

**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 and plants are generally shipped in May and June, though inquiries are welcome throughout the growing season. We ship early in the week 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 – please list substitutes, or we will refund via PayPal or a check.

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

**Payment:** Through [PayPal](#), using [mgbareroots@gmail.com](mailto:mgbareroots@gmail.com) or with a check sent to 546 Shuford Cr. Rd., Burnsville, NC 28714. You can also pick your plants up at the nursery (after arranging a time for pick-up).  
\*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		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	6	Native Med
Aegopodium podagraria	Goutweed, ground elder	4	Edible, Med
Agrimonia eupatorium	Agrimony		Med
Agrimonia pilosa	Agrimony, <i>xian he cao</i>	4	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>	4	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>	4 spring	ChinMed
Angelica pubescens	Angelica, <i>du huo</i>	4 spring	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

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

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

Laportea canadensis	Nettle, woods	5	NativeEd, Fiber
Lapsana communis	Nipplewort	4	Ed, Med
Leonurus cardiaca	Motherwort	4	Med
Leonurus japonicus	<i>yi mu cao</i>	4	ChinMed
Ligusticum canadense	Boar hog root, Canada lovage		NativeMed, Ed, Orn
Ligusticum sinense	<i>gao ben</i>		ChinMed
Lilium lancifolium	<i>bai he</i>	4	ChinMed. Orn, Ed
Lilium superbum	Lily, turk's cap		Native Orn, Ed
Liriope spicata	Lily turf, <i>mai men dong</i>	4	ChinMed Tonic, Orn
Lithospermum erythrorhizon	<i>zi cao</i>		ChinMed
Lobelia inflata	Lobelia, 'indian tobacco'	4	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	4	NativeMed
Maianthemum canadense	Lily of the Valley, False		Wildflower
Malva sylvestris	Mallow	5	Ed,
Malva verticillata	Mallow	4	Ed
Marrubium vulgare	Horehound		Med
Matteucia pennsylvanica	Ostrich fern	6	NativeEd, Orn
Medeola virginiana	Cucumber root	4	NativeEd
Melissa officinalis aurea	Lemon balm, golden	4	Med, Orn
Mentha haplocalyx	Mint, Chinese, <i>bo he</i>	4	ChinMed
Mentha piperita	Peppermint	4	Med, Tea
Mentha pulegium	Pennyroyal, english		Med
Mitchella repens	Partridge berry	4	NativeMed, Orn
Monarda didyma	Bee balm	4	NativeMed, Orn
Monarda fistulosa	Bergamot, wild	4	NativeMed
Myrrhis odorata	Sweet cicely, true	4	Ed, Orn
Nepeta cataria	Catnip	4	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>	4	ChinMed, Orn
Perilla frutescens purpurea	<i>Zi su ye</i>	4 sum	ChinMed
Petasites japonicus	Fuki, Butterbur	5 spring	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	4	NativeMed
Polemonium	Jacob's ladder		NativeMed, Orn
Polygonatum commutatum	Solomon's seal, giant	4	NativeEd, Med, Orn
Polygonatum kingianum	<i>Huang jing</i>		ChinMed

Polgonatum odoratum variegated	<i>Yu zhu</i>	4	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	4	Med, Orn
Prunella vulgaris	Heal all, self-heal <i>xia ku cao</i>	4	Med, ChinMed
Pulmonaria officinalis	Lungwort	4	Med, Orn
Rehmannia glutinosa	Rehmannia, <i>di huang</i>	4	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>	5	Med, Orn
Rubia cordifolia	Madder, Indian, <i>qian cao</i>	4	ChinMed, Dye
Rubia tinctorum	Madder		Dye
Rubus phoenicolasius	Wineberry	5	Ed, Orn, Med
Rudbeckia laciniata	Sho-chen, coneflower	4	NativeEd, Orn
Rumex acetosa	Sorrel, garden	4	Ed
Rumex crispus	Yellow dock		Med, Ed
Rumex patientia	Patience dock	4	Ed
Sagittaria latifolia	Wapato, arrowhead		Ed
Salix purpurea	Willow, basket		Craft
Salvia miltiorrhiza	<i>Dan shen</i>	5	ChinMede, Orn
Sambucus canadensis	Elderberry	6	Med, Ed
Sanguinaria canadensis	Bloodroot	4 spring	NativeMed, Orn
Sanguisorba officinalis	Burnet, <i>di yu</i>		ChinMed
Saponaria officinalis	Soapwort, double-flowered	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	4	NativeMed
Sedum sarmentosum	<i>Chui pen cao</i>	4	ChinMed
Selaginella uncinata	Peacock moss	4	Orn
Semiaquilegia adoxioides	<i>Tian kui</i>		ChinMed
Senecio aureus	Liferoot	4	Native Med, wildflower
Sida rhombifolia	Sida	4	Med
Siegesbeckia orientalis	<i>Xi xian cao</i>	4 sum	ChinMed
Sophora flavescens	<i>Ku shen</i>		ChinMed
Smilax rotundifolia	Smilax, greenbrier	6	Ed, Med
Stachys affinis	Artichoke, Japanese; <i>croshes</i>	4	Ed
Stachys officinalis	Wood betony, European		Med
Stylophorum diphyllum	Celandine, Amer. wood poppy	4	NativeMed, wildflower
Symphytum officinalis	Comfrey, official	4	Med
Symphytum x uplandicum	Comfrey, Russian	4	Med
Talinum paniculatum	Fame flower, <i>tu ren shen</i>		ChinMed: Tonic
Tanacetum parthenium	Feverfew		Med
Thymus vulgaris	Thyme		Ed, Med, Orn
Tradescantia virginiana	Spiderwort		Native Ed, wildflower
Trichosanthes kirilowii	<i>Tian hua fen</i> , <i>gua luo</i>		ChinMed

Trillium erectum	Trillium, birthroot		NativeMed, Orn
Tussilago farfara	Coltsfoot, <i>kuan dong hua</i>	4	Med, ChinMed
Typhonium giganteum	Typhonium, <i>bai fu zi</i>		ChinMed, Orn
Urtica dioica	Nettle, stinging	4	Med, Ed, Fiber
Valeriana officinalis	Valerian		Med, Orn
Verbascum thapsus	Mullein	4 spring	Med
Verbena officinalis	Vervain, <i>ma bian cao</i>		Med, ChinMed
Veronica officinalis	Veronica	4	Med
Veronicastrum virginicum	Culver's root		NativeMed
Viola yedoensis	<i>Zi hua di ding</i>	4	ChinMed, Ed
Withania somniferum	Ashwaganda		Med: Tonic
Xanthorrhiza simplicissima	Yellowroot	6	NativeMed
Zizyphus jujube v. spinosa	<i>Suan zao ren</i>		ChinMed