



## Growing Horsetail (*Equisetum Hyemale*) at Home



Marjory Wildcraft



May 22, 2023

0 Share



*Equisetum hyemale* (rough horsetail) is rich in silica and has long been used for dental health. Here's the skinny on growing horsetail at home.



 Help



Image by [Raksask Heng](#) from [Pixabay](#)

## Growing Horsetail (*Equisetum Hyemale*) at Home

*Equisetum hyemale* is commonly called rough horsetail or scouring rush. However, *Equisetum* is not a rush, fern, or reed. This horsetail is a non-flowering, rush-like perennial that is native to Europe, North America, and Asia. It is very easy to grow and is considered invasive in most places.

You May Also Enjoy:

[“Equisetum Hyemale \(Horsetail\): The BEST Plant for Tooth Health + 8 More Benefits!”](#)

[“Overhaul Your Medicine Cabinet With Herbal Remedies”](#)

[“How Well Do You Know Your Teeth?”](#)

Rough horsetail is a single surviving genus that dates back 350 million years. Its name comes from the Latin word *equus*, meaning “a horse,” and *seta*, meaning “a bristle.” It grows in wet woods, moist hillsides, and the edges of lakes, rivers, and ponds.

In addition, the stems are high in silica and were used by early Americans for polishing pots and pans.<sup>1)</sup>

## Identifying Rough Horsetail

This species has rigid, rough, hollow stems that are jointed, segmented, and dark green, resembling bamboo. The stems are about a 1/2 inch in diameter at the base.



Photosynthesis happens in the stems of *Equisetum hyemale*. Fertile stems bear fruiting heads about 1 inch long. These are similar to pine cones in appearance and contain many spores.

You May Also Enjoy:

[“Is Toothpaste Safe? 8 Toxins Lurking in Your Toothpaste”](#)

[“How to Make Bone Broth in 5 Easy Steps + Benefits & Uses”](#)

[“Your TEETH Are Alive”](#)

Tiny, scale-like leaves attached to the stem fuse into an ash-gray sheath, which is 1/4 inch long. The leaves end in a fringe of teeth marks at each stem *node* (joint). During the growing season, these teeth shed.

Finally, if you live in an area that is frost free, the evergreen stems of rough horsetail are especially pretty in winter.



Image by [Brigitte makes custom works from your photos, thanks a lot from Pixabay](#)

# Growing *Equisetum Hyemale* Outdoors

This ancient plant spreads by *rhizomes* (an underground stem that acts like a root). Although it is commonly called horsetail or winter scouring rush, there are several varieties. This particular species is one that has been used for centuries for tooth and gum care.

We have a very limited supply of *Equisetum hyemale* (in a hard-to-find, easy-to-take powder form) [available in our store here](#). This *Equisetum hyemale* was hand-wildcrafted by Doug Simons himself in the most pristine natural habitats, far from any chemical residues or toxins. This herb is common and even prolific in much of North America, Europe, and Asia, but because of where it grows, it's incredibly hard to find a source that's clean enough for internal use as Doug recommends in [Alternatives to Dentists](#). This is a rare opportunity to get the highest quality *Equisetum hyemale* that can be found anywhere.



## Landscape

Growing horsetail makes for a great addition to the edges of backyard ponds and water features. The reeds thrive where soils are moist, but the plant remains above water. Depending on where you live, it can be invasive. This species of horsetail multiplies in a “thicket.”

You May Also Enjoy:

[“19 Uses for Spent Coffee Grounds in Your Home and Garden”](#)

[“11+ Cancer-Causing Foods to Limit or Avoid”](#)

[“Homesteading Basics: Is the Fruit You Eat Bad for Your Teeth?”](#)

The reeds may stay green where frost is not a concern. They are typically grown only as a potted plant because they spread quickly via underground rhizomes. *Equisetum hyemale* grows to a height of 2 to 4 feet.

## Soil

*Equisetum hyemale* tolerates a wide range of moist soils. It will even grow in up to 4 inches of standing water. A large colony of reeds typically forms in the wild.







Image by [Free-Photos](#) from [Pixabay](#)

Rough horsetail prefers a slightly acidic soil with a clay-loam-sand mix. It particularly likes wet sites. It is perfect for a bog garden, containers, or water gardens.

This is a very aggressive plant that needs to be restrained by a pot. When growing horsetail, it can be challenging to remove because the rhizomes spread wide and deep. Any small section of rhizome left behind will sprout a new plant. Even in water gardens, it is best to plant it in pots, or it will choke out other plants.

## Light

Grow *Equisetum hyemale* in full sun, partial sun, or partial shade depending on your particular climate.

## Climate

This species of horsetail grows well in Zones 4 through 9.

## Maintenance

Indoors or outside, be sure to cut off any rhizomes growing out of the pot. This will keep the horsetail from spreading into the pond or surrounding soil.

Place the pot so the rim is above the water surface. Near the edge of a pond or water

feature is perfect.

[Click here to find your hardiness zone.](#)

Prune the dead stems after they turn brown in winter. Provide some winter interest by leaving the stems in place until new stems emerge.

## Watering



Image by [Alexandra](#) ❤️ [A life without animals is not worth living](#) ❤️ from [Pixabay](#)

Water rough horsetail twice a week or more so the soil stays moist (almost wet). Pots sitting in water need less watering. Water pond plants only if the potting soil surface looks dry.

## Pests

*Equisetum hyemale* does not have any serious insect or disease problems. *The only problem is its very aggressive, spreading nature.*

## Fertilizer



Actively growing horsetail benefits from a [fertilizer](#) made for pond or bog plants during its abundant spring and summer seasons (or every two months otherwise). Follow the recommended applications on the fertilizer bag.

Here are [35+ Powerful, Inexpensive Organic Fertilizers You Can DIY!](#)

## Growing *Equisetum Hyemale* Indoors



Image by [Dave175](#) from [Pixabay](#)

Although it's a bog plant, growing horsetail reed is possible indoors. This low-maintenance grower does best in moist soil and with lots of light. A sunny window is a perfect spot.

*Equisetum hyemale* does well in pots on your patio too. Just plant it in a non-perforated, [1-gallon pot](#) with drainage holes. Lift the pot once a month to examine the drainage holes. Cut back any rhizomes that are trying to escape.

You May Also Enjoy:

[“23+ Surprising Sources of Toxic Aluminum ... and How to Detox!”](#)

[“The 7 Stages of Home Medicine Makers”](#)

[“20 Sugar Alternatives for Better Health”](#)

Use a potting soil that works best for bog and water garden plants. Set the pot in water that is no more than 4 inches deep.

## What Do You Think?

Do you grow *Equisetum hyemale*? If so, let us know how you use rough horsetail for improved health or simply to liven up your landscape. Make your mark in the comments below.

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*This is an updated version of an article that was originally published on April 21, 2019. The author may not currently be available to respond to comments; however, we encourage our Community members to chime in to share their experiences and answer questions!*

*The Grow Network is a participant in the Amazon Services LLC Associates Program, an affiliate program designed to provide a means for our team to earn fees for recommending our favorite products! We may earn a small commission, at no additional cost to you, should you purchase an item after clicking one of our links. Thanks for supporting TGN!*



### Marjory Wildcraft

Marjory Wildcraft is the founder of The Grow Network, which is a community of people focused on modern self-sufficient living. She has been featured by National Geographic as an expert in off-grid living, she hosted the Mother Earth News Online Homesteading Summit, and she is listed in Who's Who in America for having inspired hundreds of thousands of backyard gardens. Marjory was the focus of an article that won Reuter's Food Sustainability Media Award, and she recently authored *The Grow System: The Essential Guide to Modern Self-Sufficient Living—From Growing Food to Making Medicine*.



## References

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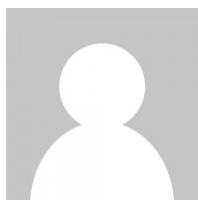
- 1 <http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=c670>

Tags: Affiliate, alternative to dentists, amazon associate, bamboo, bellflower, bog plant, dental care, equisetum hyemale, garden pot, gums, horsetail, horsetail reed, invasive grower, marjory wildcraft, natural dentistry, rhizome, rough horsetail, silica, teeth, the grow network, tooth care, water feature, water plants, wet soil

Categorised in: Dental Care, Foraging, General Health and Nutrition, Growing Food, Health & Nutrition, Herbal Remedies, Herbs and Medicines, Medicine, Natural Health, Natural Medicine

This post was written by Marjory Wildcraft

## COMMENTS(66)

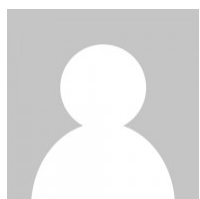


*Marla says:*

August 15, 2017 at 6:15 pm

First off, I want to say how much I love the garden summits, I have learned so much. Thank you for doing that. Second, I live in West Michigan and just discovered this spring that the weed I have been pulling in my front flower garden is horsetail. I'm near Lake Michigan and our soil is sandy and dry. However the horsetail grows very well here in dry sand. I am now harvesting it to make a High Calcium Tea from Rosemary Gladstar's recipes. I dry in the dehydrator, cut, and store. I think it has a wonderful aroma once dried.

[Log in to Reply](#)

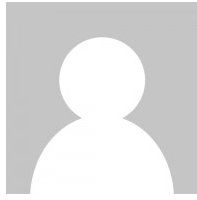


*Heather Dakota says:*

August 17, 2017 at 2:37 am

Marla, Thanks so much for sharing! Rosemary Gladstar is a wise woman!

[Log in to Reply](#)



*Diane* says:

August 24, 2017 at 9:10 pm

Is making a tea the best way to use horsetail? Are there other ways to to use this plant for dental or other health needs?

[Log in to Reply](#)



*Marjory Wildcraft* says:

March 29, 2018 at 1:43 pm

I love Rosemary Gladstar too!

DOug Simons – the creator behind the Alternatives to Dentists video, suggests not making a tea of it though. Eating it powdered, or simply eating a raw section of it right from the plant is best. Hold it in your mouth and especailly on your teeth for optimum effect.

I've been amazed at how strong my teeth feel after consuming some horsetail for a few weeks. It's really an awesome herb.

Oh! Thanks Marla on your kind words about the SUMmit. we are hosint another on in mid May "The Home Medicine Summit". It will include presentations on growing food too – as food is your primal medicine. Stay tuned!

PPS: If you are a subscriber to the TGN Community Newsletter, I'll be offering a specail pre-sale of the Summit at it's best discount to TGN members. Watch the

newsletter for that announcement. It's coming in a few weeks. This upcoming Summit will be awesome!

[Log in to Reply](#)



*Tammy says:*

**August 19, 2017 at 2:55 pm**

I would LOVE to grow this in my garden. I've had my share of dental problems and complications over the years and this would be so nice to have. Any ideas on where I can purchase a start of it? I checked with a few local nurseries here in the Dallas area and no one seems to have it.

[Log in to Reply](#)



*Dawn says:*

**August 20, 2017 at 5:44 am**

I located a lot of horsetail growing at the river and brought home some root. Planted it in sand, watered it, and in two short weeks it was sending up large numbers of shoots. Have been drying the shoots, grinding them, and eating a heaping teaspoon each day for two weeks. Some of my cavities are looking better and some need much more time to respond. Thank you VERY much for this valuable information.

Dawn in Colville, Washington

[Log in to Reply](#)





*Priti says:*

September 9, 2017 at 12:03 pm

Hi Tammy,

I live in Dallas as well and have been looking for this species of horsetail. Even online and in stores, no one is selling the Hymale species. Let me know if you have any luck!

[Log in to Reply](#)



*CamilleMorgan says:*

September 26, 2017 at 1:32 pm

I also have been unable to find horsetail hymale species for sale at local nurseries or online. Please advise if anyone has found a source to purchase the herb for growing at home. Thanks.

[Log in to Reply](#)



*Lora Stone says:*

August 19, 2017 at 2:57 pm

How does Equisetum Hyemale compare to Equisetum Arvense? Do they both work as well as the other?

[Log in to Reply](#)



*Priti says:*

September 9, 2017 at 12:05 pm

I watched Doug Simon's DVD called "Alternatives to Dentists" and he says that you need the hymale species. Avernase is available in abundance, so I contacted the grow network to ask, but no response. If you find something out, let me know!

[Log in to Reply](#)



*Marjory Wildcraft says:*

March 29, 2018 at 1:46 pm

Hi Lara & Priti,

The Arvense species is not the correct one.

Hmmm, if you can't find the plant locally, check online.

Last year we offered the plant for sale and the logistics of that had some of the team almost quit thier jobs – it was a mess! But the plants are commonly available – keep looking 😊

[Log in to Reply](#)



*Debbie says:*

August 19, 2017 at 4:11 pm

Wild horsetail grows like a weed along the sides of my driveway, which runs through a wet area. It is not as large as the plant described in the article, maybe growing 6-9" tall, but I am wondering if it can be used for the same purposes. I am slowly trying to identify and find uses for the many varieties of native plants that grow around here. It is much

easier and better than destroying them as weeds and replacing them with cultivated ones.

[Log in to Reply](#)



*Bonnie says:*

**August 19, 2017 at 5:32 pm**

Echoing the posts above, Tammy, and Lora, where might we purchase starts? and how does hyemale compare to arvense? Thanks for the great post.

[Log in to Reply](#)



*Deborah Gonzales says:*

**March 29, 2018 at 8:54 am**

I bought 2 plants a couple of years ago at the Rainbow Gardens Nursery in San Antonio, Tx. I put them in pots in my aquaponic fish tank and they are now bursting the pots. If there is anyone in the San Antonio area that needs some, I would be willing to divide mine and share. For those of you in other areas, ask your local nursery if they could order some for you.

[Log in to Reply](#)



*Marjory Wildcraft says:*

**March 29, 2018 at 2:04 pm**

Deborah! That is so sweet of you – and totally the spirit of the Grow Network

[Log in to Reply](#)





*kadavids* says:

May 15, 2018 at 12:10 am

I found it at Garden Works in Coquitlam, BC, just last week (May 2018). It was the only pay they had, though they said they would be getting more.

[Log in to Reply](#)



*kadavids* says:

May 15, 2018 at 12:10 am

Dani, I found it at Garden Works in Coquitlam, BC, just last week (May 2018).

[Log in to Reply](#)



*AmberHawkins* says:

October 20, 2019 at 7:07 am

Hi Deborah, if you still have some to share, I would love some. Thank you!

[Log in to Reply](#)



*Dania* says:

August 19, 2017 at 8:07 pm

Yes! I have been searching for Equisetum Hyemale TO GROW for months now and can not find a source of it in Canada (B.C.).

Can anyone help me here?

Thanks!

[Log in to Reply](#)



*kadavids says:*

**May 15, 2018 at 12:12 am**

Dania I found it at Garden Works in Coquitlam (Vancouver area).

[Log in to Reply](#)



*Sonya says:*

**August 19, 2017 at 8:28 pm**

I really enjoyed this article thank you! I'm trying to reverse periodontal disease organically. Please explain how to use this plant, eg tea, chew n spit, swallow etc. Also what part of plant to use and how/when to harvest it. Any tips on getting rid of gum disease would be appreciated as well. My dentist suggested I rinse my mouth with diluted chlorine and told me that once you have it there is no cure. I'm sure there's another way.

[Log in to Reply](#)



*Darla says:*

**August 24, 2017 at 3:30 pm**

Marjory has been recommending a book by Doug Simons called Alternatives to Dentists. I am sure it will have some good information on reversing gum disease.

My husband had gum disease and he started using a toothpaste called thieves aromabright toothpaste marketed by young living essential oils. Over a years time it has totally reversed his. I'm sure a lot would have to do with the severity of the disease as to how long it would take, but I would check out those two things.

[Log in to Reply](#)



*Brodo says:*

[April 4, 2018 at 10:20 am](#)

Sonya. I recommend you do some research on 'oil pulling' using Coconut Oil; which has many great healing properties. Recent research is proving it to be very beneficial.

Here are a couple of starting points for you:

\* <http://www.greenmedinfo.com/blog/coconut-oil-pulling-superior-chemicals-oral-health>

\* <http://www.coconutresearchcenter.org/index.php/oil-pulling-therapy-a-review/>

Dr. Bruce Fife is a lipids expert and an author that I respect highly.

[Log in to Reply](#)



*Joy says:*

[August 19, 2017 at 8:43 pm](#)

I'm not sure why anyone with livestock would want it around, as it can be poisonous in large enough doses. While adults won't eat it, young animals may.

[Log in to Reply](#)



*Lori Rupp-Reagle* says:

August 19, 2017 at 11:25 pm

I just bought some on EBay to plant. It arrived quickly and in great shape. I will be planting it tomorrow. Thank you for the timely article!!

[Log in to Reply](#)



*Judith* says:

August 20, 2017 at 12:50 am

Great info, thanks so much.

I was not sure how to grow it indoors.

Does anyone know a good source to buy it from, that will ship here to Minnesota? I was going to order it from Amazon, but I am not sure which seller to use.

[Log in to Reply](#)



*Lori Rupp-Reagle* says:

November 20, 2017 at 9:22 am

Judith, Here is the link where I ordered mine and I see they still have some available. <https://www.ebay.com/itm/10-Horsetail-Reed-Grass-Looks-Like-Mini-Bamboo-Equisetum-hyemale-Pond-Plant-/282418250676?hash=item41c17083b4>

It's growing fantastic outdoors here in Central TX. It likes lots of water and I bring it inside when the temps dip down below 40 at night. Unfortunately, the plants I got with The Alternative's to Dentistry DVD did not survive.



[Log in to Reply](#)



*JanaJennings* says:

December 8, 2021 at 8:20 pm

Thank you for the link. I've looked off and on for years. The plant I got from TGN also did not survive.

[Log in to Reply](#)



*Marjory Wildcraft* says:

March 29, 2018 at 1:48 pm

Hi Joy, livestock that is getting enough nutrition and food will not over eat the horsetail. And in fact, I know my dogs and cats eat it – to strengthen their teeth I assume 😊 But Doug has observed wild animals (coyotes, bob cats, etc.) eating horsetail. Er, nibbling on it...

[Log in to Reply](#)



*Qberry Farm* says:

August 20, 2017 at 8:36 pm

This is the variety I am familiar with around western Washington.  
<https://www.pugetsound.edu/academics/academic-resources/slater-museum/exhibits/terrestrial-panel/common-horsetail/> (*Equisetum arvense*)

It resembles a bottle brush. The article by a local collage describes the native uses. I have only used it for scouring after cooking on a wood fire. It would be interesting to try drying it and maybe use the powder as an abrasive additive to my baking soda/coconut oil

dentifrice.

[Log in to Reply](#)



*Victoria says:*

**August 21, 2017 at 8:02 pm**

How is horsetail used to care for the teeth?

[Log in to Reply](#)



*Tirzah says:*

**August 22, 2017 at 8:24 am**

How do you have drainage holes in a non perforated pot? (Sincere question, not trying to be a smart alec.)

[Log in to Reply](#)



*Betsy says:*

**August 27, 2017 at 12:41 pm**

Hi Tyra's, I think what they meant is you plant in the pot with drainage holes and place that pot into another that is not perforated. So it will hold water and you can lift out the plants and trim the little roots that are trying to escape.

[Log in to Reply](#)



*SallySommers says:*

October 18, 2017 at 8:25 pm

Thanks, I was wondering the same thing.

[Log in to Reply](#)



*Mary McLaughlin says:*

August 24, 2017 at 1:28 pm

How do you use the horse tail plant for dental care? The article said all about growing it but not what to do with it for your teeth.

[Log in to Reply](#)



*Veronica Scott says:*

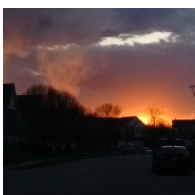
September 5, 2017 at 5:05 am

Thank you for the information on how to grow Equisetum Hyemale.

I'm very interested and wanted to try this herb.

Please, direction on how to use it.

[Log in to Reply](#)



*thar says:*

September 15, 2017 at 12:25 pm

Highly invasive. No, I will not be growing this anywhere near my yard. However, I enjoy seeing it in our local parks.

[Log in to Reply](#)

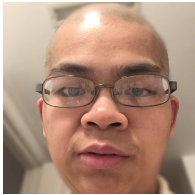


*FrancesRizo says:*

**September 20, 2017 at 10:15 pm**

I have heard that horsetail tea is good for urinal tract infections. Is this so?

[Log in to Reply](#)



*robbychen18 says:*

**September 27, 2017 at 11:22 pm**

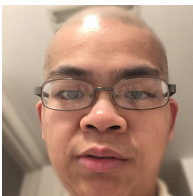
Hi,

I purchased the "Alternative to Dentists Shipped Edition" and received several Equisetum Hyemale with it. Thanks for the wonderful items and plants. However, the Equisetum Hyemale I received were yellow and dry. Should I be able to revive them by planting to the moist potting mix? If so, how long should I wait for them to become alive/green again? Right now I planted them into one of my aquaponic systems.

Thanks,

Robby

[Log in to Reply](#)



*robbychen18 says:*

**September 28, 2017 at 12:16 am**

Oh, sorry for the question. I found the answer during the listening of the Q&A Replay 😊

[Log in to Reply](#)



*Hope says:*

**October 12, 2017 at 6:54 pm**

Where is the Q&A replay? I planted mine and it was green but after 3 days, it is starting to turn brown.

[Log in to Reply](#)



*Nikki Follis says:*

**March 30, 2018 at 12:14 pm**

This can be found under the video in the Alternative to Dentists section under your Dashboard (View My Dashboard) on the website. Please email [happiness@thegrownetwork.com](mailto:happiness@thegrownetwork.com) if you need additional assistance with this.

[Log in to Reply](#)



*Donna says:*

**November 9, 2017 at 10:53 pm**

I also received dried out horsetail. Not sure there's any hope for it.

[Log in to Reply](#)





*Nikki Follis* says:

March 30, 2018 at 12:16 pm

Remember that it's the roots that are important, not the stalks. You want to be sure the roots are kept warm and wet. If they did not survive, definitely look to Etsy, Amazon, or eBay for sources. Also, check with your local nursery as Spring is the best time to purchase these plants! 😊

[Log in to Reply](#)



*Owen King* says:

September 29, 2017 at 11:47 am

I grew up in the Seattle area and horsetails were quite common but I don't know if it is the same variety.

Now I live in Texas and will have to give the plant a little more attention as things are a tad dryer here than Seattle.

We did learn that horsetails were great for scrubbing pots in the Boy Scouts due to the high silicon content.

How do you tell the difference between the varieties?

[Log in to Reply](#)



*Connie Hoffman* says:

October 13, 2017 at 1:24 am

I ordered your dental kit before the hurricane hit. Received the DVD and mirror, comb

thingy. But haven't gotten the equisetum hyemale. Please get back with me.

[Log in to Reply](#)



*Nikki Follis says:*

**October 26, 2017 at 5:24 pm**

Hi Connie! My apologies for the delay. I show you should have received the plant (10/18). If you haven't, please email me at [happiness@thegrownetwork.com](mailto:happiness@thegrownetwork.com) and I will happily handle this for you! 😊

[Log in to Reply](#)



*Rachel says:*

**October 14, 2017 at 2:19 am**

Hi Marjory,

I received your horse tail roots last Saturday and plant them according to your instruction here, but the stems have been very dry and one of them came off from the root and the other two look like it will come off soon. Will the stem grow back out or they are dead? Thanks.

[Log in to Reply](#)



*Nikki Follis says:*

**October 26, 2017 at 5:27 pm**

Hi Rachel, please know that this is very normal. The plant arrives in a semi-dormant state and it's really more the root you are concerned about than the stalks at this

point. It takes about 3-4 weeks for the roots to establish and new growth to begin. In addition, the horsetail plant is actually a dry and abrasive plant by nature, so don't be alarmed by the feel of it. 😊 If you do feel the plant has died, send me an email at [happiness@thegrownetwork.com](mailto:happiness@thegrownetwork.com) and I will happily replace it for you. 😊

[Log in to Reply](#)



*heatherd0726 says:*

**October 26, 2017 at 3:08 pm**

My horsetail bare roots came completely dried out dead. I planted just in case but they're dead. Had they been shipped with a wet paper towel and wrapped in plastic I think they would have been fine, but they arrived shipped in paper. I'd love to get some to grow.

[Log in to Reply](#)



*Nikki Follis says:*

**October 26, 2017 at 5:30 pm**

Hi Heather, thank you so much for reaching out. The plant arrives in a semi-dormant state and it's really more the root you are concerned about than the stalks at this point. These are drought hardy plants despite their love for water, which is why we felt we could be successful in shipping them the way that we did. It takes about 3-4 weeks for the roots to establish and new growth to begin once planted in wet soil. In addition, the horsetail plant is actually a dry and abrasive plant by nature, so don't be alarmed by the feel (or look) of it. 😊 If you do feel the plant has died, send me an email at [happiness@thegrownetwork.com](mailto:happiness@thegrownetwork.com) and I will happily replace it for you. 😊

[Log in to Reply](#)



*Stacey says:*

November 19, 2017 at 11:13 pm

Very exciting news. My Equisetum hyemale plant is sprouting! One question.... How many days, weeks, months, etc before I can start harvesting? Or do I base it by size of stalk?

[Log in to Reply](#)



*Tune Toth says:*

November 20, 2017 at 8:19 am

Marjory... You recommended a book Pain Free for TEETH GRINDERS – I bought the book but can't find one thing about Grinding Teeth ! Where is it – Please ?

[Log in to Reply](#)



*suediederich says:*

January 22, 2018 at 8:12 am

Several forms of horsetail also grow quite well in the high desert areas of Idaho where I used to live. It grows SO well that (as with other herbs) people treat it as a weed. Coniferous forests and sandy/rocky soils are great for several types of horsetail.

[Log in to Reply](#)



*Scott Sexton says:*

February 6, 2018 at 9:47 pm

After watching the Alternatives to Dentists DVD, I was strolling through the local plant nursery and saw a plant that looked suspiciously like horsetail. Looking at the tag, I saw that not only was it horse tale, but it was the exact species recommended in the DVD! What a blessing!

[Log in to Reply](#)



*Nikki Follis says:*

March 30, 2018 at 12:07 pm

That's awesome, Scott!! You will have to keep us posted on your growing success!



[Log in to Reply](#)



*Brodo says:*

April 4, 2018 at 10:28 am

That's awesome, Scott! Now that spring is here, I'll have to take a stroll through some local plant nurseries in my area to see if the same thing happens to me. Wish me luck!

[Log in to Reply](#)



*Linda Listing says:*

March 28, 2018 at 2:48 pm

I was able to buy a horse tail plant (hyemale) at the Mother Earth News Fair in Seven

Springs, PA. Our cat flosses her teeth with it which is much better than the Apple power cords (a known problem). I use it as a tea (dried) as well as just chewing on it when my teeth feel like they have a coat of fur. I also brush/massage my gums with licorice root which has some incredible properties. I highly recommend buying the Alternatives to Dentists DVD. We also found a Nutridentist to remove our mercury fillings safely. Thanks to Marjory for getting us started on an alternative path!

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*Marjory Wildcraft says:*

**March 29, 2018 at 1:51 pm**

Linda, thanks so much for commenting! The plant is quite amazing.

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*Nikki Follis says:*

**March 30, 2018 at 6:59 am**

For those looking to purchase the plant, Amazon, eBay, and Etsy are all great sources. During the Spring months, many nurseries offer it too as it's a great pond plant!

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*Brodo says:*

**April 4, 2018 at 10:35 am**

Marjory, thanks for this treatment. I am working with a source here in Oklahoma and have a spot picked out to grow this in the side-yard next to the house. My plan is to plant



it in a deep, rectangular pond container that will catch rainwater runoff from a nearby gutter downspout to retain water and also to keep it from escaping containment. Will post an update when I get it done. Have a great day!

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*WendySue* says:

**May 2, 2018 at 5:23 pm**

I found Horsetail (Equisetum Hyemale) on Etsy from Froggy Farms ([https://www.etsy.com/listing/540433963/10-horsetail-reed-grass-looks-like-mini?ref=shop\\_home\\_active\\_3](https://www.etsy.com/listing/540433963/10-horsetail-reed-grass-looks-like-mini?ref=shop_home_active_3))

Only \$9.99 for more than 10 rooted stalks. The owner included good instructions and threw in at least 5 additional plants 😊 Plants looks wonderful so I'm planting them in a pot as he instructed with water and a plastic lining in pot to hold the moisture. I bought Doug's Alternative Dentistry and loved it! Found some powdered horsetail on Mountain Rose but not as green as Doug suggests so I'm happy to start growing my own. Since I live in Zone 3, I'll have to bring the pot inside during winter which is fine. I'm on Day 5 of taking the powdered horsetail in a heaping teaspoon in water and stirring. Tastes like grass. I swish it around my mouth before swallowing because I have an abscess and loose teeth as well as a cavity or 2.

The main thing I notice so far is an increase in sleepiness during the day. Not sure what that is about. Also the abscess is still there, but the blister in my mouth is not as large. Several dentists have ruined my teeth and jaw alignment and I'll never be able to get my original teeth back, but I refuse to get the recommended root canal and all the other garbage the dentist is touting. I grilled him hard on the root canal procedure and ingredients they use to pack the canal. They clean it out with Bleach! Yes...household bleach! Not good! Cancelled any future cleaning too. I'll keep you all updated 😊

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*OskarLeuthold* says:

June 11, 2018 at 8:30 pm

For those who want to grow their own supply, here is my experience so far:

I bought my plant online at Trio Nursery, Santa Barbara in September 2017. I received a healthy plant with about 15 two feet long reeds in the mail. Now, in June 2018, I had about 25 reeds, between 3 and 4 feet long. I pulled six reeds (a quarter), with a total weight of 67 grams. I dried them out in the sun for a day, ended up with about 8.5 grams dry material, which I put into a coffee grinder. I got 6 teaspoons of powder, about 1 week's supply. The plant is in a container with a diameter of 18 inches, and an estimated capacity of 100 reeds. I expect to reach this full growth 2 years after receiving the plant from the nursery.

I hope this quantitative information gives newbies a realistic picture of what it takes to grow your own supply.

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*ann\_con69* says:

April 28, 2019 at 5:34 am

Hi, i would love to grow Horsetail but unfortunately its prohibited in Australia. No one sells the plant and if seen it has to be reported so it can be eradicated. Not happy about that. I would only have a small plant in a pot indoors. So Im still looking for a growing in Australia. Knotweed is another plant reported as a prohibited plant. Again not happy.

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Pingback: [A Guide to the Best Pond Plant Varieties - Award Leisure Guides](#)



*Owl* says:

March 1, 2021 at 9:47 am

If anyone in Alabama wants a start, I have one that is trying to outgrow its pot.

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