

## Wisdom of the Herbs School - Reading and Resources

### Class Book

McCleary, Annie. *Wisdom of the Herbs*

### Field Guides

Foster, Steven and James Duke. *Peterson Field Guide to Medicinal Plants and Herbs*

Newcomb, Lawrence. *Newcomb's Wildflower Guide*

Peterson, Lee Allen. *Edible Wild Plants*. (Peterson Field Guide #23)

### Wild Edibles

Brill, "Wildman" Steve. *Identifying and Harvesting Edible and Medicinal Plants*

Brown, Tom Jr. *Wild Edible and Medicinal Plants*

Kavasch, Barrie. *Native Harvest: Recipes and Botanicals of the American Indian*

Seymour, Tom. *Foraging New England*

Thayer, Samuel. *The Forager's Harvest; Nature's Garden*

Weed, Susun. *Healing Wise*

### Health and Herbal Healing

Dawson, Adele G. *Herbs: Partners in Life*

Edwards, Gail Faith. *Opening Our Wild Hearts to the Healing Herbs*

Gardner, Joy. *The New Healing Yourself*

Gladstar, Rosemary. *Herbal Healing for Women; Family Herbal*

Grieve, Mrs. *A Modern Herbal*

Hoffman, David. *Medical Herbalism*

Levy, Juliette de Bairacli. *Common Herbs for Natural Health; Farm and Stable*

Hobbs, Christopher. *Foundations of Health: The Liver and Digestive Herbal*

Moritz, Andreas. *The Amazing Liver and Gallbladder Flush*

Scott, Timothy Lee. *Invasive Plant Medicine*

Soule, Deb. *The Roots of Healing*

Tierra, Lesley. *A Kid's Herb Book*

Tierra, Michael. *Planetary Herbology*

### Botany, Wild Roots and Wild Flowers

Brown, Lauren. *Wildflowers and Winter Weeds*

Carter, Kate. *Wildflowers of Vermont*

Elliot, Doug. *Wild Roots*

Elpel's, Thomas J. *Botany in a Day*

Sanders, Jack. *The Secrets of Wildflowers*

Stokes, Donald and Lillian. *A Guide to Enjoying Wildflowers*

### Natural History

Anderson, M. Kat. *Tending the Wild: Native American Knowledge and Management of California's Natural Resources*

Johnson, Charles W. *The Nature of Vermont*

Outwater, Alice. *Water: A Natural History*

### **Trees and Shrubs**

Blouin, Glen. *An Eclectic Guide to Trees East of the Rockies; Weeds of the Woods*

Burns, G.P. and C.H. Otis. *The Handbook of Vermont Trees*

Carter, Kate. *Shrubs and Vines of Vermont*

Fergus, Charles. *Trees of New England: A Natural History*

Heinrich, Bernd. *The Trees in My Forest*

Stokes, Donald. *The Natural History of Wild Shrubs and Vines*

Symonds, George W.D. *The Shrub Identification Book; The Tree Identification Book*

### **Plant, Animal and Elemental Communication**

Andrews, Ted. *Animal-Speak*

Buhner, Stephen. *Sacred Plant Medicine*

Cowan, Eliot. *Plant Spirit Medicine*

Emoto, Masaro. *The Hidden Messages in Water* (or any title by Emoto)

Findhorn Community. *The Findhorn Garden*

Lonegren, Sig. *Spiritual Dowsing*

Maclean, Dorothy. *To Honor the Earth*

### **Food as Medicine**

D'Adamo, Dr. Peter. *Eat Right for Your Type*

Dufty, William. *Sugar Blues*

Fallon, Sally. *Nourishing Traditions*

Pitchford, Paul. *Healing with Whole Foods: Oriental Traditions & Modern Nutrition*

Price, Weston. *Nutrition and Physical Degeneration: Primitive and Modern Diets*

Turner, Kristina. *The Self-Healing Cookbook*

### **Homesteading Skills**

Ashworth, Suzanne. *Seed to Seed: Seed Saving and Growing Techniques*

Bubel, Nancy. *Root Cellaring; Seed-Starters Handbook*

Deppe, Carol. *The Resilient Gardener: Food Production and Self Reliance*

Falk, Ben. *The Resilient Farm and Homestead*

Hewitt, Ben. *The Nourishing Homestead*

### **Primitive Skills**

Brown, Tom. *Wilderness Survival*

Neddo, Nick. *The Organic Artist*

**Healthy Household Cleaning** Berthold-Bond, Annie. *Clean and Green*

### **Nature Poetry**

Lisi, George. *Through the Gate of Trees; The Home of Light*

**Fiction** Furlong, Monica. *Wise Child; Juniper*