



Sample Book List

For reference only.

Book lists may change each year. Students will receive a current list of required texts upon enrollment.

Foundations / Family Herbalist (year 1)

Required Texts:

*Practice of Traditional Western Herbalism (Wood)

**The Herbal Medicine Maker's Handbook (Green)

*Newcomb's Wildflower Guide (Newcomb)

Medical Herbalism (Hoffmann)

The Complete Herbal Tutor (Anne McIntyre)

There will be a required text for physiology that will be discussed in class.

Materials:

notebooks, writing materials, laptop is optional, but certainly helpful

basket, knife, good boots, sunscreen, sun hat, gardening tools helpful come springtime

magnifying glass/loop

loose herbs, supplies to prepare tinctures and oils, essential oils, flower essences, and/or homeopathic remedies; types of supplies will be up to the student to choose, but will include at least some of the above to complete home assignments in Herbal Skills Practicum.

a storage container of some sort (could range from a shoe box to handmade cloth case) will be needed for Herbal Therapeutics 1 toward the end of the year; student may also choose to acquire supplies to decorate their container

Suggested Texts:

These are books we personally like and would recommend, but please use your own judgement when purchasing suggested books. Not all topics and/or authors are of interest to all students

A Clinical Guide to Blending Liquid Herbs (Bone) highly recommended for those planning to move on to Year 2

A Woman's Book of Herbs (Soule)

**The Wild Medicine Solution (Masé)

Food as Medicine (Caldecott)

Making Plant Medicine (Cech)

Health & Healing with the Herbs of Life (Tierra)

Therapeutic Herb Manual (Smith)

Plant Identification Terminology: An Illustrated Glossary (Harris & Harris)

Peterson's Field Guide to Eastern/Central Medicinal Plants (Foster & Duke)

300 Herbs: Their Indications and Contraindications (Alfs)

Physiology Coloring Book (Mesami)

**Principles & Practice of Phytotherapy, 2nd edition, (Mills & Bone) highly recommended for those planning to move on to Year 2