

This is a list of the herbs in the 3rd edition of Bensky's *Chinese Herbal Medicine Materia Medica* which are easiest to grow (at Mountain Gardens); i.e. those which you only have to plant once. Not all are 'trouble-free' however, many will require some restraining.

Weedy means the plant produces too many seedlings (control by deadheading before the seeds are released)

Invasive means spreads by roots (like mint), these can be contained, or kept under control by harvesting.

LATIN NAME	PINYIN NAME	BENSKY PAGE #	Comments
Abutilon theophrastii	qing ma zi		annual; self-sows and may be weedy, esp. in warm areas
Achyranthes bidentata	huai niu xi	213	perennial; weedy
Acorus calamus	shi chang pu	956	perennial; easy in moist to wet soil, spreads by rhizomes
Agastache rugosa	huo xiang	476	annual, bien. or short-lived perennial; self-sows
Agrimonia pilosa	xian he cao	584	perennial; weedy
Akebia quinata	mu tong	283	strong perennial vine; invasive by rhizomes and rooting stems
Albizia julibrissin	he huan pi / hua	935, 937	'weed tree' in warm areas
Allium tuberosum	jiu cai zi	807	perennial, may be weedy
Ampelopsis japonica	bai lian	214	strong perennial vine; weedy and invasive
Angelica dahurica	bai zhi	24	biennial; self-sows
Arctium lappa	niu bang zi	49	biennial; self-sows
Artemisia annua	qing hao	219	annual; weedy
Artemisia argyi	ai ye	594	perennial; invasive
Artemisia japonica	mu hao	221	perennial; invasive
Artemisia princeps	kui hao	596	perennial; invasive
Aster tataricus	zi wan	440	perennial; invasive
Begonia fimbriatipulata	hong tian kui	170	perennial; self sows in partial shade
Bidens bipinnata	gui zhen cao	359	annual; weedy
Bidens tripartita	lang ba cao	359	annual; weedy
Broussonetia papyrifera	gou shu	452, 852	small tree; spreads by rhizomes
Bupleurum chinense	chai hu	73	perennial; self-sows in dry / well-drained soil
Campsis radicans	ling xiao hua	663	strong perennial vine; invasive by rhizomes and rooting stems
Carpesium abrotanoides	he shi	1001, 1003	annual; self-sows

<i>Chrysanthemum morifolium</i>	ju hua	58	perennial; clump enlarges by short rhizomes
<i>Clerodendron trichotomum</i>	chou wu tong	359	large shrub; invasive
<i>Cnidium monnieri</i>	she chuan zi	1025	annual; weedy
<i>Cocculus orbiculatus</i>	mu fang ji	315	perennial herbaceous vine; invasive
<i>Codonopsis pilosuladang</i>	shen	714	perennial herbaceous vine; self-sows
<i>Commelina communis</i>	ya zhi cao	99	common annual weed
<i>Cyperus rotundus</i>	xiang fu	527	weedy perennial sedge
<i>Daucus carota</i>	ye hu luo bo	19, 1002, 1027	queen anne's lace'; common biennial weed
<i>Dioscorea opposita</i>	shan yao	723	air potato' - herbaceous perennial vine, weedy by aerial bulblets
<i>Dioscorea tokoro</i>	shan bi xie	303	herbaceous perennial vine; potentially weedy (by seed)
<i>Dipsacus japonicus</i>	xu duan	795	biennial; self-sows
<i>Eclipta alba / prostrata</i>	han lian cao	836	annual; weedy in moist to wet soil
<i>Elsholtzia ciliata</i>	(tu) xiang ru	39	annual; weedy
<i>Epimedium koreanum</i>	yin yang huo	776	perennial; clump enlarges by short rhizomes
<i>Equisetum hiemale</i>	mu zei	69	perennial; invasive in moist to wet soil
<i>Euonymus alatus</i>	wei mao	668	shrub; self-sows
<i>Euphorbia helioscopia</i>	ze qi	406	annual; weedy
<i>Foeniculum vulgare</i>	xiao hui xiang	697	perennial; self-sows
<i>Forsythia suspensa</i>	lian qiao	152	arching shrub, stems may tip-root
<i>Galium verum</i>	peng zi cao	567	perennial
<i>Geranium carolinianum</i>	ye lao guan cao	342	annual; self-sows
<i>Glechoma longitubahuo</i>	xue dan	305, 306	perennial; spreads rapidly by runners
<i>Houttynia cordata</i>	yu xing cao	176	perennial; invasive, esp. in moist soil
<i>Isatis tinctoria / indigotica</i>	song lan	156	biennial; self-sows
<i>Juncus effusus</i>	deng xin cao	287	perennial; may be weedy
<i>Kochia scoparia</i>	di fu zi	294	annual
<i>Leonurus heterophyllus / sibiricus</i>	yi mu cao	616	annual or biennial; weedy
<i>Ligustrum lucidum</i>	niu zhen zi	191	deciduous shrub or tree; weedy in SE US
<i>Lonicera japonica</i>	jin yin hua	148, 151	herbaceous perennial vine; notoriously invasive
<i>Lycium chinense</i>	gou qi zi	222, 760	deciduous arching shrub; spreads by rhizomes & tip-rooting
<i>Malva crispa</i>	dong kui	298	annual; self-sows, may be weedy

Malva verticillata	ye kui	298, 300	annual to short-lived perennial; self-sows, may be weedy
Ophiopogon japonicus	mai men dong		perennial; clump enlarges by short rhizomes
Papaver somniferum	ying su	1045	winter annual; self-sows, may be weedy
Perilla frutescens	zi su ye / zi	12	annual; weedy
Periploca sepium	xiang jia pi	340	herbaceous perennial vine; invasive
Phragmites communis	lu gen	106	perennial; invasive in moist to wet soil
Phytolacca americana	chui xu shang lu	261	perennial; potentially weedy
Pinellia ternata	ban xia	413	perennial; weedy
Plantago asiatica	che qian	277	perennial; weedy
Plantago lanceolata	chang ye che qian	280	perennial; weedy
Plantago major	da ye che qian	280	perennial; weedy
Polygonum aviculare	bian xu	291	annual; weedy
Polygonum cuspidatum	hu zhang	572	perennial; weedy, clump enlarges by short rhizomes
Polygonum multiflorum	he shou wu	744	strong herbaceous perennial vine; invasive
Portulaca oleracea	ma chi xian	191	annual; weedy
Prunella vulgaris	xia ku cao	102	perennial; weedy
Pueraria lobata	ge gen	70	strong herbaceous perennial vine; invasive
Rehmannia glutinosa	sheng / shu di huang	120, 742	perennial; spreads by rhizomes on sandy / well-drained soil
Rosa rugosa	mei gui	542	herbaceous shrub, clump increases by short rhizomes
Rubia cordifolia	qian cao	564	perennial; clump enlarges by short rhizomes
Rubus idaeus	fu pen zi	889	rasberry'; invasive
Schizonepeta tenuifolia	jing jie	14	annual; self-sows
Sedum sarmentosum	chui pen cao	201	perennial; clump enlarges by short rhizomes
Siegesbeckia orientalis	xi xian	357	annual; self-sows
Siegesbeckia pubescens	xian geng xi xian	357	annual; self-sows
Sinapis alba	bai jie	423	annual; self-sows
Solanum nigrum	long kui	171	perennial
Thlaspi arvense	xi ming (su bai jiang)	175	winter annual; self-sows, may be weedy
Torilis japonica	qie yi	1002	annual; weedy
Tribulus terrestris	(ci) ji li	973	weedy on sandy soil (beach)

Trichosanthes kirilowii	tian hua fen, gua luo pi	108,383,38 6,388	strong perennial herbaceous vine; invasive. Dioecious - needs both male & female plants (and heat) to fruit
Tussilago farfara	kuan dong hua	442	perennial; invasive and may be weedy on moist to wet soil
Typhonium giganteum	zhi bai fu zi	421	perennial; weedy