



## Sky House Herbal Apprenticeship Program Year One



### 2017 Herb Supply List

## Herbal Supplies

We recommend that you purchase locally grown organic herbs. Here is a list of small scale herb farms on the east coast with wonderful plant medicines:

- Sacred Roots Herbal Sanctuary [www.sacredrootsdc.com](http://www.sacredrootsdc.com)
- Gentle Harmony Farms <http://www.gentleharmonyfarm.com/Home.html>
- Willow Oak Herbs <http://www.willowoakherbs.com/> (live plants)

Our preferred large scale retailer is Mountain Rose Herbs. If you are not already a member of the American Herbalists Guild general membership gives you access to their quarterly journal, discount to their yearly herbal symposium, and a 10% discount on all purchases from Mountain Rose Herbs.

You will need AT LEAST 8 oz of each herb unless otherwise specified.

1. Nettle Leaf - *Urtica dioica*
2. Oatstraw - *Avena sativa*
3. Red Clover Flowers (not herb) – *Trifolium pratense*
4. Lemon Balm Leaf - *Melissa officinalis*
5. Linden Leaf and Flower – *Tilia cordata*
6. Peppermint Leaf – *Mentha piperita*
7. Elder Flowers\* - *Sambucus nigra* \*(4 oz)
8. Chamomile Flowers - *Matricaria chamomilla*
9. Marshmallow Root - *Althaea officinalis*
10. Holy Basil "Vana" – *Ocimum sanctum*
11. Burdock Root - *Arctium lappa*
12. Dandelion Root – *Taraxacum officinalis*
13. Licorice Root – *Glycyrrhiza glabra*
14. Yarrow Leaf and Flower - *Achillea millefolium*
15. Hawthorn Leaf and Flower - *Crataegus monogyna*

We will also be preparing salves as part of this course. Salve making supplies can be purchased through Mountain Rose Herbs. You will need:

- 1 oz beeswax
- 8 oz carrier oil of your choice (sweet almond, olive, jojoba, etc)
- Cheesecloth (2 or 3 pieces)
- Glass jars or bottles for storage

### Optional supplies

- Apple Cider Vinegar, Brandy, Vodka, and powdered herbs (ginger, cinnamon, ashwaganda, astragalus)