

About United Plant Savers

A nonprofit devoted to medicinal plant conservation.

The following text is copied directly from the United Plant Savers website.

United Plant Savers' mission is to protect native medicinal plants of the United States and Canada and their native habitat while ensuring an abundant renewable supply of medicinal plants for generations to come.

These are exciting times for herbalists. We are witnessing the art of herbalism rapidly regaining its rightful place in the American tradition of health and healing. However, as herbalism flourishes and winds its way into the "main stream" of America, it is eliciting a unique set of problems and concerns.

Where once herbal enterprises were few and far between, it is now a competitive marketplace that has increased the demand on wild medicinal plant resources. Furthermore, other countries with an uninterrupted tradition of herbalism are experiencing a severe shortage of medicinal plants and look to the North American continent for supplying these herbs. This increased usage, along with habitat destruction, is causing an ever-increasing shortage of wild plant resources, including some of our most treasured medicinal species.

The work of United Plant Savers involves research, education, and conservation of native medicinal plants and their habitats.

Each year UpS puts out At-Risk and To-Watch lists. At-Risk plants are at risk of extinction or becoming endangered because of overharvesting practices or habitat destruction. These plants should never be harvested from the wild. If you need to use these plants, find a cultivated source for them. In addition, when possible, habitat restoration and intentional planting of these At-Risk plants is encouraged. Plants on the To-Watch list should be used only when necessary and only harvested sustainably. These are plants that are at risk of being added to the At-Risk list, and therefore great caution should be used with their supply.

"At Risk" List

American ginseng (*Panax quinquefolius*)

Black cohosh (*Actaea racemosa* L.)

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*)
Sandalwood (*Santalum spp.*; Hawaii only)
Slippery elm (*Ulmus rubra*)
Sundew (*Drosera spp.*)
Trillium, Beth root (*Trillium spp.*)
True unicorn (*Aletris farinosa*)
Venus' flytrap (*Dionaea muscipula*)
Virginia snakeroot (*Aristolochia serpentaria*)
Wild yam (*Dioscorea villosa*, *D. spp.*)

“To Watch” List

Arnica (*Arnica spp.*)
Butterfly weed (*Asclepias tuberosa*)
Cascara sagrada (*Frangula purshiana*, syn. *Rhamnus purshiana*)
Chaparro (*Castela emoryi*)
Elephant tree (*Bursera microphylla*)
Gentian (*Gentiana spp.*)
Goldthread (*Coptis spp.*)
Kava kava (*Piper methysticum*; Hawaii only)
Lobelia (*Lobelia spp.*)
Maidenhair fern (*Adiantum pedatum*)
Mayapple (*Podophyllum peltatum*)
Oregon grape (*Mahonia spp.*)
Partridge berry (*Mitchella repens*)
Pink root (*Spigelia marilandica*)
Pipsissewa (*Chimaphila umbellata*)
Ramps (*Allium tricoccum*)
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*)

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has.”

—Margaret Mead

For more information please visit the United Plant Savers website:
UnitedPlantSavers.org