



United Plant Savers

“At-Risk” & “To Watch” List

Statement of Purpose

For the benefit of the plant communities, wild animals, harvesters, farmers, consumers, manufacturers, retailers and practitioners, we offer this list of wild medicinal plants which we feel are currently most sensitive to the impact of human activities. Our intent is to assure the increasing abundance of the medicinal plants, which are currently in decline due to expanding popularity and shrinking habitat and range. UpS is not asking for a moratorium on the use of these herbs. Rather, we are initiating programs designed to preserve these important wild medicinal plants.

“At-Risk” List

- **American Ginseng** - *Panax quinquefolius*
- **Black Cohosh** - *Actaea racemosa (Cimicifuga)*
- **Bloodroot** - *Sanguinaria canadensis*
- **Blue Cohosh** - *Caulophyllum thalictroides*
- **Echinacea** - *Echinacea spp.*
- **Eyebright** - *Euphrasia spp.*
- **False Unicorn Root** - *Chamaelirium luteum*
- **Goldenseal** - *Hydrastis canadensis*
- **Lady’s Slipper Orchid** - *Cypripedium spp.*

- **Lomatium** - *Lomatium dissectum*
- **Osha** - *Ligusticum porteri, L. spp.*
- **Peyote** - *Lophophora williamsii*
- **Slippery Elm** - *Ulmus rubra*
- **Sundew** - *Drosera spp.*
- **Trillium, Beth Root** - *Trillium spp.*
- **True Unicorn** - *Aletris farinosa*
- **Venus’ Fly Trap** - *Dionaea muscipula*
- **Virginina Snakeroot** - *Aristolochia serpentaria*
- **Wild Yam** - *Dioscorea villosa, D. spp.*

The “At Risk” list consists of herbs which are broadly used in commerce and which, due to over-harvest, loss of habitat, poor logging practices, or by the nature of their innate rareness or sensitivity are either at risk or significantly declined in number within their current range.

“To-Watch” List

- **Arnica** - *Arnica spp.*
- **Butterfly Weed** - *Asclepias tuberosa*
- **Cascara Sagrada** - *Frangula purshiana (Rhamnus)*
- **Chaparro** - *Casatela emoryi*
- **Elephant Tree** - *Bursera microphylla*
- **Gentian** - *Gentiana spp.*

- **Goldthread** - *Coptis spp.*
- **Kava Kava** - *Piper methysticum (Hawaii only)*
- **Lobelia** - *Lobelia spp.*
- **Maidenhair Fern** - *Adiantum pendatum*
- **Mayapple** - *Podophyllum peltatum*
- **Oregon Grape** - *Mahonia spp.*
- **Partridge Berry** - *Mitchella repens*
- **Pink Root** - *Spigelia marilandica*
- **Pipsissewa** - *Chimaphila umbellata*
- **Spikenard** - *Aralia racemosa, A. californica*
- **Stone Root** - *Collinsonia canadensis*
- **Stream Orchid** - *Epipactis gigantea*
- **Turkey Corn** - *Dicentra canadensis*
- **White Sage** - *Salvia apiana*
- **Wild Indigo** - *Baptisia tinctoria*
- **Yerba Mansa** - *Anemopsis californica*

The “To Watch” list includes wild medicinal plants that are proposed for the “At Risk” list but are in need of further research. UpS is watching these herbs and collecting information on levels of commercial usage while monitoring the viability of these plants within their current range.