



MEDICINAL ROOTS HARVEST GUIDE

COMMON NAME	BOTANICAL NAME	LIFE CYCLE	ROOT TYPE	HARVEST YEAR	HARVEST TIME	REPLANT CROWN
Angelica	<i>Angelica archangelica</i>	Biennial/short-lived perennial	Tap root	1st year	Fall, winter, early spring	No
Ashwagandha	<i>Withania somnifera</i>	Annual/Tender perennial	Fibrous root	1st year	Fall after first frost	Yes
Astragalus	<i>Astragalus membraneous</i>	Perennial	Tap root	2nd or 3rd year	Fall, winter, early spring	Yes
Balsam Root	<i>Balsamorhiza sagittata</i>	Perennial	Woody tap root	2nd year +	Late summer, fall, winter, early spring	No
Burdock	<i>Arctium lappa</i>	Biennial	Tap root	1st year	Late summer, fall, winter, early spring	No
Bleeding Heart	<i>Dicentra formosa</i>	Perennial	Rhizome	2nd year +	Fall, winter, early spring	Yes
Calamus	<i>Acorus calamus americanus</i>	Perennial	Rhizome	2nd year +	Fall, winter, early spring	Yes
Wild Carrot	<i>Daucus carota</i>	Biennial	Tap root	1st year	Late summer, fall, winter, early spring	No
California Poppy	<i>Eschscholzia californica</i>	Annual/short-lived perennial	Tap root	1st year	Late summer, fall	No
Comfrey	<i>Symphytum spp</i>	Perennial	Tap root	2nd or 3rd year	Fall, winter, early spring	Yes
Dandelion	<i>Taraxacum officinale</i>	Perennial	Tap root	2nd or 3rd year +	Late summer, fall, winter, early spring	Yes
Devil's Club	<i>Oplopanax horridus</i>	Perennial	Rhizome, tap root	mature plants	Fall, winter, early spring	Yes
Echinacea	<i>Echinacea spp</i>	Perennial	Tap root/fibrous root	2nd year +	Fall, winter, early spring	Yes
Elecampane	<i>Inula Helenium</i>	Perennial	Tap root	2nd or 3rd year	Fall, winter, early spring	Yes
Fireweed	<i>Chamerion angustifolium</i>	Perennial	Rhizome	2nd year +	Fall, winter, early spring	Yes
Ginger (Wild)	<i>Asarum canadense</i>	Perennial	Rhizome	2nd year +	Fall, winter, early spring	Yes
Horseradish	<i>Armoracia rusticana</i>	Perennial	Tap root	3rd year	Fall, winter, early spring	Yes
Knotweed	<i>Fallopia japonica</i>	Perennial	Rhizome	2nd year +	Fall, winter, early spring	Yes
Licorice	<i>Glycyrrhiza spp</i>	Perennial	Tap root, rhizome	2nd year or 3rd year	Fall, winter, early spring	Yes
Licorice Fern	<i>Polypodium glycyrrhiza</i>	Perennial	Rhizome	2nd year +	Late summer, winter	Yes
Marshmallow	<i>Althea officinalis</i>	Perennial	Tap root	2nd or 3rd year	Fall, winter, early spring	Yes
Mullein	<i>Verbascum thapsus</i>	Biennial	Tap root, fibrous root	1st year	Late summer, fall, winter, early spring	No
Nettle	<i>Urtica dioica</i>	Perennial	Rhizome	2nd year +	Fall, winter	Yes
Oregon Grape	<i>Mahonia spp</i>	Perennial	Rhizome	2nd year +	Late summer, fall, early winter	Yes
Solomon's Seal	<i>Polygonatum spp</i>	Perennial	Rhizome	2nd year +	Fall, winter, early spring	Yes
Skunk Cabbage	<i>Lysichiton americanus</i>	Perennial	Tap root	3rd year +	Late summer, fall, winter	Yes
Teasel	<i>Dipsacus fullonum</i>	Biennial	Fibrous root, tap root	1st year	Late summer, fall, winter, early spring	No
Valerian	<i>Valeriana spp</i>	Perennial	Fibrous root	2nd or 3rd year +	Late summer, fall, winter, early spring	Yes
Yellow Dock	<i>Rumex crispus</i>	Perennial	Tap root	2nd or 3rd year +	Late summer, fall, winter, early spring	Yes