

Antimicrobial Herbs

Common Name	Scientific Name	Part Used
Baptisia, or wild indigo	<i>Baptisia tinctoria</i> , Fabaceae	Root
Bearberry, or uva-ursi	<i>Arctostaphylos uva-ursi</i> , Ericaceae	Aboveground parts
Bee balm, or wild bergamot	<i>Monarda</i> spp., Lamiaceae	Aboveground parts
Black pepper	<i>Piper nigrum</i> , Piperaceae	Seeds
Black walnut	<i>Juglans nigra</i> , Juglandaceae	Hull
Calendula	<i>Calendula officinalis</i> , Asteraceae	Flowers
Cayenne peppers	<i>Capsicum</i> spp., Solanaceae	Fruit, seeds
Chamomile	<i>Matricaria recutita</i> , Asteraceae	Flowers
Chinese skullcap, or Baical skullcap	<i>Scutellaria baicalensis</i> , Lamiaceae	Root
Cinnamon	<i>Cinnamomum zeylanicum</i> and <i>C. cassia</i> , Lauraceae	Inner bark
Clove	<i>Syzygium aromaticum</i> , Myrtaceae	Buds
Elder	<i>Sambucus canadensis</i> and <i>S. nigra</i> , Adoxaceae	Flower and fruit
Eucalyptus	<i>Eucalyptus</i> spp., Myrtaceae	Leaves
Garden sage and white sage	<i>Salvia officinalis</i> and <i>S. aparine</i> , Lamiaceae	Aboveground parts
Garlic	<i>Allium sativum</i> , Amaryllidaceae	Bulb
Ginger	<i>Zingiber officinale</i> , Zingiberaceae	Rhizome
Goldenseal	<i>Hydrastis canadensis</i> , Ranunculaceae	Root (only use cultivated sources; overharvested)
Honeysuckle, Japanese	<i>Lonicera japonica</i> , Caprifoliaceae	Flowers
Houttuynia	<i>Houttuynia cordata</i> , Saururaceae	Aboveground parts
Hyssop	<i>Hyssopus officinalis</i> , Lamiaceae	Aboveground parts
Juniper	<i>Juniperus</i> spp., Cupressaceae	Needle

Lavender	<i>Lavandula</i> spp., Lamiaceae	Aboveground parts in flower
Lemon balm	<i>Melissa officinalis</i> , Lamiaceae	Aboveground parts
Lomatium	<i>Lomatium dissectum</i> , Apiaceae	Roots
Myrrh	<i>Commiphora mol-mol</i> , Burseraceae	Resin
Oregon grape root	<i>Mahonia</i> spp., Berberidaceae	Root
Osha	<i>Ligusticum porteri</i> and <i>L. canadensis</i> , Apiaceae	Root
Redroot	<i>Ceanothus</i> spp., Rhamnaceae	Root
Rosemary	<i>Rosmarinus officinalis</i> , Lamiaceae	Aboveground parts
Sida	<i>Sida acuta</i> , <i>S. rhomnifolia</i> , <i>S. cordifolia</i> , Malvaceae	Whole plant
Sweet gum	<i>Liquidambar styraciflua</i> , Altingiaceae	Resin
Thyme	<i>Thymus vulgaris</i> , Lamiaceae	Aboveground parts
Tickseed, Spanish needles, bidens	<i>Bidens pilosa</i> , <i>B. alba</i> , <i>B. frondosa</i> , Asteraceae	Aboveground parts
Toothache plant, spilanthus	<i>Acmella oleracea</i> , Asteraceae	Aboveground parts
Toothache tree	<i>Zanthoxylum clava-herculis</i> and <i>Z. americanum</i> , Rutaceae	Bark and berries
Usnea	<i>Usnea</i> spp., Parmeliaceae	Lichen
Woad	<i>Isatis tinctoria</i> , Brassicaceae	Root
Wormwood, sweet Annie, sagebrush	<i>Artemisia</i> spp., Asteraceae	Aboveground parts
Yarrow	<i>Achillea millefolium</i> , Asteraceae	Aboveground parts
Yellowroot	<i>Xanthorhiza simplicissima</i> , Ranunculaceae	Root