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Solidago odora

SWEET GOLDENROD is a perennial. Native to the eastern North America it has very small golden-yellow flowers.

It is also known as Anise-scented goldenrod, Blue mountain tea, Bohea-tea, Common goldenrod, Fragrant goldenrod, Fragrant-leaved goldenrod, Odorous goldenrod, Sweet scented goldenrod, True goldenrod, and Wound weed.

Essential oil is extracted from the leaves.

Odora is derived from Latin *odor* (scent, smell, odour) meaning ‘scented or fragrant’ with reference to the leaves.

The crushed dried leaves have been used to make an aniseed-scented (*Pimpinella anisum*) tea.

Local North American Indian tribes used to treat bee stings with a lotion made from the flowers. Cherokee Indians particularly turned to it for treating fever, measles, internal bleeding, colds, coughs, some female disorders, tuberculosis and oral problems. They also used it to cause sweating and as a sedative, stimulant and tonic.

The essential oil is used on a commercial basis by the perfumery, and toiletry industries particularly by the latter in scenting soap.

It has also been used by herbalists to treat dysentery, intestinal disorders, nausea, diarrhoea, headaches, fluid retention and vomiting.