

Recommended Books



At the Lloyd Library in Cincinnati, OH. The best herbal library in the country with MANY ancient books!

Animals

The Complete Herbal Handbook for Dogs and Cats, by Juliette De Bairclay Levi

The Complete Herbal Handbook for Farm and Stable, by Juliette De Bairclay Levi

Ashkenazi Herbalism

Ashkenazi Herbalism: Rediscovering the Herbal Traditions of Eastern European Jews,
by Deatra Cohen and Adam Siegel

Ayurveda

The Yoga of Herbs, by Vasant Lad and David Frawley

The Complete Book of Ayurvedic Home Remedies by Vasant Lad

Ayurveda: The Science of Self-Healing, by Vasant Lad

Ayurveda: A Life of Balance, by Maya Tiwari

*Dispensing with Tradition: A Practitioner's Guide to using Indian and Western Herbs
the Ayurvedic Way, by Anne McIntyre & Michelle Boudin*

Jade Alicandro Mace, Herbalist
Milk & Honey Herbs
www.milkandhoneyherbs.com

African American Herbalism

African American Folk Healing, by Stephanie Mitchem
African American Home Remedies: A Practical Guide, by Eddie Boyd and Leslie Shimp
Farming While Black, by Leah Penniman
Working the Roots: Over 400 Years of Traditional African American Healing, by
Michele Elizabeth Lee
HooDoo Medicine: Gullah Herbal Remedies, by Faith Mitchell
African American Herbalism Blog Series: History, Ethnobotany, Traditional Healers,
Practices, and Resources, by Marc Williams

[Part 1](#)

[Part 2](#)

[Part 3](#)

And let's also acknowledge that much of American herbal tradition and "Traditional Western Herbalism" is derived from what American herbalists learned from Indigenous peoples and African herbal traditions

Botany & Plant ID

Botany in a Day, by Thomas J Elpel
Newcomb's Wildflower Guide
Field Guide to Eastern Trees: Peterson Field Guide
*Flora of the Northeast: A Manual of the Vascular Flora of New England and Adjacent
New York*, by Dennis W. Magee and Henry E. Ahles
*Peterson's Field Guide to Medicinal Plants and Herbs: Eastern and Central North
America*

Children

Encyclopedia of Herbal Medicine for Infants and Children, by Mary Bove

Chinese Medicine

The Yellow Emperor's Inner Classic/Neijing
The Way of Chinese Herbs, by Michael Tierra
Healing with Chinese Herbs, by Leslie Tierra
The Web That Has No Weaver, by Ted Kaptchuk
[*Tongue Assessment for Western Herbalists: A Primer*, by Larken Bunce](#)

Clinical Herbalism

Medical Herbalism, by David Hoffman
Principles and Practices of Phytotherapy, by Kerry Bone and Simon Mill
*Herbal Formularies for Health Professionals, Volume 1: Digestion and Elimination,
including the Gastrointestinal System, Liver and Gallbladder, Urinary System, and the
Skin*, by Jill Stansbury
*Herbal Formularies for Health Professionals, Volume 2: Circulation and Respiration,
including the Cardiovascular, Peripheral Vascular, Pulmonary, and Respiratory
Systems*, by Jill Stansbury

Herbal Formularies for Health Professionals, Volume 3: Endocrinology, including the Adrenal and Thyroid Systems, Metabolic Endocrinology, and the Reproductive Systems, by Jill Stansbury

Cultivation

How to Move Like a Gardener: Planting and Preparing Medicine from Plants, by Deb Soule

Growing At-Risk Medicinal Herbs, Cultivation, Conservation and Ecology, By Richo Cech

The Medicinal Herb Grower Vol 1, by Richo Cech

The Organic Medicinal Herb Farmer: The Ultimate Guide to Producing High-Quality Herbs on a Market Scale, by Melanie and Jeff Carpenter

Growing and Marketing Ginseng, Goldenseal and other Woodland Medicinals, By Jeanine M Davis

The Chinese Medicinal Herb Farm: A Cultivator's Guide to Small-scale Organic Herb Production, by Peg Shafer

Curanderismo & Mexican Traditional Medicine

Materia Medica Mexicana - A Manual of Mexican Medicinal Herbs, by Fernando Altamirano

The Curanderx Toolkit: Reclaiming Ancestral Latinx Plant Medicine and Rituals for Healing, by Atava Garcia Swiecicki

Food as Medicine & Herbal Cookbooks

Nourishing Traditions, by Sally Fallon

The Oiling of America, by Sally Fallon

Staying Healthy with Nutrition By Eslom M Haas, MD

Staying Healthy with the Seasons, by Elsom M Haas, MD

Healing with Whole Foods: Asian Traditions and Modern Nutrition, by Paul Pitchford

The Herbal Kitchen, by Kami McBride

Recipes From the Herbalists Kitchen, by Brittany Wood Nickerson

The Alchemy of Herbs, by Rosalee De la Foret

The Herbal Kitchen, by Kami McBride

The Healing Kitchen, by Holly Bellebuono

Full Moon Feast, by Jessica Prentice

Gather Victoria Blog

Herbal Energetics

The Way of Herbs, by Michael Tierra

The Yoga of Herbs, by Vasant Lad and David Frawley

The Alchemy of Herbs, by Rosalee De Foret

Dispensing with Tradition: A Practitioner's Guide to using Indian and Western Herbs the Ayurvedic Way, by Anne McIntyre & Michelle Boudin

Medicine-Making

Making Plant Medicine, by Richo Cech
The Modern Herbal Dispensatory: A Medicine-Making Guide, by Thomas Easley
Herbal Recipes for Vibrant Health, by Rosemary Gladstar (her other books too)
The Herbal Medicine-Makers Handbook, by James Green
The Herbal Medicine Cabinet, by Debra St Clair

North American Indigenous Medicine

Braiding Sweetgrass, by Robin Wall Kimmerer
Plants Have So Much to Give Us, All We Have to Do is Listen, by Mary Siisip Geniusz
Indian Herbology of North America, by Alma Hutchins
After the First Full Moon in April: A Sourcebook of Herbal Medicine from a California Indian Elder, by Bev Ortiz and Josephine Grant Peters
Iwigara: American Indian Ethnobotanical Traditions and Science, by Enrique Salmon

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Plant Spirit Communication

Plant Spirit Healing, by Pam Montgomery
Plant Spirit Shamanism, by Ross Heaven and Howard Charing
Plant Spirit Medicine, by Eliot Cowan
Weeds in the Heart: Explorations in Intuitive Herbalism, by Nathaniel Hughes & Fiona Owen
Intuitive Herbalism, by Nathaniel Hughes & Fiona Owen

Psychotropic Plants

Pharmako Series, by Dale Pendell

Sexual Health

Women's Hormones & The Menstrual Cycle, by Ruth Trickey
Hygieia, by Jeanine Parvati
The Herbal Menopause Book, by Amanda McQuade Crawford
Herbal Remedies for Women, By Amanda McQuade Crawford
Your Fertility Signals, by Merryl Winstein
The Natural Pregnancy Book, by Aviva Romm
Botanical Medicine for Women's Health, by Aviva Romm
Herbal Remedies for Men's Health, by Rosemary Gladstar
The Male Herbal, by James Green
Botanica Erotica: Arousing Mind, Body & Spirit, by Diane De Luca
The Trotula: An English Translation of the Medieval Compendium of Women's Health, translated by Monica H Green
[*Sex Positive: Juicy Sexual Health*, by Larken Bunce](#)

Suppressed History of European Queer and Woman Healers

Witches, Midwives, & Nurses: A History of Woman Healers (also discusses U.S. History)

Witchcraft Medicine: Healing Arts, Shamanic Practices, and Forbidden Plants, by Claudia Muller-Ebeling, Christian Ratsch, and Wolf-Dieter Storls

Witches and Pagans: Women in European Folk Religion, 700-1100, by Max Dashu

Traditional Western Herbalism

Michael Moore (all his books are excellent and cover many Northeastern plants)

A Modern Herbal Vol. 1 & 2, by Maude Grieves

Medical Herbalism, by David Hoffman

Bartram's Encyclopedia of Herbal Medicine, by Thomas Bartram

King's American Dispensary, by Harvey Wickes Felter and John Uri Lloyd

Culpepper's Complete Herbal

Back to Eden, by Jethro Kloss

Elementary Treatise in Herbology, by Dr Edward E Shook

Advanced Treatise in Herbology, by Dr Edward E Shook

The Family Herbal, by Barbara & Peter Theiss

Herbal Medicine from the Heart of the Earth, by Dr Sharol Marie Tilger

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Wild Foods

The New Wildcrafted Cuisine, by Pascal Bauder

The Wildcrafting Brewer: Creating Unique Drinks and Boozy Concoctions from Nature's Ingredients, by Pascal Bauder

Foraging & Feasting, by Dina Falconi

Identifying and Harvesting Edible and Medicinal Plants in Wild (and not so wild) Places, by "Wildman" Steve Brill

Stalking the Wild Asparagus & Stalking the Healthful Herbs, by Euell Gibbons (and his other books too)

MORE

Invasive Plant Medicine, by Timothy Lee Scott

From Earth to Herbalist: An Earth-Conscious Guide to Medicinal Plants, by Gregory L. Tilford

DIY Bitters, by Jovial King

The Wild Medicine Solution, by Guido Mase

Adaptogens, by David Winston

The Fungal Pharmacy: The Complete Guide to Medicinal Mushrooms and Lichens of North America, by Robert Dale Rogers

The Sierra Club Guide to Ancient Forests of the Northeast

CAVEAT: I can't claim to align with the politics of every author on this book list, however if I've included their book on here I believe it's valuable enough information to be included here!

