

**CATOCTIN MOUNTAIN  
BOTANICALS FOREST  
GROWN PRODUCTS**

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**American Ginseng**

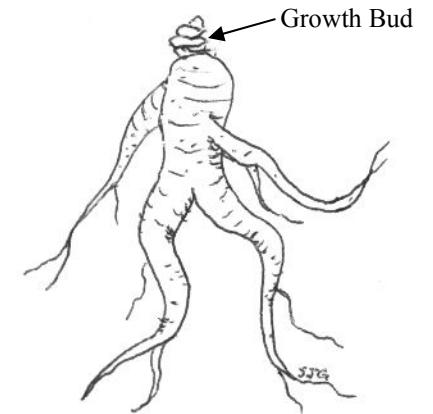
Also:

- **Goldenseal**
- **Black Cohosh**
- **Bloodroot**
- **Jack-In-The-Pulpit**
- **American Mayapple**

*See our web site for more info.*

[www.catoctinginseng.com](http://www.catoctinginseng.com)

# How To Plant Ginseng Rootlets



**CATOCTIN MTN  
BOTANICALS**



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RECOMMENDED READING:

"American Ginseng: GREEN GOLD"

W. Scott Persons; Bright Mountain Books

*(Available on our web site.)*

## Ginseng

Highly prized in the orient for thousands of years, Ginseng is now becoming increasingly popular in the US as an energy enhancer and as a treatment for a number of medical ailments.

American Ginseng (*Panax quinquefolium*) may be naturally found growing in the forests of North America however, wild ginseng has become very scarce due to over harvesting. Ginseng roots are now in high demand, especially in China. As a result, the value of American Ginseng roots continues to be high.

Develop your expertise at growing ginseng and determine where ginseng will best grow on your property. Try experimenting in different areas. When ginseng plants are mature, in their 3<sup>rd</sup> year, each will develop 25 to 50 seed producing berries per year for future crop expansion.

## INSTRUCTIONS:

1. Store ginseng rootlets in a cool place, preferably in a refrigerator. Unseal the bag occasionally to allow fresh air inside. Add a few drops of water if the soil begins to dry out.
2. Plant in rich, loamy soil with good drainage. The best area is on a hillside in the woods where the plants are shaded from direct sunlight. Ginseng likes growing in a cool woods with 85% to 90% shading.
3. If planting in a garden, provide a slatted shade cover with an opening facing eastward to protect the ginseng from all but a little morning sun. The slats should run perpendicular to the path of the sun.
4. Plant the rootlets in the ground at least six inches apart in a "V" shaped hole (or trench).
5. Lay each rootlet down with the growth bud pointing upwards, positioning it so it will be about 1/4 to 1/2 inches below the soil surface.
6. Backfill with dirt and cover over the area with 2 to 4 inches of leaf litter. Tulip poplar or maple leaves are desirable. Straw is also commonly used.
7. Mark the area with stakes so you'll know where to look for the plants next spring.

As an annual, ginseng roots will grow a new stalk every year in April/May. Typically a "2 year old" plant will have one or two palm style leaves with 3-5 prongs per leaf. In its 3<sup>rd</sup> year a ginseng plant grown in ideal conditions will have 3, five pronged leaves radiating out from a 6"-10" tall stalk. In late summer the plant will grow a seed spike from the center of the stalk and develop 25-50 red berries each with 2 seeds inside. Seed berries can be picked when they are all the way red and planted elsewhere.

Your ginseng will be ready to harvest when it is a minimum of 6 years old. Older plants are more highly prized as having increased potency so the longer it grows, the better price it will get from a dealer.

You can use the harvested roots yourself or sell them back to Catoctin Mountain Botanicals. If you harvest enough roots you can easily sell them to a licensed dealer for export. A list of licensed ginseng dealers is available from your State Dept of Agriculture.