

Goldenrod

Solidago sempervirens



When to plant: Anytime

Uses in medicine: Goldenrod has also been used to treat tuberculosis, diabetes, enlargement of the liver, gout, hemorrhoids, internal bleeding, asthma, and arthritis. In folk medicine, it is used as a mouth rinse to treat inflammation of the mouth and throat.

Uses in nature: Attracts many pollinators and is a nectar plant for monarchs and other butterflies.