Common Name: Indian Pink

Botanical Name: *Spigelia marilandica*

Zone: 5 – 9
Type: Herbaceous perennial
Height: 1 – 2 ft.
Width: 6 – 18 in.
 Habit: Clump forming
Flower: Tube-shaped, bright scarlet red outside, opening into a bright yellow 5 pointed star
Bloom Season: May to July
Foliage: Four-sided smooth, purple colored stems with a single sided barb
Flavor: Bitter, pungent
Fragrance: Insignificant
Sun: Part shade to full shade
Soil: Rich well-drained soil
Water: Medium
Tolerates: Drought, dry soil

Garden Uses: Herb garden, shaded border fronts, shade gardens, woodland gardens, wildflower gardens or native plant gardens

Medicinal Uses: An alternative medicine with medicinal constituents Spigeline, Lignin, tannin, albumen, and myricin. Research shows promise as anti-HIV, anticancer & anticoronary. Other uses include antibacterial, antidiarrheal, antioxidant, antiviral, anthelmintic, and laxative. Most popular as an anthelmintic and is most potent for tapeworm and for the round worm. Caution: Said to be narcotic in large doses

Harvesting: Collect rootstock, after the flowers fade. The root is best used when fresh but can be harvested in the autumn then dried for herb use.

Photo: From the garden of WGH member, Beth Mattingly

Origin: Southeastern N. American, MO Native

AKA: Maryland Pink, Pinkroot, Wormgrass, American Wormgrass, American Wormroot, Starbloom

Attracts: Hummingbirds

Information provided on the traditional uses and properties of herbs are for educational use only, and is not intended as medical advice. You should always check with your health care practitioner before self-administering herbs.