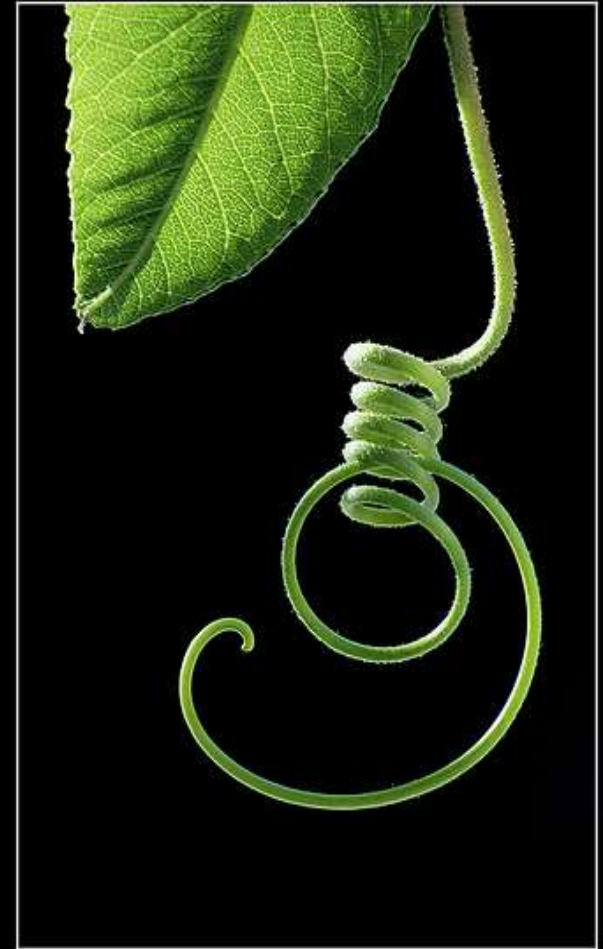


Woody and Herbaceous Vines

The Ecological Role of Vines

- Limiting factors:
 - Scarcity of suitable ‘supports’
 - Adequate light exposure
- Evolutionary adaptations:
 - Circular movement of stems/tendrils
 - Grow toward darkest part of the horizon in search of tree trunk/support
 - Abundance of soft tissues in vine stems



Vines and Trees

- Drawbacks:
 - Vines compete with trees for resources
 - Mechanical damage to host trees
 - Can compete with groundcovers for water/nutrients
 - Vines are opportunistic where forest soils have been disturbed, displacing native understory plants



Schisandra chinensis, Schisandra

- Woody perennial
- Rich soil, well-drained
- Sun or partial shade
- Can grow up to 25' tall
- Requires support (trellis, etc)



Akebia quinata, Chocolate Vine



- Another woody vine
- Needs warm climate to fruit
- Well-drained soil, drought-tolerant
- Tolerates sun or shade
- Can grow into hedge or thicket
- Can grow to 25' tall

Akebia quinata, Chocolate Vine (fruit)

- Fruit is sweet, people often add lemon juice
- Stimulates lactation, menstruation, and blood circulation
- Potassium-sparing diuretic
- Soothes liver and skin inflammation
- Strengthens GI function



Gynostemma pentaphyllum, Jiao-gu-lan

- Herbaceous perennial
- Climber with mounded foliage
- Prefers partial shade and adequate moisture
- Tolerates clay and sandy soil
- To winterize, trim the tall stems and leave the mound



Gynostemma pentaphyllum, Jiao-gu-lan



- Medicinally similar to ginseng but easier to grow
- Cooling, bitter, slightly sweet
- Improves circulation and stimulates liver function
- Reduces blood sugar and cholesterol

Humulus lupulus, Hops

- Rhizomatous climbing herbaceous vine
- Needs fertile, moist, well-drained soil
- Prone to mildew in damp conditions



Humulus lupulus, Hops (strobiles)

- Young shoots and leaves are edible
- A potent sedative
- Digestive bitter
- Relieves pain and relaxes muscle spasms
- Contraindicated in depression



Dioscorea oppositifolia, Chinese Yam/Cinnamon Vine

- Full sun or light shade
- Must have well-drained soils
- Can grow to 15' by second season
- Produces aerial tubers called bulbils



Dioscorea oppositifolia, Chinese Yam/Cinnamon Vine



- Only tuber that can be eaten raw
- Considered a sweet, soothing, tonic herb for:
 - Kidney
 - Lung
 - Stomach

Polygonum multiflorum, He-shou-wu

- Prefers rich, sandy soil but will tolerate clay
- Prefers full sun but will need some shade in very hot areas
- Trellis this plant and cut back running stems



Polygonum multiflorum, He-shou-wu (tuber)

- Also called Fo-ti
- Bittersweet, slightly warming, astringent
- Lowers blood sugar and cholesterol
- Clears toxins and cleanses the liver
- Fights many bacterial infections
- Excess consumption may cause skin rash



Codonopsis pilosula, Dang shen

- Light, well-drained, slightly acidic soil
- Prefers partial shade
- Fairly hardy in temperate climates
- Twining climber grows to 7' tall



Codonopsis pilosula, Dang shen (root)

- Dig root in fall after plant is 3 years old
- Blood-building
- Improves vitality and metabolic functioning
- Increases stress endurance and alertness
- Used for tired limbs and general fatigue

