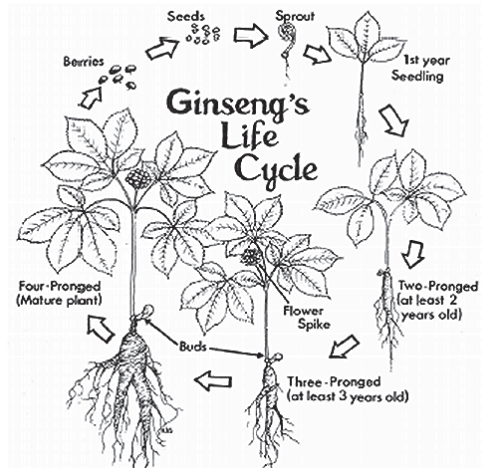
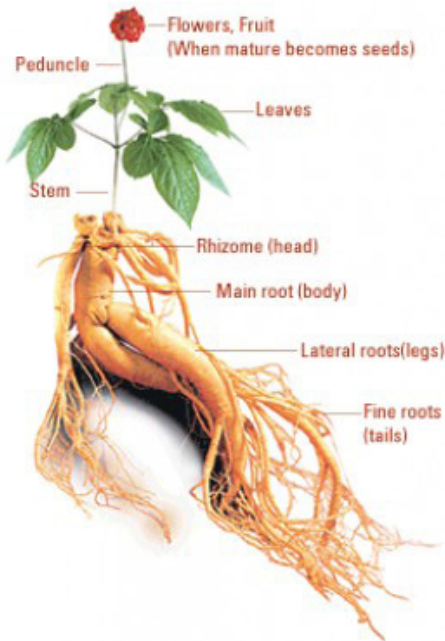


Ginseng

It takes roughly **5 years** to grow a crop of ginseng from start to finish and ginseng can never be planted on the same land twice.



Sourced: AHPA and National Ginseng, LLC.

Varieties

Panax quinquefolius (American ginseng)

This is white root and generally used to cool the body and release stress. American ginseng is produced in Wisconsin

Panax ginseng (Asian ginseng)

This is red root which warms the body and increases stimulation. Asian ginseng is typically grown in China and Korea.

Wisconsin

American Ginseng has been cultivated in Wisconsin since the 1800s. Wisconsin not only ranks first in the nation, but produces **90 percent** of the nation's ginseng crop. Ginseng is grown most often in the central area of the state including Marathon, Lincoln, Portage, Langlade and Waupaca counties. Overall, about **85 percent** of Wisconsin's ginseng crop is exported overseas.

Health Benefits

Ginseng is known for its **balancing health benefits** such as:

- boosted immunity
- increases stamina
- decreases stress

It is also used to help cure and **prevent many illnesses**.

Used In: medicines, foods, soaps, extracts



Source: Ginseng Board of Wisconsin