

HERB GUIDE

The herbs that I recommend in this class and suggestions for reliable places to buy them from.

You can buy herbs in various dried, tincture (alcohol extract), syrups, infused oils, creams etc. For infused vinegars, these are rarely available for sale. You will need to buy dried herbs and make those yourself.

You must make sure that you buy the correct herb and the correct part of the herb that is used for making the remedy that you want to make.

To do this, check the Latin name and the part of the herb that is used.

These are clearly listed for you on this guide.

Terms for describing that parts of the plant that are used:

Listings vary for suppliers. Here are the common terms you are likely to see.

<u>Term</u>	<u>What this means</u>
Aerial parts	Parts of the plant that grow above the ground e.g. leaves, stem, flowers
Flos	Flowers
Rad	Root
Fol	Leaves
Semen	Seed
Fruct.	Fruit

Names of Herbs and Parts Used

Camomile note: There are two different varieties of camomile that are widely-available: German camomile and Roman camomile. Both of them have at least two Latin names because at some stage botanists have re-named them. All of these Latin names are still used so it can be quite confusing. We can use any form of camomile so don't worry too much about this. In herbal medicine German camomile is regarded as safe in pregnancy, while Roman camomile isn't. Other than that, they are usually interchangeable. If using essential oils, these oils smell quite different.

<u>English Name</u>	<u>Latin Name</u>	<u>Part Used</u>
Borage	<i>Borago officinalis</i>	Leaves
Camomile, German	<i>Matricaria recutita</i> ; <i>Chamomilla recutita</i>	Flowers
Camomile, Roman	<i>Chamaemelum nobile</i> ; <i>Anthemis nobilis</i>	Flowers
Damiana	<i>Turnera diffusa</i>	Leaves
Hawthorn	<i>Crataegus oxyacanthum/monogyna</i>	Flowers, leaves, haws
Lavender	<i>Lavandula angustifolia</i>	Flowers
Lemon balm	<i>Melissa officinalis</i>	Aerial parts
Liquorice	<i>Glycyrrhiza glabra</i>	Roots
Lime Flower	<i>Tilia europa</i>	Flowers
Nettle	<i>Urtica dioica</i>	Aerial parts
Oatstraw	<i>Avena sativa</i>	Oats & straw
Primrose	<i>Primula vulgaris</i>	Flowers
Rosemary	<i>Rosmarinus officinalis</i>	Stem & leaves
Roses	Any variety of <i>Rosa</i> e.g. <i>Rosa damascena</i>	Flowers; buds
St. John's Wort	<i>Hypericum perforatum</i>	Aerial parts
Wood Betony	<i>Stachys betonica</i>	Aerial parts

Seaweeds

Irish Moss/Carrageen	<i>Chondrus crispus</i>
Bladderwrack	<i>Fucus vesiculosus</i>
Serrated Wrack	<i>Fucus serratus</i>

Where to buy these Herbs & Seaweeds

I recommend various herbs in the form of dried herbs (used to make teas, poultices, tinctures, baths, infused vinegars, syrups & more) and/or as tinctures (tinctures are ready-prepared herbal medicines purchased from a reliable company) and creams.

Here is a list of places that stock these and retail them directly to the public. Please note they will not be available in all countries around the world. Also try to purchase from a qualified herbalist or herbal clinic, although they might not retail to you without a consultation. This is by no means a list of everywhere in the world that sells high quality, reliable herbs to the public, but it is a list of places that I consider to be responsible and reliable. My intention is that this gives you a reliable starting point.

Some suppliers will have some, but not all herbs.

UK

Netheredge Herbarium Herb Clinic & Shop

Website: <https://traditionalherbalist.com/>

Tinctures

Camomile <https://traditionalherbalist.com/product/chamomilla-recutita-tincture/>
Lavender <https://traditionalherbalist.com/product/lavandula-angustifolia-tincture/>
Lemon balm (Melissa) <https://traditionalherbalist.com/product/melissa-officinalis-org-13-tincture/>
Nettle <https://traditionalherbalist.com/product/urtica-dioica-fol-tincture/>
Rose <https://traditionalherbalist.com/product/damask-rose-syrup-tincture/>
Search this online shop for the other tinctures mentioned in this class.

Dried herbs

Camomile <https://traditionalherbalist.com/product/chamomile-flowers/>
Damiana <https://traditionalherbalist.com/product/damiana-herb/>
Hawthorn flowers & leaves <https://traditionalherbalist.com/product/hawthorn-flowering-tops/>
Lavender <https://traditionalherbalist.com/product/lavender-flowers/>
Lemon balm (Melissa) <https://traditionalherbalist.com/product/lemon-balm-herb/>
Lime Flower <https://traditionalherbalist.com/product/lime-flowers/>
Nettle leaf <https://traditionalherbalist.com/product/nettle-leaf/>
Rose buds <https://traditionalherbalist.com/product/rose-buds/>
Rose petals <https://traditionalherbalist.com/product/rose-petals/>
Search this online shop for the other dried herbs mentioned in this class.

Neal's Yard

<https://www.nealsyardremedies.com/>

Tinctures

Camomile <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/chamomile-single-herbal-tincture-150ml>

Damiana <https://www.nealsyardremedies.com/products/damiana-single-herbal-tincture-150ml>

Hawthorn <https://www.nealsyardremedies.com/products/hawthorn-flowering-tops-herbal-tincture-150ml>

Lime Flower <https://www.nealsyardremedies.com/products/lime-flower-single-herbal-tincture-150ml>

Liquorice <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/liquorice-single-herbal-tincture-150ml>

Nettle <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/nettle-single-herbal-tincture-150ml>

Oat Straw <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/oats-single-herbal-tincture-150ml>

Rose <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/roses-pink-petal-single-herbal-tincture-150ml>

Search this online shop for the other tinctures mentioned in this class.

Dried Herbs

Camomile <https://www.nealsyardremedies.com/collections/dried-herbs/products/chamomile-dried-herb-50g>

Hawthorn <https://www.nealsyardremedies.com/products/hawthorn-flowering-tops-dried-herb-50g>

Lavender <https://www.nealsyardremedies.com/collections/dried-herbs/products/lavender-dried-herb-50g>

Lime Flower <https://www.nealsyardremedies.com/products/lime-flowers-dried-herb-50g>

Liquorice <https://www.nealsyardremedies.com/products/liquorice-powder-dried-herb-50g>

Melissa (Lemon balm) <https://www.nealsyardremedies.com/collections/dried-herbs/products/lemon-balm-dried-herb-50g>

Nettle <https://www.nealsyardremedies.com/collections/dried-herbs/products/nettle-dried-herb-50g>

Roses <https://www.nealsyardremedies.com/collections/dried-herbs/products/roses-pink-dried-herb-50g>

Search this online shop for the other dried herbs mentioned in this class.

In the UK the following two places are also reliable herb suppliers

Try these companies and see if you can source the same herbs from them.

Baldwins <https://www.baldwins.co.uk/herbs>

Napiers <https://napiers.net/>

Seaweeds UK

Here is an example of a supplier of seaweeds picked in UK. You can buy them dried.

Irish Moss <https://www.cornishseaweed.co.uk/product/irish-moss/>

Wrack (Probably Fucus serratus or Fucus vesiculosus, name not listed)

<https://www.cornishseaweed.co.uk/product/seaweed-bath-bag/>

These two types of seaweed are usually for sale in dried packets in health food shops so try there too.

IRELAND

Solaris

<https://solarisbotanicals.com/>

Solaris supply dried herbs, not tinctures

My students get a 10% discount. Enter coupon code HERBALHUB when you check-out.

Dried herbs

Camomile <https://solarisbotanicals.com/collections/single-herbs/products/chamomile-flower-chamomilla-recutita-org-100g>

Hawthorn <https://solarisbotanicals.com/collections/single-herbs/products/hawthorn-flower-crataegus-flores-org-100g>

Lavender <https://solarisbotanicals.com/collections/single-herbs/products/lavender-flower-lavandula-officinalis-org-100g>

Lemon balm (Melissa) <https://solarisbotanicals.com/collections/single-herbs/products/lemon-balm-cut-melissa-officinalis-org-100g>

Lime Flower <https://solarisbotanicals.com/collections/single-herbs/products/lime-flower-tilia-flores-org-100g>

Liquorice <https://solarisbotanicals.com/collections/single-herbs/products/liquorice-root-glycyrrhiza-glabra-org-100g>

Nettle leaf <https://solarisbotanicals.com/collections/single-herbs/products/nettle-leaf-urtica-folia-org-100g>

Rose <https://solarisbotanicals.com/collections/single-herbs/products/rose-petals-buds-org-100g>

Seaweeds: Bladderwrack powder <https://solarisbotanicals.com/collections/single-herbs?page=5>

Search this online shop for the other dried herbs mentioned in this class.

Dr Clare Apothecary (Ireland)

<https://www.drclareapothecary.com/>

This herbal clinic stocks a much wider range of herbs (tinctures, dried, oils, creams, blends etc.) than are listed on this website.

Please ring them if you are looking for ingredients that aren't listed here. Phone: 091 583260

Tinctures

Lavender <https://www.drclareapothecary.com/collections/tinctures/products/lavendula-angustifolia-lavender>

Nettle <https://www.drclareapothecary.com/collections/tinctures/products/urtica-dioica-fo-leaf-tincture>

Dried herbs

Camomile <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/chamomile-chamomilla>

Lavender <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/lavender-lavandul>

Lemon balm (Melissa) <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/lemon-balm>

Nettle leaf <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/nettle-leaf-urtica>

Search this online shop for the other tinctures and dried herbs mentioned in this class.

Creams & other Topical Ingredients

Seaweeds, Ireland

There are several dried seaweed suppliers in Ireland.

Try Carraig Fhada, Co. Sligo. Widely-stocked in health food shops.

Wracks (Fucus serratus or Fucus vesiculosus) <https://evergreen.ie/products/carraig-fhada-seaweed-bath?>

Irish Moss <https://evergreen.ie/products/carraig-fhada-carrageen>

USA & Canada

Mountain Rose Herbs

Website: <https://mountainroseherbs.com/>

Dried herbs: <https://mountainroseherbs.com/catalog/herbs-spices/bulk>

Seaweeds

<https://mountainroseherbs.com/irish-moss>

<https://mountainroseherbs.com/catalog/herbs-spices/seaweed-powder-flakes>