

## **Wisdom of the Herbs School**

### **Required Resources**

#### **Class Book**

McCleary, Annie. *Wisdom of the Herbs*

#### **Field Guides**

Foster, Steven and James Duke. *Medicinal Plants*. (Peterson Field Guide #40)

Newcomb, Lawrence. *Newcomb's Wildflower Guide*.

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

### **Supplemental Reading and Resources**

#### **Wildflowers, Trees and Shrubs**

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

Blouin, Glen. *Weeds of the Woods: Small Trees & Shrubs of the Eastern Forest*

Carter, Kate. *Wildflowers of Vermont*

Elliot, Doug. *Wild Roots*

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

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

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

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

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

#### **Herbs for Health and Healing**

Buhner, Stephen. *Herbal Antibiotics*

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. *Family Herbal*

Gladstar, Rosemary. *Herbal Healing for Women*

Grieve, Mrs. *A Modern Herbal in Two Volumes*

Hoffman, David. *The Holistic Herbal*

Kloss, Jethro. *Back to Eden*

Levy, Juliette de Bairacli. *Common Herbs for Natural Health*

Levy, Juliette de Bairacli. *The Complete Herbal Handbook for Farm and Stable*

Jones, Cindy L.A. *The Antibiotic Alternative*

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

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

Soule, Deb. *The Roots of Healing*

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

Tierra, Michael. *Planetary Herbology*

Weed, Susun. *The Childbearing Year*

Weed, Susun. *New Menopausal Years*

## **Plant & Animal Spirit Medicine 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

## **Wild Edibles**

Brill, "Wildman" Steve. Identifying and Harvesting Edible and Medicinal Plants  
Brown, Tom Jr. Wild Edible and Medicinal Plants  
Brown, Tom Jr. with Brandt Morgan. Wilderness Survival  
Gibbons, Euell. Stalking the Wild Asparagus  
Kavasch, Barrie. Native Harvest: Recipes and Botanicals of the American Indian  
Seymour, Tom. Foraging New England  
Thayer, Samuel. The Forager's Harvest  
Weed, Susun. Healing Wise

## **Food as Medicine and Healthy Life-Style Practices**

Berthold-Bond, Annie. Clean and Green  
D'Adamo, Dr. Peter. Eat Right for Your Type  
Dufty, William. Sugar Blues  
Fallon, Sally. Nourishing Traditions  
Kingsolver, Barbara. Animal, Vegetable, Miracle  
Pitchford, Paul. Healing with Whole Foods: Oriental Traditions & Modern Nutrition  
Pollan, Michael. Omnivore's Dilemma  
Pollan, Michael. In Defense of Food  
Prentice, Jessica. Full Moon Feast  
Price, Weston. Nutrition and Physical Degeneration: A Comparison of  
Primitive and Modern Diets and Their Effects  
Turner, Kristina. The Self-Healing Cookbook

## **Fiction**

Furlong, Monica, Juniper  
Furlong, Monica, Wise Child

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