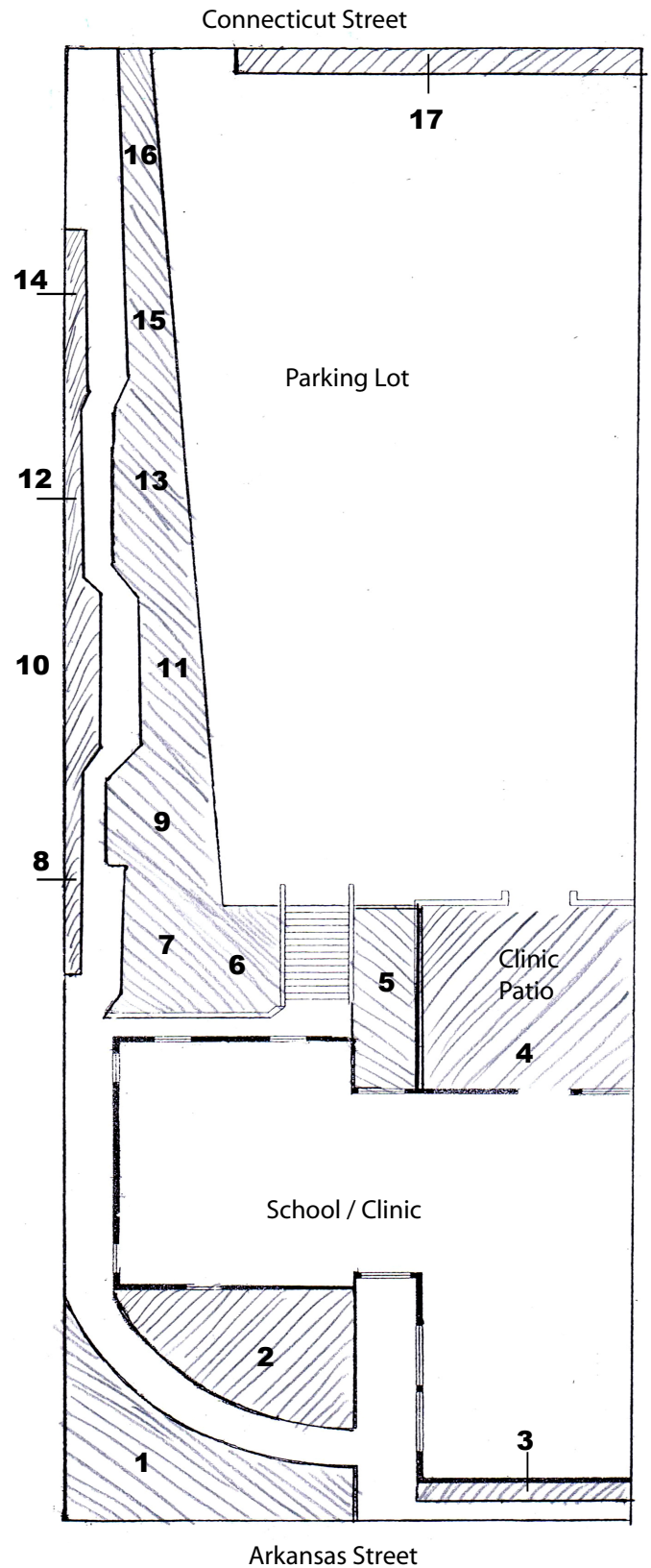


PinYin Name	Latin Name	Cook	Category	Area
Ai Ye	Artemisia argyi	Yes	Stop Bleeding	1
Bai He	Lillium longiflorum	Yes	Tonify Yin	2
Bai Ji	Bletilla striata		Stop Bleeding	1, 2
Bai Jiang Cao	Patrinia scabiosaefolia		Heat Toxins	1
Bai Lian	Ampelopsis japonica		Heat Toxins	13
Bai Mao Gen	Imperata cylindrica		Stop Bleeding	2
Bai Wei	Cynanchum atratum		Clear Def Heat	6
Bai Zhi	Angelica dahurica		Release Ext, Warm	2
Bai Zhu	Atractylodes macrocephala		Tonify Qi	13
Bai Zi Ren	Biota orientalis		Calm Spirit	1,14,15
Ban Lan Gen Da Qing Ye	Isatis tinctoria		Heat Toxins	13
Ban Zhi Lian	Scutellaria barbata		Heat Toxins	2
Bian Dou	Dolichos lablab	Yes	Tonify Qi	4
Bo He	Mentha haplocalyx	Yes	Release Ext, Cool	2, 4, 13
Cao Dou Kou	Alpinia kutsumodai	Yes	Aromatic Transform Damp	5, 8
Ce Bai Ye	Biota orientalis		Stop Bleeding	14, 15
Chai Hu	Bupleurum chinense		Release Ext, Cool	11
Chang Shan	Dichroa febrifuga		Expel Parasites	2
Che Qian Zi	Plantago asiatica	Yes	Drain Damp	2, 4
Chou Wu Tong	Clerodendron trichotomum		Wind-Damp	6
Chuan Mu Tong	Clematis armandii		Drain Damp	16
Chuan Lian Zi	Melia toosendan		Regulate Qi	10
Chuan Niu Xi	Cyathula officinalis		Invigorate Blood	13
Da Huang	Rheum palmatum		Drain Downward	2
Da Suan	Allium sativum	Yes	Expel Parasites	4
Dang Gui	Angelica sinensis	Yes	Tonify Blood	15
Dan Shen	Salvia miltiorrhiza		Invigorate Blood	6
Dang Shen	Codonopsis pilosula	Yes	Tonify Qi	6
Deng Xin Cao	Juncus effuses		Drain Damp	8, 10
Di Yu	Sanguisorba officinalis		Stop Bleeding	2, 10
Dong Ling Cao	Isodon rubescens		Heat Toxins	13
Du Huo	Angelica pubescens		Wind-Damp	1
Du Zhong	Eucomnia ulmoides	Yes	Tonify Yang	10
Fan Xie Ye	Cassia angustifolia		Drain Downward	1

PinYin Name	Latin Name	Cook	Category	Area
Fang Feng	Saposhnikovia divaricata		Release Ext, Warm	11
Fen Yi Cao	Lavandula angustifolia	Yes		15
Fo Shou	Citrus Medica	Yes	Regulate Qi	4
Fu Ping	Lemna minor (Qing Ping)		Release Exterior, Cool	10
Gan Cao	Glycyrrhiza ulensis	Yes	Tonify Qi	13
Gan Su Dan Shen	Salvia przewalskii		Invigorate Blood	6
Gan Sui	Euphorbia kansui		Drain Downward	2
Gao Ben	Ligusticum jeholense		Release Ext, Warm	10
Gou Qi Zi	Lycium barbarum	Yes	Tonify Blood	1, 2, 4, 13
Gua Lou	Chuanchosanthos kirolowii		Phlegm Heat	11
Guan Ye Lian Qiao	Hypericum perforatum		Heat Toxins	1
Guan Zhong	Cyrtomium fortunei		Expel Parasites	5
Gui Hua	Osmanthus fragrans	Yes	Cough/ Wheezing	4
Han Jin Lian	Tropaeolum majus			4, 17
He Huan Pi	Albizia julrissin		Calm Spirit	1
He Shou Wu	Polygonum multiflorum		Tonify Blood	1
Hu Tui Ye/ Zi	Elarganus pungens		Wind-Damp	1
Hu Zhang	Polygonum cuspidatum		Invigorate Blood	1, 2
Huai Jiao	Sophora japonica		Stop Bleeding	14
Huang Lian	Coptis chinensis		Clear Heat/Dry Damp	13
Huang Qi	Astragalus membranaceus	Yes	Tonify Qi	13
Huang Qin	Scutellaria baicalensis		Clear Heat/Dry Damp	9
Huang Yao Zi	Dioscorea bulbifera		Phlegm Heat	14
Ji Xiang Cao	Reineckea carnea		Stop Cough (Adulterant for Shi Chang Pu)	5
Jiao Gu Lan	Gynostemma pentaphyllum		Tonify Qi	5
Jie Geng	Platycodon grandiflorum		Cold Phlegm	6
Jin Yin Hua Ren Dong Teng	Lonicera japonica L. confusa	Yes	Heat Toxins	4, 9, 10, 11, 16
Jin Zhen Cai	Hemerocallis fulva	Yes	Drain Damp	8, 12
Jin Ying Zi	Rosa laevigata Michx.		Stabilize & Bind	14
Jiu Cai Zi	Allium tuberosum	Yes	Tonify Yang	4, 13
Ju Hua	Chrysanthemum morifolium	Yes	Release Exterior, Cool	4, 9

PinYin Name	Latin Name	Cook	Category	Area
Kuan Dong Hua	Tussilago farfara		Cough/ Wheezing	15
Lan Hua Bian Zhu	Iris confusa		Heat Toxins	6
Lian Qiao	Forsythia suspensa		Heat Toxins	1, 2, 13
Liu Ye	Salix babylonica		Heat Toxins	16
Lou Lu	Echinops ritro		Heat Toxins	2
Lu Cha	Camellia sinensis	Yes	Clear Heat/ Drain Fire	4
Lu Hui	Aloe vera	Yes	Drain Downward	3
Luo Shi Teng	Trachelospermum jasminoides		Wind-Damp	3
Ma Bian Cao	Verbena officinalis		Invigorate Blood	15
Ma Li Jin	Asclepias curassavica			10
Mai Men Dong	Ophiopogon tuber	Yes	Tonify Yin	2, 5
Mao Gen	Ranunculus japonicus			2, 13
Mei Gui Hua	Rosa rugosa	Yes	Regulate Qi	1
Mi Die Xiang	Rosmarinus officinalis	Yes		14
Mi Hua Xiao Gen	Allium macrostemon var. uratense	Yes	Regulate Qi	4
Mi Meng Hua	Buddleia officinalis		Drain Fire	1,2,7,8
Mu Dan Pi	Paeonia suffruticosa		Cool Blood	10
Mu Tong	Akebia quinata caulis		Drain Damp	13
Mu Zei	Equisetum hiemale		Release Ext, Cool	10
Nan Dan Shen	Salvia bowleyana		Invigorate Blood	6
Nan Sha Shen	Adenophora nankingsensis		Tonify Yin	9
Nan Tian Zhu Ye	Nandina domestica		Drain Fire	15
Ning Meng Pi	Citrus limonum	Yes	Regulate Qi	9
Niu Bang Zi	Arctium lappa	Yes	Release Ext, Cool	13
Niu Zi	Origanum vulgare		Release Ext, Warm	15
Nu Zhen Zi	Ligustrum lucidum		Tonify Yin	2, 4
Pei Lan	Eupatorium fortunei		Aromatic Transform Damp	10
Pi Pa Ye	Eriobotrya japonica	Yes	Cough/ Wheezing	5, 7
Pu Huang	Typha orientale		Stop Bleeding	10
Qian Hu	Peucedanum praerupturom		Cough/ Wheezing	1, 13
Qian Nui Zi	Pharbitis purpurea		Drain Down	1
Qian Zheng Wang Xian Cao	Stellaria yunnanensis			4
Qin Jiao	Gentiana Tibetica		Wind-Damp	5
Qin Pi	Fraxinus rhynchophylla		Clear Heat/ Dry Damp	10

ACTCM Chinese Medicinal Herb & Cooking Garden



Tour the ACTCM Chinese Medicinal Herb & Cooking Garden

Use this guide to explore the many facets of the *ACTCM Chinese Medicinal Herb & Cooking Garden*. The Garden surrounds the school; it runs from Arkansas St. through to Connecticut St. and includes many hidden jewels. Visit the *Secret Garden*, nestled between the stairs leading down from the parking lot and the school building, home to shade loving woodland plants such as Tian Men Dong and Jiao Gu Lan. The Kellogg Foundation helped fund the *Chinese Medicinal Cooking Garden*, located mainly on the Clinic Deck, featuring Yu Xing Cao, Fo Shou and Gui Hua. The *Pond Area* gives life to moisture loving herbs including Mu Zei, Pei Lan and Pu Huang. Find a cozy spot and spend some time contemplating the herbs as living medicine.

Labels identify the plants in both PinYin and Latin, and include their nature, taste and toxicity. Though Shen Nong is fabled to have tested 72 poisonous plants in one day and managed to live due to his vast knowledge of herbal antidotes, please heed signs referring to plant toxicity.

Look for this icon showing medicinal herbs used in cooking.



Enjoy the Garden!

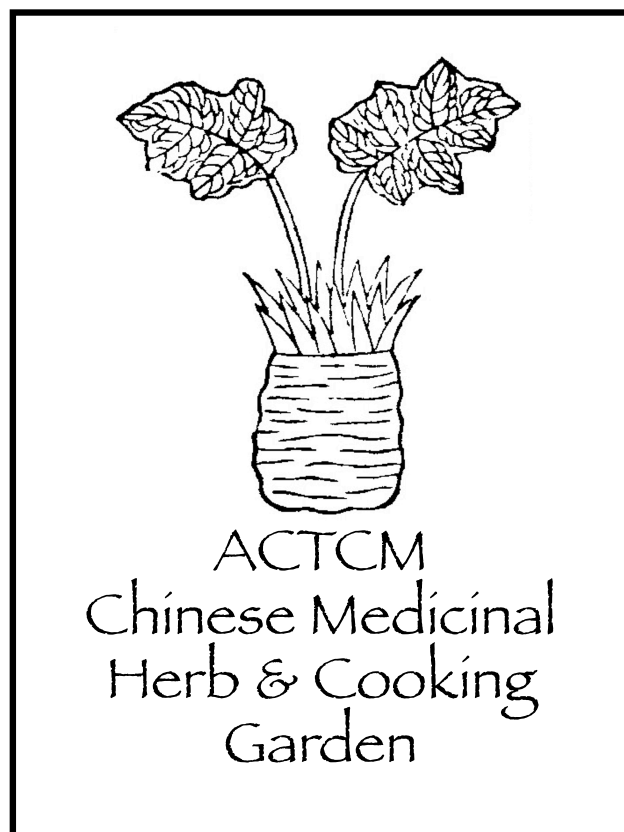
Help the Garden Grow

The *ACTCM Chinese Medicinal Herb & Cooking Garden* depends on the generous support of students, alumni and friends to purchase supplies, tools, and new plants. Please send your contribution to:

**ACTCM Chinese Medicinal
Herb & Cooking Garden**
455 Arkansas Street
San Francisco, CA 94107
(415) 282-7600

PinYin Name	Latin Name	Cook	Category	Area
Qing Hao	Artemisia annua		Clear Def Heat	6
Qu Mai	Dianthus superbus		Drain Damp	11
Sang Bai Pi	Morus alba		Cough/ Wheezing	13
Sang Shen	Morus alba	Yes	Tonify Blood	13
Sang Ye	Morus alba		Release Exterior, Cool	13
Sha Yuan Zi	Astragalus complanate		Tonify Yang	10
Shan Yao	Dioscorea opposita	Yes	Tonify Qi	2, 14
Shan Zhu Yu	Cornus officinalis		Stabilize & Bind	1
Shang Lu	Phytolacca acinosa		Drain Down	1, 2, 10
She Gan	Belamcanda chinensis		Heat Toxins	9
Sheng Di Huang	Rehmania glutinosa		Cool Blood	1
Sheng Jiang	Zingiber officinale	Yes	Release Exterior, Warm	6
Shi Chang Pu	Acorus gramineus		Aromatic Opens Orifices	10
Su Xin Hua	Jasminum officinalis	Yes	Regulate Qi	16
Tian Men Dong	Asparagus cochinchinensis		Tonify Yin	5
Tu Huo Xiang	Agastache rugosa	Yes	Aromatic Transform Damp	4
Tu Mu Xiang	Inula helenium		Regulate Qi	1
Tu San Qi			Stop Bleeding	2
Tu Xiang Ru	Origanum vulgare	Yes		15
Tu Yi Zhi Hao	Achillea wilsoniana		Invigorate Blood	10
Wei Ling Xian	Clematis armandii		Wind-Damp	13
Wu Jia Pi	Acanthopanax gracilistylus		Wind-Damp	2, 7
Wu Se Mei Gen	Lantana camara		Drain Heat Toxin	16, 17
Wu Yue Ai	Artemisia princeps		Stop Bleeding	1
Xi Shu Gen	Camptotheca acuminata		Heat Toxins	14
Xi Xi Xin	Asarum canadensis		Release Exterior, Warm	5

PinYin Name	Latin Name	Cook	Category	Area
Xia Ku Ca	Prunella vulgari	Yes	Drain Fire	2
Xian He Cao	Agrimonia pilosa		Stop Bleeding	2, 9, 13
Xiang Chun	Toona sinensis	Yes	<i>Adulterant for Chun Pi</i>	4
Xiao Hui Xiang	Foeniculum valgare	Yes	Warm Interior & Expel Cold	13
Xie Bai	Allium chinensis	Yes	Regulate Qi	4
Xie Cao	Valeriana officinalis		Calm Spirit	15
Xing Ren	Prunus armeniana		Cough/ Wheezing	11
Xu Duan	Dipsacus asperoides		Tonify Yang	6
Xuan Shen	Scrophularia ningpoensis		Cool Blood	2, 6, 13
Ya Zhi Cao	Commelina communis		Drain Fire	13
Ye Jiao Teng	Polygonum multiflorum		Calm Spirit	1
Yi Mu Cao	Leonorus heterophyllus		Invigorate Blood	1
Yi Yi Ren	Coix lachryma jobi	Yes	Drain Damp	7
Yin Chen Hao	Artemisia capillaris		Drain Damp	6
Yin Yang Huo	Epimedium grandiflorum		Tonify Yang	13
Yu Xing Cao	Hottuniya cordata	Yes	Heat Toxins	2, 4, 5
Yu Zhu	Polygonatum odoratum	Yes	Tonify Yin	2, 6
Yuan Hua	Daphne genkwa		Drain Down	2
Yuan Zhi	Polygala tenuifolia		Calm Spirit	5
Yue Ji Hua	Rosa chinensis mutabilis		Invigorate Blood	2
Ze Lan	Lycopus lucidus		Invigorate Blood	15
Zhi Mu	Anemarrhena asphodelioides		Drain Fire	12
Zhi Zi	Gardenia jasminoides		Drain Fire	2
Zhu Ru	Bambusa tuldoide		Phlegm Heat	4, 8
Zi Cao	Lithospermum erythrorizon		Cool Blood	1, 2
Zi Jin Niu	Ardisia japonica		Cough/ Wheezing	13
Zi Wan	Aster tartaricus		Cough/ Wheezing	10



The legendary developer of Chinese Herbal Medicine and Agriculture, Shen Nong, is said to have tasted hundreds of herbal substances to determine their beneficial or toxic nature. The Chinese Materia Medica, now containing thousands of substances, is based on his experiments. The *ACTCM Chinese Medicinal Herb & Cooking Garden* shelters over 150 varieties of revered botanical treasures described within the Chinese Materia Medica, including plants used in medicinal healing and cooking. Many of these herbs have been introduced into the U.S. as valuable landscaping plants, others are considered merely bothersome weeds; yet all these plants contain potent medicinal properties which are used by Chinese herbalists to optimize health and restore balance. The ACTCM plant collection was started by former student Robert Newman, who collected and cultivated many rare species of herbs, some which are seldom grown outside of China. In 1996, a group of students created the ACTCM Garden to conserve this collection. Students continue to maintain and expand the Garden as an educational resource for the community.