



SENNA

Cassia marilandica (SEN-nuh mar-i-LAND-ih-ka)

PERENNIAL | FABACEAE FAMILY

ZONES: 4-10

EXPOSURE: FULL SUN

MATURE HEIGHT: 5 FT | SPREAD 4 FT

BLOOM: GOLD/YELLOW | SUMMER-FALL



Medicinal



Butterflies



Pollinators



Rare



HERB & VINE

— healing plants —

This fast growing native Maryland Senna is virtually indistinguishable from its relative Wild Senna (*Senna hebecarpa*) except this variety's seed pods remain closed when ripe.

- Therapeutic*: leaves and seeds are used as a laxative (use with fennel seed to prevent cramps). The Cherokee and other native Americans used the root to treat high fevers, worms, fainting spells and pneumonia.
- Harvest leaves before and during flowering, harvest pods when fully ripe in fall and dry for later use.
- Senna is a host plant for various butterflies from the Sulfur family.

Caution: consult a doctor before using if pregnant or nursing.



*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.



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