

SWEET GOLDENROD

Solidago odora



Sweet goldenrod (*Solidago odora*) is a herbaceous perennial native to the eastern United States. It can often be found growing in dry sandy soils including in sandhill habitats and sports yellow blooms from August to September. This plant can also be identified by smell as its leaves, when crushed, give off the smell of anise.





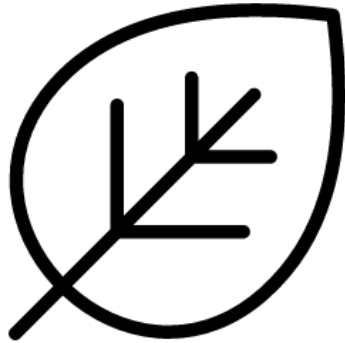
Traditional Cultural History

The Cherokee, whose traditional homelands lie in the southeastern US, commonly utilized sweet goldenrod for its medicinal properties. In the mid-western US, the Ojibwe people, have historically used sweet goldenrod in teas to relieve chest pain.



Medicinal Uses

Solidago odora, or Sweet Goldenrod has been utilized as a treatment for a variety of ailments including colds, coughs, and oral issues. It has also been used traditionally by the Cherokee as a remedy for tuberculosis, measles, and neuralgia.



Herbal Uses

This plant also has been traditionally used in teas as the foliage has a flavor similar to licorice or anise. Sweet goldenrod was even used as a substitute for imported tea during the American Revolution!