



## Herbs

Yarrow Leaf & Flower Powder  
\$4.25  
HB-329

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Tea infusions, juice (from the fresh herb), tinctures, as a compress, and in baths.

Pennyroyal  
\$3.00  
HB-331

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Typically used as a tea infusion, and seldom found in extract and capsule form. The oil be used in cosmetics and for topical application.

Roses, Pink Powder  
\$5.00  
HB-332

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Uses are very numerous and can be administered as a tea, poultice, bath herb, pillow mix, body spray, etc.

Agrimony  
\$3.00  
HB-001

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Agrimony is an herb in the rose family found near hedges and fences throughout England. Bearing yellow flowers with egg-shaped petals on spikes emanating from hairy stems,

Agrimony Powder  
\$3.75  
HB-002

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Agrimony is an herb in the rose family found near hedges and fences throughout England.

Alfalfa Leaf  
\$2.50  
HB-003

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Alfalfa is one of the oldest cultivated plants. It has been used for centuries for hay, but it has also been used for centuries as a human food.

Alfalfa Powder  
\$3.25  
HB-004

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As a food, alfalfa provides beta-carotene and vitamins C, E, and K (although it is not, as frequently claimed, a source of vitamin A).

Alfalfa Sprouting Seeds  
\$3.00  
HB-005

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Alfalfa is one of the oldest cultivated plants in the world, not only for livestock, but also for human consumption.



## Herbs

Angelica Root (OUT)

\$0.00

HB-006

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The plant has an intense yet sweet aroma more like carrots than like dill or fennel.

Angelica Root Powder

\$5.00

HB-007

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The plant has an intense yet sweet aroma more like carrots than like dill or fennel.

Anise Seed

\$2.75

HB-008

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Anise is a member of the family of plants that includes carrots, caraway, cumin, dill, fennel, and cilantro. Of all of these umbels, anise is the plant that has the strongest

Anise Powder

\$3.00

HB-009

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Whole or ground fruits, although flavor is better if the fruits are stored whole and then ground just before use.

Anise Star Pods Powder

\$3.75

HB-010

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Anise star pods are hotter, more pungent, more bitter, and much more licorice-like than the European anise.

Anise Star Pod

\$3.50

HB-011

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Ground star anise added to baked goods protects them from spoilage by bacteria or fungi.

Annatto Seed Powder

\$3.50

HB-012

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Annatto is a South and Central American herb producing small, dark, red seeds with a faint, flowery odor.

Annatto Seed Whole

\$3.25

HB-013

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The intense red color of the seed is due to bixin in the seed coat.



## Herbs

Arnica Flower Whole  
\$8.00  
HB-014

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Arnica is a graceful woodland plant in the same family as the sunflower, native to Central Europe and the western United States.

Arrow Root Powder  
\$5.50  
HB-015

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It is valued chiefly for its thickening properties, and is often used in thickening clear sauces and glazes and jellies.

Artichoke Leaf (OUT)  
\$0.00  
HB-016

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The ancient Romans discovered that artichoke leaf was valuable as a digestive aid, making it a noble vegetable only to be consumed by the nobility and rich.

Ashwaganda Root  
\$3.75  
HB-017

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Recent studies have attempted to popularize its use as a preliminary treatment for male infertility and impotence problems.

Ashwaganda Root Powder (OUT)  
\$0.00  
HB-018

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Ashwaganda is India's native answer to Ginseng and it is currently being applied in Ayurvedic medicine to treat hypertension and stress related ailments.

Astragalus Root  
\$4.00  
HB-019

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A graceful, flowing plant with long stems bearing paired, pointed leaves and purple flowers, the astragalus is harvested for its roots that are white when dug out of the

Astragalus Root Powder  
\$4.00  
HB-020

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Astragalus is the chief energy tonic of traditional Asian medicine.

Astragalus Root Slices  
\$4.00  
HB-021

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Astragalus is the chief energy tonic of traditional Asian medicine.



## Herbs

Barley Grass Powder  
\$5.75  
HB-022

Barley grass has been used in traditional Chinese medicine for at least 1800 years.

Beet Root Powder  
\$4.00  
HB-023

Beet juice and beet powder are used to flavor carrot, celery, and other vegetable juices, and also to color a variety of foods.

Bilberry Fruit (OUT)  
\$0.00  
HB-024

The bilberry has a long history of medicinal use.

Bilberry Leaf  
\$3.75  
HB-025

The European bilberry bush is a close relative of American blueberries, cranberries, and huckleberries.

Birch Leaf  
\$3.25  
HB-026

The leaves have a pleasant odor but a bitter taste.

Black Cohosh Root  
\$6.50  
HB-027

It became the key ingredient in Lydia Pinkham's Vegetable Compound, a wildly popular over the counter medicine for menstrual problems, infertility, and unpleasant symptoms

Black Cohosh Root Powder  
\$7.50  
HB-028

Today, black cohosh remains one of the most popular remedies in the world for women's natural health.

Black Walnut Leaf  
\$3.25  
HB-029

Black walnuts are smaller, harder, and more pungent than the English walnuts sold in grocery stores.



## Herbs

Blackberry Leaf

\$3.25

HB-030

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The blackberry is a berry that grows on small, bushy vines, each berry or drupe a cluster of small, black fruits.

Blessed Thistle

\$3.00

HB-031

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The blessed thistle is a weed with prickly leaves and yellow flowers surrounded by purple spikes.

Blue Flag Root

\$9.25

HB-032

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It grows in shallow water, and is similar in appearance to other wild iris, and is sometimes mistaken for them.

Blue Vervain (OUT)

\$0.00

HB-033

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Traditionally used as a tea, sometimes available in tea bags; also used in herbal teas.

Blue Violet Leaf

\$4.75

HB-034

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The European or sweet violet is cultivated for its beautiful and fragrant flowers that are also used in perfumes, flavorings, and herbal medicines.

Boneset

\$3.75

HB-035

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Its name derives from its historical use in treating a viral infection known as break-bone fever.

Borage

\$4.75

HB-036

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At one time borage was an essential herb for beekeepers, grown to help bees produce more honey.

Brahmi OUT

\$0.00

HB-037

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Its leaves are bright green and look almost like a succulent.



## Herbs

Brahmi Powder OUT

\$0.00

HB-038

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Because of its easy adaptability, it is a favorite foliage for aquariums both big and small.

Broccoli Sprouting Seed

\$6.00

HB-039

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Broccoli sprouts are added to salads, soups, pestos, pizzas, and wraps for flavor and texture.

Buchu Leaf

\$13.50

HB-040

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The leaves have a peppermint like aroma that increases as they are dried.

Buckthorn Bark

\$3.00

HB-041

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It has been used as a laxative since the seventeenth century, and it was brought to the United States with early settlers for that purpose.

Buckthorn Bark Powder

\$3.50

HB-042

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Buckthorn is a popular ingredient in European laxative extracts, tablets, and teas, and, oddly enough, added to sun block.

Bugleweed

\$4.25

HB-043

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It bears clusters of white, bugle like flowers where stems connect to leaves.

Bupleurum Root

\$4.00

HB-044

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Bupleurum has been one of Traditional Chinese Medicine's most important herbs for releasing the exterior, that is, for treating allergies, infections, and other health condi-

Bupleurum Root Powder

\$4.25

HB-045

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Bupleurum has been one of Traditional Chinese Medicine's most important herbs for releasing the exterior, that is, for treating allergies, infections, and other health condi-



## Herbs

Burdock Root OUT  
\$0.00  
HB-046

In mid-summer, the plant blossoms into a dense array of globular flowers with sticky bracts that cling to passing animals and peoples.

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Burdock Root Powder (OUT)  
\$0.00  
HB-047

The plant grows on roadsides and waste places and around field boundaries throughout Britain, Europe and North America; it is cultivated in Japan.

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Cacao Beans Whole OUT  
\$0.00  
HB-048

Cacao stimulates the production of serotonin and endorphins, and contains phenylethylamine and anandamide, two chemicals that elevate the mood and help increase focus.

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Cacao Nibs  
\$6.00  
HB-049

Cacao beans and nibs, the raw materials for making chocolate, are high in flavonoids, contain more antioxidants than most fruits and appear to lower cholesterol in people with

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Cacao Powder  
\$4.50  
HB-050

Of course, we know cacao as the source of chocolate, the decadently delicious, luxurious guilty pleasure. There are, however, some very good reasons that chocolate is a world-

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Calamus Root  
\$3.75  
HB-051

The sharp edged calamus is a perennial semi aquatic plant that grows in marshes and on muddy banks of streams.

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Calamus Root Powder  
\$4.00  
HB-052

Chinese physicians of antiquity reported that calamus vaporized phlegm, but the word they used refers to not just physical phlegm but also the residues of difficult emotions.

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Calendula flower Powder  
\$10.25  
HB-053

The calendula was originally used as food rather than as an herb. It adds flavor and color to cereals, rice, and soups.

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## Herbs

Calendula Flower Whole (OUT)  
\$0.00  
HB-054

The calendula was originally used as food rather than as an herb.

California Poppy  
\$8.00  
HB-055

California poppy is one of the oldest North American remedies for stress induced maladies including sensitivity to changes in the weather.

Caraway Seeds  
\$2.00  
HB-056

The warming and aromatic seeds of the caraway plant are used to give a distinctive flavor to rye bread, cabbage, soups, pickles, teas, liqueurs, and spirits.

Cardamom Hulled  
\$6.00  
HB-057

The sweetly aromatic cardamom is the fruit of a tropical plant related to ginger, and one of the worlds most expensive spices, after saffron and vanilla.

Cardamom Powder  
\$6.00  
HB-058

It is the three seeds inside each pod, however, that are considered the spice.

Carob Raw  
\$3.00  
HB-059

The carob is a tree in the same plant family as beans and peas. Its pods have been used for food for as long as 5,000 years.

Carob Roasted  
\$3.00  
HB-060

The carob is a tree in the same plant family as beans and peas. Its pods have been used for food for as long as 5,000 years.

Catnip Leaf & Flowers  
\$4.25  
HB-061

A member of the mint, catnip attracts cats of all breeds and sizes, who often run up to the herb, paw it, roll in it, meow loudly, and then suddenly lose interest in the herb



## Herbs

Celandine \$3.00 HB-062	It has an odd and unpleasant odor and a bitter and pungent taste.
Centaury Herb \$3.25 HB-063	It acts on the kidneys and liver, purifies the blood, strengthens digestive function, increases stomach secretions to assist with the breakdown of food, stimulates the
Chamomile Flower (OUT) \$0.00 HB-064	Chamomile is a low growing relative of the sunflower native to Eastern Europe and now found around the world.
Chamomile Flower Powder \$4.25 HB-065	It is especially abundant in Hungary, Croatia, and Serbia, although chamomile grown in Egypt has an exceptionally high content of essential oils.
Chaste Tree Berries Whole \$2.75 HB-066	Chaste tree is a small shrub native to the eastern Mediterranean and easily grown in warm climates around the world.
Chaste Tree Berry Powder \$3.25 HB-067	Its tart and peppery fruit has been used for over two thousands years, at least since the time of the Greek physician.
Chickweed \$3.25 HB-068	Chickweed is in the same plant family as cloves, and the fresh plant makes an interesting addition to a spring or summer salad.
Chickweed Powder \$3.25 HB-069	Chickweed is in the same plant family as cloves, and the fresh plant makes an interesting addition to a spring or summer salad.



## Herbs

Chicory Root Roasted

\$3.25

HB-070

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Chicory is a larger relative of the dandelion.

Chrysanthemum Flower

\$5.00

HB-071

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The wild chrysanthemum is a sprawling, leafy plant with clusters of daisy like flowers at its crown.

Codonopsis Root

\$4.00

HB-072

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The long, sweet taproot is used in herbal medicine.

Coltsfoot

\$3.25

HB-073

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Coltsfoot grows wild over much of Europe, and has been used traditionally to treat chest ailments for hundreds of years.

Comfrey Leaf

\$3.25

HB-074

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Comfrey leaf has a long history of use to promote the healing of bones and wounds, as well as internal use to treat a wide variety of ailments from arthritis to ulcers.

Comfrey Root

\$3.25

HB-075

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The root was especially valued for the slick mucilage that lines the inside of the hollow, woody stem and root.

Comfrey Root Powder

\$4.00

HB-076

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Ointments and oils containing comfrey are still allowed, and are used to promote rapid wound healing, including the healing of broken bones.

Cornflowers Whole

\$10.50

HB-077

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Cornflower is a common wildflower that has been cultivated as a garden flower for centuries.



## Herbs

Cornsilk \$4.25 HB-078	Corn silks are the silky tassels running the length of an ear of corn.
Couch (dog) Grass Root \$3.25 HB-079	You should not grow doggrass in your herb garden unless you are able to keep it well contained.
Cranberry Powder \$25.00 HB-080	Also anti-asthmatic and diuretic, the cranberry offers side-benefits beyond its traditional use in treating urinary tract infections.
Damiana Leaf \$3.25 HB-081	Small, yellow flowers bloom in summer and are followed by small fruits with a fig-like taste.
Damiana Leaf Powder \$3.75 HB-082	The Mayas used damiana as an aphrodisiac, but more specifically as a remedy for giddy love. The herb was considered more important for focusing sexual energies than for
Dandelion Leaf \$4.00 HB-083	The common dandelion, enemy of well-kept lawns, is an exceptionally nutritious food.
Dandelion Root (OUT) \$0.00 HB-084	Its leaves and root contain substantial levels of vitamins A, C, D, and B complex as well as iron, magnesium, zinc, potassium, manganese, copper, choline, calcium, boron, and sili-
Dandelion Roasted Root \$4.00 HB-085	In Traditional Chinese Medicine, the roots of various species of dandelions are also used as "herbs that cool the blood."



## Herbs

Dandelion Root Powder  
\$5.00  
HB-086

They are used in teas and poultices for abscesses and sores, especially on the breast. They promote lactation and clear painful urinary dysfunction.

Devil's Claw Root  
\$4.00  
HB-087

Its claw-like roots are used in medicines after they are chopped and allowed to dry in the sun for at least 3 days.

Dog (couch) Grass  
\$3.25  
HB-088

Dog grass is an invasive grass that grows well (many gardeners would say, too well) in regions with warm summers and cool or cold, damp winters.

Dong Quai Powder  
\$6.25  
HB-089

Chinese herbal medicine has used dong quai to help women return to their natural hormonal and emotional states after the accumulation of toxins and emotional injuries in the

Dong Quai Root  
\$6.00  
HB-090

Dong quai is a plant in the same family as celery, parsley, and carrots.

Echinacea Angustifolia Root  
\$8.25  
HB-091

While the exact chemical compounds responsible for the plant's healing efficacies are unclear, its therapeutic value is well known.

Echinacea Angustifolia Powder  
\$8.25  
HB-092

The complex sugars of the herb are its immune stimulants.

Echinacea Purpurea Herb  
\$2.75  
HB-093

Stimulating the immune system, the herbs can also be used to treat chronic yeast infections in women and to prevent urinary tract infections in both sexes.



## Herbs

Echinacea Purpurea Herb Powder \$3.00 HB-094	Its therapeutic value is well known.
Echinacea Purpurea Root \$5.00 HB-095	The roots are used in either cut or powdered form for capsules, fluid extracts, teas, and tinctures.
Echinacea Purpurea Root Powder \$5.50 HB-096	The roots are used in either cut or powdered form for capsules, fluid extracts, teas, and tinctures.
Elder Berries \$4.00 HB-097	Israeli researchers have developed five formulas based on elderberry fruit that have been clinically proven to prevent and ameliorate all kinds of influenza.
Elder Flowers \$4.75 HB-098	Native Americans used the flowers, berries, and bark of elderberry trees to treat fevers and joint pain for hundreds of years, but elderberrys real claim to fame is as a
Elecampane Root \$3.75 HB-099	Elecampane is a member of the same plant family as the sunflowers and ragweed, native to southern and eastern Europe but naturalized around the world.
Elecampane Root Powder \$4.00 HB-100	Elecampane is a member of the same plant family as the sunflowers and ragweed, native to southern and eastern Europe but naturalized around the world.
Eleuthero Root \$3.25 HB-101	It was dispensed to entire cities in Siberia for 10 weeks in early winter to prevent colds and flu, and used as a treatment for radiation exposure after the Chernobyl accident.



## Herbs

Eleuthero Root Powder OUT  
\$0.00  
HB-102

Eleuthero is a woodland plant native to southeastern Siberia and the Korean peninsula, and adapted to the damp forests of British Columbia, Washington, Oregon, and north-

Epimedium Leaf  
\$3.50  
HB-103

It is in the same plant family as barberry and Oregon grape root.

Epimedium Powder  
\$3.50  
HB-104

The name of the herb in Mandarin, yin yang huo, roughly corresponds to weed for licentious goat.

Essiac Blend  
\$7.75  
HB-105

Essiac was promoted and popularized by a Canadian nurse named Rene M. Caisse, who named the formula with her last name spelled backwards.

Eucalyptus Leaf  
\$3.00  
HB-106

The eucalyptus is an evergreen tree native to Australia but naturalized to California and the Mediterranean countries.

Eyebright  
\$5.00  
HB-107

Eyebright is an elegant, tiny English pasture plant, with deeply cut leaves and numerous, small, white or purplish flowers variegated with yellow.

Fennel Seed  
\$2.75  
HB-108

Pliny's observation led to the popular use in Europe of a cooled tea of fennel seed which was used as a wash for eyestrain and eye irritations.

Fennel Seed Powder  
\$3.00  
HB-109

Several liquors are flavored with fennel, including aquavit, gin, absinthe and fennouillete.



## Herbs

Fenugreek Seed \$2.25 HB-110	Ancient Roman medicine used fenugreek as an aid to male potency.
Fenugreek Seed Powder \$2.50 HB-111	The name fenugreek comes from the Latin term <i>Foenum-graecum</i> , or <i>Greek hay</i> , the plant being used to scent moldy hay.
Feverfew \$4.00 HB-112	Feverfew was used to treat menstrual cramps in young women in <i>Greek medicine</i> , and also for colic, inflammation fever, insect bites, psoriasis, toothache, vertigo and ar-
Flax Seed \$2.25 HB-113	Flax seed has become popular in the mainstream market. It can be found in a number of forms, including oils, oil capsules, whole seeds, ground seeds, and as an ingredient in
Fo-Ti Root OUT \$0.00 HB-114	With a distinctive sweet yet bitter taste, fo-ti was thought to unblock the channels of energy through the body, allowing the escape of the pathogenic influences that
Fo-Ti Root Powder OUT \$0.00 HB-115	The plant is also used as a wash for itching and skin rashes.
Forsythia Fruit \$3.75 HB-116	Forsythia fruit is the fruit of those lovely bright yellow bushes that are often the first thing to bloom in spring in any northern climate.
Forsythia Fruit Powder \$3.50 HB-117	The fruit is used in traditional Chinese medicine to treat colds and viral infections that present with a fever.



## Herbs

Fumitory \$3.50 HB-118	Fumitory is a small climbing herb with weak stems, deeply indented leaves, and spikes of small flowers of a pinkish hue, topped with purple or, white.
Galangal Root \$3.50 HB-119	Galangal is an East Asian tropical shrub with lance like leaves, iris like flowers, and reddish brown, woody rhizomes.
Galangal Root Powder OUT \$0.00 HB-120	Traditional Chinese Medicine uses galangal in formulas for the spleen to treat digestive problems and health conditions relating to a lack of the earth element, or difficulties
Garcinia Fruit \$3.75 HB-121	While herbal supplements support a multitude of health conditions, the most popular ones are used for weight control.
Gentian Root \$8.75 HB-122	The herb has been used in European herbal medicine throughout the 2200 years since its discovery. Gentian is also mentioned in the Ayurvedic Pharmacopoeia, recom-
Gentian Root Powder \$8.75 HB-123	Gentian is also mentioned in the Ayurvedic Pharmacopoeia, recommending it for anorexia and sluggish digestion.
Ginger Root \$3.75 HB-124	Ginger is the most widely used and available herbal remedy on the planet, with billions of people using it every day as both food and medicine.
Ginger Root Powder \$4.00 HB-125	Ginger is used either fresh or dried in nearly two thirds of all traditional Chinese and Japanese herbal formulas. Fresh ginger is used to relieve dryness and heat, while dried gin-



## Herbs

Ginkgo Leaf  
\$3.50  
HB-126

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The natural herb has a long history in Chinese medicine.

Ginkgo Leaf Powder  
\$4.00  
HB-127

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In this U.S. it has been one of the ten best selling herbs for more than 5 years and a standardized extract of ginkgo leaf is presently one of the most frequently used

Ginseng Root Powder  
\$7.25  
HB-128

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There are actually three different herbs commonly called ginseng: Asian or Korean ginseng American ginseng and Siberian ginseng.

Ginseng Root Whole  
\$6.75  
HB-129

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American ginseng is eleuthero's kinder and gentler cousin.

Goat's Rue  
\$4.00  
HB-130

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Goat's rue is a wild legume used during the Middle Ages to treat plague. It was also used to induce sweating to break fevers and to treat infections with parasitic worms and

Goji Lycii Berries Whole  
\$4.25  
HB-131

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It has been used as a general nutrient tonic (Yin tonic) for many years and Chinese medicine refers to it as a cooling tonic.

Goldenrod Herb  
\$3.00  
HB-132

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The same goldenrod that causes autumn allergies for millions has been used for centuries as a herbal medication by millions more.

Goldenseal Leaf  
\$6.25  
HB-133

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The plant has a long history of medicinal use among the Native Americans of that region as an antibiotic and treatment for colds and stomach complaints.



## Herbs

Goldenseal Root

\$8.75

HB-134

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Recent research has isolated constituents in goldenseal which have broad spectrum antibiotic properties, as well as astringent and anti-inflammatory actions, giving credence

Goldenseal Root Powder

\$9.00

HB-135

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Goldenseal root has a long history of medicinal use among Native American tribes of the northeast, its native habitat.

Gotu Kola

\$3.75

HB-136

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Don't let its wild predominance scare you, Gotu Kola is also one of the largest cultivated crops and thrives under organic farming conditions.

Gotu Kola Powder

\$4.00

HB-137

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While popularly used as a food source in the form of leafy greens within Bangladesh, Thailand and Sri Lanka it also has been internationally recognized within many countries

Gum Arabic Powder

\$5.75

HB-138

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The plant only produces acacia gum under adverse conditions, such as poor soil, drought, or heat, and damaged trees produce more gum. For these reasons, the most

Gymnema Leaf OUT

\$0.00

HB-139

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Gymnema comes to us from mainland India and several parts of Africa and has a deep history rooted in Ayurvedic medicine.

Gymnema Leaf Powder

\$3.50

HB-140

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Currently it is one of the major botanicals being administered for those suffering from diabetes.

Hawthorn Berries

\$2.75

HB-141

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The hawthorn is a heart herb. The berry is yellowish brown to wine-red, oval, wrinkled, berry like fruit.



## Herbs

Hawthorn Berry Powder  
\$3.50  
HB-142

Hawthorn berries are antispasmodic, cardiac, diuretic, sedative, tonic and vasodilator.

Hawthorn Leaf/Flower  
\$3.25  
HB-143

The hawthorn is a heart herb in the rose family.

Heather Flowers  
\$4.50  
HB-144

Heather flowers are a traditional remedy in Swedish herbal medicine.

Helichrysum Flowers whole  
\$4.75  
HB-145

Helichrysum is a traditional diuretic.

Hemp Seed Hulled (OUT)  
\$0.00  
HB-146

One of the most nutritious substances on earth.

Hibiscus Flowers OUT  
\$0.00  
HB-147

Regular consumption of hibiscus teas often lowers blood pressure, typically 8 to 12 mm/Hg.

Hibiscus Flowers Whole  
\$3.25  
HB-148

Hibiscus is also used in many diet formulas.

Hibiscus Powder  
\$3.75  
HB-149

Hibiscus is also used in many diet formulas.



## Herbs

Holy Basil Leaf

\$3.50

HB-150

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Holy Basil is used for common colds, headaches, stomach disorders, inflammation, heart disease etc.

Honeysuckle Flowers Whole

\$7.75

HB-151

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Honeysuckles are more useful for treating rashes and inflammation than for treating coughing and sneezing.

Hops Flowers Whole

\$8.25

HB-152

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Fresh hops provide bitters that stimulate digestion.

Horehound

\$4.00

HB-153

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Horehound is used to make cough medicines!

Horse Chestnut

\$3.50

HB-154

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Horse Chestnut has been traditionally used to make a tea to treat diarrhea, strengthen varicose veins or chronic coughs with congestion.

Horsetail Shavegrass (OUT)

\$0.00

HB-155

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Is possibly the most abundant source of silica in the plant kingdom, so much, in fact, the herb can be used for polishing tin pewter.

Horsetail Shavegrass Powder

\$3.25

HB-156

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Horsetail from European sources contains the anti-allergy compound quercetin, but the same herb from North American and Asian sources usually does not.

Hyssop Herb

\$3.25

HB-157

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Native to southern Europe, it is grown in gardens in cooler climates around the world. Hyssop has a minty taste that makes it a tasty addition to salads, provided it is used in



## Herbs

Iceland Moss  
\$3.75  
HB-158

Throughout history, Iceland moss has been used as both food and medicine by people in Iceland, Finland, Norway, Russia, and Sweden.

Juniper Berry  
\$3.75  
HB-159

The purple, blue, violet, or blackish-brown fruits are harvested in early autumn for culinary and medicinal use.

Kudzu Root  
\$3.25  
HB-160

Kudzu starch can be cooked into noodles and pastes, and the herb is completely non-toxic.

Kudzu Root Powder OUT  
\$0.00  
HB-161

Herbally oriented physicians report an astonishing range of applications for kudzu.

Lady's Mantle  
\$5.75  
HB-162

Although its leaves bear a striking resemblance to cilantro, lady's mantle is in the rose family.

Lavender Flower  
\$5.00  
HB-163

Lavender is aromatic perennial evergreen shrub. Its woody stems bear lavender or purple flowers from late spring to early autumn, although there are varieties with blossoms

Lavender Flower Powder  
\$6.75  
HB-164

Lavender was used as an after-bath perfume by the Romans, who gave the herb its name from the Latin lavare, to wash.

Lemon Balm  
\$3.75  
HB-165

Lemon balm is a mint with a distinctly lemony scent.



## Herbs

Lemon Peel \$4.00 HB-166	Although orange peel is more commonly prescribed in traditional Chinese and Ayurvedic medicine, lemon peel also stimulates the appetite by encouraging the release of gas-
Lemon Peel Powder \$4.00 HB-167	Lemon peel is added to scores of herbal teas and herbal formulas for aroma and taste enhancement.
Lemon Verbena \$4.00 HB-168	Lemon verbena, sometimes called vervain, is generally acknowledged to be the most strongly scented and intense of the lemon scented plants.
Lemongrass \$3.00 HB-169	With its lemony scent and hint of rose aroma, lemon grass is an essential ingredient in Thai and Indonesian cooking.
Lemongrass Powder \$3.00 HB-170	Lemon grass grows wild in Indonesia, Indochina, and tropical Australia, and it is cultivated in southeast Asia and Sri Lanka as a culinary herb and in India as a medicinal herb.
Licorice Root (OUT) \$0.00 HB-171	An astonishing number Chinese herbal formulas over 5,000 in fact use licorice to sweeten teas and to harmonize contrasting herbs.
Licorice Root Powder \$4.00 HB-172	Licorice is one of the most widely used herbs worldwide, used at least since the time of the great Chinese herbal master Zhang Zhong Zhing, about 190 AD.
Licorice Slices \$3.75 HB-173	Licorice is one of the most widely used herbs worldwide.



## Herbs

Licorice Sticks  
\$2.75  
HB-174

Licorice root is one of the most widely used medicinal herbs worldwide and is the single most used herb in Chinese medicine today.

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Linden Leaf & Flower  
\$7.00  
HB-175

Native Americans of the First Nation used linden flowers for treating sick headaches and nervous stomach.

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Lobelia  
\$9.25  
HB-176

The native American plant was often smoked as a way to relieve asthma, and because a substance in the leaves, lobeline, is similar in effect to nicotine, the leaves are some-

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Lotus Leaf  
\$3.25  
HB-177

The Sacred water lotus has been used in the Orient as a medicinal herb for well over 1,500 years.

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Lotus Leaf Powder  
\$3.75  
HB-178

Lotuses have long been held sacred by Buddhists, Hindus, and Egyptians, whom all believe that Lotus flowers bring prosperity, fertility, and allow the inner being to bloom.

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Lovage Leaf  
\$6.00  
HB-179

Quercetin is what makes lovage an excellent allergy cure.

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Lovage Root  
\$4.00  
HB-180

Its dark green leaves resemble cilantro, while the stalks resemble celery.

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Lungwort  
\$4.75  
HB-181

Lungwort has a high mucilage content, making it useful in treating chest and throat complaints.

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## Herbs

Lycii (goji) Berries Whole

\$4.50

HB-182

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Lycii is also widely used as a general health tonic, capable of removing harmful toxins from the body.

Maca Powder

\$4.00

HB-183

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Maca root is being effectively administered to both men and women to help increase libid and physical endurance.

Mace Ground

\$6.25

HB-184

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The nutmeg tree is a native of the Banda Islands, a cluster of small volcanic islands historically known as the Spice Islands and now part of the province of Molucca in Indone-

Mace Whole

\$6.25

HB-185

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Grated nutmeg seed, combined with eucalyptus oil, treats diarrhea. Nutmeg can be combined with citronella, cloves, ginger, and softened uncooked rice to make an ointment

Maitake Mushroom

\$6.50

HB-186

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Maitake has proven itself to be an effective cancer fighter.

Marshmallow Leaf

\$3.00

HB-187

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The mucilages in blue malva flowers soothe sore throat caused by coughs and colds.

Marshmallow Root

\$4.00

HB-188

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Marshmallow is a perennial herb native throughout damp areas of northern Europe and western Asia.

Marshmallow Root Powder (OUT)

\$0.00

HB-189

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The mucilages in blue malva flowers soothe sore throat caused by coughs and colds.



## Herbs

Meadowsweet \$3.00 HB-190	Its historical medicinal uses are confirmed enough that it is licensed as a standard medicinal tea in Germany, where it is used as a treatment for fever and common colds, and
Meadowsweet Flowers Whole \$4.75 HB-191	It was one of the three sacred herbs renowned by Druids, along with vervain and water-mint.
Meadowsweet Powder \$3.50 HB-192	Its historical medicinal uses are confirmed enough that it is licensed as a standard medicinal tea in Germany.
Milk Thistle Seed OUT \$0.00 HB-193	Milk thistle is a member of the sunflower family native to a narrow area of the Mediterranean, but grown for centuries throughout Europe and now a common weed in California.
Milk Thistle Seed Powder \$3.50 HB-194	Milk thistle was probably brought to North America as a coffee substitute, but its shiny black seeds covered with feathery tufts have a far longer history in herbal medicine.
Mistletoe Herb \$4.25 HB-195	Small flowers mature in to sticky, greenish- or yellowish-white berries that remain on the plant throughout the winter.
Motherwort \$3.75 HB-196	Motherwort is a mint with dull green, hairy leaves and an intensely bitter taste.
Mugwort \$2.75 HB-197	It was, in common with other herbs, such as ground ivy, used for flavoring beer before the introduction of hops.



## Herbs

Mullein Flowers Whole  
\$11.75  
HB-198

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The flowers coat the mouth with a honey-like scent and a sweet taste.

Mullein Leaf  
\$3.25  
HB-199

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Traditionally used as a tea, and is frequently combined with other herbs in mixtures for treating cough.

Neem Leaf OUT  
\$0.00  
HB-200

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It is used to fight infection, both bacterial and viral, and to treat diarrhea, fever, burns, urinary disorders, skin diseases and inflammatory conditions.

Neem Leaf powder OUT  
\$0.00  
HB-201

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It has pesticide, germicide and medicinal properties, is resistant to termites and is often used in reforestation efforts.

Nettle Leaf  
\$3.25  
HB-202

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Its healing properties are as well known among various cultures and are part of folklore and tradition.

Nettle Leaf Powder  
\$4.00  
HB-203

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The nettle leaf and root both have medicinal properties, but each is more effective against different complaints. Nettle leaf is used traditionally as a diuretic, and as a

Nettle Root  
\$3.50  
HB-204

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Nettle root is used as a treatment for prostate problems, including prostatitis and benign prostatic hyperplasia, a condition that affects men starting about the age of 40.

Oat Tops Whole  
\$7.00  
HB-205

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Oat straw is a long-trusted additive to soaps and skin conditioners.



## Herbs

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Oatstraw \$2.75 HB-206	Oat straw is, as its name suggests, the above-ground parts of the oat plant left after harvesting the grain.
Olive Leaf OUT \$0.00 HB-207	Olive leaf teas have been used for thousands of years to lower fevers.
Olive Leaf Powder OUT \$0.00 HB-208	The well-known green to blue-black fruit of this tree yields a useful, edible oil.
Orange Peel \$2.75 HB-209	The little known fact is that there are substantially more enzymes, flavonoids, and phyto-nutrients in the peel of the Orange rather than the fruit.
Orange Peel Powder \$2.75 HB-210	Orange peel contains compounds that lower blood pressure.
Passion Flower OUT \$0.00 HB-211	Relieving muscle tension, the herb lowers blood pressure and calms anxiety.
Passion Flower Powder \$5.75 HB-212	Relieving muscle tension, the herb lowers blood pressure and calms anxiety.
Peony Root White \$3.00 HB-213	White peony appears in a great variety of herbal formulas designed to resolve menstrual irregularities and complains of menopause.

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## Herbs

Plantain Leaf \$3.25 HB-214	The leaves are edible, often used raw in salads and cooked as greens. Older leaves have a stronger, sometimes objectionable flavor, and can be tough and stringy, but can be
Plantain Leaf Powder \$4.00 HB-215	Plantain is very high in vitamins A and C and in calcium.
Poke Root \$4.00 HB-216	Take pokeroot tinctures for up to 2 weeks at a time to overcome the symptoms of colds, flu, sore throat, mastitis, or tonsillitis.
Privet Fruit \$3.50 HB-217	Known in Chinese as the "female chastity seed," privet fruit was an ancient remedy for premature graying of the hair, ringing of the ear, spots before the eyes, and lower
Psyllium Husk \$3.50 HB-218	Helps disorders in which easy bowel movements with a loose stool are desirable, in patients with anal fissures, hemorrhoids, following anal/rectal surgery.
Psyllium Husk Powder \$4.00 HB-219	Helps disorders in which easy bowel movements with a loose stool are desirable, in patients with anal fissures, hemorrhoids, following anal/rectal surgery.
Psyllium Seed Powder OUT \$0.00 HB-220	Helps disorders in which easy bowel movements with a loose stool are desirable, in patients with anal fissures, hemorrhoids, following anal/rectal surgery.
Psyllium Seed Whole \$3.25 HB-221	Helps disorders in which easy bowel movements with a loose stool are desirable, in patients with anal fissures, hemorrhoids, following anal/rectal surgery.



## Herbs

Raspberry Leaf (OUT)

\$0.00

HB-222

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Used to treat canker sores, cold sores, and gingivitis in persons of all ages and anemia, leg cramps, diarrhea, and morning sickness in pregnant women,

Red Clover Blossoms OUT

\$0.00

HB-223

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Red clover may help reduce the effects of PMS and menopause and reduce the pain associated with menstrual periods.

Red Clover Herb

\$3.75

HB-224

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Red clover may help reduce the effects of PMS and menopause and reduce the pain associated with menstrual periods.

Red Clover Sprouting Seeds

\$3.00

HB-225

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It is easy to recognize red clover by its fine leafy stems, its leaves of three, and its rose-pink oval flower heads.

Rehmannia Root Whole

\$3.50

HB-226

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It is used to treat a plethora of medical disorders, most notably anemia, menopausal symptoms, bleeding, hypoglycemia, and ailments of the heart, kidney, or liver.

Reishi Mushroom Whole

\$6.00

HB-227

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At one time this mushroom was specifically used under the prestigious vestiges of the ruling class, but it has since made its way into the pantries of us common folk.

Reishi Mushroom Sliced

\$6.25

HB-228

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Reishi is a polypore mushroom, growing in damp, dark forests and the occasional rotting log. Modern day demand has forced its cultivation in Japan, China and the United

Rhubarb Root

\$5.50

HB-229

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Rhubarb roots are dug in September or October after the stem and leaves of the plant are withered by frost.



## Herbs

Rosehips \$3.00 HB-230	They are one of the most concentrated sources of vitamin C available, which has led to rose hips being included in many common cold preventives and remedies.
Rosehips Powder \$3.50 HB-231	All this is wrapped up in the tart-sweet taste of the miniature fruits. They can be used to make jelly, jam, soup or oil.
Roses Pink \$4.00 HB-232	The rose has been valued for its beauty and its perfume for thousands of years. Because rose oil deteriorates rapidly with exposure to sun and wind, the content is highest
Roses Whole Buds \$7.75 HB-233	The rose has been valued for its beauty and its perfume for thousands of years.
Rue \$5.00 HB-234	Early physicians considered rue an excellent protection against plagues and pestilence, and used it to ward off poisons and fleas.
Safflower Threads \$6.50 HB-235	Safflower is more familiar to westerners as the source of vegetable oil, but the petals of the native American plant make a pleasant tasting tea that has been recommended
Savory Winters \$3.50 HB-236	Winter savory is most often used as a culinary herb, imparting a spicy, peppery flavor to dishes in which it is used.
Saw Palmetto Berry \$4.00 HB-237	A miniature palm growing 2 to 4 feet high, the saw palmetto occupies sandy flatlands of the US from South Carolina to South Texas.



## Herbs

Saw Palmetto Berry Powder  
\$4.00  
HB-238

French researchers isolated specific compounds with statistically demonstrable effects on the prostate. The whole berries, however, continue to be used with success in

Schisandra Berries  
\$8.50  
HB-239

Schisandra is also known as Magnolia vine with its ability to grow upwards in a creeping fashion.

Schisandra Berries Powder  
\$9.25  
HB-240

Its Chinese name is wu-wei-zi, which means five taste fruit. Schisandra has an usually sour, sweet, bitter, warm, and salty taste, hence the name "five taste".

Senna Leaf  
\$2.75  
HB-241

The sennas are scrubby desert plants of North Africa. Senna has been used around the world for thousands of years as a laxative.

Senna Leaf Powder  
\$3.25  
HB-242

Senna has been used around the world for thousands of years as a laxative.

Senna Pods  
\$3.25  
HB-243

The seed pods provide a gentler action, and are often recommended by herbalists to help relieve constipation and promote soft, easy stools.

Sesame Seed Whole  
\$2.25  
HB-244

Although sesame seeds are a well known food, they also are a medicine.

Shatavari Root  
\$3.00  
HB-245

Shatavari is highly regarded as an herb for women's health and it is the most important herb in Ayurvedic medicine for problems connected to women's fertility.



## Herbs

Shatavari Root Powder OUT  
\$0.00  
HB-246

Shatavari is a traditional Ayurvedic antispasmodic; an aphrodisiac, demulcent, digestive, diuretic, galactagogue, and is often used for infertility and for womens health.

Shavegrass (horsetail) (OUT)  
\$0.00  
HB-247

Horsetail, not to be confused with cat-tail, is possibly the most abundant source of silica in the plant kingdom, so much, in fact, the herb can be used for polishing tin pew-

Shavegrass (horsetail) Powder  
\$3.25  
HB-248

Horsetail is possibly the most abundant source of silica in the plant kingdom, so much, in fact, the herb can be used for polishing tin pewter.

Sheep Sorrel  
\$4.50  
HB-249

Sheep sorrel is widely regarded as a noxious weed with 45 of the fifty states reporting it as an intruder, but the small, creeping plant has a long-standing reputation as a

Sheep Sorrel Powder (OUT)  
\$0.00  
HB-250

It has been used to treat diarrhea, cancer, fever and scurvy. While scientists are familiar with the effect of the various constituents, there have been no clinical trials to

Shepherds Purse  
\$3.00  
HB-251

All of the aboveground parts of the plant are used in herbal medicines.

Shepherds Purse Powder  
\$3.50  
HB-252

Shepherd's purse is a temperate zone weed in the same plant family as cabbage, broccoli, mustard, and watercress.

Shiitake Mushroom Powder  
\$6.75  
HB-253

They have grown more popular in the US as the general population have embraced ethnic cooking, particularly Asian flavors, and their popularity has only been helped by the



## Herbs

Shiitake Mushroom Whole OUT  
\$0.00  
HB-254

The various nutrients found in shiitake mushrooms have been tested in animal and in vitro studies and found to reduce cholesterol, inhibit the growth of cancer cells, and

Skullcap  
\$6.25  
HB-255

Various species of skullcap are important in Traditional Chinese Medicine as herbs that clear heat and dry dampness.

Slippery Elm Bark  
\$6.75  
HB-256

The inner bark of the branches is collected in spring for medicinal used.

Slippery Elm Bark Powder  
\$7.25  
HB-257

Slippery elm also served as a food during famine and for making porridge for small children and elderly persons.

Soap Nuts Whole  
\$3.00  
HB-258

They have recently become a popular environmentally friendly alternative to chemical detergent, and are a gentle option for those with allergies to chemicals in regular de-

Speedwell  
\$3.50  
HB-259

Speedwell is a small perennial herb that grows 6 to 12 inches high with petite, tooth-shaped oval flowers of pale blue, lavender and white.

Spinach Powder  
\$6.00  
HB-260

Although Spinach is usually thought of as a food product, it can also be used medicinally and for its nutritional properties. It is excellent source of vitamins, minerals, antioxi-

Spirulina Powder  
\$7.50  
HB-261

The native peoples of Mexico, Africa and Asia have eaten spirulina and made it one of their major sources of protein. The blue green algae is plentiful in lakes and inland bodies



## Herbs

St. John's Wort

\$3.25

HB-262

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St. John's wort rose from virtual obscurity in the U.S. to become the fifth best selling dietary supplement in mainstream retail stores.

Stevia Leaf

\$3.50

HB-263

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Stevia is one of a family of plants that are native to South America and have been used for centuries to sweeten drinks and foods.

Stevia Leaf Powder (OUT)

\$0.00

HB-264

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Stevia leaves are said to be from 30 to 300 times sweeter than sugar \* though the amount of sweetness varies from leaf to leaf and plant to plant. It is touted as a natural al-

Strawberry Leaf OUT

\$0.00

HB-265

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The strawberry plant is a creeping vine with indented leaves in groups of three growing on the stems below the flowers and fruit. Strawberries come in endless varieties

Sumac Berries Whole

\$3.00

HB-266

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Sumac is a spice, comes from the berries of a wild bush that is native in all Mediterranean areas, especially in Sicily and southern Italy, and parts of the Middle East, notably

Sumac Berries Powder

\$3.75

HB-267

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Sour and astringent, sumac berries are used in place of lemon peel in Lebanese and Turkish cooking. Sumac juice is added to salad dressings and marinades and the powdered

Sumac Leaf

\$3.00

HB-268

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Though the spice does not have much fragrance, the berries have a tart, tangy flavor due to the malic acid in them. Sumac leaves are astringent, diuretic, styptic and tonic and

Sunflower Petals

\$7.25

HB-269

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The sunflower is believed to be native to North America, but the plant grows in many areas today including Europe and Central America. The seeds are the most commonly



## Herbs

Sweet Woodruff

\$4.00

HB-270

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Sweet Woodruff is an herbaceous mat-forming perennial native to Europe, North Africa and western Asia. Sweet Woodruff grows 6-12 inches white flowers in partial to full

Tribulus Puncture Vine

\$3.00

HB-271

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It is most popularly believed to improve sexual functioning, and is often used as an aphrodisiac. In various parts of the world, the puncture vine has been attributed other uses as

Tribulus Powder Puncture Vine

\$3.50

HB-272

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In addition, some clinical trials suggest that tribulus may lower both blood pressure and cholesterol and increase muscle mass, making it a popular supplement among ath-

Triphala Powder (OUT)

\$0.00

HB-273

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Powdered or cut and usually in the form of tea. May be used as a capsule or extract.

Tulsi Holy Basil

\$4.00

HB-274

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The leaf.

Turkey Rhubarb Root

\$5.50

HB-275

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Dried root, chopped and powdered.

Turkey Rhubarb Root Powder

\$5.75

HB-276

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Dried root, chopped and powdered.

Turmeric Root Powder

\$2.75

HB-277

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The rhizome, dried and ground.



## Herbs

Uva Ursi \$4.75 HB-278	Dried leaves and stem fragments.
Valerian Root OUT \$0.00 HB-279	Dried root.
Valerian Root Powder \$4.75 HB-280	Dried root.
Vanilla Bean Powder \$8.00 HB-281	Ripe and fermented fruit (pod), also called the bean.
Vanilla Bean Whole \$9.75 HB-282	Ripe and fermented fruit (pod), also called the bean.
Vervain Blue OUT \$0.00 HB-283	The above-ground parts of the plant gathered before flowering, dried.
Violet Leaf Blue \$4.75 HB-284	Leaf and flowers.
Vitex Chaste Tree Berry Powder \$3.25 HB-285	Dried fruiting berry.



## Herbs

Vitex Chaste Tree Berry Whole  
\$2.75  
HB-286

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Dried fruiting berry.

Wheat Grass Powder  
\$5.50  
HB-287

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The dried shoots, powdered. In Traditional Chinese Medicine, wheat grass may be "massed" or fermented before drying.

White Oak Bark  
\$3.25  
HB-288

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Dried or toasted bark. Gentle dry heat increases the concentration of volatile oils in the bark. Bark, ground before storage. Gentle heating concentrates healing volatile oils in

White Oak Bark Powder  
\$3.50  
HB-289

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Dried or toasted bark. Gentle dry heat increases the concentration of volatile oils in the bark. Bark, ground before storage. Gentle heating concentrates healing volatile oils in

White Peony Root  
\$3.00  
HB-290

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Root, dried and chopped or powdered.

White Willow Bark  
\$3.50  
HB-291

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Bark.

White Willow Bark Powder  
\$3.50  
HB-292

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Bark.

Wild Cherry Bark  
\$2.75  
HB-293

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Dried bark.



## Herbs

Wild Cherry Bark Powder

\$3.25

HB-294

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Dried bark.

Wild Lettuce

\$4.75

HB-295

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Dried leaf.

Wood Betony

\$4.25

HB-296

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The whole herb, collected in dry weather.

Wormwood

\$3.25

HB-297

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The whole herb (leaf, stem and flowering parts).

Yarrow Leaf & Flower

\$3.50

HB-298

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Dried stems, leaves, and flowers.

Yellow Dock Root

\$3.75

HB-299

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Dried root, chopped.

Yellow Dock Root Powder

\$4.00

HB-300

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Dried root, chopped.

Yerba Mate (OUT)

\$0.00

HB-301

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Dried leaves and leaf fragments, mixtures frequently include flowers.



## Herbs

Cleavers Powder  
\$3.00  
HB-309

Usually taken as a tea, but can be eaten or ground fresh.  
Equally as suitable as an extract or capsule and may be  
lightly sprinkled on food as it has a fresh taste.

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Devils Claw Root Powder  
\$5.25  
HB-310

Capsules, tinctures, teas.

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Epazote Herb  
\$4.50  
HB-311

Added to any dish as a spice, or used as a tea.

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Goldenseal Leaf Powder  
\$7.25  
HB-314

Tea infusion, tincture and sometimes found encapsulated.

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Grapefruit Peel  
\$4.25  
HB-315

Peel is used as a tea, body scrub, in the bath and may also  
be used to make extracts.

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Grapefruit Peel Powder  
\$4.25  
HB-316

Peel is used as a tea, body scrub, in the bath and may also  
be used to make extracts

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Lemon Verbena Powder  
\$4.50  
HB-317

Tea infusions either hot or cold, and seldom found in food  
and capsules.

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Linden Leaf & Flower Powder  
\$4.00  
HB-318

Mostly used as a Tea. Can be taken in both extract and  
capsule form.

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## Herbs

Myrtle Leaf  
\$3.50  
HB-319

The leaves can be used as a tea, as well as cooking and grilling meats and vegetables. Used as firewood, it transmits a spicy aromatic flavor to whatever it is grilled over.

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Nettle Root Powder  
\$4.25  
HB-320

Standardized extract, as a decoction, in capsules and incorporated into paste, creams and salves.

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Orange Slices  
\$5.25  
HB-321

The cut peel is traditionally used as a tea, and the powdered peel is used to add a sweet, fizzy flavor to drinks. Many cosmetics call for peel in either cut form or as a

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Penny Royal  
\$3.00  
HB-322

Pennyroyal is the smallest of the mint family, and has some very distinctive properties.

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Periwinkle Herb  
\$3.50  
HB-323

More often used as tincture, can be encapsulated or served as tea.

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Rhubarb Root Powder  
\$5.75  
HB-324

Traditionally used as a tea or tincture. Combined with cinnamon to relieve chronic constipation, Mugwort to relieve flank pain, peony for constipation and hemorrhoids, or with

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Roses, Pink Powder  
\$5.25  
HB-325

Rose oil, rose water, ointments, and potpourri. Uses are very numerous and can be administered as a tea, poultice, bath herb, pillow mix, body spray, etc.

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Roses, Red  
\$4.25  
HB-326

Rose oil, rose water, ointments, and potpourri. Uses are very numerous and can be administered as a tea, poultice, bath herb, pillow mix, body spray, etc. Summary

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## Herbs

Tansy \$3.00 HB-327	tea, fresh leaves
Acai Berry Powder OUT \$0.00 HB-302	Because the berries will start to spoil within 24 hours of being harvested, they must be quickly turned into juice, wine, or freeze dried and turned into a powder. The line of
Ajwain Seed \$3.00 HB-303	The seeds are used in all types of Middle Eastern and Indian cooking usually in their whole form.
Bitter Orange Peel \$3.50 HB-304	Bitter orange peel, and the oil derived from it, is used in many different things. As a flavoring agent it can be used in a wide variety of foods, and is used in liqueurs (most no-
Black Seed \$3.50 HB-305	The seeds can be used as a tea by themselves, or added to coffee or tea for an evocative flavoring. The seeds can also be used in all manners of cooking and baking, as well as
Black Walnut Hull Powder \$3.00 HB-306	Tinctures, pastes and slurries. Up to 1 teaspoon of the herb 3 times a week taken internally as a tea. Black walnut hulls contain juglone, a chemical that is antibacterial, anti-
Cardamon Pods \$6.00 HB-307	Usually in cooking, but also in teas, tinctures, and infusions.
Cleavers \$3.00 HB-308	Cleavers is a pasture plant of Britain and North America easily recognized by its clinging leaves and sticky seeds attaching themselves to any animal or person passing them.



## Herbs

Witch Hazel Leaf (OUT)

\$0.00

HB-333

Witch hazel is a leather-leaved deciduous shrub native to eastern United States. The bottoms of its leaves are dull gray, but the upward facing surfaces of the leaves are

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