



## Wild Harvest

Fringe Tree Bark  
\$9.50  
WH-0119

Traditionally used as a tea or fluid extract. May be combined with barberry, dioscorea, or euonymous for treating liver diseases.

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Bug Repellant  
\$6.50  
HG-014

Unlike conventional bug repellents which contain harmful chemicals and synthetic repellents, this 100% natural alternative provides maximum protection against outdoor

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Anti-Itch (OUT)  
\$0.00  
HG-013.

An indispensable and effective ally in the post-exposure treatment of Poison Oak, Poison Ivy and Stinging Nettles.

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Alkanet Root  
\$3.50  
WH-001

Alkanet root is primarily used as a dyeing and coloring agent, especially for fabrics, soap, and lip balm.

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Alkanet Root Powder  
\$3.75  
WH-002

Alkanet root is primarily used as a natural dyeing agent.

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Balm of Gilead Buds OUT  
\$0.00  
WH-003

Balm of Gilead buds are added to ointments.

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Barberry Root Bark  
\$2.75  
WH-004

Barberry is used to stabilize blood pressure and to normalize heart rhythms to prevent stroke.

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Barberry Root Bark Powder  
\$3.75  
WH-005

Barberry is used to stabilize blood pressure and to normalize heart rhythms to prevent stroke.

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## Wild Harvest

Bayberry Root Bark

\$3.75

WH-006

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Inducing productive coughs that release phlegm.

Bayberry Root Bark Powder

\$4.00

WH-007

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Inducing productive coughs that release phlegm.

Bee Pollen

\$4.00

WH-008

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Bee pollen packs the punch!

Bee Pollen Powder

\$4.00

WH-009

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Bee pollen packs the punch!

Benzoin Gum Powder

\$4.25

WH-010

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Benzoin is used to complement mayapple for treatment of warts.

Birch Bark

\$3.25

WH-011

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Teas of the bark may also relieve joint pain associated with osteoarthritis, rheumatoid arthritis, or gout.

Birch Bark Powder

\$3.50

WH-012

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Teas of the bark may also relieve joint pain associated with osteoarthritis, rheumatoid arthritis, or gout.

Bitter Melon Fruit

\$4.50

WH-013

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The bitter melon is typically stuffed, curried, or pickled.



## Wild Harvest

Black Haw Bark

\$5.00

WH-014

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Black haw is a stronger uterine relaxant than cramp bark.

Black Haw bark Powder

\$5.00

WH-015

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Black haw is used to treat health problems caused by uterine contractions.

Black Walnut Hull Powder

\$2.75

WH-016

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Black walnut hulls are used to treat intestinal worms.

Blackberry Root

\$5.00

WH-017

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This herb can be drunk as a tea.

Blackberry Root Powder

\$5.50

WH-018

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This herb can be drunk as a tea.

Blood Root

\$9.75

WH-019

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Although blood root is used to make commercial toothpastes and mouthwashes, the main use of the herb in herbal medicine is treating skin tags.

Blood Root Powder

\$10.25

WH-020

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Blood root is a far less expensive way to handling the problem.

Blue Cohosh Root

\$3.75

WH-021

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Blue cohosh stimulates uterine activity.



## Wild Harvest

Blue Cohosh Root Powder

\$4.00

WH-022

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Most frequently used as a tincture.

Boldo Leaf

\$2.75

WH-023

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This can be taken as teas and infusions, or as a capsule or extract.

Butchers Broom Root

\$4.00

WH-024

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The root is used in herbal medicine.

Butchers Broom Root Powder

\$4.00

WH-025

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The root is used in herbal medicine.

Butterbur Root

\$9.75

WH-026

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Modern research suggests that butterbur root extract may be useful in treating the symptoms of seasonal rhinitis (allergies) and prevent migraines.

Butternut Bark

\$3.50

WH-027

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The butternut is a walnut with leaves like the black walnut but a grayish, deeply furrowed bark.

Butternut Bark Powder

\$4.00

WH-028

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Butternut bark powder is used to make a syrup for treating tapeworms.

Cascara Sagrada Bark

\$3.00

WH-029

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Teas are hard to drink but have a gentler laxative action.



## Wild Harvest

Cascara Sagrada Bark Powder  
\$4.00  
WH-030

The herb is harvested in the form of quills and pieces of bark, allowed to age at least a year before use in laxative preparations.

Cat's Claw Bark  
\$2.75  
WH-031

The traditional application of cat's claw has been to treat rheumatoid arthritis.

Cat's Claw Bark Powder  
\$3.00  
WH-032

For convenience it may be taken as a capsule.

Catuaba Bark  
\$3.00  
WH-033

Catuaba is used in capsules, teas, and tinctures.

Catuaba Bark Powder  
\$3.25  
WH-034

It bears orange and yellow flowers that produce a yellowish-brown, inedible fruit.

Cedar Berry Whole  
\$8.00  
WH-035

Berries may be crushed, added whole to food as a flavoring/preservative, steeped in boiling water to make a tea or infusion, or eaten fresh or dried.

Cedar Leaf Tips  
\$3.50  
WH-036

Today, it is mainly used in homeopathy for acute and chronic infections of the upper respiratory tract.

Chaparral  
\$2.25  
WH-037

Chaparral can have a remarkable healing effect.



## Wild Harvest

Club Moss \$4.50 WH-038	Club moss is an evergreen related to ferns that is native to Europe.
Club Moss Powder \$4.50 WH-039	Today, the only part of the plant used medicinally is the powdered spores by which it reproduces.
Cramp Bark \$9.50 WH-040	The berries are eaten like cranberries, although moderation is recommended.
Cramp Bark Powder \$9.50 WH-041	The leaves and fruit are used in laxatives.
Cranesbill Root \$5.25 WH-042	Cranesbill is an unusually rich source of tannins.
Cranesbill Root Powder \$5.75 WH-043	It is so rich in tannins that it is a traditional astringent for bleeding, and an essential tool of Russian herbal medicine for treating diarrhea.
Devil's Club Root Bark \$14.00 WH-044	This herb can be drunk as a tea.
Frankincense Powder Resin \$3.25 WH-045	Powdered resin added to water, tincture, and very rarely as a tea. For internal use, sometimes mixed with myrrh or cress.



## Wild Harvest

Frankincense Powder

\$3.25

WH-046

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Frankincense relieves cramps, corrects loss of focus, and reverses fatigue.

Fringe Tree Bark

\$9.75

WH-047

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The almost-odorless root bark is gathered, washed, and dried for medicinal use.

Gravel Root

\$4.25

WH-048

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The Iroquois called a decoction of gravel root "little medicine water" because of its healing properties.

Gravel Root Powder

\$4.25

WH-049

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It was used largely to treat urinary problems, especially kidney stones or gravel.

Guarana Seed Powder

\$5.00

WH-050

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Guarana is a name that is becoming familiar in the mainstream consumer world as a caffeine substitute in "energy drinks".

Guarana Seed Whole

\$5.00

WH-051

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The seeds of the berry are dried, roasted and then brewed to make a drink that is at first bitter and slightly astringent, then sweet.

Guggul Gum

\$4.50

WH-052

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Guggul gum seems to be living up to its traditional medicinal uses.

Heal All (self heal) (OUT)

\$0.00

WH-053

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More recently, heal all has been used in combination with bugleweed to treat Graves disease, a disorder of the thyroid.



## Wild Harvest

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Hydrangea Root \$3.75 WH-054	Traditionally used as a tea or in sugar syrup. May also be taken as a capsule or extract. Found in cosmetic preparations.
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Hydrangea Root Powder \$4.00 WH-055	The grayish roots used in herbal medicine have little odor but a sweet and pungent taste.
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Jamaican Dogwood Bark \$4.50 WH-056	Dogwood is a tropical shrub in the legume family with its native roots in the West Indies, Mexico, South Texas, and parts of the Pacific Northwest.
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Jamaican Dogwood Bark Powder \$0.00 WH-057	Jamaican Dogwood is a powerful sedative.
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Kola Nut \$3.00 WH-058	The nut is also thought to improve the flavor of any food and to counteract the effects of drinking tainted water.
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Kola Nut Powder \$3.00 WH-059	Throughout Western Africa, a small piece of nut is chewed before each meal to promote digestion.
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Mandrake Root \$4.00 WH-060	The mandrake is a relative of barberry and goldenseal found in the eastern half of North America.
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Muir Puama Bark \$3.00 WH-061	Can be taken as a tea.
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## Wild Harvest

Muiru Puama Bark Powder

\$3.00

WH-062

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Muiru puama is used to treat fatigue, muscular weakness, and sexual debility, and is used to prevent baldness.

Myrrh Gum Powder

\$4.00

WH-063

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Used in conjunction with other ingredients for the development of many cosmetic applications.

Myrrh Gum Resin

\$3.75

WH-064

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It is included in formulas to treat uterine fibroids, although it is not used alone.

Oregon Grape Root

\$3.75

WH-065

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Also used as tea, tincture and it may be administered in capsule form.

Oregon Grape Root Powder

\$4.00

WH-066

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Oregon grape root is a tall, evergreen, flowering shrub that grows among the firs, spruces, and pines of the mountainous American Northwest.

Orris Root

\$6.25

WH-067

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In ancient times the iris was a symbol of power and majesty used as the original scepter.

Orris Root Powder

\$6.25

WH-068

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Usually taken as powder, infusion, or tincture, can be encapsulated.

Osha Root Whole

\$11.00

WH-069

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Tinctures and extracts vary widely in concentration; be sure to follow instructions on the label. Also used in steam and saunas.



## Wild Harvest

Partridgeberry Herb

\$13.00

WH-070

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Partridgeberry is an evergreen herb that grows in the woodlands of North America.

Patchouli Leaf

\$5.75

WH-071

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The fresh leaves can help aid healing in burns, and in aromatherapy, it is used to calm nerves and control appetite, relieve depression, stress and lack of sexual interest.

Patchouli Leaf Powder

\$7.50

WH-072

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The essential oil may be used to treat acne, dry skin, fungal infections, dermatitis, dandruff and eczema.

Pau d' Arco Bark (OUT)

\$0.00

WH-073

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Can be taken as a tea, tincture or encapsulation.

Pau d' Arco Bark Powder

\$2.50

WH-074

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Most herbal practitioners attribute the healing power of the herb to its tannins.

Pipsissewa

\$4.00

WH-075

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The leaves have very little scent until they are rubbed to release a pleasant but mildly "puckery" scent.

Pipsissewa Powder

\$4.00

WH-076

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All parts of the plant including stems are medicinally active.

Pleurisy Root

\$4.75

WH-077

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Pleurisy weed is better known in parts of the country as butterfly weed. Its a popular plant in country gardens, and is known to attract butterflies, particularly monarchs.



## Wild Harvest

Pleurisy Root Powder

\$5.00

WH-078

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Much of the plant is edible, including the young shoots, flower buds and stems.

Prickly Ash Bark

\$5.50

WH-079

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The chopped bark is better for making teas and tinctures than the powdered bark.

Prickly Ash Bark Powder

\$6.25

WH-080

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Traditional Chinese Medicine uses prickly ash to warm the "middle burner," the energies in the middle of the body that power the immune response and help digest food.

Pygeum Bark

\$3.75

WH-081

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Chopped bark may be slightly more effective for treating prostate infections. Bark powder may be slightly more effective for treating prostate enlargement.

Pygeum Bark Powder

\$4.00

WH-082

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Typically younger men (under 30) with prostate infections need about twice as large a dose as older men (over 50) with prostate enlargement.

Quassia Bark

\$3.25

WH-083

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The herb is extremely bitter, the name amargo means "bitter" in Spanish.

Quassia Bark Powder

\$3.50

WH-084

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Usually taken in the form of an infusion, in capsules, or tincture.

Red Root

\$4.50

WH-085

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Red root is a shrub also known as white snowball for its clusters of white flowers borne in early summer. Its root is bitter and its root tea has a "bite."



## Wild Harvest

Red Root Powder \$5.00 WH-086	Red root was used as a substitute for tea during the American Revolutionary War.
Sage White Ceremonial \$5.50 WH-087	In addition to being burned as incense, white sage has medicinal uses.
Sage White Ceremonial Piece (OUT) \$0.00 WH-088	White sage is a flowering perennial that is native to the Southwest U.S.
Sandalwood Red Powder \$5.00 WH-089	Only the dark-colored heartwood is used.
Sarsaparilla Root (indian) \$3.50 WH-090	Sarsaparilla enjoyed an unprecedented popularity as a "spring tonic", believed to help detoxify the body of poisons and toxins accumulated over the course of the winter.
Sarsaparilla Root Powder (indian) \$4.00 WH-091	Modern science suggests that some of the constituents in sarsaparilla may indeed be useful in medicine, particularly to treat skin conditions and general malaise.
Sarsaparilla Root (jamaican) \$5.75 WH-092	Modern medicine and science seem to confirm many of the traditional uses of sarsaparilla root.
Sassafras Leaf \$4.00 WH-093	The leaf is primarily used to thicken and to season. It should be simmered gently, and never boiled.



## Wild Harvest

Sassafras Root Bark

\$7.50

WH-094

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Almost always found as a beverage or tea.

Sassafras Root Bark Powder

\$7.00

WH-095

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Sassafras bark oil is used to flavor medicines and candy and in some perfumes.

Self Heal (heal all) (OUT)

\$0.00

WH-096

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The leaves of heal all are edible and are often used in soups and salads.

Soapwort Root OUT

\$0.00

WH-097

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A member of the clove family, soapwort is a low-growing perennial shrub with a thick tap root used in herbal medicines and for making soaps.

Solomon's Seal Root OUT

\$0.00

WH-098

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Teas, with other herbs. May also be taken as a capsule or extract.

Spikenard Root

\$9.25

WH-099

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Spikenard root belongs to the same family as the ginseng root and is prized for many of the same reasons.

Suma Root

\$4.00

WH-100

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Because of the vast array of constituents contained within Suma, this plant is being thoroughly explored, used and studied for treatment surrounding many of today's most

Suma Root Powder

\$4.25

WH-101

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Western herbal medicine uses the dried root in whole, cut or powdered form.



## Wild Harvest

Tonka Beans  
\$4.00  
WH-102

In addition to its historical use in flavoring cookies, cakes and cream dishes, Tonka beans are sometimes used to flavor snuff and pipe tobacco.

Usnea  
\$8.75  
WH-103

Usually used to make cough and cold lozenges.

Watercress  
\$6.00  
WH-104

The botanical name for the plant comes from a Roman term meaning "twisted nose."

White Sage  
\$5.50  
WH-105

In addition to being burned as incense, white sage has medicinal uses.

Wild Yam Root  
\$4.00  
WH-106

Teas, infusions, capsules, and added to creams and ointments. Seldom found in liquid extract form. Combined with cinnamon to treat chronic infection.

Wild Yam Root Powder  
\$4.50  
WH-107

It is, however, extremely useful for many gynecological complaints.

Wild Yam Root, Granules  
\$3.75  
WH-108

Seldom found in liquid extract form.

Witch Hazel Bark  
\$4.00  
WH-109

Both the bark and the leaves are used in herbal medicine.



## Wild Harvest

Witch Hazel Bark Powder

\$4.25

WH-110

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Witch hazel bark water is made with alcohol, but witch hazel leaf water can be made without alcohol.

Yerba Santa

\$4.25

WH-112

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Yerba santa is a sticky-leaved evergreen native to the southwestern United States.

Yerba Santa Powder

\$7.25

WH-113

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It was given its name ("holy weed") by Spanish priests impressed with its medicinal properties.

Yohimbe Bark

\$3.75

WH-114

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Traditionally used as a tincture. Seldom found in an encapsulated form, and while it may be taken as a tea, it has a fairly unpleasant taste.

Yohimbe Bark Powder

\$4.25

WH-115

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Unlike chopped bark, the powder does not require an acid (such as lemon juice) to be added to the water with which the tincture is taken for maximum effect.

Yucca Root

\$4.00

WH-116

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This herb is usually in tea, capsules and as an extract.

Yucca Root Powder

\$4.00

WH-117

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In northern New Mexico, healers use a tea brewed from yucca leaves to treat asthma and headaches.