

Remedies from God's Book of Nature™

THE MIDNIGHT BLUE PAPERS MEDICINAL PLANTS AND HERBAL AGENTS

BULK HERB BASICS

USEFUL TOOLS IN THE MEDICAL MISSIONARY WORK

DISCUSSION

As a general overview, we will briefly discuss bulk herbs; their typical uses, benefits, and availability. While we are focused on their medicinal and wellness uses, do note some can also be used as culinary spices. A [medicinal plant](#) can be any that contains chemical compounds that are used for therapeutic purposes, having a history of use in complementary or alternative medicine. The term “bulk herbs” refers to *dried, loose* herbs that are minimally processed and have not been [packaged](#) for individual serving or sale. The lesser processing can result in greater potency and richer flavors.

Herbs can be harvested from organic or conventional farms, from wild patches, or home gardens. If/when purity is a concern for herbs obtained from third-party vendors, do note that some herbs can be obtained as *certified* organic. This means that they are free from synthetic pesticides, fertilizers, and genetically modified organisms. Medicinal plants obtained from [environmentally-friendly](#) farms are typically used for food and medicine. Medicinal plants available from conventional farms are commonly used for commercial sales to wholesalers and chain stores, whose purposes include food, medicine, and fragrances. In contrast, herbs gathered from wild patches or home gardens are not ordinarily subject to the danger of pesticides.

Purchasing in bulk allows for greater flexibility in herbal or culinary preparations or experimentation. They are sold in various quantities **by weight**, which is usually more cost-effective than pre-packaged single or blended herbs. When preparing a natural remedy, one can measure the amount of the herb(s) to be used by weight or volume depending upon the ailment and the remedy employed. When seeking bulk herbs, knowing which plant, what part(s) of that plant, and the preferred form in which the plant is to be used is important. This, of course, depends upon the plant best suited to address the ailment.

We will center on two (2) forms of whole herbs/spices; cut and sifted and powdered. The term *whole* describes the entire plant or a specific part of it, such as the bark, flowers, leaves, seeds, stems, or roots. *Cut and sifted* refers to dried herbs that have been cut into smaller pieces and then sifted to remove dust and very small particles. This process is used to isolate a specific part of the plant for a particular purpose. The term *powdered* refers to those separate parts of the plant that have been dried and then pulverized to increase shelf-life and ease ingestion. And, as bulk herbs have already been dried or powdered, the first concern relating to preservation has mostly been addressed.

Storage is of particular importance. Clean, dry, airtight glass [Mason](#) jars are ideal because glass, a non-reactive material, prevents flavor transfer. In addition, [dark glass](#) (such as amber or cobalt blue) can aid in preservation in that these block UV rays which can cause the loss of nutrients and flavors. Store these containers in a cool, dark, and dry place that is structurally sound, and away from cold, heat, humidity, and direct sunlight. The airtight seal blocks moisture and oxygen which degrade herbs. Moisture, like dampness or humidity, is the major enemy of dried herbs as it can lead to mold and other types of spoilage.

Another method of storage involves using paper and plastic bags/containers. One must be careful with the chemical coatings on the paper or plastic used. Typically, plastic food storage bags/containers that have been designated for **freezer storage** offer adequate protection when stored as one would glass containers. Paper bags offer some protection against the elements, but as oxygen and moisture are the enemy, enclosing the paper bag in a plastic bag or container that is airtight may be the better solution.

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WILLING IGNORANCE A SIN

As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure. And those who do this will find a field of labor anywhere. There will be suffering ones, plenty of them, who will need help, not only among those of our own faith, but largely among those who know not the truth. – {[CH 506.1](#), 504.1-506.3}

As a rule of thumb, dried herbs can last up to three (3) years, or sometimes longer. This, of course, can depend upon the plant itself and the method of preservation after the initial drying process. The collection of herbs will need to be reviewed on time and on a regular basis. In storing these herbs, please note that labeling is critical to the process. Take care to list the **herb**, specify its **genus** if necessary, and the **date** on which it was packaged for storage (canned). Also, consider adding the purpose of the single herb or combination so as to learn and remember their function. Leave the herbs whole until just before use. Further cutting or crushing exposes more surface area to oxygen which may result in nutrient and flavor loss.

Again, the acquisition and storage of bulk herbs is of great advantage in the medical missionary work as well as various [culinary](#) preparations.

RECOMMENDATIONS FOR ACQUISITION

The list below details local and on-line vendors that specialize in bulk herbs and/or vitamins and supplements; either by growing and cultivating medicinal plants or as wholesale providers or retailers. Salespeople at retail locations like *Whole Foods Market* or *Rainbow Acres* are quite knowledgeable about complementary or alternative medicine. Feel free to utilize their skills when needed. One of our goals when addressing ailments is to find and maintain the supply of medicine, as well as educating clients (patients) and their support staff on this and related topics.

Also, consider plant nurseries as a source for live plants. The last two (2) entries below are listed because these retailers carry live plants. Planting, growing, and cultivating will be discussed in another document. (Do note, this list is *not* extensive.)

Company	Location/HQ	Phone	Web	Type
Amazon	Global	N/A	https://www.amazon.com/	On-line
Co-opportunity Market	Santa Monica	(310) 451-8902	https://coopportunity.com/#	Click & Mortar
Herbs of Mexico	East Los Angeles	(323) 261-2521	https://herbsofmexico.com/	Click & Mortar
Health Food City	East Pasadena	(626) 351-8616	N/A	Brick & Mortar
Rainbow Acres	West Los Angeles	(310) 306-8330	https://rainbowacresca.com/	Brick & Mortar
Simply Wholesome	SW Los Angeles	(323) 294-2144	https://store.simplywholesome.com/	Brick & Mortar
Frontier Co-Op	Norway, IA	(844) 550-6200	https://www.frontiercoop.com/	Click & Mortar
Monterey Bay Herb Co.	Watsonville, CA	(800) 500-6148	https://www.herbco.com/	On-line
Mountain Rose	Eugene, OR	(800) 879-3337	https://mountainroseherbs.com/	Click & Mortar
San Francisco Herb Co.	San Francisco, CA	(800) 227-4530	https://www.sfherb.com/	Click & Mortar
Starwest Botanicals	Sacramento, CA	(800) 800-4372	https://www.starwest-botanicals.com/	On-line
Gaia Herbs	Brevard, NC	(800) 831-7780	https://www.gaiaherbs.com/	On-line
GNC	Pittsburgh, PA	Local stores	https://www.gnc.com/	Click & Mortar
Sprouts	Phoenix, AZ	Local stores	https://www.sprouts.com/	Click & Mortar
Vitamin Shoppe	Secaucus, NJ	Local stores	https://www.vitaminshoppe.com/	Click & Mortar
Whole Foods Market	Austin, TX	Local stores	https://www.wholefoodsmarket.com/	Click & Mortar
The Home Depot	Atlanta, GA	Local stores	https://www.homedepot.com/	Click & Mortar
Lowe's	Mooresville, NC	Local stores	https://www.lowes.com/	Click & Mortar

One can use either the selected browsers search function or the store locator feature at the chosen vendors website to locate your local store(s).

SUGGESTED READING

The following lists some suggested reading and resources on this and related topics.

- [Natural Remedies Encyclopedia](#)
- [Prescription for Nutritional Healing](#)
- [The Practical Herbal Medicine Handbook](#)
- www.botanical.com
- www.healthline.com
- <https://cornellbotanicgardens.org/>

As we continue to address topics such as this, let us keep in mind that our Heavenly Father is the source of all knowledge and healing. Let us look to Him for our success.

If you have any questions, suggestions, or concerns, feel free to contact me directly. Thank you for your time and attention.

OVER-ALL NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

FREEHAND NOTES