


<b>Medicinal Ridge</b>				
Garden data compiled by Christina Mild [www.RioDeltaWild.com] <mild.christina@gmail.com>				
The focus of this garden is native plants of current or historic medicinal use. Garden preparation and planning by Rio Grande Valley Chapter, Texas Master Naturalists (www.rgvctmn.org). Special thanks to Dick Roesler for many hours of clearing and mulching to make this garden possible. Members of Cameron-WillacyCounty Medical Alliance (CWCMA-NC) helped in the dedication/planting of the garden on February 17, 2007. Members also participated in small fundraising projects over the past year by C Mild to fund hoses and signage.				
<u>Vernacular Names</u>	<u>Botanic Name</u>	<u>Light Req.</u>	<u>notes</u>	<u>Medicinal , Dietary, Landscaping and Economic Use (.....just a summary)</u>
Allthorn Goat Bush, <b>Amargosa</b>	Castela erecta	best in full sun	xeric; slow growing	Extract from the bark alleviates amoebic dysentery. A fluidacetextract at the strength of 1 part per million immobilizes <i>Entamoeba histolytica</i> . Bitter taste lends the spanish name <i>amargosa</i> .
<b>Anacahuita</b>	Cordia boissieri	full sun	requires good drainage	Fruit jelly used for coughs and colds; leaf tea used for bronchitis/rheumatism. This fruit is edible, but may lead to illness if consumed in great quantity. Favorite of hummingbirds and butterflies.
<b>Barbados Cherry, Xochtatl</b>	Malpighia glabra	partial/ full sun	tolerates shade	Edible fruit, very high in vitamin C. Butterfly nectar & host-plant. Birds & mammals consume the fruit.
<b>Cenizo</b>	Leucophyllum frutescens	full sun	adaptable	Tea for cough/congestion; used for treatment of chills and fever. Referred to as barometer bush, as this shrub begins to flower before impending rain. Natural variation in leaf and bloom colors.
<b>Chilipequin</b>	 Capsicum annum	partial/ full sun	wilts during drought; favorite of mockingbirds	High vitamin C edible fruit. Capsaicin extract relieves muscle ache. <i>A number of fruiting shrubs and trees in South Texas provide the vitamin C which humans require in their daily diet. This fruit is typically small in size. Nutritional content of many native fruits has not been studied or analyzed.</i>
<b>Colima, Lime Prickly Ash</b>	Zanthoxylum fagara	partial/ full sun	plant as background "screen"	Citrus-scented leaves are used as condiment; sudorific, nerve tonic. This fast-growing, well-armed shrub makes an excellent barrier fence. Grows well from seed. Viciously recurved thorns.
<b>Cortes Croton, Palillo</b>	Croton cortesianus	partial/ full sun	adaptable, colony-forming	Leaves used as a caustic in the treatment of skin diseases. This nicely-rounded evergreen shrub grows beautifully in cultivation. It is a butterfly host-plant. Plant is either male or female.
<b>Honey Mesquite</b>	Prosopis glandulosa	full sun	adaptable, fast growing	Gum from the bark used to treat dysentery, sore throats and open wounds. Seedpods contain a sticky sweet substance. Dried beans are ground for bread/cookies. Complex carbohydrates & amino acids.
<b>Huisache</b>	Acacia farnesiana	full sun	thorny, requires ample space	Flowers,fruits,roots,leaves,spines used for wide range of ailments. *A detailed list of medicinal uses for Huisache is found in <b>Cheatham, Johnston. Useful Wild Plants of Texas.1995.</b> ISBN 1-887292-00-4. This detailed series needs sponsorship for completion. [http://www.usefulwildplants.org/]
<b>Prickly Pear; Nopal</b>	Opuntia engelmannii	full sun	many bloom colors in Cameron Cty.	Soothing poultices from the peeled pads. Fruit tea used in the treatment of gallstones. Consumption of pads may aid in control of diabetes. <i>Thornless variety is the most easily-grown edible plant for the area.</i> Fruit and pads can be eaten raw or cooked in a variety of ways. Remove spines!
<b>Retama</b>	Parkinsonia aculeata	full sun	plant away from trail	Tea from the leaves is used for diabetes, epilepsy, as a febrifuge, sudorific and abortifacient.
<b>Sangre de Drago, Leatherstem</b>	Jatropha dioica	full sun	adaptable	Astringent sap tightens loose teeth. May grow into large, bushy shrub. Leafless in winter and drought.
<b>Toothache Tree</b>	Zanthoxylum hirsutum	full sun	sandy or gravelly soil	Chewed leaves produce local anesthesia. (This plant has not yet been acquired for the garden. It is on our "wish list.") Falfurrias may be the furthest south this plant naturally occurs.
<b>*Other sources include:</b> Vines. Robert A. Trees, Shrubs & Woody Vines of the Southwest. 1960. Univ. of TX Press. ISBN 0-292-73414-X				
Taylor, Rutledge, Herrera. A Field Guide to South Texas Shrubs. 1994. Univ. of TX Press. ISBN 1-884694-14-0. <b>Plants/consulting by Mike Heep, Harlingen, TX.</b>				
Tull, Delena. Edible and Useful Plants of Texas and the Southwest. Univ. of TX Press. ISBN 0-292-78164-4. <span style="float: right;">[www.heepsnursery.com] 457-6834.</span>				