

BLUE COHOSH  
*CAULOPHYLLUM*  
*THALICTROIDES*

PLANT CHARACTERISTICS

Size

1 - 3' high, 0.5 – 1.0' wide

Sun/Shade

Full Shade to semi-shade

Water

Medium

Maintenance

Medium

Life Span

Herbaceous Perennial, Zone 3-8



Description

*Caulophyllum thalictroides*, also known as blue cohosh, squaw root and papoose root is an herbaceous perennial low growing plant. It produces small (1/2") yellow-green flowers in April with bright blue berries ripening in September. The berries are known for their medicinal uses but are also poisonous to humans. Blue cohosh is best grown in shady woodland areas and can be divided but is best when left undisturbed. It spreads very slowly by rhizomes and can be grown from seed but will not flower for 3 to 4 years after initial planting.

Source: [Missouri Botanical Gardens](https://www.mobot.org)



Have questions or need help?  
Contact us at [GreenHelpLine@gmail.com](mailto:GreenHelpLine@gmail.com).

