



# ElderMoon Apothecary

EMA provides handmade certified organic alcohol plant tinctures in 1oz., 2oz., 4oz., & 8oz. sizes for mail order. We remain off the beaten path a bit here and decidedly so. You have so many choices when it comes to knowing your medicine and where it comes from. Do make it yourself if you desire and can. Otherwise delegate to someone you trust and ask the hard questions of those who make medicine for you. It's allowed. It's necessary. It's encouraged here.

**The gardens here are tended by hand only and are all organic chemical free.** We apply various biodynamic principles and

preparations as well with great enthusiasm for such a mystical and potent way. Our BEES are thriving beautifully here and continue to provide beauty, medicine, and sanctuary to our many medicine plants who rely on them for the continuation of their full life cycle. Tincture lists grow and change. It's just the way of any living apothecary. **If you seek a plant not seen here do email to eldermoonschool@outlook.com** for further inquiry. We update this list periodically through the growing season. For freshness and highest quality, the goal is to harvest and make enough to get to the next harvest, so supplies are always fresh but limited as we follow Nature's cycles. All dried herbs needed are organic chemical free, and preferably domestically sourced / grown in the US by small farms and herbalists who get their hands in the dirt.

Yes, being an Environmental Biologist before an Herbalist means I'm rather firm in my conservation practices around medicine plants since so many medicine plants are becoming 'endangered' or 'at risk' due to over-harvesting practices. It's a topic I've been watching for more than 25 years and I've always chosen to be a part of the solution. Do follow United Plant Savers for up to date information of the growing concerns and solutions available. Yes, I can direct your choices to other plants that will work just as well. Do ask. Thank you for coming into my world of expanding offerings of handmade earth medicines.

PRICE CODES	1oz.	2oz.	4oz.	8oz.
(1)	\$10.00	\$16.75	\$28.50	\$48.50
(2)	\$11.00	\$18.50	\$31.50	\$53.75
(3)	\$13.00	\$24.00	\$42.00	\$74.00

**\*call for larger quantity inquires or wholesale terms**

## Plant Name (Latin Name) - Medicinal Part - (F=fresh/D=dried) – (Price Code) - Preparation

- Angelica (*Angelica archangelica*) - root - D - (2) -
- Ashwaganda (*Withania somnifera*) root – D (3)
- Astragalus (*Astragalus membranaceus*) - root – D (2)
- Bee Balm (*Monarda fistulosa*) lf & flw – F (1)
- Black Birch Bark (*Betula lenta*) - bark - F – (2)
- Black Cohosh (*Actaea racemosa*) - root – F (2)
- Blue Cohosh (*Caulophyllum thalictroides*) - root – D (2)
- Boneset (*Eupatorium perfoliatum*) - lf & flw - F – **COMING** (1)
- Borage (*Borago officinalis*) - lf & flw - F –(1)
- Burdock (*Arctium lappa*) - root – F (2)
- Burdock Seed (*Arctium lappa*) - seed – D (2)
- Calendula (*Calendula officinalis*) - flower – F (2)
- Catnip (*Nepeta cataria*) lf & flw – F (1)
- Celandine (*Chelidonium majus*) lf & flw – F (1)
- Chaga (*Inonotus obliquus*) - Adirondack region NY mushroom – D (3)
- Chamomile (*Matricaria chamomilla*) flower - F+D (2) – **COMING**
- Chickweed (*Stellaria media*) - lf & flw – F (1)
- Cilantro (*Coriandrum sativum*) lf & flw- F (1)
- Cleavers (*Galium aparine*) lf & flw – F (1)
- Coltsfoot (*Tussilago farfara*) - lf & flw – F (2) - **COMING**
- Comfrey (*Symphytum officinalis*) - leaf – F (1)

- Comfrey (*Symphytum officinalis*) - root – F (2)
- Corn silk (*Zea mays*) - silk – F (2)
- Damiana (*Turnera diffusa*) leaf – D (2) - **COMING**
- Dandelion (*Taraxacum officinalis*) - root – F (2)
- Dandelion (*Taraxacum officinalis*) - leaf - F (1)
- Don Quai (*Angelica sinensis*) - root – D (2)
- Echinacea (*Echinacea purpurea*) - root – F (2)
- Elderberry (*Sambucus nigra*) - berry – F (2)
- Elder flowers (*Sambucus nigra*) - flower – F (2)
- Elecampane (*Inula helenium*) - root – F (2)
- Feverfew (*Tanacetum parthenium*) - lf & flw – F (1)
- Ginger (*Zingiber officinalis*) - root – F (2)
- Ginkgo (*Ginkgo biloba*) leaf – F (1)
- Golden Rod (*Solidagocanadensis*) lf & flw – F (1)
- Gravel root (*Eupatorium purpureum*) - root - F (2)
- Hawthorn (*Crataegus spp.*) - berry – D (2)
- Hops (*Humulus lupulus*) – strobili – D – (2)
- Horsetail (*Equisetum arvense*) - leaf –F (1)
- Japanese Knotweed (*Fallopia japonica*) - root - F – (2)
- **COMING**
- Lady's mantle (*Alchemilla vulgaris*) lf & flw – F (1)
- Lemon Balm (*Melissa officinalis*) lf & flw – F (1)
- Meadowsweet (*Filipendula ulmaria*) -lf & flw – F (2)
- Milk thistle (*Silybum marianum*) - seed – D (2) -
- **COMING**
- Motherwort (*Leonurus cardiaca*) - lf & flw – F (1)
- Mugwort (*Artemisia vulgaris*) - lf & flw – F (1)
- Mullein (*Verbascum thapsus*) - leaf – F (1)
- Milky Oats – (*Avena sativa*) - milky tops - D – (2)
- Osha (*Ligusticum porter*) - root - D (3)
- Partridge Berry (*Mitchella repens*) leaf – F (2) -
- **COMING**
- Passionflower (*Passiflora incarnata*) lf & flw – D (2)
- Pau D'Arco bark - (*Tabebuia impetiginosa*) - bark – D (2)
- Poke (*Phytolacca americana*) - root - F (2) (toxic - follow 1-3 drops/day rule)
- Prickly Ash Bark (*Zanthoxylum americanum*) - bark - D (2)
- Red clover (*Trifolium pratense*) lf & flw - F (2)
- Red Raspberry (*Rubus idaeus*) - lf & flw – F (1)
- Reishi (*Ganoderma tusugae*) - Catskill region, NY mushroom – F (3)
- Rue (*Ruta graveolens*) - lf & flw – F (1)
- Sacred Basil (*Ocimum tenuiflorum*) lf & flw – F (2)
- Sage (*Salvia officinalis*) - lf & flw – F (1)
- (White) Sage (*Salvia apiana*) - leaf - F (3) - (strong; 3 drops/day suggested dose)
- Saint John's wort (*Hypericum perforatum*) lf & flw – F (2)
- Sarsaparilla (*Smilax officinalis*) - root - D (2)
- Saw Palmetto (*Serenoa repens*) - berry - D (2)
- Siberian Ginseng (*Eleutherococcus senticosus*) - root - D (2) - **COMING**
- Skullcap (*Scutellaria laterifolia*) - lf & flw – F (2)
- Teasel Root (*Dipsacus fullonum*) - root - F – (2)
- **COMING**
- Usnea (*Usnea spp.*) - lichen – D (3)
- Uva ursi (*Arctostaphylos uva ursi*) - leaf – (2)
- **COMING**
- Valerian (*Valeriana officinalis*) - root – F (2)
- Vervain, Blue (*Verbena hastata*) – lf, flw, seed – F (2)
- Vervain, White (*Verbena urticifolia*) – lf, flw, seed – F (2)
- Violet (*Viola odorata*) - lf & flw – F (2)
- Vitex Berry (*Vitex agnus castus*) - berry – D (1)
- White Oak bark (*Quercus alba*) - bark - F (2) -
- **COMING**
- White Pine (*Pinus strobus*) needles & bark – F (2) –
- **COMING**
- White Willow (*Salix spp.*) - bark - F (2) - **COMING**
- Wild Cherry (*Prunus spp.*) - bark – D (2) - **COMING**
- Wild Yam (*Dioscorea villosa*) - root – D (2)
- Witch Hazel (*Hamamelis virginiana*) - bark - F (2) -
- **COMING**
- Wormwood (*Artemisia absinthium*) - lf & flw - F (1)
- Yarrow (*Achillea millefolium*) - lf & flw – F (1)
- Yellow dock (*Rumex crispus*) - root – F (2)

This master list is updated as supplies and plants shift in the apothecary. [www.elder moonschool.net](http://www.elder moonschool.net)

Thank you always from ElderMoon School & Apothecary (last updated 10/2018)