

## ***CUT–n–SIFT HERBS***

Our dried bulk herbs consist of flowers, leaves, seeds, roots and bark which carry a rich tradition of varying medicinal purpose.

<b>Common Name</b>	<b>Botanical Name</b>	<b>Part</b>
Agrimony	<i>Agrimonia eupatoria</i>	Herb
Albizia	<i>Albizia lebbek</i>	Bark
Alfalfa	<i>Medicago sativa</i>	Herb
Angelica	<i>Angelica archangelica</i>	Root
Ashwaganda	<i>Withania somnifera</i>	Root
Astragalus	<i>Astragalus membranaceus</i>	Root
Basil	<i>Ocimum basilicum</i>	Leaf
Bayberry	<i>Myrica cerifera</i>	Root bark
Bee Pollen		Granules
Bilberry	<i>Vaccinium myrtillus</i>	Berries
Black Cherry	<i>Prunus serotina</i>	Bark
Blackberry	<i>Rubus fruticosus</i>	Leaf
Blackberry	<i>Rubus fruticosus</i>	Root
Black Haw	<i>Viburnum prunifolium</i>	Bark
Blue Cohosh	<i>Caulophyllum thalictroides</i>	Root
Blue Vervain	<i>Verbena hastate</i>	Herb
Boneset	<i>Eupatorium perfoliatum</i>	Herb
Bugleweed	<i>Lycopus virginicus</i>	Leaf & flower
Bupleurum	<i>Bupleurum chinense</i>	Root
Burdock	<i>Arctium lappa</i>	Root
Calendula	<i>Calendula officinalis</i>	Flower
Calamus	<i>Acorus calamus</i>	Root
Canadian Goldenrod	<i>Solidago canadensis</i>	Herb
Cardamom hulled	<i>Elettaria cardamomum</i>	Seed
Cat's Claw	<i>Uncaria tomentosa</i>	Bark
Catnip	<i>Nepeta cataria</i>	Leaf & flower
Celandine	<i>Chelidonium majus</i>	Herb
Celery	<i>Apium graveolens</i>	Seed
Chamomile	<i>Matricaria recutita</i>	Flower
Chaste tree	<i>Vitex agnus-castus</i>	Berry
Cinnamon Chips	<i>Cinnamomum cassia</i>	Bark
Ceylon Cinnamon (sweet) chips	<i>Cinnamomum zeylanicum</i>	Bark
Ceylon Cinnamon (sweet) sticks	<i>Cinnamomum zeylanicum</i>	Bark
Clove	<i>Syzygium aromaticum</i>	Whole flower bud
Coltsfoot	<i>Tussilago farfara</i>	Herb
Couchgrass	<i>Elymus repens</i>	Rhizome
Cramp Bark	<i>Viburnum opulus</i>	Bark
Damiana	<i>Turnera diffusa</i>	Herb
Dandelion	<i>Taraxacum officinale</i>	Leaf
Dandelion	<i>Taraxacum officinale</i>	Root
Dong Quai	<i>Angelica sinensis</i>	Root
Echinacea	<i>Echinacea purpurea</i>	Root
Elder Flower	<i>Sambucus spp.</i>	Flower
Elder Fruit	<i>Sambucus spp.</i>	Fruit
Eleutherococcus	<i>Eleutherococcus senticosus</i>	Root

Eyebright	<i>Euphrasia officinalis</i>	Herb
Fennel	<i>Foeniculum vulgare</i>	Seed
Fenugreek	<i>Trigonella foenum-graecum</i>	Seed
Flax	<i>Linum usitatissimum</i>	Seed
Frankincense	<i>Boswellia carteri</i>	Resin
Fringe Tree	<i>Chionanthus virginicus</i>	Root bark
Gentian	<i>Gentiana lutea</i>	Root
Gotu Kola	<i>Centella officinalis</i>	Herb
Hawthorn	<i>Crataegus spp.</i>	Leaf & flower
Hibiscus whole	<i>Hibiscus sabdariffa</i>	Flower
Holy Basil (Tulsi)	<i>Ocimum sanctum</i>	Leaf
Horehound	<i>Marrubium vulgare</i>	Herb
Horny Goad Weed	<i>Epimedium grandiflorum</i>	Herb
Horsetail	<i>Equisetum spp.</i>	Sterile shoots
Hydrangea	<i>Hydrangea arborescens</i>	Root
Hyssop	<i>Hyssopus officinalis</i>	Herb
Jamaican Sarsaparilla	<i>Smilax regelii or ornata</i>	Root
Joe Pye Weed	<i>Eupatorium purpurea</i>	Root
Lady's mantle	<i>Alchemilla xanthochlora</i>	Herb
Lavender	<i>Lavandula angustifolia</i>	Flower
Lemon Balm	<i>Melissa officinalis</i>	Leaf
Lemongrass	<i>Cymbopogon citrates</i>	Herb
Licorice (Sticks)	<i>Glycyrrhiza glabra</i>	Root
Licorice	<i>Glycyrrhiza glabra</i>	Root
Linden	<i>Tilia europa</i>	Leaf & flower
Lobelia	<i>Lobelia inflata</i>	Herb
Marshmallow	<i>Althaea officinalis</i>	Root
Meadowsweet	<i>Filipendula ulmaria</i>	Leaf & flower
Milk Thistle	<i>Silybum marianum</i>	Whole seed
Motherwort	<i>Leonurus cardiaca</i>	Herb
Mullein	<i>Verbascum thapsus</i>	Leaf
Mullein	<i>Verbascum thapsus</i>	Root
Oats	<i>Avena sativa</i>	Milky tops
Oats	<i>Avena sativa</i>	Straw
Partridge Berry	<i>Mitchella repens</i>	Herb
Passionflower	<i>Passiflora incarnata</i>	Herb
Pau d' Arco	<i>Tabebuia impestiginosa</i>	Bark
Pennyroyal	<i>Mentha pulegium</i>	Herb
Peppermint	<i>Mentha piperita</i>	Leaf
Pipissisewa	<i>Chimaphila umbellata</i>	Leaf
Red Clover whole	<i>Trifolium pratense</i>	Blossoms
Red Raspberry	<i>Rubus ideus</i>	Leaf
Red Root	<i>Ceanothus americanus</i>	Root
Rehmannia (raw)	<i>Rehmannia glutinosa (raw)</i>	Root
Rosemary	<i>Rosmarinus officinalis</i>	Leaf
Sage	<i>Salvia officinalis</i>	Leaf
Sassafras	<i>Sassafras albidum</i>	Root
Saw Palmetto	<i>Serenoa repens</i>	Berry
Schisandra	<i>Schisandra chinensis</i>	Fruit
Self-heal	<i>Prunella vulgaris</i>	Herb

Shiitake mushroom	<i>Lentinus edodes</i>	Fungus whole body
Skullcap	<i>Scutellaria lateriflora</i>	Herb
Spearmint	<i>Mentha spicata</i>	Leaf
Stevia	<i>Stevia rebaudiana</i>	Leaf
Stinging Nettle	<i>Urtica dioica</i>	Leaf
Stinging Nettle	<i>Urtica dioica</i>	Seed
Thyme	<i>Thymus vulgaris</i>	Herb
Usnea	<i>Usnea barbata</i>	Lichen strand
Uva-Ursi	<i>Arctostaphylos uva-ursi</i>	Leaf
Valerian	<i>Valeriana officinalis</i>	Root
White Peony	<i>Paeonia lactiflora</i>	Root
White Willow	<i>Salix alba</i>	Bark
Wild Geranium	<i>Geranium maculatum</i>	Herb
Wild Lettuce	<i>Latuca virosa</i>	Herb
Witch Hazel	<i>Hammamelis virginiana</i>	Bark
Witch Hazel	<i>Hammamelis virginiana</i>	Leaf
Wormwood	<i>Artemisia absinthium</i>	Herb
Yarrow	<i>Achillea millefolium</i>	Leaf & flower
Yellow Dock	<i>Rumex crispus</i>	Root
Yellow Root	<i>Xanthorrhiza simplicissima</i>	Root
Yohimbe	<i>Pausinystalia yohimbe</i>	Bark