

Yerba Mansa

Anemopsis californica



General Information

- Sun Exposure: Full sun or part shade
- Water needs: Moderate-high, keep soil moist
- Cold Tolerance: Tolerates cold to 0 - 5° F
- Flowering time: Spring, Winter

Planting Guide

- Propagating: Yerba mansa is easily propagated by cutting off its runners. These can be placed in a damp area and will root quickly.
- Growing from seed: It is best to begin seed growth in early summer. Place the seeds in a pot and keep soil very moist. They will germinate in roughly 5 weeks. Once they are large enough to be handled (i.e. a few leaves), the plants should be placed in individual pots and kept in a warm area until the next summer where they can be planted in a moist environment.
- Location: Grows best where the soil is moist (e.g. streambeds, seeps, rain gardens, etc.), will spread out like a ground cover throughout a moist area and has a tendency to choke out other plants in that area.
- Soil Description: Tolerant of almost any soil as long as it remains moist.
- Initial watering: Requires moist soil throughout its lifetime; should be planted in a naturally moist area and will require irrigation in the summer to keep the soil moist.

Care Guide

- Irrigation: Irrigate in the summer months, dial back irrigation in the fall. Prefers moist soil (i.e. bog like conditions).

- Pruning: Prune in late fall-early winter after the leaves of the plants die. Dead leaves can also be left as mulch to add organic material and decrease the PH of the soil, but it should be pruned at least every 2-3 years.
- Fertilizer: Yerba mansa requires no fertilizer

Additional Notes

- Uses: Good plant for rain gardens. Can provide habitat for birds, lizards, frogs, etc. Very fragrant, often described as having a ginger-like aroma. Traditionally used for medicinal purposes and interest in using Yerba Mansa in teas and oils is growing in popularity.

Sources:

- [https://calscape.org/Anemopsis-californica-\(Yerba-Mansa\)](https://calscape.org/Anemopsis-californica-(Yerba-Mansa))
- <http://mother-natures-backyard.blogspot.com/2015/09/plant-of-month-september-yerba-mansa.html#:~:text=Yerba%20mansa%20is%20quite%20easy.keep%20it%20green%20in%20summer.>
- <https://crookedbearcreekorganicherbs.com/2018/02/11/plant-profile-yerba-mansa/>