

What is Wild-Simulated American Ginseng?

We grow ginseng at hardwood forests under natural tree shading, wild simulated American ginseng is known for its superior ginsenoside potency and nutrient concentration. Our wild simulated American ginseng is organic and has the advantage of being free of pesticides, which are common in cultivated and woods grown ginseng. Below are brief summary what is wild-simulated ginseng.



- Ginseng seeds are sown in suitable wild locations and left to grow on their own. The land is not tilled and no fertilizers, herbicides, or fungicides are used. Our wild simulated ginseng grows naturally within its natural habitat conditions. Our Wild-simulated Ginseng has nearly the same quality and value as wild-harvested plants
- Commercial, field-grown Ginseng is cultivated unsustainably and is of inferior quality
- American ginseng is listed in Appendix II of the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES), an international treaty signed by the United States (CITES Secretariat n.d.).

CITES Appendix II regulates trade of species that may become endangered as a result of commerce. The FWS administers CITES in the United States (50 CFR § 23 United States Fish and Wildlife Service Department of the Interior 2007). Because wild and wild-simulated ginsengs are often indistinguishable, the FWS regulates them both as wild ginseng.

Why Grow Wild-Simulated Ginseng?



We grow sustainably with a naturalistic way as possible offering efficacious wild-simulated ginseng. Our goal is to grow the highest quality herbs with the best medicinal value possible for our consumers. We set our headquarter at Catskill mountain because American Ginseng (*Panax quinquefolius*): native to the Catskills, Catskill mountain wild ginseng is the best wild American Ginseng at world.

The greatest problem associated with intensely cultivated ginseng is disease, including alternaria blight, damping off and phytophthora. Any disease outbreaks severely threaten ginseng under intense cultivation because the plants are so close together that the disease can spread quickly through the entire bed. This intense fungus disease pressure forces artificial shade growers to

use a vigorous fungicide spray schedule to prevent losses. China now has the most production of cultivated American ginseng. While the effects of pollution and environmental deterioration in Asia are a matter of great concern, it is impossible for China to grow wild-simulated ginseng.

The Chinese people prefer wild ginseng over cultivated because they believe that the slower-growing wild roots, which are harvested at an older age, absorb more curative power from the forest floor. In fact, the wild root contains more ginsenosides and nutrients at higher concentration levels. Ginseng's high value and usage in traditional Chinese medicine ensures that demand for it will continue grow.

In many areas, wild American Ginseng populations have declined drastically. By replanting in such areas we grow wild simulated ginseng to ensure a future for these exploited populations

The Difference Between Wild Simulated Ginseng with Cultivated Ginseng

Wild Simulated Ginseng



In the wild simulated technique, ginseng is grown in a forest environment to utilize the natural shade provided by the forest canopy. This method is done almost exclusively with seeds, which are planted deep in untilled soils to mimic the stressful soil conditions that produce the extremely valuable gnarled roots of truly wild ginseng. The land is not tilled and no fertilizers, no herbicides or fungicides are used, our wild-simulated ginseng has nearly the same quality and value as wild harvested plants.

It can easily tell the difference between wild and cultivated roots. The wild roots are dark tan in color, gnarled in appearance and show many concentric growth rings. Wild roots are generally small in size and light in weight. The cultivated roots are cream colored, smooth and fat, and exhibit few concentric growth rings. Cultivated roots are cream colored, smooth often large and heavy with few concentric growth rings.

Wild simulated ginseng growing under natural canopy shade in untilled soils, usually in scattered plantings. Photo by B. Beyfuss



Numbers 1-25 indicate annual growth bud scale scars used to age plant



Very old wild ginseng with long concentric growth rings



Catskill Wild Ginseng with long concentric growth rings

Field Cultivated Ginseng

In the field cultivated technique, ginseng is grown under artificial shade provided by polypropylene shade cloth or wooden lathe. Seeds are planted in four to six foot wide raised beds of cultivated fields. Rotations lengths of three to four years are typical and yield a high volume of lower quality roots that resemble carrots. With recent prices for field cultivated ginseng on the global market, the cost of production is approaching expectable revenues and necessitates high density plantings with short crop rotations. Aggressive pest and pathogen management is essential with field cultivated.



Field cultivated ginseng under artificial shade cloth with deep soil tillage and raised planting beds.
Photo by B. Beyfuss



Cultivated ginseng roots are cream colored, are often large exhibit few concentric growth rings

The Difference Between American Wild Simulated Ginseng with Chinese Ginseng

The difference between Asian and American ginseng is chemical rather than physical. They look very similar when growing but differ in the proportion of active compounds. Asian ginseng is known as a “hot” herb, which can boost energy; American ginseng is a “mild warming” herb that reduces stress, treat insomnia, fatigue and heart problem, recent studies suggest American ginseng may slow brain-cell loss and boost the immune system. Researchers are studying the plant for treatments of diabetes, Parkinson’s and other conditions. Laboratory studies in animals have found that American Ginseng is effective in boosting the immune system, and as an antioxidant. Other studies show that American ginseng might have therapeutic potential for inflammatory disease.

Health Benefits of Wild Simulated American Ginseng



Our wild simulated ginseng cannot be harvest and used for medicinal purposes until it is at least six years old.

The studies that have been done on the American variety suggest it may

- Help boost the immune system
- Reduce the risk of cancer
- Improve mental performance and well being

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Diabetes

Several human studies show that American ginseng lowered blood sugar levels in people with type 2 diabetes. The effect was seen both on fasting blood sugar and on postprandial (after eating) glucose levels. One study found that people with type 2 diabetes who took American ginseng before or together with a high sugar drink experienced less of an increase in blood glucose levels. Other studies suggest that North American ginseng prevents diabetes-related complications including retinal and cardiac functional changes by reducing stress.

Cancer

American ginseng has been shown to inhibit tumor growth. In one laboratory study on colorectal cancer cells, researchers found that American ginseng possessed powerful anti-cancer properties.

Colds and flu

In two studies, older adults who took American ginseng had a 48 percent reduction in relative risk, and a 55 percent reduction in duration of respiratory illness..

Attention deficit hyperactivity disorder (ADHD)

One preliminary study suggests that American ginseng, in combination with ginkgo (*Ginkgo biloba*), may help treat and improve symptoms of attention deficit hyperactivity disorder (ADHD) in children and teens.

Immune system enhancement

Some scientists believe American ginseng enhances the immune system. In theory, this improvement in immune function could help the body fight off infection and disease. Several clinical studies have shown that American ginseng does boost the performance of cells that play a role in immunity.

Provides energy and prevents fatigue: Ginseng stimulates physical and mental activity among people who are weak and tired. A Mayo Clinic study revealed that ginseng showed good results in helping cancer patients with fatigue.

Improves cognitive function: Ginseng may improve thinking ability and cognition. Research published in the *The Cochrane Library*, conducted at the Medical School of Nantong University in China, examined whether this claim holds any truth.

Lead author, Jin Song Geng, M.D., said that given the results of the study "Ginseng appears to have some beneficial effects on cognition, behavior and quality of life."

Another study, published in the *Journal of Dairy Science*, explored whether it would be possible to incorporate American ginseng into foods. The researchers developed ginseng fortified milk with sufficient levels of ginseng to improve cognitive function.

Has anti-inflammatory effects: Ginseng has seven constituents, ginsenosides, which have immune-suppressive effects, according to results of experiments which were published in the *Journal of Translational Medicine*

Allan Lau, who led the study, said that "the anti-inflammatory role of ginseng may be due to the combined effects of these ginsenosides, targeting different levels of immunological activity, and so contributing to the diverse actions of ginseng in humans".

Prevents cancer: There may be substances in ginseng that have anticancer properties. A few population studies in Asia have linked the herb's consumption to a lower risk of cancer.

Vanderbilt-Ingram Cancer Center researchers found that Ginseng improved survival and quality of life after a diagnosis of breast cancer.

May help men with erectile dysfunction: Men may take ginseng to treat erectile dysfunction. A 2002 Korean study revealed that 60 percent of men who took ginseng noticed an improvement in their symptoms. In addition, research published in the *British Journal of Clinical Pharmacology* provided "evidence for the effectiveness of red ginseng in the treatment of erectile dysfunction."