



## Help with the Plants For A Future search terms

### Edible Uses

<u>Use</u>	<u>Description</u>
<b>Coffee</b>	The various substitutes that can be used as a substitute for coffee.
<b>Chocolate</b>	Substitutes for chocolate, that is.
<b>Colouring</b>	Edible dyes
<b>Condiment</b>	The various plants that are used as flavourings, either as herbs, spices or condiments.
<b>Curdling agent</b>	Used to curdle milks in making cheese etc.
<b>Drink</b>	This does not include plant saps, tea or coffee substitutes.
<b>Egg</b>	Substitutes that is.
<b>Flowers</b>	Speaks for itself.
<b>Fruit</b>	Speaks for itself.
<b>Gelatine</b>	Substitutes that is.
<b>Gum</b>	Can be chewed as a chewing gum or can often be used as a sweetener or thickening agent in foods.
<b>Inner bark</b>	The bark that is found just beneath the tough outer bark of trees and shrubs.
<b>Leaves</b>	Speaks for itself.
<b>Manna</b>	This is a sweet substance that exudes naturally from certain plants, usually from the stems.
<b>Milk</b>	Made from plants, that is.
<b>Nectar</b>	Produced in such abundance by some flowers that it can be harvested fairly easily.
<b>Oil</b>	Usually obtained from seeds, it is used in cooking, for salad dressings etc.
<b>Pectin</b>	A substance that is used to thicken jams etc and as a culture medium in laboratories.
<b>Pollen</b>	Most pollens are edible, they are normally too fiddly to harvest.
<b>Root</b>	This includes bulbs, corms, tubers, rhizomes etc.
<b>Rutin</b>	Often used as a food supplement.
<b>Salt</b>	Plants that provide a substitute for salt.
<b>Sap</b>	Usually of trees and usually but not always used as a drink or sweetener.
<b>Seed</b>	Includes nuts, cereals, peas and beans.
<b>Seedpod</b>	The immature seedpods of plants such as Okra, French and Runner beans.
<b>Stabilizer</b>	This is often a gum and could perhaps be included there.
<b>Stem</b>	This often intergrades into leaves.
<b>Sweetener</b>	Includes sugar substitutes.
<b>Tea</b>	The various herb teas that can be used in place of tea, plus the genuine article.

## Medicinal uses

<u>Use</u>	<u>Description</u>
<b>Abortifacient</b>	Causes an abortion.
<b>Acrid</b>	Causes heat and irritation when applied to the skin.
<b>Adaptogen</b>	Helps the body 'rise' to normal stress situations, thus preventing the many chronic degenerative diseases.
<b>Alterative</b>	Causes a gradual beneficial change in the body, usually through improved nutrition and elimination, without having any marked specific action.
<b>Anaesthetic</b>	Numbs the feeling in a local or general area of the body.
<b>Analgesic</b>	Relieves pain. Included under Anodyne.
<b>Anaphrodisiac</b>	Reduces sexual desire.
<b>Anodyne</b>	Relieves pain.
<b>Antacid</b>	Counters excess acidity in the stomach.
<b>Anthelmintic</b>	Expels parasites from the gut.
<b>Antiaphonic</b>	Restores the voice.
<b>Antiarthritic</b>	Treats arthritis.
<b>Antiasthmatic</b>	Treats asthma.
<b>Antibilious</b>	Treats nausea.
<b>Antibiotic</b>	See antiseptic.
<b>Antibacterial</b>	Kills bacteria.
<b>Anticholesterolemic</b>	Prevents the build up of cholesterol.
<b>Anticoagulant</b>	Removes blood clots.
<b>Antidandruff</b>	Treats dandruff.
<b>Antidermatosis</b>	Prevents or cures skin complaints.
<b>Antidote</b>	Counters poisoning.
<b>Antiecchymotic</b>	???
<b>Antiemetic</b>	Prevents vomiting.
<b>Antifungal</b>	Treats various fungal problems such as Candida.
<b>Antihaemorrhoidal</b>	Treats haemorrhoids (piles). This would probably be best added to another heading.
<b>Antihalitosis</b>	Treats bad breath
<b>Antihydrotic</b>	Reduces perspiration.
<b>Antiinflammatory</b>	Reduces inflammation of joints, injuries etc.
<b>Antiperiodic</b>	Counteracts recurring illnesses such as malaria.
<b>Antiphlogistic</b>	Reduces inflammation.
<b>Antipruritic</b>	Treats itching of the skin.
<b>Antipyretic</b>	Treats fevers. See Febrifuge.
<b>Antirheumatic</b>	Treats rheumatism.
<b>Antiscorbutic</b>	A plant rich in vitamin C that is used to counteract scurvy.
<b>Antiscrophulatic</b>	Counteracts scrofula. (TB, especially of the lymph glands)
<b>Antiseptic</b>	Destroys or arrests the growth of micro-organisms.
<b>Antispasmodic</b>	Treats muscular spasms and cramps.
<b>Antitumor</b>	Used in the treatment of cancer. This should probably be included in cytotoxic.
<b>Antitussive</b>	Treats coughing.
<b>Antivinous</b>	Treats addiction to alcohol
<b>Antiviral</b>	Treats virus diseases
<b>Aperient</b>	A mild laxative.
<b>Aphrodisiac</b>	Increases the sexual appetite.
<b>Appetizer</b>	Improves the appetite
<b>Aromatherapy</b>	Plants whose essential oils are used in Aromatherapy
<b>Aromatic</b>	Having an agreeable odour and stimulant qualities.
<b>Astringent</b>	Reduces the flow of secretions and discharges of blood, mucus, diarrhoea etc.
<b>Bach</b>	Plants used in the Bach flower remedies.
<b>Balsamic</b>	A healing and soothing agent.
<b>Bitter</b>	Increases the appetite and stimulates digestion by acting on the mucous

	membranes of the mouth. Also increases the flow of bile, stimulates repair of the gut wall lining and regulates the secretion of insulin and glucogen.
<b>Blood purifier</b>	Purifies the blood.
<b>Blood tonic</b>	Is this any different to a blood purifier?
<b>Cancer</b>	Used in the treatment of cancer.
<b>Cardiac</b>	Used in the treatment of heart problems.
<b>Cardiotonic</b>	A tonic for the heart.
<b>Carminative</b>	Reduces flatulence and expels gas from the intestines.
<b>Cathartic</b>	A strong laxative but less violent than a purgative.
<b>Cholagogue</b>	Increases the flow of bile and its discharge from the body.
<b>Contraceptive</b>	Prevents fertilization occurring in females.
<b>Cytostatic</b>	Slows or controls the growth of tumours.
<b>Cytotoxic</b>	Destroys body cells. Used in the treatment of diseases such as cancer.
<b>Decongestant</b>	Removes phlegm and mucous, especially from the respiratory system.
<b>Demulcent</b>	Soothes irritated tissues, especially the mucous membranes.
<b>Deobstruent</b>	Clears obstructions from the natural ducts of the body.
<b>Deodorant</b>	Masks smells. Is this medicinal?
<b>Depurative</b>	Eliminates toxins and purifies the system, especially the blood.
<b>Detergent</b>	A cleansing agent, used on wounds etc. It removes dead and diseased matter.
<b>Diaphoretic</b>	Induces perspiration.
<b>Digestive</b>	Aids digestion.
<b>Disinfectant</b>	Used for cleaning wounds.
<b>Diuretic</b>	Promotes the flow of urine.
<b>Emetic</b>	Induces vomiting.
<b>Emmenagogue</b>	Restores the menstrual flow, sometimes by inducing an abortion.
<b>Emollient</b>	Softens the skin.
<b>Enuresis</b>	Treats bed wetting.
<b>Errhine</b>	
<b>Expectorant</b>	Clears phlegm from the chest by inducing coughing.
<b>Febrifuge</b>	Reduces fevers.
<b>Foot care</b>	Plants that are used in various ways to treat foot problems.
<b>Galactofuge</b>	Stops the flow of milk in a nursing mother.
<b>Galactagogue</b>	Promotes the flow of milk in a nursing mother.
<b>Haemolytic</b>	Breaks down red blood corpuscles to separate haemoglobin.
<b>Haemostatic</b>	Controls internal bleeding.
<b>Hallucinogenic</b>	Causes the mind to hallucinate.
<b>Hepatic</b>	Acts on the liver (for better or worse!).
<b>Hydrogogue</b>	A purgative that causes an abundant watery discharge.
<b>Hypnotic</b>	Induces sleep.
<b>Hypoglycaemic</b>	Reduces the levels of sugar in the blood.
<b>Hypotensive</b>	Reduces high blood pressure.
<b>Infertility</b>	Used in problems of human fertility.
<b>Irritant</b>	Causes irritation or abnormal sensitivity in living tissue.
<b>Kidney</b>	Used in the treatment of kidney diseases
<b>Laxative</b>	Stimulates bowel movements in a fairly gentle manner.
<b>Lenitive</b>	Soothing, palliative.
<b>Lithontripic</b>	Removes stones.
<b>Miscellany</b>	Various medicinal actions that need more clarification.
<b>Mouthwash</b>	Treats problems such as mouth ulcers.
<b>Mydriatic</b>	Dilates the pupils of the eyes.
<b>Narcotic</b>	Induces drowsiness and gives an artificial sense of well-being.
<b>Nervine</b>	Stimulates and calms the nerves.
<b>Nutritive</b>	A food for convalescents to help restore strength.
<b>Odontalgic</b>	Treats toothache (temporary measure only) and other problems of the teeth and gums.
<b>Ophthalmic</b>	Treats eye complaints.
<b>Oxytoxic</b>	Hastens parturition and stimulates uterine contractions.
<b>Parasiticide</b>	Treats external parasites such as ringworm This should perhaps be joined with Parasiticide in the 'Other Uses' table.

<b>Pectoral</b>	Relieves respiratory diseases, a remedy for chest diseases.
<b>Plaster</b>	Used in the treatment of broken bones.
<b>Poultice</b>	Used in the treatment of burns etc.
<b>Purgative</b>	A drastic laxative.
<b>Refrigerant</b>	Cools the body.
<b>Resolvent</b>	Breaks down tumors. This might be placed under antitumor.
<b>Restorative</b>	Restores consciousness or normal physiological activity.
<b>Rubefacient</b>	A counter-irritant and external stimulant.
<b>Salve</b>	Soothes and heals damaged skin.
<b>Sedative</b>	Gently calms, reducing nervousness, distress and irritation.
<b>Sialagogue</b>	Stimulates the secretion of saliva.
<b>Skin</b>	Plants used in miscellaneous treatments for the skin.
<b>Sternutatory</b>	Promotes sneezing and nasal discharges.
<b>Stimulant</b>	Excites or quickens activity of the physiological processes. Faster acting than a tonic but differing from a narcotic in that it does not give a false sense of well-being.
<b>Stings</b>	Used in the treatment of stings and insect bites.
<b>Stomachic</b>	Aids and improves the action of the stomach.
<b>Styptic</b>	An astringent that stops bleeding by contracting the blood vessels.
<b>TB</b>	Plants used in the treatment of tuberculosis
<b>Tonic</b>	Improves general health. Slower acting than a stimulant, it brings steady improvement.
<b>Uterine tonic</b>	See also oxytocic.
<b>Vasoconstrictor</b>	Narrows the blood vessels, thereby increasing blood pressure.
<b>Vasodilator</b>	Widens the blood vessels, thereby reducing blood pressure.
<b>VD</b>	Used in the treatment of venereal disease
<b>Vermifuge</b>	Expels internal parasites.
<b>Vesicant</b>	A blistering agent.
<b>Vulnerary</b>	Heals wounds.
<b>Warts</b>	Used in the treatment of warts, corns etc.
<b>Women's complaints</b>	A very vague title, it deals with a miscellany of problems peculiar to the female sex.

## Other Uses

<u>Use</u>	<b>Description</b>
<b>Adhesive</b>	Glues.
<b>Alcohol</b>	Used for fuel etc. (this is wood alcohol, it is not the sort that can be drunk).
<b>Baby care</b>	Various plants that can be used in place of items such as nappies.
<b>Basketry</b>	Plant used in making baskets and other items such as chairs. Includes plants that are only used as an ornamental addition.
<b>Beads</b>	Used in necklaces etc.
<b>Bedding</b>	Used as a lining for sleeping on or putting fruits etc on.
<b>Besom</b>	A type of broom.
<b>Biomass</b>	Provides a large quantity of plant material that can be converted into fuel etc.
<b>Blotting paper</b>	Plant fibres that can be used to make blotting paper.
<b>Bottles</b>	Gourds and other thick-shelled fruits that can be used to carry liquids.
<b>Broom</b>	Branches of plants that are used as brooms.
<b>Brush</b>	For cleaning clothes, applying paint etc.
<b>Buttons</b>	
<b>Charcoal</b>	Used for fuel, drawing, deodorant, filter, fertilizer etc.
<b>Cleanser</b>	For various materials. Perhaps best included under separate headings.
<b>Compost</b>	Plants used for activating compost heaps, as instant compost etc.
<b>Containers</b>	
<b>Cork</b>	Including any plants used as a cork substitute. Cork is used for insulation (sound or heat), fire-retardant, bottle stops etc.
<b>Cosmetic</b>	
<b>Cotton wool</b>	
<b>Darning ball</b>	Plants that can be used as substitutes.
<b>Disinfectant</b>	
<b>Dye</b>	
<b>Essential</b>	Essential oils that are used in perfumery, medicines, paint solvents, insect repellents etc.
<b>Fencing</b>	
<b>Fertilizer</b>	Provides a concentrated solid plant food.
<b>Fibre</b>	Used for making cloth, rope, paper etc.
<b>Filter</b>	Used to strain out particles from liquids.
<b>Fire retardant</b>	Plants that do not easily burn and can be used in barrier plantings to limit the spread of forest fires.
<b>Friction sticks</b>	Used for starting fires when there are no matches.
<b>Fruit ripening</b>	Substances that promote the premature or rapid ripening of fruits.
<b>Fuel</b>	Usually wood that has been mentioned as being a good fuel.
<b>Fungicide</b>	Arrests the growth or kills fungi.
<b>Furniture</b>	A few miscellaneous uses that do not fit easily into other headings.
<b>Green manure</b>	
<b>Ground cover</b>	Usually low growing plants that can be grown with other plants, especially shrubs and trees, to prevent the growth of weeds.
<b>Gum</b>	A wide range of uses, especially as stabilizers, emulsifiers, thickening agents, adhesives etc.
<b>Hair</b>	Used as shampoos, tonics etc.
<b>Hedge</b>	Plants that can be grown as hedges.
<b>Herbicide</b>	Plants or plant extracts that can inhibit the growth of other plants.
<b>Incense</b>	Aromatic plants that can be burnt to impart a pleasant smell, repel insects and disinfect closed areas.
<b>Ink</b>	
<b>Insecticide</b>	Kills insects.
<b>Insulation</b>	Providing insulation against heat, sound or electricity.
<b>Kindling</b>	Plant material that burns easily and can be used for starting fires.
<b>Lacquer</b>	A type of varnish.
<b>Latex</b>	A source of rubber.

<b>Leather</b>	Substitutes, that is.
<b>Lighting</b>	Does not include oils, waxes, candles etc.
<b>Lining</b>	Used for lining boxes, baskets etc so that fragile items can be more safely carried in them.
<b>Liquid feed</b>	For plants, that is.
<b>Litmus</b>	Used for testing whether a substance is acid or alkaline.
<b>Microscope</b>	
<b>Miscellany</b>	A rag-bag of items that are difficult to categorise.
<b>Mordant</b>	Used for making a dye more permanent, it also affects the colour of the dye.
<b>Mulch</b>	Used for covering the ground to conserve the nutrients in the soil.
<b>Musical</b>	Specific mention of plants used as musical instruments. Does not include the various woods that can be used for making musical instruments.
<b>Nails</b>	A few woods are tough enough to be used in place of metal nails in certain circumstances.
<b>Needles</b>	Used for sowing, darning etc.
<b>Oil</b>	Vegetable oils have many uses, as lubricants, lighting, soap and paint making, waterproofing etc. This does not include the edible oils unless they are also mentioned as having other uses.
<b>Packing</b>	Used as a filler in boxes etc in order to protect the contents.
<b>Paint</b>	Plants used directly as a paint. Does not include oil plants and dyes that can be used to make paints.
<b>Paper</b>	Related to the entry for Fibre, these plants have been specifically mentioned for paper making.
<b>Parasiticide</b>	Kills parasites.
<b>Pectin</b>	A substance that is used to thicken jams etc and as a culture medium in laboratories.
<b>Pencil</b>	A couple of plants especially mentioned for making the tubes that pencil leads fit into.
<b>Pins</b>	Used as needles and pins in sowing etc.
<b>Pipes</b>	For carrying water etc.
<b>Pitch</b>	Used for waterproofing, in paints etc.
<b>Plant breeding</b>	Used in producing new species of plants or improved varieties.
<b>Plant support</b>	Usually bamboos, used as canes in the garden for holding up plants.
<b>Plaster</b>	Used for covering walls.
<b>Polish</b>	For metals, wood etc.
<b>Pollution</b>	Plants used to combat pollution.
<b>Porcelain</b>	
<b>Potash</b>	Used for making glass, soap and as a fertilizer.
<b>Pot-pourri</b>	Aromatic plants used to impart a pleasant smell to an area. Can this be grouped with incense or essential oil?
<b>Preservative</b>	For food, or for treating wood, ropes etc.
<b>Raffia</b>	A substitute for that material.
<b>Repellent</b>	Plants that are said to deter but not necessarily kill various mammals, birds, insects etc.
<b>Resin</b>	Used in perfumery, medicines, paints, soap making etc. This also includes turpentine, which is extracted from many resins and used as a preservative, water proofer etc,
<b>Roofing</b>	Used to give a waterproof roof to buildings.
<b>Rooting hormone</b>	Substances that can be used to promote the production of roots in plant cuttings.
<b>Rootstock</b>	Plants used as the root for grafting scions onto.
<b>Rust</b>	Plants that can be used to prevent or treat rust.
<b>Sandpaper</b>	Plants used to smooth rough wooden surfaces by means of abrasion.
<b>Scourer</b>	Used for cleaning pots, pans, plates etc.
<b>Shelterbelt</b>	Wind resistant plants than can be grown to provide shelter in the garden etc.
<b>Size</b>	Used on materials, paper etc to give a surface that will take ink, dyes etc.
<b>Soap</b>	Plants used directly as a soap substitute.
<b>Soap making</b>	Plants used as an ingredient in making soaps. Does not include the essential oils, dyes and oils that are also used in making soap.
<b>Soil conditioner</b>	Plants grown to improve the structure of the soil. See also Green manures.
<b>Soil reclamation</b>	Plants that can be grown in such circumstances an the spoil tips of mines in order to

	restore fertility.
<b>Soil stabilization</b>	Plants that can be grown in places such as sand dunes in order to prevent erosion by wind, water or other agents.
<b>Starch</b>	Used as a fabric stiffener.
<b>Straw</b>	For drinking from.
<b>Strewing</b>	Plants, usually aromatic, that are strewn on the floor to give a nice smell, repel insects etc.
<b>String</b>	Plants that can be used as they are as a temporary string. See also Fibre.
<b>Stuffing</b>	Used in soft toys, mattresses, pillows etc.
<b>Tannin</b>	Tannin is used as a preservative, mordant, dye etc.
<b>Teeth</b>	Plants used to clean the teeth etc.
<b>Thatching</b>	Used for making thatched roofs.
<b>Tinder</b>	Used for starting fires. See also Kindling.
<b>Varnish</b>	Plants that can be used as a varnish without any special treatment. Does not include varnishes made from oils etc.
<b>Waterproofing</b>	Does what it says.
<b>Waxed paper</b>	Substitutes that is.
<b>Wax</b>	Used for candles etc.
<b>Weather forecasting</b>	A few plants that are supposed to help us forecast the weather.
<b>Weather protection</b>	Plants that can be used to give the body protection from severe weather.
<b>Weaving</b>	Items such as grass leaves that are woven together for various purposes. See also Basket making and Fibre.
<b>Wick</b>	Used as a wick for candles, lamps etc.
<b>Wood</b>	A list of the trees and shrubs that are noted for having useful wood.