

## Forest Farming Quick Guide

### Bloodroot (*Sanguinaria canadensis*)

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Bloodroot is a perennial forest herb found throughout eastern hardwood forests and has a long history of harvest and use in North America. The bright red root has traditionally been used to treat skin lesions and for its antimicrobial properties. Now, most all of the bloodroot on the market is being harvested from wild populations, indicating a need for intentionally cultivated material.

#### Site Selection:

- North and east facing hillsides with gentle to moderate slopes.
- Rich, moist, well-drained soils that are high in organic matter, with a pH between 5.5 and 6.5.
- 50-80 percent shade under a mature canopy of sugar maple, tulip poplar, basswood, hickory, birch, beech, buckeye, and other deciduous species.
- Presence of indicator herbs in the forest understory, including trillium, toothwort, spring beauty, black cohosh, American ginseng, fern species, goldenseal, jack-in-the-pulpit, trout lily, and bellwort.

#### Site Preparation and Maintenance:

- Remove large sticks and debris that will interfere with the planting process.
- Selectively prune small understory trees and shrubs to improve air flow and reduce competition if needed.
- Manually remove invasive species as needed.
- Regularly inspect plantings for signs of disease, browsing, poaching, etc.
- For woods-cultivated production, till and form raised beds approximately 4 inches deep.
- Competitive vegetation should be routinely controlled.

#### Planting:

- In fall or early spring, plant roots approximately 2 inches deep.
- Plant with the bud facing up, and fibrous roots spread laterally.
- Space rootlets every 6 inches in rows 8 inches apart.
- Cover with soil and 2 inches of leaf litter.

#### Propagation:

- Harvest mature plants and cut rhizome into 2 inch pieces, each with a viable bud and fibrous roots.
- Seeds can be collected in late June/July and planted in prepared beds or seeding flats.
- Sow seeds approximately ½-1 inch deep and cover with 1-2 inches of leaf litter or mulch.
- Seeds should be planted immediately and not allowed to dry out.

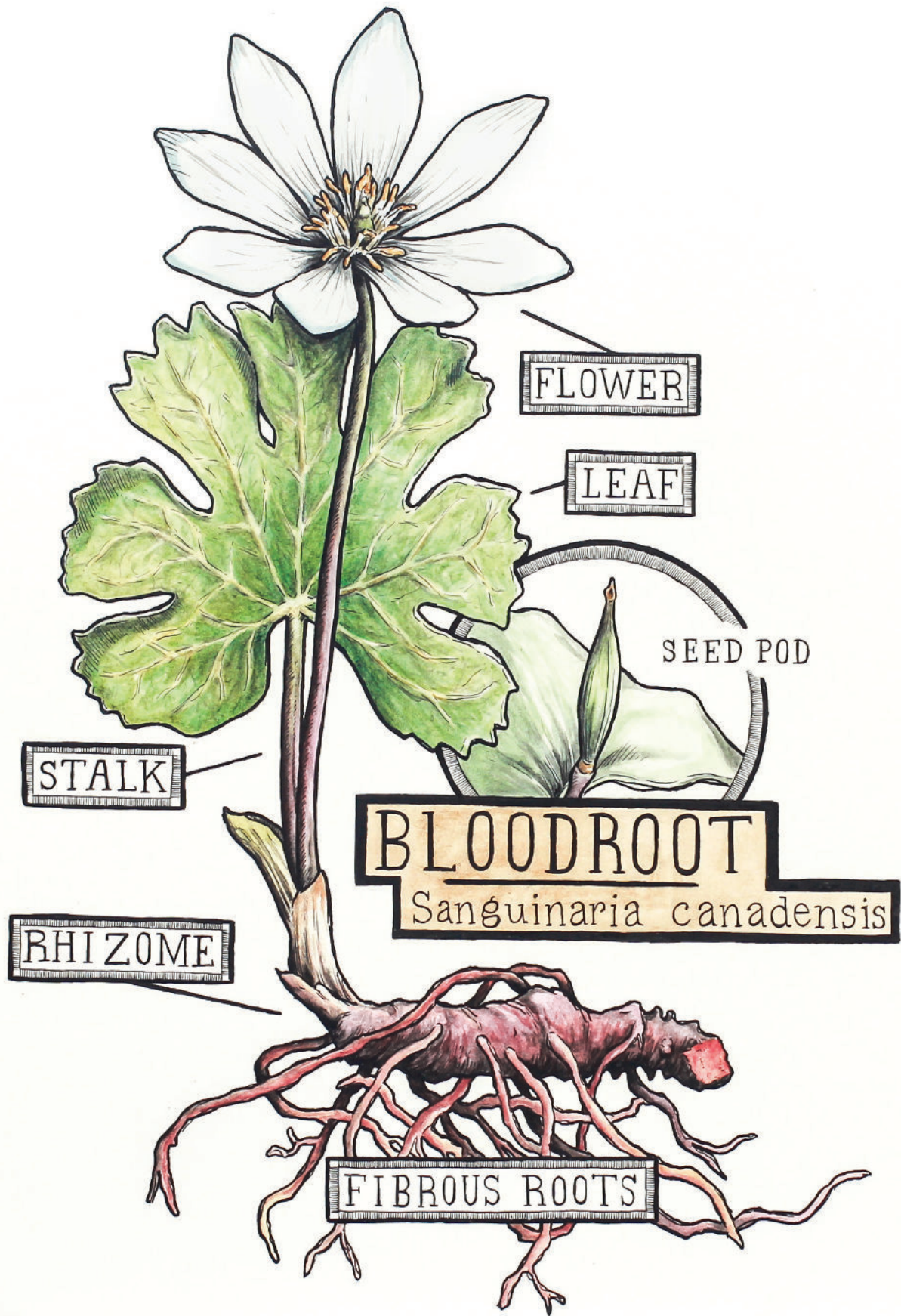


APPALACHIAN BEGINNING  
FOREST FARMER COALITION



United States  
Department of  
Agriculture

Natural Resources Conservation Service



FLOWER

LEAF

SEED POD

STALK

RHIZOME

BLOODROOT

*Sanguinaria canadensis*

FIBROUS ROOTS