



Foundations/Family Herbalist (Year 1) Reading & Materials List

If you want to order books online, allbookstores.com is an excellent resource that compares many sites and finds the best deal; campusbooks.com can also be helpful with textbooks.

Required Texts:

- *Botany in a Day* (Elpel) *
- *Food as Medicine* (Caldecott) *
- *The Herbal Medicine Maker's Handbook* (Green)
- *Human Physiology, an Integrated Approach*, 2003 edition (Silverthorn) *
- *Medical Herbalism* (Hoffmann) *
- *Newcomb's Wildflower Guide* (Newcomb) *
- *Therapeutic Herb Manual* (Smith)

Materials:

- notebooks, writing materials, laptop is optional, but certainly helpful
- basket, knife, good boots, sunscreen, sun hat
- 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 both First Aid and Experiential Apprenticeship
- a storage container of some sort (could range from a shoe box to handmade cloth case) will be needed for First Aid; student may also choose to acquire supplies to decorate their container

Suggested Texts:

- *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)
- *Flower Power* (McIntyre)
- *Health and Healing with the Herbs of Life* (L. Tierra)
- *Making Plant Medicine* (Cech)
- *Plant Identification Terminology: An Illustrated Glossary* (Harris & Harris)
- *Natural First Aid* (Mars)
- *Peterson's Field Guide to Eastern/Central Medicinal Plants* (Foster & Duke)
- *Physiology Coloring Book* (Mesami)
- *Principles & Practice of Phytotherapy* (Mills & Bone) **highly recommended** for those planning to move on to Year 2
- *The Earthwise Herbals* (Wood)
- *Weeds Heal* (I. Burgess)

* Students will need early in the year and should buy first if prioritizing purchases.