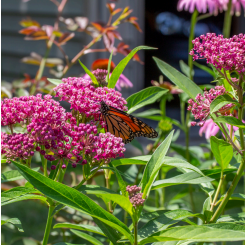


Plants of the Seine

	Wild Mint	Native; stabilizes wet soils, attracts pollinators; used as tea for stomach aches, colds, and headaches.
	Red Osier Dogwood	Native; stabilizes riverbanks; inner bark used in smoking mixtures and for fevers, colds, eye medicine.
	Canada Anemone	Native; helps ground cover; sap historically used externally for sores, not safe internally.
	Goldenrod	Native; supports bees/butterflies; tea for urinary issues, sore throats, and colds.
	Yarrow	Native; pollinator plant; poultice for cuts, tea for fevers and digestion.
	Stinging Nettle	Native; grows in rich soils; edible greens; tea for joint pain, allergies, and as a spring tonic. Wear gloves when handling; tiny hairs can sting and cause skin irritation.

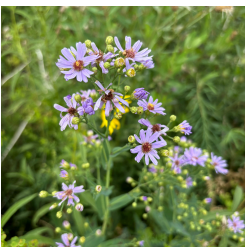
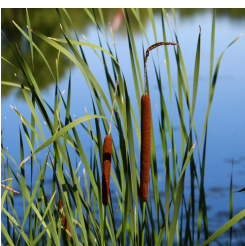
Plants of the Seine

	Swamp Milkweed	Native ; monarch butterfly host; root tea used for lung ailments and diarrhea.
	Plantain	Naturalized from Europe; soil repair; leaf poultice for stings and wounds, tea for coughs.
	Poison Ivy	Native ; erosion control; causes skin rash. Do not touch; oils cause painful rash on skin and can spread by contact with clothing or pets.
	Common Milkweed	Native ; monarch host; young shoots, pods edible when boiled; fibers for cordage.
	Wild Rose	Native ; wildlife food; rosehips high in vitamin C, teas for colds, poultices for wounds.
	Burdock	Invasive from Europe/Asia; root edible (vegetable/tea for detox, skin issues).

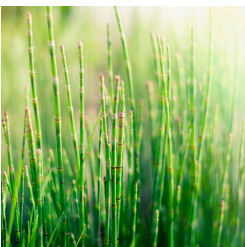
Plants of the Seine

	Moonseed	Native ; climbing vine; berries poisonous, no safe use.
	Starflowered Solomon's Seal	Native ; shade plant; rhizome tea for coughs, poultice for bruises.
	Manitoba Maple	Native ; hardy tree; sap boiled for syrup.
	Meadow Rue	Native ; pollinator plant; root tea for menstrual pain and stomach upset.
	Currant	Native ; berries edible fresh or in jams; vitamin C source.
	Snowberry	Native ; prevents erosion; berries toxic if eaten, poultice used for skin sores.

Plants of the Seine

	American Hog Peanut	Native ; nitrogen fixer; edible tubers eaten raw or boiled.
	Purple Prairie Clover	Native ; fixes nitrogen; tea for coughs and fever, chewed for toothaches.
	Small Blue Aster	Native ; late-season nectar for pollinators; leaves smoked for headaches.
	Cattail	Native ; filters water, prevents erosion; roots ground into flour, shoots edible, poultice for burns.
	Calico Aster	Native ; food source for late pollinators; mild tea for fevers.
	Elm Tree	Native ; shade, erosion control; inner bark poultice for wounds, tea for sore throats.

Plants of the Seine

	Buckthorn	Invasive (Europe); displaces native species.
	Bur Oak	Native ; stabilizes soil; acorns edible when leached, bark tea for fevers.
	Horsetail	Native ; erosion control; stem tea for kidney/bladder problems, poultice for wounds.
	Common Vetch	Naturalized (Europe); nitrogen fixer; mainly forage crop, not medicinal.
	Creeping Charlie	Invasive (Europe); ground cover; tea for colds, coughs, kidney issues.
	Creeping Bell Flower	Invasive (Europe); spreads aggressively.

Plants of the Seine

	Red Clover	Naturalized (Europe); pollinator support; tea for coughs, menopause symptoms, skin rashes.
	Curly Dock	Naturalized (Europe); invasive; young leaves edible, root tea as laxative/skin wash.
	Cocklebur	Native ; invasive tendency; seeds toxic, but poultice used for skin infections.
	Canada Thistle	Invasive (from Europe/Asia); spreads aggressively and crowds out native plants; roots help hold soil but make removal difficult.
	Trembling Aspen	Native ; stabilizes riverbanks; bark tea for pain, fever, and colds.
	Obedient Plant	Native ; attracts bees/hummingbirds; mild medicinal tea for coughs and colds.