

Comparative Seed Manual: CLUSIACEAE

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This seed manual consists of photos and relevant information on plant species housed in the Integrative Subsistence Laboratory at the Anthropology Department, University of California, Santa Barbara. The impetus for the creation of this manual was to enable UCSB graduate students to have access to comparative materials when making in-field identifications. Most of the plant species included in the manual come from New World locales with an emphasis on Eastern North America, California, Mexico, Central America, and the South American Andes.

Published references consulted¹:

1998. Moerman, Daniel E. *Native American ethnobotany*. Vol. 879. Portland, OR: Timber press.

2009. Moerman, Daniel E. *Native American medicinal plants: an ethnobotanical dictionary*. OR: Timber Press.

2010. Moerman, Daniel E. *Native American food plants: an ethnobotanical dictionary*. OR: Timber Press.

Species included herein:

Hypericum ascyron

Hypericum densiflorum

Hypericum gentianoides

Hypericum hakonense

Hypericum mitchellianum

Hypericum perforatum

Hypericum punctatum

¹ **Disclaimer:** Information on relevant edible and medicinal uses comes from a variety of sources, both published and internet-based; this manual does **NOT** recommend using any plants as food or medicine without first consulting a medical professional.

Hypericum ascyron



Family: Clusiaceae

Common Names: Great St. Johnswort, Giant St. John's wort

Habitat and Growth Habit: This plant is native to the American Midwest, New England, and Eastern Asia. Its habitat includes streambanks, moist wooded slopes, marshes, meadows, fields, and amongst river and lake shores.

Human Uses: There are a variety of uses for great St. Johnswort. It is sometimes cultivated, and the leaves, shoot tips, and flowering buds are edible. It has also been used as a tea substitute. Great St. Johnswort has been used in alternative medicine to aid in the treatment of mild to moderate depression and related symptoms such as anxiety and insomnia. There are also reports of uses to relieve hot flashes brought on by menopause. Other medicinal uses include treatment for ADHD, SAD, social anxiety, IBS, and diabetic nerve pain. Notably, many drugs can interact with this causing serious side effects. This plant should not be consumed orally while pregnant. Also, there are studies indicating phototoxic photosensitivity from high dose oral doses.

Sources Consulted:

<https://plants.usda.gov/core/profile?symbol=HYAS80>, accessed May 22, 2019.

http://www.illinoiswildflowers.info/wetland/plants/giant_stjohn.htm, accessed May 22, 2019.

https://www.wildflower.org/plants/result.php?id_plant=HYAS80, accessed May 22, 2019.

<https://www.reliasmmedia.com/articles/68133-st-john-8217-s-wort-and-photosensitivity>, accessed May 22, 2019.

https://www.emedicinehealth.com/drug-st_johns_wort/article_em.htm, accessed May 22, 2019.

Hypericum densiflorum



Family: Clusiaceae

Common Names: Glade St. Johnswort, Dense St. Johnswort, Busy St. John's wort

Habitat and Growth Habit: Glade St. Johnswort is native to the northeastern portion of the United States and is found in pond and lake borders, wet meadows, stream banks, and low boggy places.

Human Uses: Busy St. John's wort has been uses in landscaping. The plant is drought tolerant, is used in erosion control, is used as a border plant, is used in rock gardens, and for naturalization.

Sources Consulted:

<http://www.abnativeplants.com/plant/Hypericum-densiflorum>, accessed May 22, 2019.

<https://mtcubacenter.org/plants/bushy-st-johns-wort/>, accessed May 22, 2019.

Hypericum gentianoides



Family: Clusiaceae

Common Names: Orange-grass St. Johnswort, Orange grass, Pine-weed

Habitat and Growth Habit: This plant is native to eastern North America and is distributed in sandy ground, coastal plain marshes, glades, rocky prairies, and in acidic soils.

Human Uses: The exact uses of this particular species are underrepresented. However, many the species in the St. Johnswort family have many uses.

Sources Consulted:

<https://plants.usda.gov/core/profile?symbol=SAGE6>, accessed May 22, 2019.

http://www.missouriplants.com/Yellowopp/Hypericum_gentianoides_page.html, accessed May 22, 2019.

Hypericum hakonense



Family: Clusiaceae

Common Names: St. Johnswort variety

Habitat and Growth Habit: Japan

Human Uses: There is not a lot of research regarding the distribution and uses for this particular species.

Sources Consulted:

<http://www.gbif.org/species/3712040>, accessed May 22, 2019.

<http://hypericum.myspecies.info/taxonomy/term/698>, accessed May 22, 2019.

<http://plantsoftheworldonline.org/taxon/urn:lsid:ipni.org:names:30001287-2>, accessed May 22, 2019.

Hypericum mitchellianum



Family: Clusiaceae

Common Names: Blue ridge St. Johnswort

Habitat and Growth Habit: This plant is found in high elevation meadows and is native to North America, particularly the United States (North Carolina, Tennessee, Virginia, and West Virginia).

Human Uses: The human uses of blue ridge St. Johnswort are very under researched and are unknown.

Sources Consulted:

https://www.wildflower.org/plants/result.php?id_plant=HYMI, accessed May 22, 2019.

<https://www.inaturalist.org/taxa/52760-Hypericum-mitchellianum>, accessed May 22, 2019.

Hypericum perforatum



Family: Clusiaceae

Common Names: Perforate St. John's-wort, Common St. John's Wort, Klamath weed, Common goat weed

Habitat and Growth Habit: This plant is distributed in temperate regions, near roadsides, and in forest clearings. This plant is native to Eurasia, North Africa, and the Western Himalayas. This plant was introduced to the United States.

Economic Uses: Some traditional medicinal uses for this plant include its use as an antidepressant and anti-inflammatory herb.

Sources Consulted:

<https://plants.usda.gov/core/profile?symbol=HYPE>, accessed May 22, 2019.

<https://www.invasivespeciesinfo.gov/plants/stjohnswort.shtml>, accessed May 22, 2019.

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?taxonid=279201&isprofile=0&>, accessed May 22, 2019.

<https://www.fs.fed.us/database/feis/plants/forb/hyper/all.html>, accessed May 22, 2019.

Hypericum punctatum



Family: Clusiaceae

Common Names: Spotted St. John's wort

Habitat and Growth Habit: This species is native to eastern North America and is distributed in sunny meadows, forests, and fields.

Human Uses: There is wildlife value for this species, yet other uses are unknown.

Sources Consulted:

http://www.illinoiswildflowers.info/prairie/plantx/sp_stjohnwortx.htm, accessed May 22, 2019.

<https://plants.usda.gov/core/profile?symbol=HYPU>, accessed May 22, 2019.