



Popular images from the new History channel show, *Appalachian Outlaws*, based on ginseng hunting in Appalachia.

# Forest Farming Footnotes

WINTER  
2013-2014

## POPULAR DEMAND

Dear Community Members,

Happy winter, and what a winter it's been. Freezing vortices, snowmageddons, and other unpleasant weather events have hit most all of the country. We're sure all of you have nevertheless stayed busy and appreciate that you are taking time to read this newsletter. A large part of the issue is devoted to ginseng in light of the History Channel's reality show *Appalachian Outlaws*. Please feel free to share any reactions you have via our [listerv email](#). We also present some recent advances on the social media front, with a particular focus on the network's YouTube tutorials. We have amassed quite a video library and encourage you to take a look (<http://www.youtube.com/user/exforestfarming>). You also could visit our Facebook, Pinterest, Flickr, and Twitter pages while you're at it. If you have any social media ideas or contributions, please let us know! And as always, there are tricks of the eXtension trade and we list network members with a focus on encouraging completion of profile information.

Thanks and stay well!

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### Ginseng and Reality TV Page 4

Some of you may be aware of the History Channel's reality show *Appalachian Outlaws*. The show focuses on ginseng hunting. Since it started airing our recently posted YouTube video "Where Ginseng Grows" has exploded to over 22,000 views, accounting for almost half the views of all our videos. Coincidence?

Either way, this is an important time for us to consider how the ginseng trade continues to gain attention and what it might mean for wild populations. Is all the attention positive or negative? Can we find a way to promote forest farming?

**Post your opinion to our forum by email:**  
[forestfarming@extension.org](mailto:forestfarming@extension.org)

## Forest Farming Social Media is Growing!



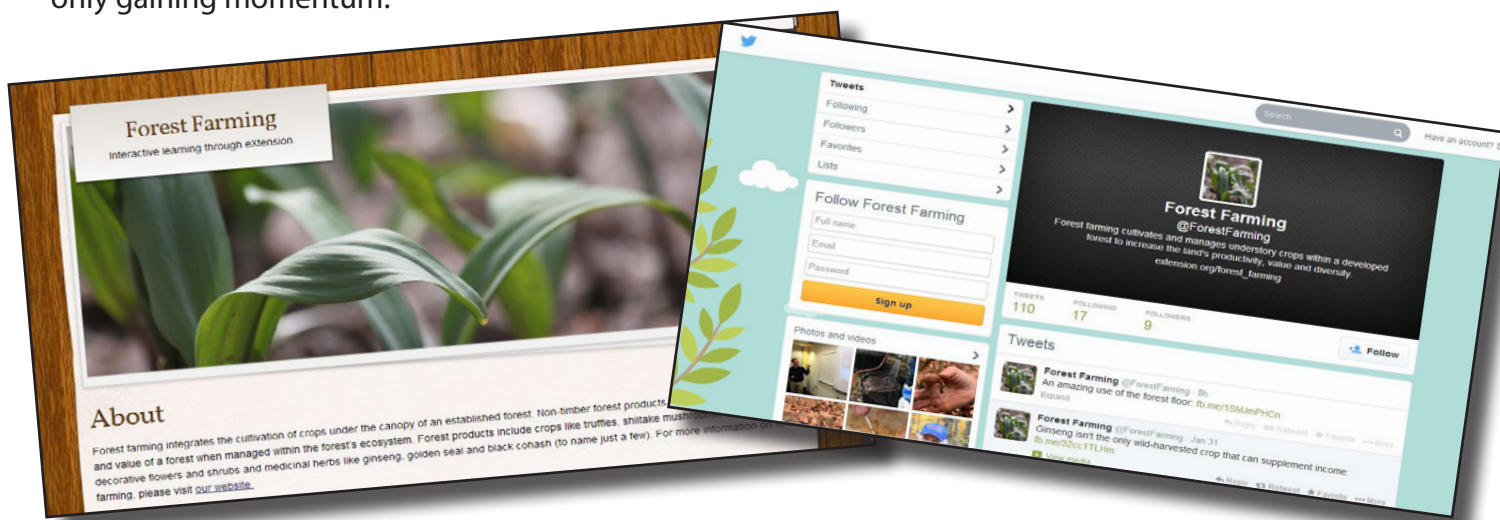
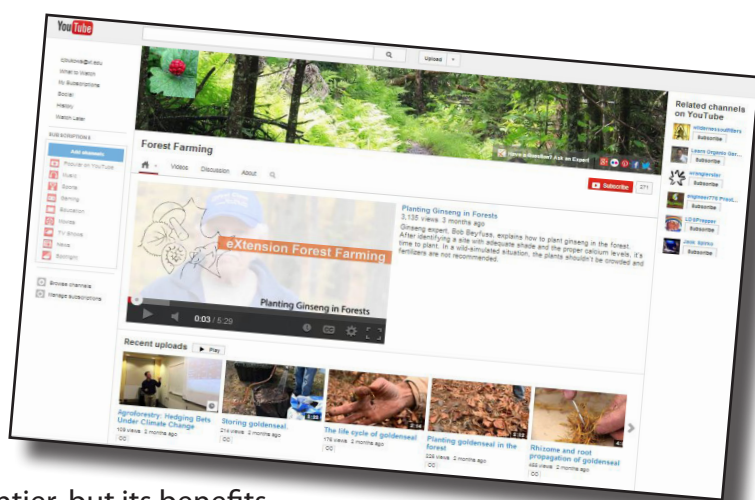
Social media continues increasing the reach of our network. Facebook, YouTube, Pinterest, Flickr, Twitter and WordPress now promote our network and direct interested visitors to our products. These tools are used by people across the nation and beyond.

In the last few months, we have added tutorials on growing ginseng and goldenseal to our YouTube channel. Bob Beyfuss explained the various grades of American ginseng, its lifecycle, growing habits, preferred soil and environment. A detailed video illustrates the manner in which it is grown, followed by a video on how it is processed. Ben Kitchen specializes in goldenseal. His expertise with rhizome, fiber and seed propagation are now neatly packaged in video form, free to the public. With one click on 'subscribe,' users can essentially tune in to a virtual classroom taught by forest farmers themselves.

The last 90 days alone have seen exponential growth on the forest farming YouTube site, leading to a total of 40,895 views and 229 subscribers. With information becoming more fluid, sharing these educational videos has never been easier. Subscribers post and repost, sending content around the world. While most views are based here in the U.S., they also are streaming in from countries such as Italy, Taiwan and Venezuela.

Cross pollination of information among different social media platforms allows us to reach broad stakeholders and disseminate videos, photographs and articles more efficiently. Social media is still a relatively new frontier, but its benefits are clear, as most sites include analytics that allow us to see the numbers of visitors, views and subscribers in real time. The onset of spring promises new opportunities for filming non-timber forest products such as advanced maple syrup production, tending of fiddlehead ferns and charcoal.

Every video is a drop in the bucket, sending out ripples and currents of information that extend outward and pick up momentum with every view and share. As eXtension initiatives continue to tap into this resource, we're bound to see continued success engaging people with forest farming products and growing techniques. The social media train is moving at a good pace now, and with our YouTube channel's current lifetime views at 43,981 with 263 subscribers and counting, it's clear that our impact through these media is only gaining momentum.





# NON-TIMBER FOREST PRODUCT TID BITS

Here are some common NTFPs and interesting facts you should know about them...



## BLACK WALNUT (*Juglans nigra*)

Black walnut (*Juglans nigra*) is also known as American walnut. American Indians used inner bark tea as an emetic and laxative. They chewed the bark for toothaches. The husk is chewed for colic and used as a poultice for inflammation. Fruit husk juice is used for ringworm. Juglone from fruit and bark of *J. nigra* acts against dermatomycosis. Walnut pollen is a common allergen. Ellagic acid and juglone is being studied for use as cancer therapy drugs. The nut is a food source rich in manganese that is important for nerves and cartilage. Eastern black walnut shell is the perfect medium for cleaning jet engines, electronic circuit boards, ships and automobile gear systems.



## GINSENG (*Panax quinquefolium*)

American ginseng (*Panax quinquefolium*) grows wild in the eastern half of North America. The Ozark Plateau, Appalachian-Allegheny Mountains, and river bluffs and hilly outcrops elsewhere in eastern North America offer habitat suitable for growing ginseng. It is important to note that American ginseng is listed in Appendix II of the Convention on International Trade in Endangered Species (CITES) of Wild Fauna and Flora. The listing covers the export of whole live or dead plants, whole and sliced roots, parts of roots, but excludes powder or manufactured products. The main destination of exports is Hong Kong.



## GOLDENSEAL (*Hydrastis canadensis*)

Goldenseal (*Hydrastis canadensis*) is a member of the Buttercup family, Ranunculaceae. The generic name, *Hydrastis*, is derived from two Greek words, meaning 'water' and 'to accomplish'. The stem gives rise to a greenish-white solitary flower in April-May. The mature red fruit looks like a raspberry; hence another common name, ground raspberry. The rootstock is collected in autumn after the ripening of the seeds. The leaves are collected in late summer. Ethnobotanical uses include using the rhizome and roots as an alterative, antiperiodic, antiseptic, astringent, cicatrizant, detergent, insect repellent, and tonic and.

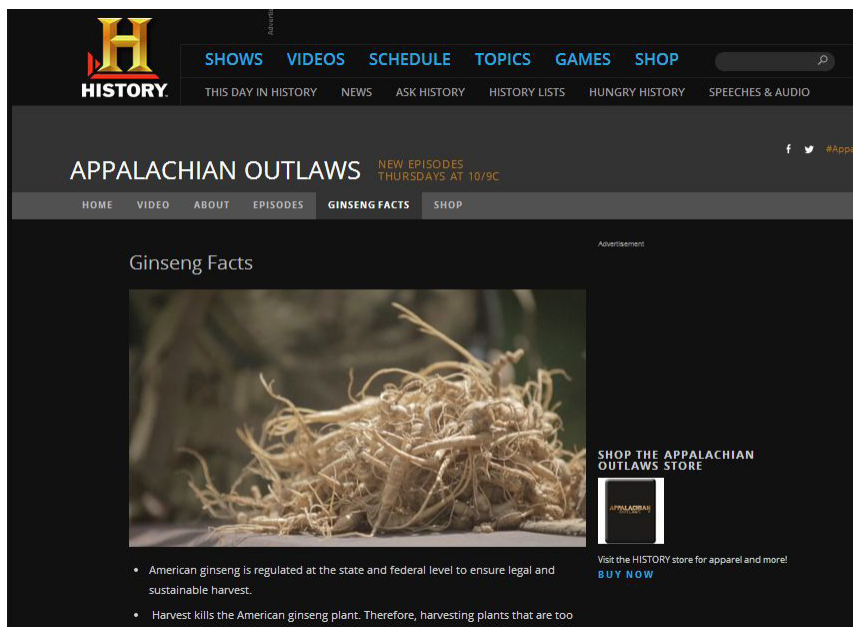


## ST. JOHN'S WORT (*Hypericum perforatum*)

St. John's Wort was once believed to be a plant with magical, supernatural powers and was used for spiritual purposes such as exorcisms and against witchcraft. The plant is an erect perennial that reaches up to 3 feet in height. Today, derivatives from the plant are used as an anti-inflammatory, anti-bacterial, or disinfectant agent. It is also used for the treatment of external ulcers and wounds (especially those involving damaged nerves) and to treat disorders of 'mood and temperament', especially melancholy and depression.

# COMMUNITY DISCUSSION BOARD

## REALITY TV'S NEWEST STAR- \$900/LB GINSENG



The History Channel is bringing ginseng into the American public's living room with its new program, *Appalachian Outlaws*. While ginseng has made the news in recent years (see next page), this might be the first time its been the star of a "reality" tv show. The History Channel's website gives one page with a few ginseng facts and a link to the CITES information website (see photo to the left). It also offers an enticing sell on the landing page which makes it hard to resist watching at least one episode (<http://www.history.com/shows/appalachian-outlaws/about>):

*Deep in Appalachia, a war is brewing over one valuable commodity: ginseng. With global demand skyrocketing, dealers*

*are eager to get in on the game, and with prices hovering around \$1,000 per pound, diggers are in a frenzy to harvest the mountain gold. Some even believe its gnarled roots have special healing powers. Whoever controls the ginseng, controls the mountains.*

*The Appalachian Mountains have just the right elevation, rainfall and mineral-rich soil to produce the best wild ginseng in the world. Over-harvesting in Asia has increased demand, pushing prices to an all-time high. People are rushing to cash in, but it's only legal to dig for it from the end of summer until the first frost. To prevent over-harvesting in the U.S., some states have started regulating where it's legal to pull ginseng, which has made territorial lines even blurrier than before. And with ginseng fever heating up, outsiders are creeping in.*



Photos from the show that demonstrate how much ginseng is being harvested and what it looks like growing in the wild.

**TO CONTRIBUTE YOUR THOUGHTS,  
SEND AN EMAIL TO:  
[forestfarming@extension.org](mailto:forestfarming@extension.org)**



A selection of ginseng articles that have been in the news over the last few years.

## Million-Dollar Man Root

How a Maryland ginseng farmer is rolling back our trade deficit with China.

By Franklin Schneider • June 27, 2008

Deep in the Maryland woods, under thick tree cover and hidden in plain sight amid the forest undergrowth, Larry Harding grows his prized crop. Harding's strain is well-known for its special potency and, come harvest time, he parcels it out and offloads it to connoisseurs overseas for top dollar. Poachers are a constant threat, and Harding says he patrols with his 12-gauge. Back in 1993, the Drug Enforcement Administration raided his compound, overturning barrels and interrogating Harding about money laundering. Harding lawyered up, won a settlement, and went back to harvesting. Depending on the weather and the market, he makes between \$250,000 and \$1 million a year.



Ginseng has always been a popular commodity, but its exposure is growing and wild populations are feeling the effect. How do we promote forest farming and sustainable harvests in this day and age?

## Growing demand for US ginseng the root cause of latest hunting ban

Maryland to become the latest to outlaw gathering of plant land after study reports rapid decline in numbers of plants

Michael S Rosenwald for the Washington Post  
Guardian Weekly, Tuesday 9 July 2013 08:59 EDT



Steve Galloway ... 'we tend to be obsessive-compulsive about ginseng'. Photograph: Ricky Carioti/Washington Post

The long tradition of ginseng-hunting in the United States can be traced from Daniel Boone, the folk hero frontiersman, to Glenn Miller, a retired concrete inspector.

Ginseng, a medicinal herb, has become a hot energy-drink ingredient and a trendy remedy for all sorts of maladies. Miller, carrying his \$2 ginseng-hunting permit, typically finds the leafy plant in Maryland's Savage River State Forest on steep, shady slopes and digs up the gnarly roots with a long screwdriver.

OUTDOOR NEWS / OUTDOOR NEWS SEPTEMBER 2009 / 36 CHARGED IN GINSENG TAKEDOWN

EMAIL PRINT FEED

## Charged in ginseng takedown

September 24, 2009

Forty-six people are facing a total of 61 criminal charges related to the arrest and sale of ginseng, following a two-year undercover investigation by the Division of Wildlife.

Oversees the division's special operations section, said wildlife manager of a multi-county take down on Aug. 26-27, less than five days after the ginseng harvesting season began. In the process, they seized thousands of illegally collected or traded green and dry ginseng root, valued at \$100,000-\$72,000.

People red handed – with freshly dug ginseng in their hands, said, noting that the investigation was called "Operation Ginseng Takedown."

Protected Ohio plant species, which can be legally harvested from Dec. 31. It grows on shady hillsides where the soil is well-drained. Ohio's Appalachian foothills have long been a producer of quality ginseng.

"It's a pretty big industry across Appalachia," said Jim Lehman, law enforcement supervisor for the Division of Wildlife.

The plant's root is highly valued – especially in Asian cultures – for its power as an aphrodisiac and general health elixir. Dry wild Ohio ginseng currently sells for about \$400 a pound on international markets. In recent years, that price has been as high as \$1,000 a pound, Ollis said.

Updated: 10 February 2013 | 9:25 am in Statewide News

## High ginseng prices tempt lawbreakers

Each year Iowa issues about 500 ginseng harvester permits

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The recent indictment of a Lamont man on five counts of illegal ginseng trafficking highlights the temptations posed by a wild-growing root that fetches \$700 a pound on international markets.

"The higher the price, the greater the potential for illegal harvest," said Mark Loeschke, the Department of Natural Resources botanist who oversees the state's wild ginseng, a forb/ herb thought by many to have potent medicinal properties.



The reported curative properties of ginseng make it among the most popular of herbs. (Photo by Chung Sung-Jun/Getty Images)

A lengthy multi-agency investigation resulted in a federal indictment of Jeff Sargent on charges that he bought and sold illegally obtained ginseng and that he conspired with others to do so. Sargent and unnamed co-conspirators recruited others to buy harvest permits, and the co-conspirators then harvested ginseng under those permits and sold it to Sargent, according to the indictment, filed Jan. 16 in U.S. District Court for the Southern District of Iowa.

Neither state nor federal investigators would elaborate on the nature of the illegal activity, presumably because the ongoing investigation may lead to additional charges.

### Sources

- <http://www.outdoornews.com/September-2009/36-charged-in-ginseng-takedown/>
- <http://www.washingtoncitypaper.com/articles/35809/million-dollar-man-root>
- [http://www.washingtonpost.com/local/maryland-bans-wild-ginseng-harvest-on-state-land-upsetting-diggers/2013/06/22/eb02d00c-d9d6-11e2-a9f2-42ee3912ae0e\\_story.html](http://www.washingtonpost.com/local/maryland-bans-wild-ginseng-harvest-on-state-land-upsetting-diggers/2013/06/22/eb02d00c-d9d6-11e2-a9f2-42ee3912ae0e_story.html)
- <http://thegazette.com/2013/02/10/high-ginseng-prices-tempt-lawbreakers/>



## Our People



### Gregory E. Frey

Dr. Gregory E. Frey is an Assistant Professor and Extension Specialist for Forestry at Virginia State University, an 1890 Land Grant Institution in Petersburg...

## Trending Questions

Propagation

[view response »](#)

I want to start forest farming!

[view response »](#)

Planting a Tree Farm

[view response »](#)

Christmas trees

[view response »](#)

**ASK AN EXPERT**

## Social Media Sites

**Twitter:** <https://twitter.com/ForestFarming>

**Facebook:** <https://www.facebook.com/pages/Forest-Farming/580992695295567>

**YouTube:** <https://www.youtube.com/user/exforestfarming>

**Pinterest:** <http://www.pinterest.com/forestfarming/boards/>

**Flickr:** <http://www.flickr.com/photos/forestfarming/>

## Tricks-of-the-Trade

### NO MORE FAQs

Due to the launch of the new Ask an Expert 2.0 system last year, eXtension.org has decided to no longer offer the option to write FAQs through the Create site for Communities of Practice. The Ask an Expert questions are shown on our eXtension home page and will now serve as FAQs which have been generated by users.

FAQs that were previously created by our CoP will remain active, but it has been suggested that they should be turned into articles if possible. If you have more information on one of the FAQs you drafted, please email the information to Cathie at [cjbukows@vt.edu](mailto:cjbukows@vt.edu) and we will turn it into an article for you. Pictures are welcome.

### MEET THE COMMUNITY

Our membership continues to grow. The following pages list community members along with their known affiliation and location. We hope our members continue to network and create partnerships to work together to promote and research forest farming practices and other interests.

Our homepage will be rotating bios of our members and currently only those listed below in bold have completed profiles. The names in orange italics are missing basic information that needs to be added personally through the eXtension.org People website (<https://people.extension.org/>). If your name is not in bold, please send us a brief bio and photo of yourself so we can put you in the rotation on our site.

<b>First Name</b>	<b>Last Name</b>	<b>Institution</b>	<b>Location</b>
1 Andrew	Baril	Auburn University	Alabama
2 Rebecca	Barlow	Auburn University	Alabama
3 Bethany	Cleveland	Auburn University	Alabama
4 Gary	Newton	Cooperative Extension Program at Prairie View	Texas
5 Michael	Farrell	Cornell University	New York
6 Steve	Gabriel	Cornell University	New York
7 Peter	Smallidge	Cornell University	New York
8 Bryan	Sobel	Cornell University	New York
9 Jesse	Randall	Iowa State University	Iowa
<b>10 Eric</b>	<b>Norland</b>	<b>National Institute of Food and Agriculture</b>	<b>District of Columbia</b>
<b>11 Joshua</b>	<b>Idassi</b>	<b>North Carolina A &amp; T State University</b>	<b>North Carolina</b>
12 Omoanghe	Isikhuemhen	North Carolina A & T State University	North Carolina
13 Jeanine	Davis	North Carolina State University	North Carolina
14 Peggy	Elliott	North Carolina State University	North Carolina
<b>15 Jim</b>	<b>Hamilton</b>	<b>North Carolina State University</b>	<b>North Carolina</b>
16 Eric	Jones	Oregon State University	Oregon
17 Eric	Burkhart	Pennsylvania State University	Pennsylvania
<b>18 Michael</b>	<b>Jacobson</b>	<b>Pennsylvania State University</b>	<b>Pennsylvania</b>
<b>19 Christopher</b>	<b>Jones</b>	<b>University of Arizona</b>	<b>Arizona</b>
20 Melanie	Lenart	University of Arizona	Arizona
21 Dorothy	Abbott	University of Delaware	Delaware
22 Michael	Andreu	University of Florida	Florida
23 Ajay	Sharma	University of Florida	Florida
24 William	Hubbard	University of Georgia	Georgia
25 Raina	Sheridan	University of Georgia	Georgia
26 Sarah	Workman	University of Georgia	Georgia
27 Michele	Vachon	University of Idaho	Idaho
28 Whitney	Carman	University of Kentucky	Kentucky
<b>29 Ashley</b>	<b>Griffin</b>	<b>University of Kentucky</b>	<b>Kentucky</b>
30 Deborah B.	Hill	University of Kentucky	Kentucky
31 Linda	Kiesel	University of Kentucky	Kentucky
32 Luke	Kiesel	University of Kentucky	Kentucky
33 Craig	Wood	University of Kentucky	Kentucky
34 Dave	Fuller	University of Maine	Maine
35 Christie	Balch	University of Maryland	Maryland
36 Julie	Miedtke	University of Minnesota	Minnesota
37 Gary	Wyatt	University of Minnesota	Minnesota
38 Diomides	Zamora	University of Minnesota	Minnesota
39 Michael	Gold	University of Missouri	Missouri
40 Terry	Meisenbach	University of Nebraska	California
<b>41 Betsy</b>	<b>Greene</b>	<b>University of Vermont</b>	<b>Vermont</b>
42 Virginia	Nickerson	University of Vermont	Vermont
43 Carl	Russell	University of Vermont	Vermont
44 Regina	Hirsch	University of Wisconsin	Wisconsin
45 Matt	Brinckman	Virginia Polytechnic Institute and State University	Virginia
46 Tiffany	Brown	Virginia Polytechnic Institute and State University	Virginia
47 Catherine	Bukowski	Virginia Polytechnic Institute and State University	Virginia

<b>48 Adam</b>	<b>Downing</b>	<b>Virginia Polytechnic Institute and State University</b>	<b>Virginia</b>
<b>49 K. Jason</b>	<b>Fisher</b>	<b>Virginia Polytechnic Institute and State University</b>	<b>Virginia</b>
<b>50 Nancy</b>	<b>Franz</b>	<b>Virginia Polytechnic Institute and State University</b>	<b>Iowa</b>
51 John	Haworth	Virginia Polytechnic Institute and State University	Virginia
<b>52 Priya</b>	<b>Jaishanker</b>	<b>Virginia Polytechnic Institute and State University</b>	<b>Virginia</b>
53 Elizabeth	Moore	Virginia Polytechnic Institute and State University	Virginia
<b>54 John</b>	<b>Munsell</b>	<b>Virginia Polytechnic Institute and State University</b>	<b>Virginia</b>
55 Katie	Trozzo	Virginia Polytechnic Institute and State University	Virginia
56 William	Worrell	Virginia Polytechnic Institute and State University	Virginia
57 Gregory	Frey	Virginia State University	Virginia
58 James	Freed	Washington State University	Washington
59 Brad	Cochran	West Virginia State University	West Virginia
60 Melissa	Stewart	West Virginia State University	West Virginia
61 Aine	Slabaugh	West Virginia University	West Virginia
<i>62 Tamara</i>	<i>Applewhite</i>		<i>Michigan</i>
<i>63 James</i>	<i>Chamberlain</i>		<i>Virginia</i>
<i>64 Tracey</i>	<i>Coulter</i>		<i>Pennsylvania</i>
<i>65 Tanner</i>	<i>Filyaw</i>		<i>Ohio</i>
<i>66 Emily</i>	<i>Lachniet</i>		<i>Virginia</i>
<i>67 Kenneth</i>	<i>Mudge</i>		<i>New York</i>
<i>68 Elizabeth</i>	<i>Newhall</i>		<i>Massachusetts</i>
<i>69 Joseph</i>	<i>Orefice</i>		<i>New York</i>
<i>70 Josee</i>	<i>Owen</i>		<i>Canada</i>
<i>71 Richard</i>	<i>Straight</i>		<i>Nebraska</i>