

COURSE SUPPLIES + BOOK LIST

In year two we will be dieting the following plants. Plant diets are an ancient South American tradition of connecting with single plant remedies through concentrated use. You will be dieting two plants each month. During this time please journal/record your observations of these plant medicines and be ready to share with the group.

You are welcome to make your own tinctures or gather your own herbs. If you would like to purchase your herbal supplies we recommend you source your herbs from small scale or local suppliers. Here are some of our favorite small-scale herb growers and medicine makers.

- Sacred Roots Herbal Sanctuary/West Virginia - www.sacredrootsdc.com
- Gentle Harmony Farms/North Carolina - <http://www.gentleharmonyfarm.com/Home.html>
- Smile Herb Shop/Maryland - <http://smileherb.com/> - Save 20% on herbs & supplies using promo code: **SKYHERBS** or **shop in person and save 15% when you mention Sky House.**
- Oshala Farm/Southern Oregon - <http://www.oshalafarm.com/>
- Bear Wallow Herbs/Mt. Shasta - <https://bear-wallow-herbs.myshopify.com/> (save 15% when you mention Sky House Herb School)

Tinctures (2 - 4 oz)

Agrimony (*Agrimonia eupatoria*)

Angelica (*Angelica archangelica*) in pregnancy sub Milky Oat Tops

Ashwaganda (*Withania somnifera*) in pregnancy sub Shatavari

Blue vervain (*Verbena hastata*)

Catnip (*Nepeta cataria*)

Elder Flower (*Sambucus nigra* or *canadensis*)

Lady's mantle (*Alchemilla vulgaris* or *spp.*)

Passionflower (*Passiflora incarnate*)

Violet (*Viola odorata*)

Bee Balm (*Monarda fistulosa*)



Dried Herbs (8 oz)

Calendula Flowers (*Calendula officinalis*) in pregnancy make an infused oil

Chickweed Aerial Parts (*Stellaria media*)

Cleavers Aerial Parts (*Galium aparine*)

Gotu kola Leaves (*Centella asiatica*)

Rose Petals (*Rosa carnina* or spp)

Sage Leaves (*Salvia officinalis*) in pregnancy and breastfeeding sub Nettles or Oatstraw

Skullcap Leaves (*Scutellaria lateriflora*) in pregnancy do ½ dose

Wood Betony Aerial Parts (*Stachys officinalis*)

Book List

The Plant Healer's Path: A Grassroots Guide for the Folk Herb Tribe by Jessie Wolf Hardin (Author) and Kiva Rose (Contributor).

The Practice of Traditional Western Herbalism: Basic Doctrine, Energetics, and Classification (May 10, 2004) by Matthew Wood (Author)

Medical Herbalism: The Science Principles and Practices Of Herbal Medicine (October 24, 2003) by David Hoffmann (Author)

The Earthwise Herbal Repertory: The Definitive Practitioner's Guide (November 1, 2016) by Matthew Wood (Author), David Ryan (Contributor)

Traditional Western Herbalism and Pulse Evaluation: A Conversation (January 9, 2015) by Matthew Wood (Author), Francis Bonaldo Bégnocche (Contributor), Phyllis D. Light (Contributor)

Principles and Practice of Phytotherapy: Modern Herbal Medicine, 2nd Edition by Kerry Bone MCPP FNHAA FNIMH DipPhyto Bsc(Hons) (Author), Simon Mills MCPP FNIMH MA (Author)



The Practicing Herbalist, Fourth Edition (2018)
by Margi Flint (Author) - purchase at Earthsongherbals.com

Herbs & Natural Supplements: An Evidence Based Guide, Fourth Edition
By Lesley Braun (Author) & Marc Cohen (Author)

Herbal Contraindications and Drug Interactions: Plus Herbal Adjuncts with Medicines,
4th Edition by Francis Brinker (2013).

Updates available for download:

<https://static1.squarespace.com/static/53a5065ee4b0cd7da76b4209/t/5b633d44758d46547f5a074d/1533230409152/HCDI4+UPDATES+AND+ADDITIONS.pdf> (updates from July 2018)

