Grass Roots Remedies Grow Guide
Black Cohosh

DIFFICULTY MEDIUM

Actaea racemosa
Ranunculaceae family

Black Cohosh is slow-growing herb with tall spikes of star-shaped white flowers, attractive to birds and butterflies. First used medicinally by Native Americans, it was once used to treat snake bites, and as an insect repellent. It is thought to help symptoms of menopause, arthritis and muscle pain.

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The Black Cohosh growing year

How to grow

Sow undercover in autumn, for germination the following spring.

Divide roots in early spring.

Plant
Plant out in May, 45cm-60cm apart.

Care
Keep plants well spaced to allow air to circulate. May need staking. Cut back after flowering or fruiting. Generally pest and disease free.

Harvest
Harvest roots in autumn, from mature plants at least three years old. Clean thoroughly, chop into 5cm pieces and dry slowly in a warm dark, airy place. Store in a labelled cardboard box or paper bag and use within a year.

Save seed
Collect seed in autumn, when the seed heads are dry. Shake out into a paper bag and sow immediately, or store in a cool, dark place labelled with species, location and date.

Partial shade | Keep moist

Conditions
Black Cohosh prefers a sheltered, part-shaded position. It is suitable for cottage and wild gardens, borders, and raised beds.

Soil
Well drained, rich clay or loam

PH
Acid / Neutral / Alkaline

Where in the wild?
Native to North East America

Rarity At risk

1-1.5m
Hardy
Perennial

Uses
Tinctures, teas, powders

Parts used
Rhizomes, roots

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