



**FLOURISH FOLK SCHOOL
HERB FARM & BOTANICAL SANCTUARY**



FLOURISHFARMSTEAD.COM
@FLOURISH_FARMSTEAD

WE OFFER PROGRAMS & WORKSHOPS:
HERBALISM PLANT WALKS FORAGING
EARTH SKILLS BOTANICAL ART GARDENING



FLOURISH

FOLK SCHOOL - HERB FARM - BOTANICAL SANCTUARY
- APOTHECARY - PLANT NURSERY - ART STUDIO -

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FLOURISH FOLK SCHOOL



PROUD MEMBER BOTANICAL SANCTUARY NETWORK



THE STEVENS FAMILY



@flourish_farmstead









THE TEAM BEHIND THE TEA



JAMES ROGALSKY & LAUREN PATTAN
Production + Logistics



CRYSTAL STEVENS
Farmer and Herbalist



LAUREN ROGALSKY
Design



Verbarium
SPARKLING HERBAL TEA ALTON, IL







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PASSIONFLOWER *Passiflora incarnata*

HERBACEOUS - VINING PERENNIAL - EDIBLE & MEDICINAL

MEDICINAL & EDIBLE BENEFITS:

PASSIONFLOWER IS A NERVINE HERB THAT HELPS PROMOT RELAXATION AND HELPS EASE STRESS AND ANXIETY. PASSIONFLOWER PROMOTES A GOOD NIGHT'S REST. PASSIONFRUITS ARE EDIBLE AND DELICIOUS

COMMONLY FOUND IN:

WOODLANDS AND ALONG FOREST EDGES

PARTS USED:

LEAVES, FLOWERS, FRUITS

PREPARATIONS:

PASSIONFLOWER LEAVES AND FLOWERS CAN BE ADDED TO TEA BLENDS, AND MADE INTO A TINCTURE. IT CAN BE MADE INTO A SYRUP OR CORDIAL.

GROWING CONDITIONS

PASSIONFLOWER IS HARD TO START FROM SEED. IT WOULD BE BEST TO GROW AS A TRANSPLANT. IT CAN BE PLANTED IN SPRING, SUMMER, OR FALL. IT DOES NEED A TRELLIS AS IT IS A VINING PLANT.

NATIVE

grow

create

inspire

crafting a joyful life of beauty and abundance

❖ Crystal Stevens ❖

Crystal Stevens

Worms AT WORK

Harnessing the Awesome Power of Worms with Vermiculture and Vermicomposting

Crystal Stevens

your edible yard

landscaping & fruits and vegetables

GROWING GINGER & TURMERIC

TUBERS - ANNUAL - EDIBLE & MEDICINAL

GINGER & TURMERIC ARE SLIGHTLY DIFFICULT TO GROW, FOR BEST RESULTS USE CERTIFIED ORGANIC TURMERIC. CUT INTO PIECES, AND BURY IN TRAYS OF NICE POTTING MIX.

GERMINATE ON HEAT MATS BETWEEN 75-80 DEGREES FAHRENHEIT UNTIL THEY SPROUT.

TRANSPLANT INTO FERTILE SOIL IN SPRING IN A HIGH TUNNEL OR SOUTH-FACING GARDEN BED.

GINGER & TURMERIC NEED TO BE WATERED EVERY DAY.

PLANT IN SPRING AND HARVEST IN FALL

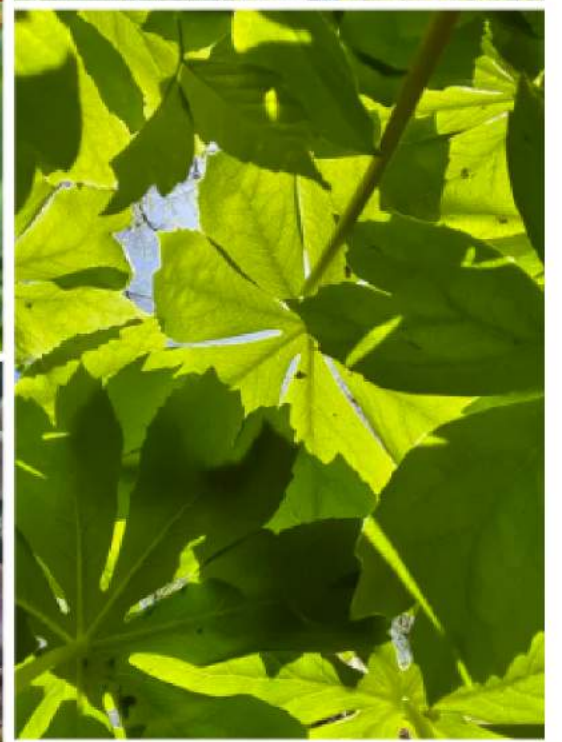
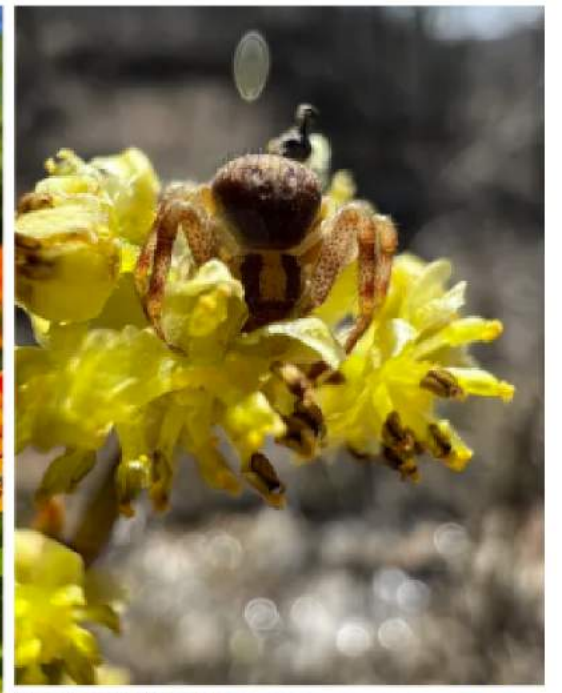
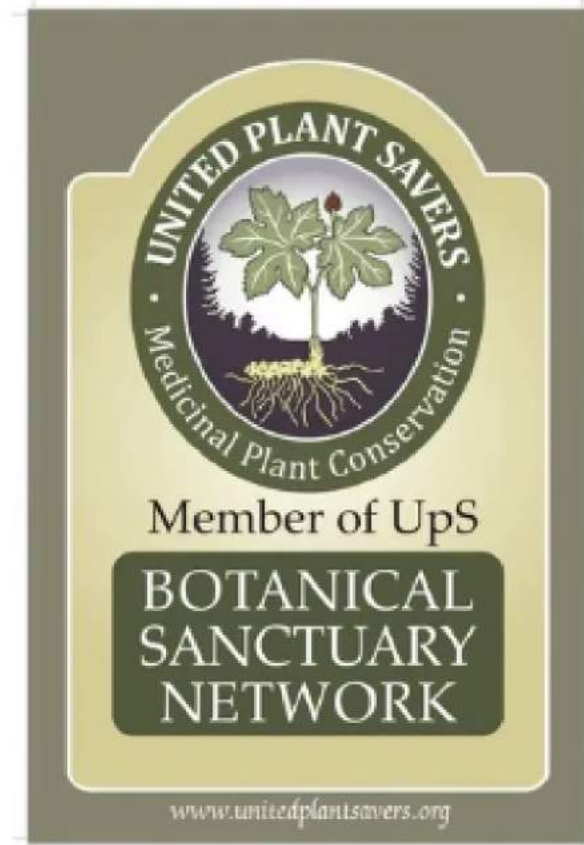
GINGER & TURMERIC CAN ALSO BE GROWN IN POTS OUTDOORS.

Homegrown Apothecary E-BOOK

JOIN THE WAITLIST FOR OUR
ONLINE
HERBALISM PROGRAM

[FLOURISHFARMSTEAD.COM](https://flourishfarmstead.com)





PROUD MEMBER OF THE BOTANICAL SANCTUARY NETWORK

The Forest Farmers Handbook – 2nd Edition (Free Download)

03/07/2023

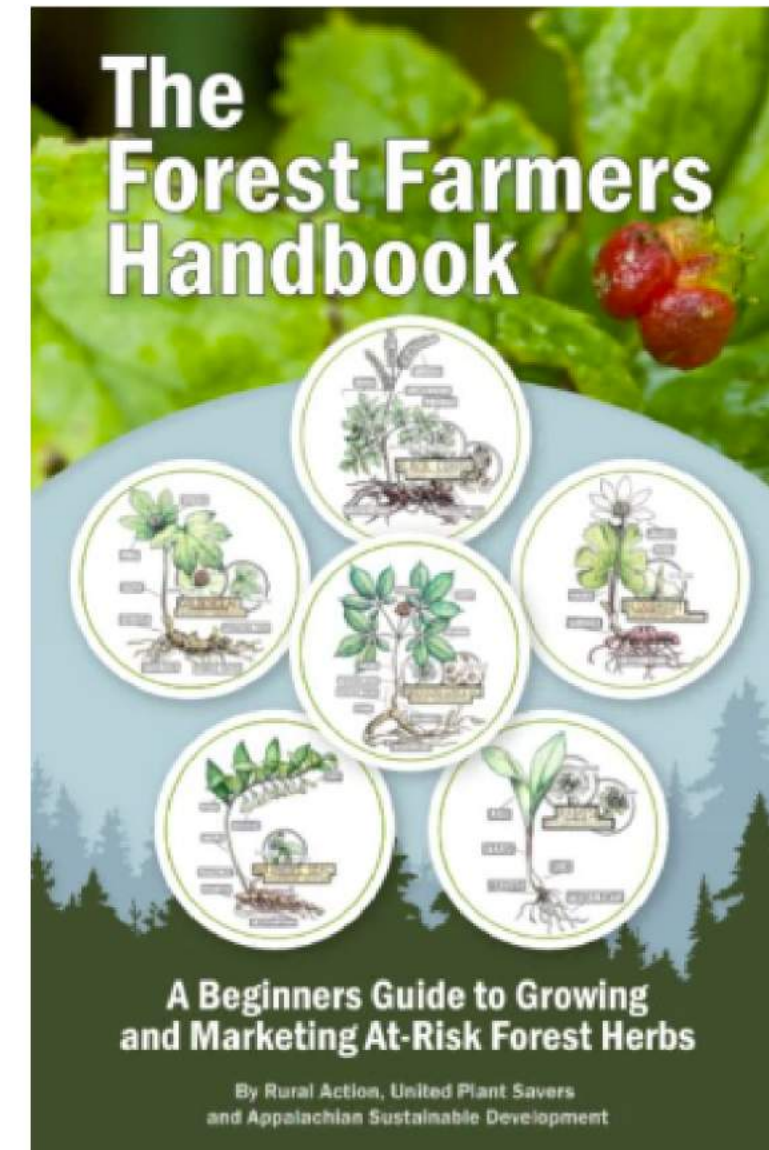
The Forest Farmers Handbook: A Beginners Guide to Growing and Marketing At-Risk Forest Herbs

by United Plant Savers & Rural Action & Appalachian Sustainable Development

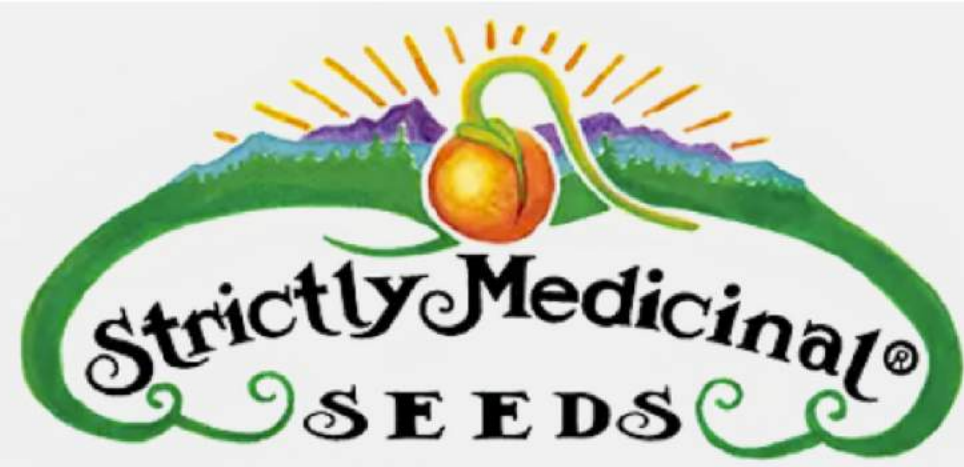
If you're reading this, you're probably interested in forest farming. And if not, perhaps you should be—forest farming can provide economic opportunities to the forest landowner or land steward while also providing significant environmental benefits, such as preserving forest cover and enhancing biodiversity through the reintroduction and establishment of new populations of at-risk forest herbs.

This 2nd edition is a comprehensive introduction to forest farming and how to sustainably produce medicinal woodland herbs for market. Includes detailed cultivation guides for six iconic Appalachian species, including American ginseng, ramps, goldenseal, black cohosh, bloodroot, and Solomon's seal.

Whether you're interested in earning a supplemental income from your woods or contributing to the conservation of native species, forest farming has something for you.



Available in PDF format for you to [download for free](#).



Echinacea simulata,
packet of 10 seeds,
organic
\$3.95



Echinacea sanguinea,
packet of 20 seeds,
organic
\$4.95



Echinacea laevigata,
packet of 20 seeds,
organic
\$4.95



Echinacea tennesseensis,
packet of 20 seeds,
organic
\$4.95



Echinacea paradoxa
seeds, organic
\$4.95 - \$43.55



Echinacea purpurea
seeds, organic
\$3.95 - \$214.00



Echinacea pallida seeds,
organic
\$4.95 - \$23.55



Echinacea angustifolia
seeds, organic
\$3.95 - \$390.00

Growing At-Risk Medicinal Herbs

Cultivation, Conservation and Ecology



by **Richo Cech**
illustrated by **Sena Cech**

Historical Connections

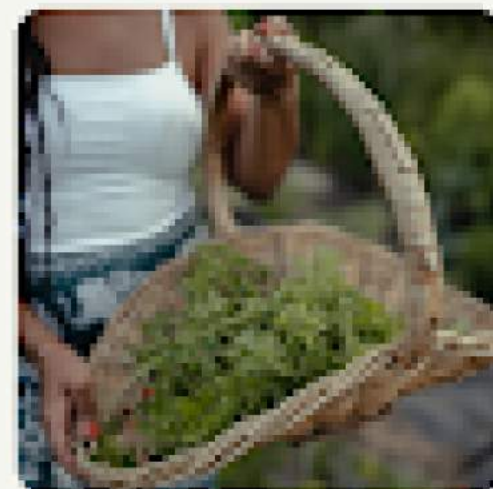
Food




Medicine



Fiber





**HARVEST
ABUNDANT WILD
MEDICINE
& INVASIVES
INSTEAD OF
AT-RISK HERBS**



**Garlic
Mustard**

Alliaria petiolate

highly nutritious
invasive
edible greens



GROW YOUR OWN MEDICINE



Create cultivated ecologies

- CHOOSE PLANTS THAT THRIVE IN YOUR ECOSYSTEMS
- CHOOSE AT RISK PLANTS IN YOUR ECOSYSTEMS
- CHOOSE PLANTS THAT ARE NOT INVASIVE



Design to:

Increase Biodiversity
Increase Yield
Increase Pollinators
Increase Perennials
Increase Joy
Increase Beauty
Increase Soil Life

Decrease Labor
Decrease Pests
Decrease Diseases
Decrease Weed Pressure
Decrease Soil deficiencies



The image shows a close-up of an American Ginseng plant against a black background. The plant features several bright green, five-lobed leaves with prominent veins. Small clusters of berries are visible at the tips of the stems; some berries are bright orange, while others are still green. The text 'AMERICAN GINSENG' is overlaid in large, white, bold, sans-serif capital letters across the center of the plant.

AMERICAN GINSENG

Panax quinquefolius

Panax quinquefolius



**United Plant Savers Status of
Endangered/Threatened(by state):**

**Panax quinquefolius is listed as being
"Commercially Exploited" in Tennessee**

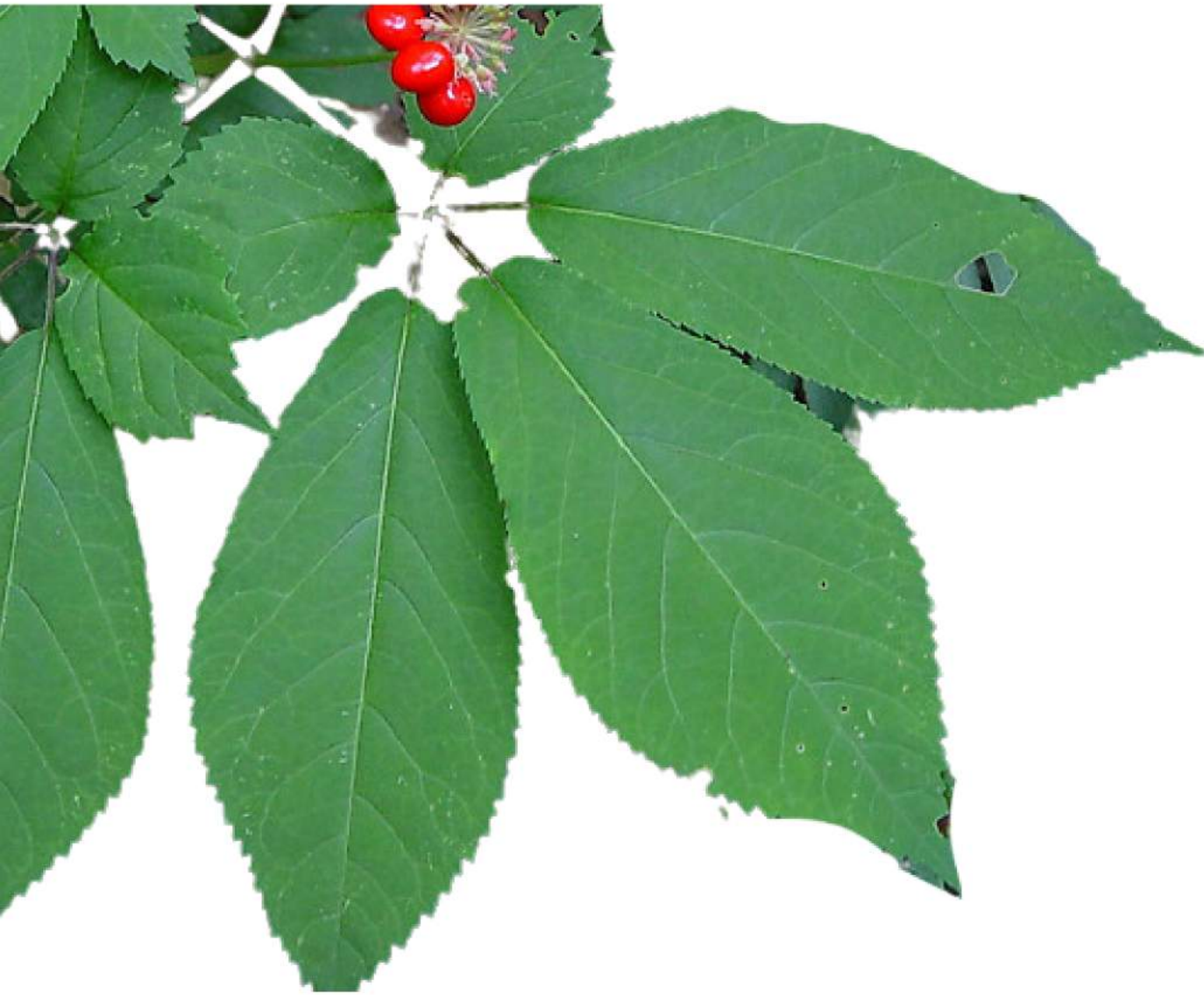
**and of "Special Concern" in Connecticut,
Massachusetts, North Carolina, and
Tennessee.**

**It's "Vulnerable" in Pennsylvania,
"Exploitably Vulnerable" in New York,**

**"Threatened" in Michigan and New
Hampshire, and**

**"Endangered" in Maine and Rhode Island.
unitedplantsavers.org**

American Ginseng



perennial
native to eastern North
America

80% shade

Growing conditions:

- woodland/forest natives
- prefer rich, loamy, well-drained soil (mimic the forest floor)
- be sure to remove invasives before planting in a shade garden or woodlands
- move leaf-litter away from the soil surface and plant about 1/2"-1" deep. Cover with loamy soil and leaves and water well.
- grows best in partial shade
- start from stratified seed in fall before the ground freezes for spring germination
- Seeds can take up to 18 months to germinate and require at least 6 months of stratification.
- slow growing (3-4 years and up to 10 years) to form seeds/ grow larger roots
- protect from wildlife by adding a cage
- Tend wild stands by removing invasive species nearby

- It takes 100-300 dried roots to make a pound

American Ginseng Cultivation

- Cultivated by seed or by root
- Ginseng grows in shaded woodland areas
- It takes about 5-8 years from planting to harvest (sometimes longer in deep forested areas)

unitedplantsavers.org



A close-up photograph of the Eleutherococcus senticosus plant, showing several green, serrated leaves and several clusters of small, yellowish-green flower buds. The background is a soft, out-of-focus green. The text 'ELEUTHERO' is overlaid in a large, white, serif font, with a decorative four-pointed starburst symbol to its left. The scientific name 'Eleutherococcus senticosus' is written in a smaller, white, italicized serif font below the main title. There are also decorative white starburst symbols on the right side of the image and white line-art graphics of overlapping circles on the left and right edges.

✦ ELEUTHERO

Eleutherococcus senticosus



MEDICINAL USES



Internally major uses

Eleuthero has many medicinal uses.

Eleuthero has been used as an immune system stimulant, as a stimulant to increase energy and combat fatigue, to normalize blood pressure, and as an adaptogen. Eleuthero also has been studied for its antioxidant and anticancer effects.

Eleuthero contains primarily carbohydrates, coumarins, eleutheroside, and lignans.

Eleutheroside has been used to potentially reduce herpes simplex type II infections.

(Peterson, D. 2020)



CONTRAINDICATIONS



Eleuthero is contraindicated for individuals with high blood pressure. Eleuthero should not be taken in combination with sedatives or with herbs that contain sedative properties.

Avoid during pregnancy



HERBAL PREPARATIONS ✨

Eleuthero can be used as a tea, decoction, in capsule form with ground root, and as a tincture or extract



IMPORTANT ETHICAL CONSIDERATIONS



The United Plant Savers considers Eleutherio as a good substitute for American Ginseng which is an at-risk woodland plant.



"At-Risk"

- AMERICAN GINSENG**
Panax quinquefolius
- BLACK COHOSH**
Actaea (Cimicifuga) racemosa
- BLOODROOT**
Sanguinaria canadensis
- BLUE COHOSH**
Caulophyllum thalictroides
- ECHINACEA**
Echinacea spp.
- EYEBRIGHT**, *Euphrasia spp.*
- FALSE UNICORN ROOT**
Chamaelirium luteum
- GOLDENSEAL**
Hydrastis canadensis
- LADY'S SLIPPER ORCHID**
Cypripedium spp.
- LOMATIUM**
Lomatium dissectum
- OSHA**
Ligusticum porteri, L. spp.
- PEYOTE**
Lophophora williamsii
- SANDALWOOD**
Santalum spp. (Hawaii only)
- SLIPPERY ELM**
Ulmus rubra
- SUNDEW**, *Drosera spp.*
- TRILLIUM, BETH ROOT**
Trillium spp.
- TRUE UNICORN**
Aletris farinosa
- VENUS' FLY TRAP**
Dionaea muscipula
- VIRGINIA SNAKEROOT**
Aristolochia serpentaria
- WILD YAM**
Dioscorea villosa, D. spp.

"To-Watch"

- ARNICA**
Arnica spp.
- BUTTERFLY WEED**
Asclepias tuberosa
- CASCARA SAGRADA**
Rhamnus purshiana
- CHAPARRO**
Castela emoryi
- ELEPHANT TREE**
Bursera microphylla
- GENTIAN**, *Gentiana spp.*
- GOLDTHREAD**, *Coptis spp.*
- KAVA KAVA**
Piper methysticum (Hawaii only)
- LOBELIA**, *Lobelia spp.*
- MAIDENHAIR FERN**
Adiantum pedatum
- MAYAPPLE**
Podophyllum peltatum
- OREGON GRAPE**
Mahonia spp.
- PARTRIDGE BERRY**
Mitchella repens
- PINK ROOT**
Spigelia marilandica
- PIPSISSEWA**
Chimaphila umbellata
- RAMPS**, *Allium tricoccum*
- SPIKENARD**
Aralia racemosa, A. californica
- STONEROOT**
Collinsonia canadensis
- STREAM ORCHID**
Epipactis gigantea
- TURKEY CORN**
Dicentra canadensis
- WHITE SAGE**, *Salvia apiana*
- WILD INDIGO**, *Baptisia tinctoria*
- YERBA MANSA**,
Anemopsis californica

"In-Review"

- HIGHEST PRIORITY: RESCORE NOW**
- SLIPPERY ELM**
Ulmus rubra
- GOLDENSEAL**
Hydrastis canadensis
- FALSE UNICORN**
Chamaelirium luteum
- BLACK COHOSH**
Actaea racemosa
- TOP PRIORITY: IN THE NEXT YEAR**
- SPIKENARD**
Aralia racemosa, A. californica
- CASCARA**
Rhamnus purshiana
- BLOODROOT**
Sanguinaria canadensis
- VIRGINIA SNAKEROOT**
Aristolochia serpentaria
- TRILLIUM**, *Trillium spp.*
- BLUE COHOSH**
Caulophyllum thalictroides
- WILD YAM**, *Dioscorea villosa*
- MID PRIORITY: IN THE NEXT 2 YEARS**
- LOMATIUM**
Lomatium dissectum
- OSHA**
Ligusticum porteri
- ECHINACEA**
Echinacea spp.
- BUTTERFLY WEED**
Asclepias tuberosa
- STONEROOT**
Collinsonia canadensis
- YERBA MANSA**
Anemopsis californica
- MAYAPPLE**
Podophyllum peltatum
- PARTRIDGE BERRY**
Mitchella repens

Requested To Score

- INDIAN PIPE**
Monotropa uniflora
- CHAGA**
Inonotus obliquus

- WILD CHERRY**
Prunus serotina
- SOLOMON'S SEAL**
Polygonatum biflorum

- YALPON**
Ilex vomitoria
- WILD GERANIUM**
Geranium maculatum

GROWING ELEUTHERO



Eleuthero can be cultivated
in Zones 3 to 7

It prefers damp, well-drained soils and full to partial sun.

Seeds or plants can be purchased through [Strictly Medicinal Seeds](#)



GOLDENSEAL

Hydrastis canadensis

Goldenseal



Growing conditions:

- woodland natives
- prefer rich, well-drained soil (mimic the forest floor)
- be sure to remove invasives before planting in a shade garden or woodlands
- grows best in partial shade
- start from seed in summer or fall for spring germination
- slow growing
- Tend wild stands by removing invasive species nearby



ALTERNATIVES TO GOLDENSEAL

A close-up photograph of a barberry plant, showing several upright stems with small, rounded, reddish-purple leaves. The background is a soft, out-of-focus green.

BARBERRY

A photograph of an Oregon grape plant. The image shows clusters of small, round, blue berries hanging from a branch. The leaves are green with some showing autumnal red and orange tints. The background is a blurred green.

OREGON GRAPE



TRILLIUM

Trillium spp.

Trillium recurvatum

Trillium





Growing conditions:

- hardy in zones 4–9
- Low-growing perennial (less than 2 feet typically)
- woodland/forest natives
- prefer rich, loamy, well-drained soil (mimic the forest floor)
- be sure to remove invasives before planting in a shade garden or woodlands
- grows well in partial shade or full shade
- Best grown by plant/ divided roots
- Plant about 4 inches deep and space at least a foot apart
- protect from wildlife by adding a cage
- Tend wild stands by removing invasive species nearby



MAY APPLE

Podophyllum peltatum











**perennial
native to Eastern US**



Growing conditions:

- woodland/forest natives
- prefer rich, loamy, well-drained soil (mimic the forest floor)
- be sure to remove invasives before planting in a shade garden or woodlands
- grows well in partial shade, full shade, or full sun
- Best grown by plant
- protect from wildlife by adding a cage
- Tend wild stands by removing invasive species nearby



ECHINACEA

Echinacea spp.

Echinacea



United Plant Savers Status of Endangered/Threatened (by state):

- *E. laevigata* (Smooth purple coneflower) is "Federally Endangered", and is "Extirpated" in Pennsylvania.
- *E. pallida* (pale purple coneflower) is "Threatened" in Tennessee and Wisconsin.
- *E. paradoxa* (Bush's purple coneflower/Bush's yellow coneflower) is "Threatened" in Arkansas, which, notably, is one of only 4 states the flower is found in.
- *E. purpurea* (eastern purple coneflower) is "Endangered" in Florida, and "Probably Extirpated" in Michigan.
- *E. sanduinea* (sanguine purple coneflower) is "Threatened" in Arkansas. Like *E. paradoxa*, Arkansas is one of only 4 states this flower can be found in.
- *E. simulata* (wavyleaf purple coneflower) is "Threatened" in Tennessee.
- *E. tennesseensis* (Tennessee coneflower) is "Federally Endangered" and can only be found in a few counties in Tennessee.
- *e. angustifolia* at risk due to excessive harvest



ECHINACEA



Echinacea spp.

Growing conditions:



- Native to the US (9 species)
- Grow naturally in prairies, savannas open fields, meadows, and grasslands
- Require full sun
- Grows well from seed
- Start in spring in flats or cell trays
- Transplant into a prepared bed once plant has nice roots (typically early may)
- Water young plants regularly
- Water regularly for larger, juicier roots.
- I have had luck starting in summer and overwintering for a larger spring plant
- Growing in mulch makes digging roots easier.





BUTTERFLY WEEED

Asclepias tuberosa

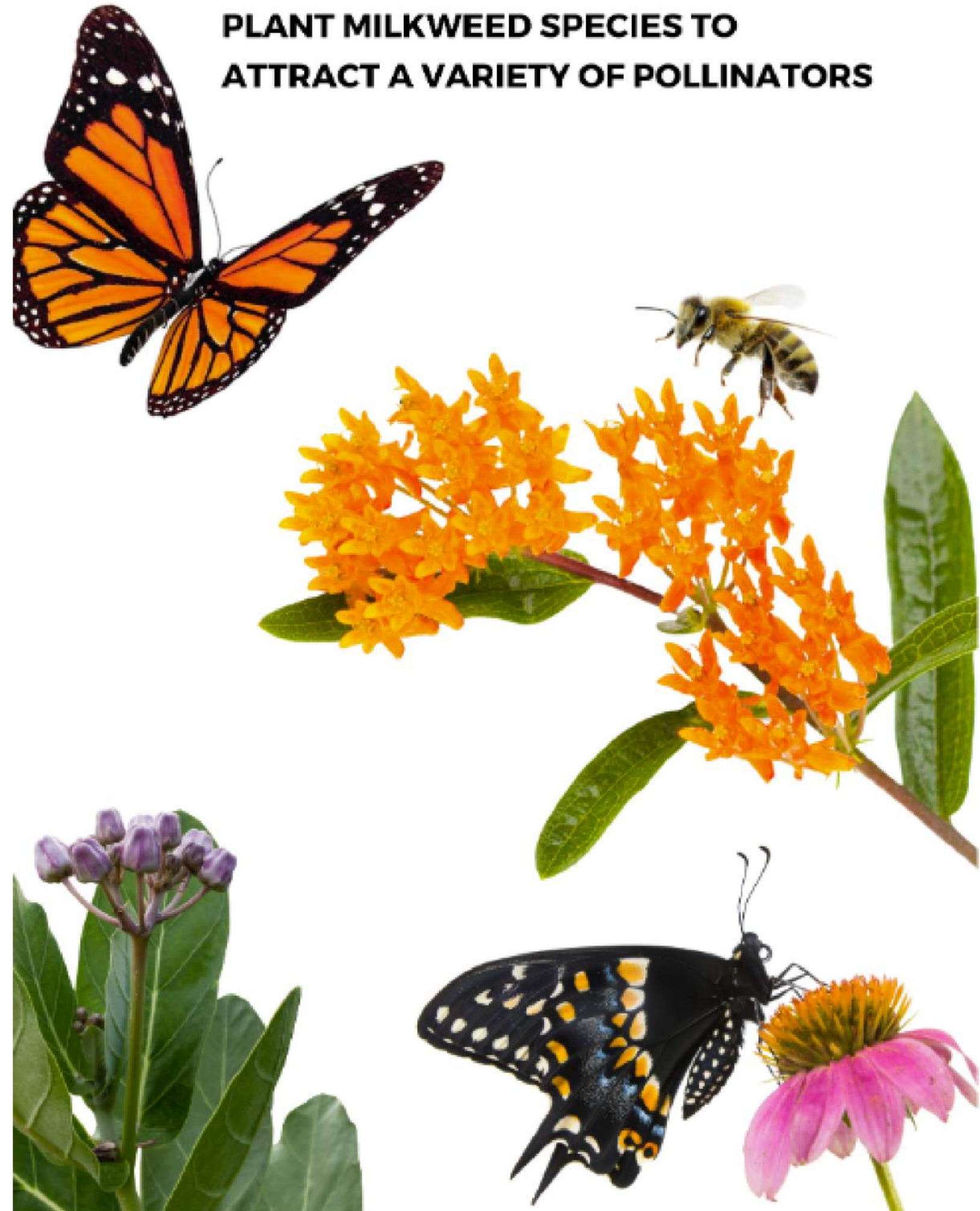




Growing conditions:

- Native to the US
- Grow naturally in prairies, savannas, open fields, meadows, and grasslands
- Exceptional pollinator plant
- Requires full sun
- Grows well from seed
- Start in spring in flats or cell trays or directly sow into freshly prepared garden beds
- Water young plants regularly
- Grow up to 4 feet tall
- Plant a few feet apart for optimal spacing
- drought and heat tolerant once plants are established

**PLANT MILKWEED SPECIES TO
ATTRACT A VARIETY OF POLLINATORS**



Without pollinators, our plates would be empty. At our farm, we plant dozens of species of pollinator-attracting plants each year.

Some of our favorites include:

- butterfly milkweed
- swamp milkweed
- common milkweed
- fragrant sumac
- New England Aster
- anise hyssop
- beebalm
- elderflower





**COMMON
MILKWEED**



**SWAMP
MILKWEED**

BLOODROOT

Sanguinaria canadensis









WILD GINGER

Asarum canadense

Pipevine Swallowtail Butterfly



Wild ginger flower



TROUT LILY

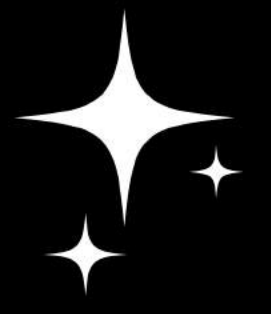
Erythronium americanum











FLOURISH

FOLK SCHOOL FARMSTEAD PLANT NURSERY

APOTHECARY & SCHOOL OF BOTANICALS

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