**Herbal Medicine Book List**

\* Indicates great beginner resources

**Plant ID & Botany**

*\*Botany in a Day: The Patterns Method of Plant Identification*, Thomas J. Elpel, 2013

*Botany: Plants and Plant Form: An Illustrated Guide* (Wohlmuth & Leach), MacPlatypus

Productions, 2001 **(available as a PDF)**

*The Tree (or Shrub) Identification Book*, George W. D. Symonds, William & Morrow & Co., 1958

*Newcomb’s Wildflower Guide*, Lawrence Newcomb, Little Brown & Co., 1977

*Bark: A Field Guide to Trees of the Northeast*, Michael Wojtech, University Press of New England, 2011

*\*Peterson Field Guide to Medicinal Plants & Herbs of Eastern & Central North America*, Steven Foster & James A. Duke, 3nd ed, Houghton Mifflin Harcourt, 2014

*\*Northeast Medicinal Plants*, Liz Neves, Timber Press, 2020

**Grower Guides**

*\*Botany for Gardeners*, Capon, Timber Press; 3rd edition, 2010

*\*The Medicinal Herb Grower: A Guide for Cultivating Plants that Heal*, Richo Cech, Vol 1, 2009

*The Chinese Medicinal Herb Farm: A Cultivator’s Guide to Small-Scale Organic Herb Production*, Peg Schafer, Chelsea Green Pub., 2011

**Medicine Making**

*\*The Herbal Medicine-Makers Handbook*, James Green, Crossing Press, 2002

*Making Medicine*, Richo Cech, 4th ed, Herbal Reads, 2016

*The Modern Herbal Dispensatory: A Medicine-Making Guide*, Thomas Easley, 2016

*Herbal Recipes for Vibrant Health*, Rosemary Gladstar, Storey Publishing, 2008

**Food & Nutrition**

*\*Foraging and Feasting* (Dina Falconi) Botanical Arts Press 2013

*Wild-Crafted Fermentation: Exploring, Transforming & Preserving the Wild Flavors of Your Local Terroir*, Pascal Baudar, Chelsea Green Pub., 2020

*\*The Healing Kitchen*, Holly Bellebuono, Shambhala Publications, 2016

*Nutrition and Physical Degeneration* (Weston Price) 1939 – 2009

**Materia Medicas & Reference Guides**

*\*Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide,* Rosemary Gladstar, Storey Press, 2012

*\*Body in Balance: An Herbal Guide to Holistic Self-Care*, Maria Noel Groves, Storey Publishing, 2016

*King's American Dispensatory*, (Felter, Lloyd), 1898 **(free online)**

*Ellingwood’s American Materia Medica* **(free online)**

*Scudder’s Specific Diagnosis and Specific Medicine* **(free online)**

*Medical Herbalism: The Science & Practice of Herbal Medicine*, David Hoffman, Healing Arts Press, 2003

*Herbal Medicine* (Weiss) Thieme, 2001 Note: currently out of print. Many sources list this at too high a price. Make sure to get either the 1st or 3rd ed. as the 2nd ed. was over edited.

*EarthWise Herbal* (2 vo. set), Matthew Wood, North Atlantic Books, 2009

*Modern Herbal Medicine*, 2004, Steven Horne & Thomas Easley **(available as PDF)**

*The Practice of Traditional Western Herbalism,*, Matthew Wood, North Atlantic Press, 2004

*Herbal Ritual*, Judith Berger

*The Gift of Healing Herbs: Plant Medicines and Home Remedies for a Vibrantly Healthy Life,* Robin Rose Bennett