

# LOESS ROOTS

## NATIVE MEDICINAL ROOTS AND BOTANICALS

September 2015

Rod Angeroth, Owner  
P.O. Box 877  
Stanton, NE 68779

402-439-5256

e-mail: [rodangeroth@yahoo.com](mailto:rodangeroth@yahoo.com)

*Loess Roots* was founded in 1974 in the forested Loess hills area of western Iowa near Council Bluffs. This small company has endeavored to create a natural forested habitat and refuge for the establishment and propagation of forest-grown medicinal botanicals.

All plants listed below are perennials and are native to the eastern and central hardwood forests of North America. These plants are non-invasive, and have value in both commercial/medicinal aspects and in their own beauty. Some of these plants are considered threatened and endangered due to unethical harvesting practices and loss of natural habitat. *Loess Roots* takes great care to insure that all plants listed here are harvested in a sustainable manner.

These plants have been cultivated using organic methods in a natural hardwood forest setting. Full or partial shade (artificial or natural) is needed for the plants to thrive. These plants are sensitive to direct sunlight and prolonged exposure to direct sunlight may kill the plants.

The soil conditions should be slightly acidic with good organic matter present. Moisture content of the soil should be moist, but not saturated or soggy. These plants will not tolerate "wet" feet, so do not plant in wetland type areas or areas that are prone to flooding. Mulching is recommended to help maintain moisture in the soil, to reduce weed pressure, and to help prevent roots from being lifted out of the ground due to freeze-thaw conditions. Use an organic mulch consisting of shredded leaves, straw, or wood chips, to a depth of between 2 and 4 inches.

All plants listed below will be shipped bareroot in a dormant state during the fall.

If transplanting is to be delayed, keep the roots cool by placing in a cool environment (refrigerator or burying them temporarily in the soil taking care to not let the root system(s) dry out.

If roots are not to your satisfaction at the time of receiving them, please contact me to work out a refund or replacement of the plants.

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# LOESS ROOTS

## Plant Listing

### NATIVE MEDICINAL ROOTS AND BOTANICALS

**GOLDENSEAL** (*Hydrastis canadensis*): Rhizome is a bright yellow color, and generally has several growing buds which can be divided to produce as many plants as there are buds on the rhizome. Plants can attain heights of 15 – 20". Plants will naturally increase in number over time. Red raspberry-like fruit ripens in July. Space plants 6 – 8 inches apart. Place growing bud(s) 1 inch below the ground surface. Often used as a companion plant with ginseng. There is a large demand for this plant in the pharmaceutical trade. Native Americans used the root to create a yellow dye. Goldenseal is now listed on the CITES list as being endangered in the United States.

**BLOODROOT** (*Sanguinaria canadensis*): One of the first wildflowers to bloom in the spring, with single white flowers. The plant grows 6-14 inches high, and the root exhibits a bright red juice when cut or broken. The plant is extremely cold-hardy. Will form clumps which can readily be divided. Space plants 8 – 12 inches apart, and place root ½ inch below the ground surface. Leaves and roots are considered toxic, but the root has a history of being used in folk medicines for treatment of skin cancers and for creating red dyes. It has recently been used in some brands of toothpaste as a plaque retarding agent.

**BLACK COHOSH** (*Cimicifuga racemosa* & *Actaea racemosa*): Mature plants can achieve heights of up to 5-7-feet. Flower is a showy white spike. Space plants at 3 feet, and cover roots with 1 inch of soil. Can be propagated by division of the roots, or by planting of seed. Commonly used for treating menstrual cramps, and for reducing undesirable effects of menopause.

**WILD GINGER** (*Asarum canadense*): A bedding-type plant that will colonize an area and attain heights of 8 – 12 inches. Space plants at 8 – 12 inches apart, and place roots horizontal with ½ inch of soil over the top. Plants may need to be watered during times of drought. Propagation is by division of the roots. Pioneers used the roots and rhizomes as substitutes for Jamaican ginger.

**JACK-IN-THE-PULPIT** (*Arisaema triphyllum*): Grows up to 24" tall. Showy flowers produce bright red clusters of berries in the fall. Space bulbs 12 inches apart, and place 1 inch below the soil surface. Propagation is by seed, or by new bulbs formed around the parent plant. Bulbs contain calcium oxalate that is irritating to the mucous membranes. Native Americans used the bulbs as a food source by boiling them first.

**MAYAPPLE** (*Podophyllum peltatum*): Colonizing plant that will grow up to 18-inches tall with umbrella-like leaves and solitary saucer-shaped white flowers. Fruit is 1 - 2" in diameter and is edible when fully ripe. Otherwise, all parts of the plant are considered toxic

to humans. Space plants 8 – 12 inches apart, with the root below the soil surface 1". Plant will grow well in partial or full shade. Research has shown potential of using the root as a cancer-fighting agent.

**VIRGINIA SNAKEROOT** (*Aristolochia serpentaria*): Native pipevine. Mature plants will attain heights of 15 - to 18". Plant is becoming rare and is listed as endangered in several states. Space plants at 6 – 8 inches, with the growth bud at ½ to 1 inch below the ground surface. Propagation is by division of roots or planting of seed. This native is a preferred host plant for the Pipevine Swallowtail butterfly.

**SWEET CICELY** (*Osmorhiza longistylis*): Grows to 3 feet tall. Plant and root have a licorice-type scent. Space plants at 8 inches apart, with the growth bud at 1 inch depth.

**DUTCHMAN'S BREECHES** (*Dicentra cucullaria*): Member of the bleeding heart family of native perennial plants, Dutchman's breeches is an attractive wild flower. One of the earliest spring flowers to bloom, and also one of the first spring ephemerals to go dormant. The 3/4" white flowers on leafless stalks have the appearance of a pair of miniature pantaloons hanging upside down, which attract attention for their unusual shape and presentation. Plant roots 1 foot apart, 1-2 inches deep.

Mature plants (freshly harvested) of black cohosh, bloodroot, and mayapple are also available for creating medicinal tinctures, salves, drying, etc. Contact Loess Roots for details.

## ROOTSTOCK FOR TRANSPLANTING, Fall 2015

ITEM	PRICE EA	QUANTITY	TOTAL
Goldenseal	\$2.00		
Bloodroot	\$2.00		
Mayapple	\$2.00		
Wild Ginger	\$2.00		
Jack in the Pulpit, medium bulbs	\$3.00		
Jack in the Pulpit, large bulbs (If available)	\$4.00		
Dutchman's Breeches (per 5 bulblets)	\$1.00		
Sweet Cicely	\$1.00		
Black Cohosh (Large)	\$5.00		
Black Cohosh (Medium)	\$3.00		
Black Cohosh (Small, 2-year)	\$1.00		
Black Cohosh (Seedlings), 10 plants	\$5.00		
Virginia Snakeroot, medium plant/root (3-4 years)	\$5.00		
Virginia Snakeroot, small plant/root (2-years)	\$3.00		
<b>Bonus: 5 free mayapples provided with each order of \$25 or more unless stated otherwise by customer.</b>	SUBTOTAL		
	SHIPPING AND HANDLING*		
	GRAND TOTAL		

<b><u>Shipping/handling costs:</u></b>	
Subtotal	Shipping
\$0 – \$25	\$10
\$26 - \$50	\$15
\$51 - \$100	\$20
>\$100	Call for estimate

Make payment to : **LOESS ROOTS**  
P.O. Box 877  
Stanton, NE 68779-0877

rodangeroth@yahoo.com  
Phone: 402-439-5256

Order date: \_\_\_\_\_  
Date shipped: \_\_\_\_\_

All rootstock will be shipped bareroot when dormant. Fall shipment of rootstock and seeds will take place from mid-September to late November, before freeze-up occurs. Payment via personal check, money order, or PayPal.

\*Shipment will be via USPS (Priority mail) unless directed otherwise.

**Items to be Shipped to the following location:**

Name:			
Address:			
City:	State:	Zip:	
Phone:		e-mail address:	