

Liste des plantes médicinales

Plantes/Plant	Cultivés/ Grown	Sauvages/ Wild	Feuilles/ Leaves	Fleurs/ Flowers	Herbes/ Herbs	Divers/ Various
Achillea millefolium/ Achillée millefeuille/ Yarrow	x			x		
Acorus calamus/ Acore odorant/ Sweet flag		x				Racines/ Roots
Alpinia galanga/ Galanga/Blue ginger	x					Racines/ Roots
Althaea officinalis/ Guimauve officinale/ Marshmallow	x			x		Racines/ Roots
Anethum graveolens/ Aneth/Dill	x		x		x	
Arnica Montana/ Arnica/ Mountain arnica		x		x		
Artemisia vulgaris/ Armoise/ Mugwort	x		x			
Betula pendula/ Bouleau verruqueux/ Warty birch		x	x			Bourgeons/ Buds
Calendula officinalis/ Souci off./ Marigold	x			x		
Calluna vulgaris/ Callune/ Heather		x	x			Bruyère/ Heather

Plantes/Plant	Cultivés/ Grown	Sauvages/ Wild	Feuilles/ Leaves	Fleurs/ Flowers	Herbes/ Herbs	Divers/ Various
Centaurea cyanus/ Bleuet/ Cornflower	x			x		
Chamaerion angustifolium/ Epilobe en épi/Fireweed		x		x		
Chelidonium majus/Grande Chélidoine/ Greater celandine		x			x	
Cichorium / Chicorée/ Chirory		x				Racines/ Roots
Corylus/ Noisetier/ Hazel		x	x			
Echinacea purpurea/ Echinacée pourpre/ Purple cornflower		x	x	x		Racines/ Roots
Equisetum arvense/Prêle des champs/ Horsetail		x	x			
Frangula alnus/ Bourdaine/ Alder buckthorn		x				Ecorce/Bark
Helianthus/ Hélianthe/ Sunflower	x			x		Pétales/ Petals
Helichrysum arenarium/ Immortelle des sables/ Immortelle		x		x		
Hippophae rhamnoides/ Argousier/Sea buckthorn		x				Fruits/Fruits

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Hypericum perforatum/ Millepertuis/ St John's Wort		x		x		
Juglans/ Noyer/Walnut		x	x			
Levisticum officinale/ Céleri perpétuel/ Perpetual celery			x			
Lamium album/Lamier blanc/White nettle		x			x	
Linum usitatissimum /lin/Flax	x					Graines/ Seeds
Malva sylvestris/ Grande Mauve/ Mallow	x		x		x	
Matricaria recutita/ Camomille/ Chamomile	x			x		
Melissa officinalis/ Mélisse/ Lemon balm	x					
Menta x piperita/ Menthe poivrée/ Pepper mint	x		x		x	
Pinus sp/Pin/ Pine		x				Bourgeons/ Buds
Plantago lanceolata/ Plantain lancéolé/ Ribwort plantain		x				
Primula veris/ Primevères/ Primeroses		x		x		

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Quercus robur/Chêne/ Oak		x				Ecorce/Bark
Rosa canina/ Cynorhodon/ Dog rose		x				Fruits/Fruits
Salvia officinalis/ Sauge officinale/ Officinal sage	x		x			
Sambucus nigra/Sureau noir/Black elderberry		x		x		Fruits/Fruits
Silybum marianum/ Chardon Marie/Marian thistle	x					
Solidago/ Solidages/ Goldenrods		x		x		
Sorbus aucuparia/ Sorbier/ Mountain ash		x				Fruits/Fruits
Symphytum off./Consoude off./Comfrey		x				Racines/ Roots
Tanacétum/ Tanaïsie/ Tansies		x		x		
Taraxacum officinalis/ Pissenlit/ Dandelion		x	x	x		Racines/ Roots
Tilia platyphyllos/ Tilleul à grandes feuilles/ Largeleaf Linden		x		x		
Tussilago farfara/ Tussilage/ Coltsfoot		x	x	x		

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Urtica dioica/ Grande ortie/ Nettle		x	x		x	
Vaccinium oxycoccos/ Canneberges/ Cranberries						Fruits/Fruits
Valeriana officinalis/ Valériane officinale/ Valerian	x					Racines/ Roots
Malus domestica/ Pommes/ Apples	x					Fruits/Fruits
Pyrus communis/ Poires/Pears	x					Fruits/Fruits
Ribes nigrum/ Cassis/ Blackcurrant	x		x			Fruits/Fruits
Vaccinium myrtillus/ Myrtilles/ Blueberries		x				Fruits/Fruits
Fragaria/ Fraises/ Strawberries	x		x			Fruits/Fruits
Fragaria vesca/Fraisier des bois/Wild strawberries		x	x			Fruits/Fruits
Aronia melanocarpa/ Aronie/Black chokeberry		x				Fruits/Fruits