

Please circle 1-5 herbs you have  
or would like to grow or wildcraft  
in quantities of 2 lbs or more.

Please email us if you have herbs  
not on the list:

[getyourhandsdirty@haalo.org](mailto:getyourhandsdirty@haalo.org)

common name	latin name
aconite	<i>Aconitum carmichaeli</i>
acorus sweet flag	<i>Acorus gramineus</i>
agrimony	<i>Agrimonia eupatoria</i>
ailanthus bark	<i>Ailanthus altissima</i>
alfalfa	<i>Medicago sativa</i>
alismatis	<i>Alismatis orientalis</i>
alkanet root	<i>Alkanna tinctoria</i>
amalaki fruit (p)	<i>Embllica officinalis</i>
andrographis	<i>Andrographis paniculata</i>
angelica root	<i>Angelica archangelica</i>
angelica-Bai Zhi	<i>Angelica dahurica</i>
angelica-Du Huo	<i>Angelica pubesceus</i>
anise hyssop	<i>Agastache foeniculum</i>
anise seed	<i>Pimpinella anisum</i>
apricot seed	<i>Armeniaca dulcis</i>
arjuna (p)	<i>Terminalia arjuna</i>
ashoka (p)	<i>Saraca indica</i>
ashwaganda root	<i>Withania somnifera</i>
ashwaganda root (p)	<i>Withania somnifera</i>
asparagus wild	<i>Asparagus cochinchinensis</i>
asteris root	<i>Aster tataricus</i>
astragalus	<i>Astragalus spp.</i>
atractylodes	<i>Atractylodes macrocephala</i>
bacopa root (p)	<i>Bacopa monnieri</i>
bala root (p)	<i>Sida cordifolia</i>
bamboo shaving	<i>Caulis bamfusae</i>
bhringraj (p)	<i>Eclipta alba</i>
bibhitaki fruit (p)	<i>Terminalia belerica</i>
bilberry	<i>Vaccinium myrtillus</i>
birch bark	<i>Betula alba</i>
bitter cherry bark	<i>Prunus emarginata</i>
bitter orange peel	<i>Citrus aurantium</i>
bitter orange peel, Chinese	<i>Citrus aurantium</i>
black cohosh root	<i>Cimicifuga racemosa</i>
black haw	<i>Viburnum prunifolium</i>
black peppercorn	<i>Piper nigrum</i>
black walnut hull powder	<i>Juglans nigra</i>

blackberry leaf	<i>Rubus fruticosus</i>
bladderwrack seaweed	<i>Fucus vesiculosus</i>
bloodroot	<i>Sanguinaria canadensis</i>
blue cohosh root	<i>Caulophyllum thalictroides</i>
blue lotus	<i>Nymphaea caerulea</i>
blue vervain	<i>Verbena hastata</i>
boneset	<i>Eupatorium perfoliatum</i>
borage	<i>Borago officinalis</i>
boswellia Frankincense (p)	<i>Boswellia serrata</i>
bupleurum	<i>Bupleurum spp.</i>
burdock root	<i>Arctium lappa</i>
burdock seed	<i>Arctium lappa</i>
butterbur	<i>Petasites hybridus</i>
cacao	<i>Theobroma cacao</i>
calendula	<i>Calendula officinalis</i>
California poppy	<i>Eschscholzia californica</i>
cardamom seed hulled	<i>Amomum cardamomum</i>
cardamom seed powder	<i>Amomum cardamomum</i>
carob chips raw	<i>Ceratonia siliqua</i>
casara sagrada	<i>Rhamnus purshiana</i>
catnip	<i>Nepeta cataria</i>
cat's claw bark	<i>Uncaria tomentosa</i>
cayenne powder	<i>Capsicum annuum</i>
chaga mushroom c/s	<i>Inonotus obliquus</i>
chaga mushroom powder	<i>Inonotus obliquus</i>
chamomile flower	<i>Matricaria chamomilla</i>
chaparral	<i>Larrea tridentata</i>
charcoal-activated	<i>Carbo vegetabilis</i>
chaste tree berry	<i>Vitex agnus-castus</i>
chickweed	<i>Stellaria media</i>
chicory root-roasted	<i>Cichorium intybus</i>
chlorella powder	<i>Chlorella vulgaris</i>
chrysanthemum flower	<i>Chrysanthemum morifolium</i>
cicada moltings	<i>Periostracum cicadae</i>
cimicifuga	<i>Cimicifuga foetida</i>
cinnamon Bark	<i>Cinnamomum cassia</i>
cinnamon powder, true	<i>Cinnamomum verum</i>
cinnamon stick, true	<i>Cinnamomum verum</i>
cinnamon Twig	<i>Cinnamomum cassia</i>
cinnamon-cassia chips	<i>Cinnamomum burmanii</i>
cinnamon-cassia powder	<i>Cinnamomum burmanii</i>
cistanche	<i>Cistanche deserticola</i>
cleavers	<i>Galium aparine</i>
clove powder	<i>Syzygium aromaticum</i>

clove seeds	<i>Syzygium aromaticum</i>
cnidium	<i>Cnidium monnieri</i>
cocklebur	<i>Xanthium sibiricum</i>
coltsfoot	<i>Tussilago farfara</i>
comfrey leaf	<i>Symphytum officinale</i>
comfrey root	<i>Symphytum officinale</i>
copal resin torchwood	<i>Bursera microphylla</i>
copal resin white pine	<i>Bursera microphylla</i>
coptis	<i>Coptis chinensis</i>
cordyceps powder	<i>Cordyceps sinensis</i>
corn silk	<i>Zea mays</i>
corydalis	<i>Corydalis yanhusuo</i>
costus root	<i>Aucklandia lappa</i>
crampbark	<i>Viburnum opulus</i>
cranesbill	<i>Geranium maculatum</i>
cumin seed powder	<i>Cuminum cyminum</i>
cyathula	<i>Cyathula officinalis</i>
damiana	<i>Turnera diffusa</i>
dandelion leaf	<i>Taraxacum officinale</i>
dandelion root	<i>Taraxacum officinale</i>
dandelion root roasted	<i>Taraxacum officinale</i>
dashmool (p)	compound
dashmool whole	compound
devil's claw root	<i>Harpagophytum procumbens</i>
devil's club root	<i>Oplopanax horridus</i>
dhaniya coriander seed Corian	<i>Coriandrum sativum</i>
dodder seed	<i>Cuscuta chinensis</i>
dogwood fruit	<i>Cornus officinalis</i>
dong quai	<i>Angelica sinensis</i>
dragon bone	<i>Fossilia ossis mastodi</i>
echinacea angustifolia root	<i>Echinacea angustifolia</i>
echinacea purpurea root	<i>Echinacea purpurea</i>
eclipta	<i>Eclipta prostrata</i>
elder flower	<i>Sambucus nigra</i>
elderberry	<i>Sambucus nigra</i>
elecampane	<i>Inula helenium</i>
ephedra	<i>Ephedra</i>
eucalyptus	<i>Eucalyptus globulus</i>
eucommia	<i>Eucommia ulmoides</i>
euryale seed	<i>Euryale ferox</i>
evodia	<i>Evodia rutaecarpa</i>
eyebright	<i>Euphrasia officinalis</i>
fennel seed	<i>Foeniculum vulgare</i>
fennel seed (p)	<i>Foeniculum vulgare</i>

fenugreek whole	<i>Trigonella foenum-graecum</i>
feverfew	<i>Tanacetum parthenium</i>
field mint	<i>Mentha arvensis</i>
fleece flower	<i>Polygonatum multiflorum</i>
fo ti stem	<i>Polygonum multiflorum</i>
forsythia fruit	<i>Forsythia suspensa</i>
frankincense resin	<i>Boswellia carteri</i>
fritillaria	<i>Fritillaria cirrhosa</i>
gardenia fruit	<i>Gardenia jasminoides</i>
gastrodia	<i>Gastrodia elata</i>
gentian	<i>Gentiana lutea</i>
ginger	<i>Zingiber officinale</i>
ginger (p)	<i>Zingiber officinale</i>
gingko	<i>Gingko biloba</i>
ginseng, American	<i>panax quinquefolium</i>
ginseng, Chinese	<i>Panax ginseng</i>
goat's rue	<i>Galega officinalis</i>
goji berries	<i>Lycium barbarum</i>
gokshura (p)	<i>Tribulus terrestris</i>
goldenrod	<i>Solidago virgaurea</i>
goldenseal root powder	<i>Hydrastis canadensis</i>
gotu kola (p)	<i>Centella asiatica</i>
gotu kola leaf (c/s)	<i>Centella asiatica</i>
gravel root	<i>Eupatorium purpureum</i>
grindelia flower	<i>Grindelia squarrosa</i>
gua lu	<i>Trichosanthes</i>
guduchi (p)	<i>Tinosora cordifolia</i>
guggulu resin (p)	<i>Commiphora mukul</i>
gurmar	<i>Gymnema sylvestre</i>
gynostemma sweet	<i>Gynostemma pentaphyllum</i>
gynostemma twig	<i>Gynostemma pentaphyllum</i>
happiness bark	<i>Albizia julibrissin</i>
happiness flower	<i>Albizia julibrissin</i>
haritaki fruit (p)	<i>Terminalia chebula</i>
hawthorn berry	<i>Crataegus monogyna</i>
hawthorn chinese	<i>Crataegus pinnatifida</i>
hawthorn leaf and flower	<i>Crataegus monogyna</i>
helichrysum flower	<i>Helichrysum arenarium</i>
hibiscus	<i>Hibiscus sabdariffa</i>
hibiscus powder	<i>Hibiscus sabdariffa</i>
hingvastak blend (p)	<i>Ferula assafoetida</i>
honeysuckle flower	<i>Lonicera spp.</i>
hops	<i>Humulus lupulus</i>
horehound	<i>Marrubium vulgare</i>

horny goat weed	<i>Epimedium sagittatum</i>
horsetail	<i>Equisetum arvense</i>
houltuynia	<i>Houttuynia cordata</i>
hydrangea root	<i>Hydrangea arborescens</i>
hyssop	<i>Hyssopus officinalis</i>
Icelandic moss	<i>Cetraria islandica</i>
Irish moss seaweed	<i>Chondrus crispus</i>
isatis	<i>Isatis baphicacanthi</i>
Jamaican dogwood	<i>Piscidia piscipula</i>
Japanese catnip	<i>Schizonepeta tenuifolia</i>
Japanese knotweed	<i>Polygonum cuspidatum</i>
jasmine flower	<i>Jasminum sp.</i>
jujube date black	<i>Zizyphus vulgaris</i>
jujube date red	<i>Zizyphus vulgaris</i>
jujube seed	<i>Zizyphus vulgaris-spinosa</i>
juniper berry	<i>Juniperus communis</i>
kapikachu (p)	<i>Mucon pruriens</i>
kava kava	<i>Piper methysticum</i>
kelp powder	<i>Ascophyllum nodosum</i>
kombu seaweed	<i>Saccharina japonica</i>
kudzu root	<i>Pueraria spp.</i>
kutki (p)	<i>Picrorhiza kurroa</i>
lady's mantle	<i>Alchemilla vulgaris</i>
lavender	<i>Lavandula x intermedia</i>
lemon balm	<i>Melissa officinalis</i>
lemon verbena	<i>Aloysia citriodora</i>
lemongrass stalk	<i>Cymbopogon citratus</i>
licorice Chinese honey-fried	<i>Glycyrrhiza spp.</i>
licorice root	<i>Glycyrrhiza glabra</i>
ligustrum seed	<i>Ligustrum lucidum</i>
lily bulb	<i>Lilium brownii</i>
linden leaf and flower	<i>Tilia europaea</i>
lion's mane mushroom powder	<i>Hericium erinaceus</i>
lobelia	<i>Lobelia inflata</i>
lomatium root	<i>Lomatium utriculatum</i>
longan fruit	<i>Arillus longan</i>
loranthus	<i>Ramulus Loranthus</i>
lotus seed	<i>Nelumbo nucifera</i>
lotus seed heart	<i>Nelumbo nucifera</i>
luffa sponge	<i>Luffa aegyptiaca</i>
maca root powder	<i>Lepidium meyenii</i>
magnolia bark	<i>Magnoliae officinalis</i>
magnolia flower	<i>Magnoliae officinalis</i>
maitake mushroom	<i>Grifola frondosa</i>

manjista (p)	<i>Rubia cordifolia</i>
manzanita berry	<i>Arctostaphylos</i>
marshmallow root	<i>Althaea officinalis</i>
meadowsweet	<i>Filipendula ulmaria</i>
melia fruit	<i>Melia toosendan</i>
milk thistle seed	<i>Silybum marianum</i>
monarda bee balm	Mondarda sp.
monkfruit	<i>Siraitia grosvenori</i>
morinda	<i>Morinda citrifolia</i>
motherwort	<i>Leonurus cardiaca</i>
motherwort Chinese	<i>Anemarrhena asphodeloides</i>
motherwort root, Chinese	<i>Anemarrhena asphodeloides</i>
mugwort leaf	<i>Artemisia vulgaris</i>
mulberry leaf	<i>Morus alba</i>
mullein	<i>Verbascum densiflorum</i>
musta(p)	<i>Cyperus rotundus</i>
mustard whole	<i>Sinapis alba</i>
myrrh gum resin	<i>Commiphora myrrha</i>
neem leaf (c/s)	<i>Azadirachta indica</i>
neem leaf (p)	<i>Azadirachta indica</i>
nettle leaf	<i>Urtica dioica</i>
nettle root	<i>Urtica dioica</i>
nori	<i>Porphyra sp.</i>
notopterygium	<i>Notopterygium spp</i>
nut grass	<i>Cyperus rotundus</i>
nutmeg powder	<i>Myristica fragans</i>
nutmeg seeds whole	<i>Myristica fragans</i>
oat tops	<i>Avena sativa</i>
oatstraw	<i>Avena sativa</i>
olive leaf	<i>Olea europaea</i>
ophiopogon root	<i>Ophiopogon japonicus</i>
opopanax sweet myrrh	<i>Commiphora sp.</i>
orange peel powder	<i>Citrus sinensis</i>
orange peel whole	<i>Citrus sinensis</i>
oregano	<i>Origanum vulgare</i>
Oregon grape root	<i>Mahonia spp.</i>
orris root	<i>Iris germanica</i>
orris root powder	<i>Iris germanica</i>
oshá	<i>Ligusticum porterii</i>
ox knee	<i>Achyranthes bidentata</i>
oyster shell	<i>Concha ostreae</i>
panax notoginseng	<i>Panax pseudoginseng</i>
partridge berry	<i>Mitchella repens</i>
passionflower	<i>Passiflora incarnata</i>

passionflower powder	<i>Passiflora incarnata</i>
patchouli	<i>Pogostemon cablin</i>
pau d'arco	<i>Tabebuia impetiginosa</i>
peach kernel	<i>Prunus persica</i>
peach leaf	<i>Prunus persica</i>
pennyroyal	<i>Mentha pulegium</i>
peony root red	<i>Paeonia lactiflora</i>
peony root white	<i>Paeonia lactiflora</i>
peony tree bark	<i>Paeonia suffruticosa</i>
peppermint	<i>Mentha piperita</i>
phellodendron bark	<i>Phellodendron amurense</i>
pinellia	<i>Pinellia ternata</i>
pipali (p)	<i>Piper longum</i>
plantain	<i>Plantago major</i>
platycodon	<i>Platycodon grandiflorum</i>
pleurisy root	<i>Asclepias tuberosa</i>
poke root	<i>Phytolacca americana</i>
polygala root	<i>Polygala spp.</i>
polyporus	<i>Polyporus sclerotium</i>
poor man's ginseng	<i>Codonopsis spp.</i>
poria mushroom	<i>Poria cocos</i>
prickly ash bark	<i>Zanthoxylum clava-herculis</i>
psoralea	<i>Psoraleae corylifolia</i>
psyllium husk	<i>Plantago ovata</i>
pulsatilla	<i>Pulsatilla daurica</i>
quassia bark	<i>Quassia amara</i>
rasana galangal root (c/s)	<i>Alpinia galanga</i>
raspberry leaf-red	<i>Rubus idaeus</i>
red clover	<i>Trifolium pratense</i>
red rooibos	<i>Aspalathus linearis</i>
red root	<i>Ceanothus americanus</i>
rehmannia prepared	<i>Rehmannia glutinosa</i>
rehmannia raw	<i>Rehmannia glutinosa</i>
reishi black powder	<i>Ganoderma sinensis</i>
reishi black slices	<i>Ganoderma sinensis</i>
reishi red powder	<i>Ganoderma Lucidum</i>
reishi Red slices	<i>Ganoderma Lucidum</i>
rhodiola root	<i>Rhodiola rosea</i>
rose buds-pink	<i>Rosa damascena</i>
rose petals-pink	<i>Rosa centifolia</i>
rose petals-red	<i>Rosa gallica</i>
rosehips	<i>Rosa spp.</i>
rosemary	<i>Rosmarinus officinalis</i>
rue leaf	<i>Ruta graveolens</i>

safflower	<i>Carthamus tinctorius</i>
sage, common	<i>Salvia officinalis</i>
sage, white	<i>Salvia apiana</i>
salvia root	<i>Salvia miltiorrhiza</i>
sargentodoxae	<i>Sargentodoxa cuneata</i>
sarsparilla-Jamaican root	<i>Smilax regelii</i>
sassafras bark	<i>Sassafras albidum</i>
saw palmetto berry	<i>Serenoa repens</i>
schizandra	<i>Schizandra chinensis</i>
scrophularia	<i>Scrophularia ningpoensis</i>
scutellaria Baical	<i>Scutellaria baicalensis</i>
self heal	<i>Prunella vulgaris</i>
shankpushpi (p)	<i>Evolvulus alsinoides</i>
shardunika leaf (p)	<i>Gymnema sylvestre</i>
shatavari c/s	<i>Asparagus racemosus</i>
shatavari root (p)	<i>Asparagus racemosus</i>
shepherd's purse	<i>Capsella bursa pastoris</i>
shiitake mushroom	<i>Lentinula edodes</i>
shiso leaf	<i>Perilla frutescens.</i>
Siberian ginseng	<i>Eleutherococcus senticosus</i>
Sichuan lovage root	<i>Ligusticum chuanxiong</i>
siler root	<i>Saposhnikovia divaricata</i>
sitopaladi formula (p)	
skullcap	<i>Scutellaria lateriflora</i>
slippery elm bark	<i>Ulmus rubra</i>
slippery elm powder	<i>Ulmus rubra</i>
smilax	<i>Smilax glabra</i>
solomon seal	<i>Polygonatum biflorum</i>
solomon's seal Siberian	<i>Polygonatum spp.</i>
solomon's seal steamed	<i>Polygonatum odoratum</i>
sorrel leaf	<i>Rumex acetosa</i>
spatholobus stem	<i>Spatholobus suberectus</i>
spearmint	<i>Mentha spicata</i>
spikenard root	<i>Aralia racemosa</i>
spilanthes	<i>Acmella oleracea</i>
spirit poria tuckahoe	<i>Poria cocos</i>
spirulina algae	<i>Arthrospira platensis</i>
St John's wort	<i>Hypericum perforatum</i>
star anise pod	<i>Illicium verum</i>
stephania	<i>Stephania tetrandra</i>
sterculia	<i>Sterculia lychnophora</i>
stoneroot	<i>Collinsonia canadensis</i>
sweet woodruff	<i>Galium odoratum</i>
tangerine peel	<i>Citrus reticulata</i>



tansy	<i>Tanacetum vulgare</i>
teasel	<i>Dipsacus fullonum</i>
teasel Chinese	<i>Dipsacus asper</i>
thyme	<i>Thymus vulgaris</i>
trichosanthes fruit	<i>Trichosanthes</i>
trikatu (p)	compound
triphala (p)	<i>Emblica officinalis, Terminalia chebula, Terminalia bellirica</i>
tulsi blend	<i>Ocimum sanctum</i>
tulsi krishna	<i>Ocimum sanctum</i>
tulsi rama	<i>Ocimum sanctum</i>
tulsi vana	<i>Ocimum sanctum</i>
turkey rhubarb	<i>Rheum palmatum</i>
turmeric (p)	<i>Curcuma longa</i>
uncaria stem	<i>Uncaria spp.</i>
usnea lichen	<i>Usnea spp.</i>
uva ursi leaf	<i>Arctostaphylos uva ursi</i>
vacha root (p)	<i>Acorus calamus</i>
valerian	<i>Valeriana officinalis</i>
vanilla bean pod	<i>Vanilla planifolia</i>
vanilla bean powder	<i>Vanillia planifolia</i>
vidanga	<i>Embelia ribes</i>
violet leaf	<i>Viola tricolor</i>
wakame	<i>Undaria pinnatifida</i>
white oak bark powder	<i>Quercus alba</i>
white willow bark	<i>Salix alba</i>
wild cherry bark	<i>Prunus serotina</i>
wild indigo root	<i>Baptisia tinctoria</i>
wild yam Chinese	<i>Dioscorea oppositiflora</i>
wild yam root	<i>Dioscorea villosa</i>
willow bark powder	<i>Salix amygdaloides</i>
witch hazel bark	<i>Hamamelis virginiana</i>
wood betony	<i>Stachys officinalis</i>
wormwood leaf	<i>Artemisia absinthium</i>
yarrow leaf and flower	<i>Achillea millefolium</i>
yellow dock	<i>Rumex crispus</i>
yerba santa	<i>Eriodictyon californicum</i>
yucca root	<i>Yucca glauca</i>

**Pinyin name**

Fu zi

Shi Chang Pu

Ze Xie

Chuan Xin Lian

Bai Zhi

Du Huo

Xing Ren

Tian Men Dong

Zi Wan

Huang Qi

Bai Zhu

Zhu Ru

Zhi shi

Chai Hu

Niu Bang Zi

Ju Hua  
Chan Tui  
Sheng Ma  
Rou Gui

Gui Zhi

Rou Cong Rong

Shi Chuan zi  
Cang Er Zi

Huang Lian

Yu Mi Xi  
Yan Hu Suo  
Mu Xiang

Chuan Niu Xi

Tu Si Zi  
Shan Zhu Yu  
Dang Gui  
Long gu

Han Lian Cao

Ma huang

Du Zhong  
Qian Shi  
Wu Zhu Yu

Bohe  
He Shou Wu  
Ye Jiao Teng/Shou Wu Teng  
Lian Qiao

Zhe Bei Mu  
Zhi Zi  
Tian Ma

Xi Yang Shen  
Ren Shen

Gou Qi Zi

Gua Lou

Jiao Gu Lan  
Jiao Gu Lan  
He Huan Pi  
He Huan Hua

Shan Zha

Jin Yin Hua

Yin Yang Huo

Yu Xing Cao

Ban Lan Gen Woad

Jing Jie

Hu Zhang

Da Zao

Hong Zao

Suan Zao Ren Chao

Ge Gen

Zhi Gan Cao

Nu Zhen Zi

Bai He

Long Yan Rou

Sang Ji Sheng
Lian Zi Rou
Lian Zi Xin
Si Gua Lou
Hou Po
Xin Yi Hua

Chuan Lian Zi
Luo Han Guo
Ba Ji Tian
Zhi Mu
Zhi mu
Sang Ye
Qiang Huo
Xiang Fu
Mai Men Dong
Huai Niu Xi
Mu Li
San Qi

Huo Xiang
Tao Ren
Chi Shao
Bai Shao
Mu Dan Pi
Huang Bai
Ban Xia
Jie Geng
Yuan Zhi
Zhu Ling
Dang Shen
Fu Ling
Bu Gu Zhi
Bai tou weng
Di Huang Shu
Di Huang Sheng
Ling Zhi Hei
Ling Zhi Hei
Ling Zhi Hong
Ling Zhi Hong



Hong Hue
Dan Shen
Hong Teng
Wu Wei Zi
Xuan Shen
Huang Qin
Zi Su Ye
Chuan Xiong
Fang Feng
Tu Fu Ling
Huang Jing
Yu Zhu

Ji Xue Teng

Fu Shen

Han Fang Ji  
Pang Da Hai

Chen Pi

Xu Duan

Tian hua fen

Gou Teng

Shan Yao