**Picture 1**

**Herb Shops in the NYC area:**

Flower Power: 406 East 9th Street, NY, NY, 10009, (between 1st Avenue and A) Remedies: 453 Court Street, Brooklyn, NY, 11231 (Carroll Gardens)

Sacred Vibes: 5402 376 Argyle Road, Brooklyn, NY. 11218

Radicle Herbs: 394 Atlantic Avenue, Brooklyn, NY, 11217

**Herb Shops in the SF area:**

Gathering Thyme: 1332 4th Street, San Raphael, California

Scarlet Sage: 1193 Valencia Street, San Francisco, California

**Online Herb resources:**

[www.MountainRoseHerbs.com](http://www.MountainRoseHerbs.com):

[www.Jeansgreens.com](http://www.Jeansgreens.com)....(For small amounts of herbs

www.Healingspiritsfarm.com

[www.mushroomharvest.com](http://www.mushroomharvest.com)...(For cooked mushroom powders)

[www.banyanbotanicals.com](http://www.banyanbotanicals.com)

[www.starwest-botanicals.com](http://www.starwest-botanicals.com)

<https://www.zackwoodsherbs.com/dried-herbs>.

www.frontiercoop.com.

**Herbal Glossary:**

**Adaptogen**: Herbs that are adaptogenic, support the body in times of stress and bring the body back into balance.

**Analgesic:** Acting to relieve pain

**Antinociceptive:** Blocking the action of noticing pain

**Anti inflammatory:** Calms/reduces inflamation

**Anti spasmodic:** Reduces muscle cramps

**Decoction**: A simmered preparation of water and plant material, used for roots, barks and seeds and always done with a lid on. This preparation can be done for a minimum of 20 minutes and up to several hours, (depending on the plant used).

**Demulcent:** Similar to mucilage but, and used interchangeably.

**Electuary**: Medicinal preparation of herbal powder and honey

**Elixir:** Honey and brandy herbal preparation

**Glycerite**: Medicinal preparation without alcohol prepared in glycerine

**Infusion**: A medicinal herbal tea which is steeped for a minimum of 20 minutes or overnight. This method is used for leaves and flowers

**Marc**: The left over and strained plant material after extraction. The mark has no medicinal properties left, and should be composted.

**Menstrum**: The liquid preparation used to extract medicine from the plant material. Usually a combination of alcohol and water, but could also be vinegar, glycerine, etc

**Mucilage:** Thickened and slippery polysaccharide (sugar) constituents that are extracted from seeds, roots and used in medicine.

**Nervine**: A category of herbs that is often used when the nervous system needs calming or restoring.

**Oxymel:** Vinegar and honey herbal preparation

**Poultice:** Topical Herbal Application For Wound Care. Traditionally made with fresh herbs and flour, blended into a paste. Can also be made with dried herbs

**Tincture:** Alcohol based medicinal preparation. Can be prepared in a folk method, a traditional American Indian method or proportionally by weight and water content