

**MOUNTAIN GARDENS  
BARE ROOT PLANT SALES  
WWW.MOUNTAINGARDENSHERBS.COM**

Here is our expanded list of bare root plants. Prices are \$4-\$6, as indicated. Note that some are only available in spring or summer, as indicated; otherwise they are available all seasons. No price listed = not available this year. (These plants may be available as seeds or as potted plants in our nursery).

We begin responding to requests in April or May and plants are generally shipped in May and June, though inquiries are welcome throughout the growing season. We ship by Priority Mail. For most orders, except very large or very small, we use flat rate boxes @\$25 per shipment. Some species will sell out.

**TO ORDER, email name/number of plants wanted & your address to:  
mgbareroots@gmail.com**

\*Please wait to hear back from us before sending payment.

\*Shipping & handling: \$25 flat rate on all but very small or very large orders – will verify via email.

**MOUNTAIN GARDENS PLANT LIST**

\*No price listed = not available this year.

<u>LATIN NAME</u>	<u>COMMON NAME</u>	<u>BARE ROOT</u>	<u>USE/CATEGORY</u> <u>Edible, Medicinal, etc.</u>
Achillea millefolium	Yarrow	4	Medicinal
Aconitum napellus	Monkshood, Chinese, <i>fu zi</i>		ChinMed, Ornamental
Acorus calamus	Calamus, sweet flag		Med
Acorus gramineus	<i>shi chang pu</i>	4	ChinMed
Actaea racemosa	Black Cohosh		Native Med
Aegopodium podagraria	Goutweed, ground elder		Edible, Med
Agrimonia eupatorium	Agrimony		Med
Agrimonia pilosa	Agrimony, <i>xian he cao</i>		ChinMed
Aletris farinosa	Unicorn root		Native Med
Alisma plantago-aquatica	<i>ze xie</i>		ChinMed
Allium tricoccum	Ramps		NativeEd
Allium tuberosum	Chives, Chinese, <i>jiu cai zi</i>		Ed, ChinMed: Tonic
Althaea officinalis	Marshmallow		Med
Amphicarpaea bracteata	Hog Peanut, Ground Bean		Native Ed
Anemarrhena asphodelioides	Anemarrhena, <i>zhi mu</i>		ChinMed
Angelica dahurica	Angelica, <i>bai zhi</i>		ChinMed
Angelica pubescens	Angelica, <i>du huo</i>		ChinMed, Orn
Angelica sinensis	Angelica <i>dang gui</i>		ChinMed Tonic
Anthoxanthum odoratum	Sweet grass, vernal		Fragrance
Anthriscus sylvestris	Chervil, perennial		Ed
Apios americana	Ground nut, American		Native Ed
Apios priceana	Price's groundnut		Native Ed, Orn
Aquilegia canadensis	Columbine, native		Native Orn
Aralia cordata	Udo		Ed, Orn
Aralia racemosa	Spikenard		NativeMed, Orn

Arctium lappa	Burdock, Chinese, <i>niu bang zi</i>		ChinMed, Ed
Arisaema triphyllum	Jack-in-the-pulpit		Native wildflower
Aristolochia macrophylla	Pipe vine		NativeMed, Orn
Artemisia absinthium	Wormwood		Med, (absinthe)
Artemisia annua	Sweet Annie, qing hao		ChinMed
Artemisia princeps	Mugwort, Chinese, <i>ai ye</i>		ChinMed
Artemisia vulgaris	Mugwort		Med
Asarum canadense	Ginger, wild		NativeMed, Ed
Asclepias tuberosa	Pleurisy root, butterfly weed		NativeMed, Orn
Asparagus cochinchinensis	<i>Tian men dong</i>		ChineseMed: tonic
Aster tataricus	Aster, <i>zi wan</i>		ChinMed
Astragalus membranaceus	Astragalus <i>huang qi</i>		ChinMed: Tonic
Bacopa monnieri	Brahmi		Med
Begonia grandis	Begonia, hardy		ChinMed, Orn
Belamcanda chinensis	Blackberry lily, <i>she gan</i>		ChinMed, Orn
Boehmeria platanifolia	Jute, China		Fiber, Orn
Bunias orientalis	Turkish rocket		Ed
Bupleurum chinensis	Bupleurum, <i>chai hu</i>		ChinMed, Orn
Campanulastrum americanum	Tall Bellflower		Ed, native wildflower
Cardamine diphylla	Crinkle root, American wasabi		Native Ed
Caulophyllum thalictroides	Blue cohosh	5	NativeMed
Centella asiatica	<i>Ji xue cao</i> , gotu kola		ChineseMed
Chamaelirium luteum	False unicorn root		NativeMed, Orn
Chelidonium majus	Celandine poppy		Med, Orn
Chelone glabra	Turtlehead, balmony		Native Med
Chelone lyonii	Turtlehead, pink		Native orn.
Chenopodium ambrosioides	Epazote, wormseed		Ed, Med
Chenopodium bonus-henricus	Good king henry		Ed
Chenopodium giganteum	Lambsquarters, magenta		Ed
Chrysanthemum cinerarifolium	Pyrethrum		Insecticide, Orn
Chrysanthemum indicum	<i>ye ju hua</i>		Chin med, Orn
Chrysanthemum leucanthemum	ox-eye daisy		Ed, Orn
Chrysanthemum morifolium	Chrysanthemum (yellow), <i>ju hua</i>	4	ChinMed, Orn
Chrysanthemum morifolium	Chrysanthemum (white), <i>ju hua</i>		ChineseMed, Orn
Chrysanthemum morifolium	Chrysanthemum (button), <i>ju hua</i>	4	
Claytonia sp.	Spring Beauty		Native Ed, Orn
Clerodendron trichotomum	<i>chou wu tong</i>		ChineseMed, Orn
Cnidium monnieri	<i>She chuang zi</i>		ChineseMed
Collinsonia canadensis	Stoneroot, wild citronella		NativeMed
Commelina communis	Day Flower		Ed, Orn ChinMed
Convallaria majalis	Lily of the Valley	4	Orn, Med
Cornus officinalis	<i>Shan zhu yu</i>		ChinMed
Crataegus pinnatifida	<i>Shan zha</i> , Chin. Hawthorn		ChinMed, Ed
Cryptotaenia canadensis	Honewort, Mitsuba	4	Native Ed
Cryptotaenia japonica atropurpurea	Purple Mitsuba	4	
Cyathula officinalis	<i>Chuan niu xi</i>		ChinMed
Cyclamen	Cyclamen, hardy		Orn
Delphinium tricornis	Larkspur, wild		Native wildflower
Dentaria laciniata	Toothwort		Native Ed, wildflower
Dianthus superbus	<i>Qu mai</i>		ChinMed, orn

<i>Dicentra canadensis</i>	Squirrel corn		Native Med, wildflower
<i>Dioscorea polystachya</i>	Yam, Chinese, <i>shan yao</i>		ChinMed: Tonic, Ed
<i>Dioscorea villosa</i>	Yam, wild		NativeMed
<i>Dipsacus asperoides</i>	<i>xu duan</i>		ChinMed: Tonic
<i>Dipsacus japonicus</i>	Teasel, Chinese, <i>xu duan</i>		ChinMed: Tonic
<i>Echinacea purpurea</i>	Echinacea, purple coneflower		Med, Orn
<i>Eclipta alba/prostrata</i>	Eclipta, <i>han lian cao</i>		ChinMed: Tonic
<i>Eleutherococcus senticosus</i>	Eleuthero, <i>ci wu jia</i>		ChinMed: Tonic
<i>Elsholtzia ciliata</i>	<i>Xiang ru</i>		ChinMed
<i>Ephedra equisetina</i>	Ephedra, <i>ma huang</i>		ChinMed
<i>Epilobium parviflorum</i>	Willow-herb, small-flow.		Med
<i>Epimedium koreanum</i>	Epimedium, <i>yin yang huo</i>		ChinMed: Tonic, Orn
<i>Equisetum arvense</i>	Horsetail, field		Med
<i>Eryngium campestre</i>	Sea holly		Med, Orn
<i>Erythronium sp.</i>	Trout Lily		Native Ed, wildflower
<i>Eupatorium perfoliatum</i>	Boneset		NativeMed
<i>Euphorbia helioscopia</i>	sun spurge		ChinMed
<i>Euphorbia lathyris</i>	mole plant		ChinMed
<i>Filipendula ulmaria</i>	Meadowsweet	4	Med, Orn
<i>Foeniculum vulgare atropurpurea</i>	Fennel, bronze		Med, Ed, Orn
<i>Forsythia suspensa</i>	<i>Forsythia lian qiao</i>		ChinMed, Orn
<i>Gaultheria procumbens</i>	Wintergreen		NativeMed
<i>Geranium maculatum</i>	Geranium, wild	5	NativeMed, Orn
<i>Geranium robertianum</i>	Herb robert	4	Med, Orn
<i>Gingko biloba</i>	Gingko, <i>bai guo</i>		ChinMed, Ed,
<i>Glechoma hederacea</i>	Ground ivy		Med
<i>Glechoma longituba</i>	<i>Lian qian cao</i>		ChinMed
<i>Grindelia robusta</i>	Gumweed		Med
<i>Gynostemma pentaphyllum</i>	'Southern ginseng', <i>jiao gu lan</i>	4	ChinMed: Tonic
<i>Hedeoma pulegioides</i>	American pennyroyal		Med
<i>Helianthus tuberosus</i>	Sunchoke		Ed
<i>Hemerocallis middendorffii</i> <i>esculentum</i>	Daylily, edible		Ed, Orn
<i>Heraclium lanatum</i>	Cow Parsnip		Native Ed
<i>Heuchera americana</i>	Alum root		NativeMed
<i>Houttuynia cordata</i>	Houttuynia, <i>yu xing cao</i>	4	ChinMed,
<i>Houttuynia cordata variegata</i>	Hot tuna, <i>yu xing cao</i>		Chin Med, Orn
<i>Hydrangea arborescens</i>	Hydrangea, wild		NativeMed
<i>Hydrastis canadensis</i>	Goldenseal	6	NativeMed
<i>Hydrophyllum canadense</i>	Waterleaf, indian salad		NativeEd
<i>Hydrophyllum virginianum</i>	Virginia Waterleaf		Native Ed
<i>Hyssopus officinalis</i>	Hyssop		Med, Orn
<i>Inula helenium</i>	Elecampane		Med, Orn
<i>Iris germanica florentina</i>	Orris root		Orn, Fragrance
<i>Isatis tinctoria</i>	Woad, <i>ban lan gen, da qing ye</i>		ChinMed, dye
<i>Lactuca virosa</i>	Lettuce, wild		Med
<i>Lamium album</i>	Lamium white	4	Med, Orn
<i>Laportea canadensis</i>	Nettle, woods		NativeEd, Fiber
<i>Lapsana communis</i>	Nipplewort		Ed, Med
<i>Leonurus cardiaca</i>	Motherwort		Med

Leonurus japonicus	<i>yi mu cao</i>		ChinMed
Ligusticum canadense	Boar hog root, Canada lovage		NativeMed, Ed, Orn
Ligusticum sinense	<i>gao ben</i>		ChinMed
Lilium lancifolium	<i>bai he</i>		ChinMed. Orn, Ed
Lilium superbum	Lily, turk's cap		Native Orn, Ed
Liriope spicata	Lily turf		ChinMed Tonic, Orn
Lithospermum erythrorhizon	<i>zi cao</i>		ChinMed
Lobelia inflata	Lobelia, 'indian tobacco'		NativeMed
Lobelia syphilitica	Lobelia, blue		NativeMed, Orn
Lophatherum gracile	<i>dan zhu ye</i>		ChinMed
Lycium chinense	Wolfberry, <i>gou qi zi</i>		ChinMed, Ed
Lycopus lucidus	<i>Ze lan</i>		ChinMed
Lycopus virginicus	Bugleweed		NativeMed
Maianthemum canadense	Lily of the Valley, False		Wildflower
Malva sylvestris	Mallow		Ed,
Malva verticillata	Mallow		Ed
Marrubium vulgare	Horehound		Med
Matteucia pennsylvanica	Ostrich fern		NativeEd, Orn
Medeola virginiana	Cucumber root		NativeEd
Melissa officinalis aurea	Lemon balm, golden	4	Med, Orn
Mentha haplocalyx	Mint, Chinese, <i>bo he</i>		ChinMed
Mentha piperita	Peppermint	4	Med, Tea
Mentha pulegium	Pennyroyal, english		Med
Mitchella repens	Partridge berry		NativeMed, Orn
Monarda didyma	Bee balm		NativeMed, Orn
Monarda fistulosa	Bergamot, wild		NativeMed
Myrrhis odorata	Sweet cicely, true		Ed, Orn
Nepeta cataria	Catnip		Med
Oenanthe javanica	Water celery		Ed
Orychophragmus violaceus	Violet mustard		Ed, Orn
Osmorrhiza longistylis	Anise root		Native Ed
Ophiopogon japonicus	<i>Mai men dong</i>	4	ChinMed: tonic
Paeonia lactiflora	Peony, <i>bai shao</i>		ChinMed:Tonic, Orn
Panax quinquefolius	Ginseng, Amer, <i>xi yang shen</i>		NativeMed: Tonic
Patrinia scabiosaefolia	<i>bai jiang cao</i>		ChinMed, Orn
Perilla frutescens purpurea	<i>Zi su ye</i>		ChinMed
Petasites japonicus	Fuki, Butterbur		Ed
Phacelia bipinnatifida	Phacelia, blue		Wildflower
Phalaris arundinacea	Canary grass – DMT strain		Magical
Phlox stolonifera	Phlox, running	4	Wildflower
Phragmites communis	Reed, common, <i>lu gen</i>		ChinMed, craft
Phytolacca acinos esculenta	Poke, Asian, <i>shang lu</i>		ChinMed, Ed, Orn
Platycodon grandiflorum	Balloon flower, <i>jie geng</i>		ChinMed, Ed, Orn
Podophyllum peltatum	Mayapple	5	NativeMed
Polemonium	Jacob's ladder		NativeMed, Orn
Polygonatum commutatum	Solomon's seal, giant		NativeEd, Med, Orn
Polygonatum kingianum	<i>Huang jing</i>		ChinMed
Polgonatum odoratum variegated	<i>Yu zhu</i>	5	ChinMed
Polygonum multiflorum	Fo-ti, <i>he shou wu</i>		ChinMed: Tonic
Poncirus trifoliata	Hardy citrus, <i>gou ju zhi ke</i>		ChinMed

Primula japonica	Primrose, bog		Orn
Primula veris	Primrose, medicinal		Med, Orn
Prunella vulgaris	Heal all, self-heal <i>xia ku cao</i>	4	Med, ChinMed
Pulmonaria officinalis	Lungwort	5	Med, Orn
Rehmannia glutinosa	Rehmannia, <i>di huang</i>	6	ChinMed: Tonic
Rheum tanguticum	Rhubarb, medicinal, <i>da huang</i>		ChinMed, Orn
Ribes nigrum	Black currant		Ed, Med
Ribes uva-crispa	Gooseberry		Ed
Rosa rugosa	<i>Meigui hua</i>		Med, Orn
Rubia cordifolia	Madder, Indian, <i>qian cao</i>		ChinMed, Dye
Rubia tinctorum	Madder		Dye
Rubus phoenicolasius	Wineberry		Ed, Orn, Med
Rudbeckia laciniata	Sho-chen, coneflower	6	NativeEd, Orn
Rumex acetosa	Sorrel, garden		Ed
Rumex crispus	Yellow dock		Med, Ed
Rumex patientia	Patience dock		Ed
Sagittaria latifolia	Wapato, arrowhead		Ed
Salix purpurea	Willow, basket		Craft
Salvia miltiorrhiza	<i>Dan shen</i>		ChinMede, Orn
Sambucus canadensis	Elderberry		Med, Ed
Sanguinaria canadensis	Bloodroot		NativeMed, Orn
Sanguisorba officinalis	Burnet, <i>di yu</i>		ChinMed
Saponaria officinalis	Soapwort	4	Med, Orn, Soap
Schizandra chinensis	Schizandra, <i>wu wei zi</i>		ChinMed: Tonic
Schizonepeta tenuifolia	<i>Jing jie</i>		ChinMed
Scrophularia ningpoensis	<i>xuan shen</i>		Chin Med
Scutellaria baicalensis	<i>huang qin</i> , Baikal scullcap		ChinMed, Orn
Scutellaria barbata	<i>Ban zhi lian</i>		ChinMed
Scutellaria lateriflora	Skullcap, mad dog		NativeMed
Sedum sarmentosum	<i>Chui pen cao</i>		ChinMed
Selaginella uncinata	Peacock moss		Orn
Semiaquilegia adoxioides	<i>Tian kui</i>		ChinMed
Senecio aureus	Liferoot	4	Native Med, wildflower
Sida rhombifolia	Sida		Med
Siegesbeckia orientalis	<i>Xi xian cao</i>		ChinMed
Sophora flavescens	<i>Ku shen</i>		ChinMed
Smilax rotundifolia	Smilax, greenbrier		Ed, Med
Stachys affinis	Artichoke, Japanese; <i>croshes</i>	4	Ed
Stachys officinalis	Wood betony, European		Med
Stylophorum diphyllum	Celandine, Amer. wood poppy	5	NativeMed, wildflower
Symphytum officinalis	Comfrey, official		Med
Symphytum x uplandicum	Comfrey, Russian		Med
Talinum paniculatum	Fame flower, <i>tu ren shen</i>		ChinMed: Tonic
Tanacetum parthenium	Feverfew		Med
Thymus vulgaris	Thyme		Ed, Med, Orn
Tradescentia virginiana	Spiderwort		Native Ed, wildflower
Trichosanthes kirilowii	<i>Tian hua fen, gua luo</i>		ChinMed
Trillium erectum	Trillium, birthroot		NativeMed, Orn
Tussilago farfara	Coltsfoot, <i>kuan dong hua</i>	5	Med, ChinMed
Typhonium giganteum	Typhonium, <i>bai fu zi</i>		ChinMed, Orn

Urtica dioica	Nettle, stinging		Med, Ed, Fiber
Valeriana officinalis	Valerian		Med, Orn
Verbascum thapsus	Mullein		Med
Verbena officinalis	Vervain, <i>ma bian cao</i>		Med, ChinMed
Veronica officinalis	Veronica		Med
Veronicastrum virginicum	Culver's root		NativeMed
Viola yedoensis	<i>Zi hua di ding</i>		ChinMed, Ed
Withania somniferum	Ashwaganda		Med: Tonic
Xanthorrhiza simplicissima	Yellowroot		NativeMed