



## CASCARA SAGRADA BARK PO

**Botanical Name:** *Rhamnus purshiana*

**Common Name:** bearberry, cascara, chittem bark, sacred bark

**Medicinal part:** Bark

**Description:** Cascara is a large shrub or small tree 4.5–10 m tall, with a trunk 20–50 cm in diameter. The outer bark is brownish to silver-grey with light splotching (often, in part, from lichens) and the inner surface of the bark is smooth and yellowish (turning dark brown with age and/or exposure to sunlight). Cascara sagrada, which translates as "sacred bark", is a deciduous shrub of the American Northwest, ranging from northern California to the Alaska panhandle in moist forests below 5,000 feet (1,500 m).



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