmer's Penstemon	Penstemon palmeri	Med:
Perennial Rockcress	Arabis perennans	
Perky Sue	Tetranneuris acaulis	
Pinkflower Hedgehog Cactus	Echinocereus fasciculatus	Ed:
Purplenerve Springparsley	Cymopterus multinervatus	
Rose Heath	Chaetopappa ericoides	
Sacred Datura	Datura wrightii	Med:
Silverleaf Nightshade	Solanum eleagnifolium	
Slimflower Scurfpea	Psoralidium tenuiflorum	
Slimleaf Bursage	Ambrosia confertiflora	Med:
Southwestern Mock Vervain	Glandularia gooddingii	Med:
Spreading Fleabane	Erigeron divergens	
Tansyleaf Tanstaster	Machaeranthera tanacetifolia	
Tidytips	Layia glandulosa	
Western Tansymustard	Descurainia pinnata	

Native Grasses

Indian Ricegrass	Achnatherum hymenoides	Ed:
Muttongrass	Poa fendleriana	
Purple Threeawn	Aristida purpurea	
Sand Dropseed	Sporobolus cryptandrus	Ed:
Sideoats Gramagrass	Bouteloua curtipendula	
Sixweeks Fescue	Vulpia octoflora	
Streambed Bristlegrass	Setaria leucopila	

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Native Trees

Arizona Cypress	<i>Cupressus arizonica</i>	Med: antifungal, diarrhea
Arizona Walnut	<i>Juglans major</i>	Ed: nuts Med: parasites
Arizona White Oak	<i>Quercus arizonica</i>	Ed: acorns Med: astringent
Common Hoptree	<i>Ptelea trifoliata</i>	Med: bitters, fevers
Fremont Cottonwood	<i>Populus fremontii</i>	Ed: catkins Med: fevers
Netleaf Hackberry	<i>Celtis reticulata</i>	Ed: berries
Lowell Ash	<i>Fraxinus anomala</i> var. <i>lowellii</i>	Med: astringent, antifungal
Pinyon Pine	<i>Pinus edulis</i>	Ed: seeds Med: antiseptic pitch
Red Willow	<i>Salix laevigata</i>	Med: fever, anti-inflam, pain
Redberry juniper	<i>Juniperus coahuilensis</i>	Ed: flavoring Med: urinary
Utah Juniper	<i>Juniperus osteosperma</i>	
Western Soapberry	<i>Sapindus saponaria</i>	Med: anti-inflamitory

Native Shrubs

Banana Yucca	<i>Yucca baccata</i>	Ed: fruits Med: arthritis
Beargrass	<i>Nolina microcarpa</i>	
Broom Snakeweed	<i>Gutierrezia sarothrae</i>	Med: arthritis
Brownspear Pricklypear	<i>Opuntia phaeacantha</i>	Ed: fruits, pads Med: diabetes
California Bricklebush	<i>Brickellia californica</i>	Med: diabetes, stomach, gall
Catclaw Acacia	<i>Acacia greggii</i>	Med: diarrhea, antimicrobial
Cliffrose	<i>Purshia stansburiana</i>	Med: colds
Coffeeberry	<i>Frangula californica</i>	Ed: berries Med: laxitive
Crucifixion Thorn	<i>Canotia holacantha</i>	
Desert Olive	<i>Forestiera pubescens</i>	
Desert Ceanothus	<i>Ceanothus greggii</i>	Med: lymphatic
Desert Willow	<i>Chilopsis linearis</i>	Med: antifungal
Englemann Pricklypear	<i>Opuntia englemannii</i>	Ed: fruits, pads Med: diabetes
Feather Dalea	<i>Dalea formosa</i>	Ed: tea Med: colds
Graythorn	<i>Ziziphus obtusifolius</i>	Ed: berries Med: skin, scalp
Hollyleaf Buckthorn	<i>Rhamnus illicifolia</i>	Ed: berries
Mariola	<i>Parthenium incanum</i>	
Mormon Tea	<i>Ephedra viridis</i>	Ed: tea Med: decongestant
Mountain mahogany	<i>Cercocarpus montanus</i>	Med: prostrate
Narrowleaf Yerba Santa	<i>Eriodictyon angustifolium</i>	Med: decongestant
New Mexico Locust	<i>Robinia neomexicana</i>	
Palmer Oak	<i>Quercus palmeri</i>	Ed: acorns Med: astringent
Parry Agave	<i>Agave parryi</i>	Ed: shoots Med: arthritis
Pointleaf Manzanita	<i>Arctostaphylos pungens</i>	Ed: berries, smoke Med: urinary
Red Barberry	<i>Berberis haematocarpa</i>	Ed: berries Med: bitter tonic
Scrub Oak	<i>Quercus turbinella</i>	Ed: acorns Med: astringent
Soaptree Yucca	<i>Yucca elata</i>	Ed: shoots Med: arthritis
Squawbush	<i>Rhus trilobata</i>	Ed: berries Med: mucomembrane
Sugar Sumac	<i>Rhus ovata</i>	Ed: berries Med: mucomembrane
Velvet mesquite	<i>Prosopis velutina</i>	Ed: pods Med: antimicrobial
Wait-A-Minute Bush	<i>Mimosa biuncifera</i>	
Wright Silktassel	<i>Garrya wrightii</i>	Med: antispasmodic
Yellowleaf Silktassel	<i>Garrya flavescens</i>	Med: antispasmodic

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Introduced Weeds

Grasses

Bermuda Grass	Cynodon dactylon	
Cheatgrass	Bromus tectorum	
Common Wheat	Triticum aestivum	Ed:
Japanese Brome	Bromus japonicus	
Mouse Barley	Hordeum murinum	
Red Brome	Bromus rubens	
Ripgut Brome	Bromus diandrus	
Ryegrass	Eleusis sp.	
Wild Oat	Avena fatua	Med:

Herbs

Alfalfa	Medicago sativa	Med;
Blue Mustard	Chorispora tenella	
Common Mallow	Malva neglecta	Med:
Common Mullein	Verbascum thapsis	Med:
Filaree	Erodium cicutarium	Ed:
Flixweed	Descurainia sophia	
Horehound	Marrubium vulgare	Med:
Lamb's Quarters	Chenopodium album	Ed:
London Rocket	Sisymbrium irio	Ed:
Prickly Lettuce	Lactuca serriola	Med:
Russian Thistle	Salsola tragus	Ed:

Trees

Siberian Elm	Ulmus pumila
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