



Sky House Herbal Apprenticeship Program Year One



2017 Book List

Sky House Herbal Apprenticeship Program: Year One Book List Spring 2017

Required Texts

Medical Herbalism by David Hoffman

The Book of Herbal Wisdom by Matthew Wood

The Practice of Traditional Western Herbalism by Matthew Wood

Healing Wise by Susun S. Weed

The Language of Plants by Julia Graves

The Plant Healer's Path: A Grassroots Guide for the Folk Herbal Tribe by Jessie Wolf Hardin and Kiva Rose

Flower Power by Anne McIntyre

The Herbal Medicine-Maker's Handbook: A Home Manual by James Green

Herbs for Common Ailments by Rosemary Gladstar

Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other

Natural Remedies for the Entire Family by Rosemary Gladstar

Botany In A Day by Thomas Elpel

Herbal Supplies

Dried Herbs – See “Herbal Supplies” handout for a full list of herbs. To be purchased before April 1st.

Plant Diet Journal (required) – journal of your choice used specifically for notes taken during monthly plant dieting assignments

Quart Sized Mason Jar and Strainer or French Press – To be used for plant diet assignments.

Books can be purchased new or used online through Amazon.com. Required texts are estimated at \$150 with shipping for used copies.



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Recommended Texts (not required)

The Herbal Handbook: A User's Guide to Medical Herbalism by David Hoffman

The Wild Medicine Solution by Guido Mase

The Green Farmacy by Jim Duke

Seven Herbs: Plants as Teachers by Matthew Wood

Of People & Plants by Maurice Messengue

The Yoga of Herbs by Vasant Lad and David Frawley

Prakriti: Your Ayurvedic Constitution – by Robert Svoboda

The Forager's Harvest: A Guide to Identifying, Harvesting, and Preparing Edible Wild Foods by Samuel Thayer

Making Plant Medicines by Richo Cech

The Earthwise Herbal: A Complete Guide to Old World Medicinal Plants by Matthew Wood

The Earthwise Herbal: A Complete Guide to New World Medicinal Plants by Matthew Wood