



Roseroot -*Rhodiola rosea*

(*Rhodiola*; Golden root) Adaptogenic like ginseng. Fascinating new medicinal herb first studied by the Russians decades ago. Roseroot is only the second North American herb after ginseng to be recognized as an 'adaptogen', a herb with the ability to restore the body and mind after physical and mental exertion and stress. Its rose-scented roots contain unique compounds that are thought to account for the adaptogenic properties. Research also shows the roots improve learning and memory, and act as a tonic. In folkloric medicine, the leaves were used like aloe to treat cuts and burns, and the Eskimos used a decoction of the flowers for stomach and intestinal discomfort, and for tuberculosis. The colour of the flowers is greenish yellow with reddish and purplish tones competing for attention. Roseroot is one of the hardiest medicinal plants known: it survives Arctic areas without difficulty. Perennial growing to 5-40cm/2-16in high