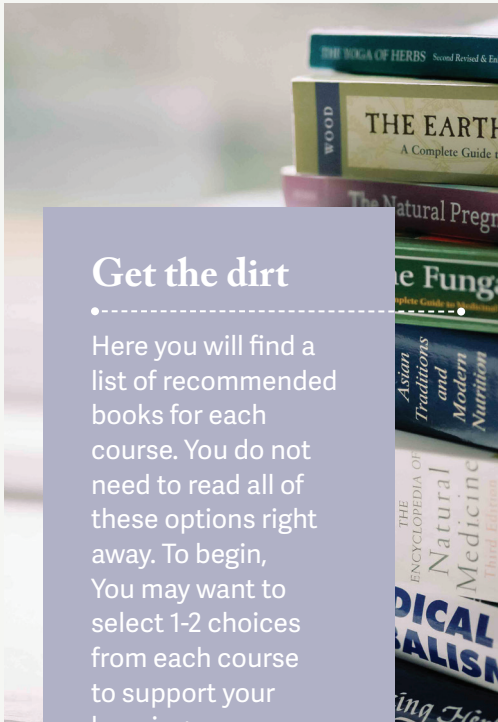


Recommended Reading



Get the dirt

Here you will find a list of recommended books for each course. You do not need to read all of these options right away. To begin, You may want to select 1-2 choices from each course to support your learning.

Introduction to Herbal Medicine

- **Herbals: Their Origin and Evolution - A Chapter in the History of Botany**
By Agnes Arber
- **Plants, People and Culture: The Science of Ethnobotany**
By Michael J Balick and Paul Alan Cox
- **Green Pharmacy: A History of Herbal Medicine**
By Barbara Griggs
- **Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants**
By Robin Wall Kimmerer

- **Plants as Persons: A Philosophical Botany**
By Matthew Hall

Wild Medicinals

- **Medicinal Plants of the Pacific West**
By Michael Moore
- **Edible & Medicinal Plants of Canada**
By Andy MacKinnon et al.
- **Edible Wild Plants: A North American Field Guide to Over 200 Natural Foods**
By Thomas Elias and Peter Dykeman
- **Plants of the Pacific Northwest Coast: Washington, Oregon, British Columbia & Alaska**
By Jim Pojar and Andy MacKinnon
- **The Boreal herbal: Wild food and Medicine Plants of the North**
By Beverly Gray
- **The Wild Medicine Solution: Healing with Aromatic, Bitter, and Tonic Plants**
By Guido Masé

Materia Medica

- **Culpeper's Complete Herbal**
By Nicholas Culpeper
- **The Practice of Traditional Western Herbalism: Basic Doctrine,**

- Energetics, and Classification**
By Matthew Wood

- **A Modern Herbal**
By Maud Grieve

- **The Lost Language of Plants: The Ecological Importance of Plant Medicines to Life on Earth**
By Stephen Harrod Buhner

Advanced phytotherapy:

- **Principles and Practice of Phytotherapy: Modern herbal Medicine**
By Kerry Bone and Simon Mills

- **Medical Herbalism: The Science and Practice of Herbal Medicine**
By David Hoffman

Growing herbs:

- **The Organic Medicinal Herb farmer: the Ultimate Guide to Producing High-Quality Herbs on a Market Scale**
By Jeff and Melanie Carpenter

- **Herbal Harvest: Commercial Organic Production of Quality Dried Herbs**
By Greg Whitten

Herbal Therapeutics

- **Evidence Informed Botanical Medicine**
By Dr. Marisa Marciano and Dr. Nikita Vizniak



- **Adaptogens: Herbs for Strength, Stamina, and Stress Relief**
By David Winston and Steven Maimes

Advanced phytotherapy:

- **Principles and Practice of Phytotherapy: Modern herbal Medicine**
By Kerry Bone and Simon Mills
- **Medical Herbalism: The Science and Practice of Herbal Medicine**
By David Hoffman
- **Botanical Medicine For Women's Health**
By Aviva Romm

The Art of Herbal Medicine Making | Internal & External

- **The Herbal Medicine-Maker's handbook: A Home Manual**
By James Green
- **The Modern Herbal Dispensatory: A Medicine-Making Guide**
Steven Horne and Thomas Easley
- **Making Plant Medicine**
By Richo Cech
- **Herbal Healing for Women**
By Rosemary Gladstar

Herbal Body Products & Gift Making

- **The Herbal Medicine-Maker's handbook: A Home Manual**
By James Green
- **The Herbal Medicine Cabinet: Preparing Natural Remedies at Home**
By Debra St. Claire

The Medicinal Kitchen

- **Alchemy of Herbs: Transform Everyday Ingredients into Foods and Remedies That Heal**
By Rosalee de la Forêt
- **Healing With Whole Foods: Asian Traditions and Modern Traditions**
Paul Pitchford

Additional topics

- **Botany in a day: The patterns method of plant identification**
By Thomas J. Elpel
- **Ancient Pathways, Ancestral Knowledge: Ethnobotany and Ecological Wisdom of Indigenous Peoples**
By Nancy Turner
- **Ayurveda: the science of self-healing: a practical guide**
By Vasant Lad

- **The Fungal Pharmacy: The Complete Guide to Medicinal Mushrooms and Lichens of North America**
By Robert Rogers
- **Aromatica: A Clinical Guide to Essential Oil Therapeutics**
By Peter Holmes

