



Location: Northeast of Old Main

Scientific Name: *Yucca elata*

Common Name: **Yucca**

Family: *Liliaceae*

Origin: From New Mexico to southeast-central Arizona

Medicinal Value:

- Can remove waste found in the colon which therefore prevents inflammation
- Binds to ammonia in the colon
- Can lessen full body pains
- Lowers bile and cholesterol re-uptake, resulting in lowering cholesterol

Ethnobotany:

- Adding the powdered root with soap can be used for shampoo
- The fruits can be eaten, however the seeds may cause gastrointestinal upset

Cautions:

- Can cause intestinal upset if used in excess
- Do not use if pregnant



Location: Northeast of Old Main

Scientific Name: *Simmondsia chinensis*

Common Name: **Jojoba**

Family: Buxaceae

Origin: Sonoran Desert and Chaparral scrub

Medicinal Value:

- Astringent in topical use
- Fresh leaf poultice, tea, dried leaf powder lessens inflammation from scrapes, rashes and burns
- Can diminish blood flow and weepy rashes, slightly antimicrobial
- Used as a mouthwash: help with mouth sores, lessen bleeding from gums and soothe sore throats
- Diarrhea

Ethnobotany:

- Seeds can be eaten as a small snack
- Jojoba oil (liquid wax) is used in natural cosmetic industry
- Seeds could cause satiation
- Could be used in place of sperm whale oil (desertmuseum.org)

Cautions:

- Keep use 5-7 days at a time
- Caution during pregnancy
- If used in excess – kidney irritation may develop



Location: North of Old Main

Scientific Name: *Larrea tridentata*

Common Name: **Creosote Bush**

Family: Zygophyllaceae

Origin: Sonoran, Mohave, and Chihuahuan deserts

Medicinal Value:

- Arthritis, rheumatoid
- Asthma
- Psoriasis/eczema
- HPV
- HSV-1 &-2
- Cuts/Abrasions
- Infection, bacteria/fungul
- Insect bites, venomous and nonvenomous
- Actinic keratosis/sun damaged skin

Ethnobotany:

- The sticky secretion can be used as a sealant and glue
- Antioxidant properties were used in foods and paints throughout 1950's (desertmuseum.org)

Cautions:

- Do not use if pregnant or nursing
- Do not use internally if pre-existing liver inflammation/impairment
- Do not use with other drugs that tax the liver



Location: South of Engineering Building

Scientific Name: *Agave parryi*

Common Name: **Parry's agave**

Family: *Agavaceae*

Origin:

Medicinal Value:

- The sap is antiseptic, a laxative and a diuretic

Ethnobotany:

- The seeds can be ground to make flour
- The sap from the cut stems can be used to make syrup
- After being roasted, the leaves and hearts can be eaten

Cautions:

- No known cautions



Location: West of the engineering building

Scientific Name: *Salvia clevelandii*

Common Name: **Sage**

Family: *Lamiaceae*

Origin: Chaparral Scrub areas

Medicinal Value:

- Can relieve flatulence and gas pains
- Can be used for memory loss and forgetfulness
- Applied topically, sage is a strong anti-inflammatory and antioxidant
- Can be used to relieve pain and redness from injuries
- Inhaling the steam from sage tea can help with strep throat and tonsillitis
- Diminishes breast milk

Ethnobotany:

- Can be used as a seasoning

Cautions:

- Do not use sage essential oil during pregnancy or while nursing



Location: Southwest of Old Main

Scientific Name: *Fouquieria splendens*

Common Name: **Ocotillo**

Family: Fouquieriaceae

Origin: Sonoran, Mohave, and Chihuahuan deserts

Medicinal Value:

- Mild expectorant, sedating to a dry cough
- Has decongesting effect on lymphatic and venous circulation
- Sore throats, tonsillitis, and simulate menses
- Powerful topical effect on external wounds
- Dry cough with thickened phlegm
- Hemorrhoids
- Lymph enlargements
- Prostatitis

Ethnobotany:

- Fences of alive or dead stems
- Dried flowers mixed with sumac fruit as a tea
- Seeds can be used to make flour (SNP)

Cautions:

Do not use during pregnancy



Location: South of Old Main

Scientific Name: *Prosopis velutina*

Common name: **Velvet Mesquite**

Family: *Fabaceae*

Origin: South of the Mogollon Rim in central Az

Medicinal Value:

- Lessens superficial inflammation and astringe minor bleeding
- The leaf tea can be used to soothe sunburn, rashes, bites, and most other red and weepy conditions
- Gargling tea can lessen sore throats and mouth sores
- Sucking on the hard sap can help with heartburn and gastritis

Ethnobotany:

- Beans are collected to make flour
- Beans can also be used to make a syrup

Cautions:

- No cautions with normal use





Location: Southeast of Old Main

Scientific Name: *Opuntia engelmannii*

Common Name: **Prickly pear**

Family: *Cactaceae*

Origin: From south-central California to eastward and central Texas

Medicinal Value:

- Due to high fiber content: can reduce blood sugar if taken before meals and can lower cholesterol
- Mixing the pulp and water can have a cooling effect on esophageal and stomach irritations
- The mucilage from prickly pear make it useful in healing stomach ulcers
- The pad may help in reducing tissue inflammation and edema as well as discoloration
- Helps heal burns
- The flowers of this plant can help heal tissues that are slow to heal
- The flower tea can be used as a diuretic and stimulates the kidneys, can also lessen uric acid kidney stones and gout-oriented conditions

Ethnobotany:

- Fruits can be used to make juice, jelly or wine

Cautions:

- Do not use in insulin dependent diabetes mellitus
- If you eat excessive amounts of the raw pad or fruit “cactus fever” may occur



Location:

Scientific Name: *Leucophyllum frutescens*

Common Name: **Texas Ranger**

Family: *Scrophulariaceae*

Origin: Common throughout New Mexico and Arizona and West Texas

Medicinal Value:

- Helps with cold/flu

Ethnobotany:

- Used in landscapes

Cautions:

- No cautions



Location:

Scientific Name: *Sphaeralcea ambigua*

Common Name: **Globemallow**

Family: *Malvaceae*

Origin: throughout the interior West, wide array of elevations and climates

Medicinal Value:

- Soothing to inflamed bronchial and throat issues
- Slight immunologic boost to the lung environment
- Soothing to urethral and bladder infection
- Externally it reduces swelling from injuries and brings splinters to skins surface

Ethnobotany:

- No known ethnobotany in addition to medicinal value.

Cautions:

The hairs on the leaves and stems are irritating to the eyes, throat and sinuses.



Sources:

Jojoba plant uses:

https://www.desertmuseum.org/books/nhsd_simmondsiaceae.php

Creosote uses:

https://www.desertmuseum.org/books/nhsd_zygophyllaceae.php

Agave Parryi:

<https://pfaf.org/user/Plant.aspx?LatinName=Agave+parryi>

All other information:

Medicinal Plants of the American Southwest by Charles W. Kane