



Organic and Ethically Wild-harvested Botanicals

Siskiyou Mountain Herbs

A family business in Southern Oregon offering handmade products, custom herbal formulations, consultations, classes, apprenticeships, herb walks, herb nursery, and ecological landscape design

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printed on tree-free paper!

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2015 Catalog

Siskiyou Mountain Herbs is a family business located in Southern Oregon. We offer handmade products, custom herbal formulations, consultations, classes and informal tea talks, apprenticeships, herb walks, herb nursery, and ecological landscape design.

In order to provide high quality products while protecting sensitive plants, we propagate and grow many medicinal plants. We hope you can join us someday for an herb walk to experience the healing plants first-hand!

We always need help planting and tending our botanical gardens, so contact us if you are interested in volunteering.



We offer:

A Full Herbal Pharmacy and Apothecary:

Custom formulations, more than 200 tinctures, tea blends, lotions, creams, salves and medicated oils, essential oils, powders, cordials, suppositories and more...

An Herbal Nursery with Potted Herbs

Use our well established herbs or seeds to start or add to your medicinal garden

Classes, Herb Walks, and Lectures

Whatever your learning style, join us for informative monthly tea talks in a relaxing environment, meet the plants herb walks, focused classes on specific topics, and how-to pharmacy workshops to learn to make it yourself

Herbal or Farm Apprenticeship Programs

Immerse yourself in the day to day, and learn by doing! For the tactile learners.

Medicinal and Edible Landscape Design

Utilize the combined talents and experience of Steve and Deb to design your Permaculture garden paradise

Medicinal Plant Survey

Learn what medicinal plants grow on your land, and how to use them.

Please check with your health care provider if you are pregnant, nursing, taking medication, or have a medical condition before taking herbs.

Disclaimer This information is for educational purposes only, it is not intended to treat, cure, prevent or diagnose any disease or condition. Nor is it intended to prescribe in any way.

ORGANIC FLOWER REMEDIES

in 20-30% alcohol \$7.50/ 1oz amber dropper bottle \$25/ 4oz bottle

Agrimony	Dogwood	Mariposa Lily	Scarlet Monkey-flower
Aloe Vera	Easter Lily	Milkweed	Scleranthus
Alpine Lily	Echinacea	Mimulus	Scotch Broom
Angel's Trumpet	Elm	Morning Glory	Self-Heal
Angelica	Evening Primrose	Mountain Pennyroyal	Shasta Daisy
Arnica	Fairy Lantern	Mountain Pride	Shooting Star
Aspen	Fawn Lily	Mugwort	Snapdragon
Baby Blue Eyes	Filaree	Mullein	Star of Bethlehem
Basil	Five-Flower	Mustard	Star Thistle
Beech	Formula (Rescue Remedy)	Nasturtium	Star Tulip
Black Cohosh	Forget-Me-Not	Nicotiana	Sticky Monkey-flower
Blackberry	Fuchsia	Oak	Sunflower
Black-Eyed Susan	Garlic	Olive	Sweet Chestnut
Bleeding Heart	Gentian	Oregon Grape	Sweet Pea
Borage	Gentian	Penstemon	Tansy
Buttercup	Golden Ear Drops	Peppermint	Tiger Lily
Calendula	Golden Yarrow	Pine	Trillium
Calif. Pitcher Plant	Goldenrod	Pink Monkeyflower	Trumpet Vine
Calif. Wild Rose	Gorse	Pink Yarrow	Vervain
California Poppy	Heather	Poison Oak	Vine
Calla Lily	Hibiscus	Pomegranate	Violet
Canyon Dudleya	Holly	Pretty Face	Walnut
Cayenne	Honeysuckle	Purple Monkey-flower	Water Violet
Centaury	Hornbeam	Quaking Grass	White Chestnut
Cerato	Hound's Tongue	Queen Anne's Lace	Wild Oat
Chamomile	Impatiens	Quince	Wild Rose
Chaparral	Indian Paintbrush	Rabbitbrush	Willow
Cherry Plum	Indian Pink	Red Chestnut	Yarrow
Chestnut Bud	Iris	Red Clover	Yarrow Environmental Solution
Chicory	Lady's Slipper	Rock Rose	Yellow Star Tulip
Chrysanthemum	Larch	Rock Water	Yerba Santa
Clematis	Larkspur	Rosemary	Zinnia
Corn	Lavender	Sage	
Cosmos	Lotus	Sagebrush	
Crab Apple	Love-Lies-Bleeding	Saguaro	
Dandelion	Madia	Saint John's Wort	
Deerbrush	Mallow		
Dill	Manzanita		

*Contact me to schedule a consultation today!
Let me guide you towards better health...*

Debbie Lukas (541) 592-3386

LOTIONS AND CREAMS

- Our creams and lotions are handmade in small batches
- We use all natural ingredients, locally sourced when available
 - No chemical preservatives added, shelf life 6 months-1 year
- Many skin care products contain petroleum and chemicals that are not safe to eat, so why would you apply them to your skin?
- We formulate for your health, using only high-quality ingredients

Rosa Mosqueta Lotion

Soothe your hands and face with this luscious lotion, traditionally used for premature skin aging, sunspots, wrinkles and scars.

Ingredients: organic Aloe juice, organic Comfrey and Calendula infused in organic extra virgin California olive oil, organic Rosehip seed oil (10%), organic Mango butter, local beeswax and essential oils.

1.8 oz blue glass jar	\$15
4 oz blue glass jar	\$25

Calendula Cream

An everyday cream for repairing dry, chapped skin. Calendula has a long history of use as a speedy tissue healer.

Ingredients: organic Aloe gel, organic Calendula and wild Chaparral infused in organic extra virgin California olive oil, organic Cocoa butter, local beeswax and essential oil.

1 oz clear glass jar	\$7.50
2 oz clear glass jar	\$14
4 oz clear glass jar	\$25

We make creams and lotions to order! Minimum 8oz.

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Spritzers

- \$12 each, in 4 oz cobalt blue glass spray bottles
Refresh yourself with these scented sprays. Use as a light perfume, deodorant, room freshener, after bath or summer cooling spritz.
- Antiseptic Thieve's Combo-** anti-microbial for bathroom or sick room
- Azalea-** fresh spring floral scent
- Citronella- Bug Off!-** to repel mosquitos
- Geranium-** Deodorizing, stress relieving rosy scent
- Honeysuckle-** sweet, soothing and uplifting
- Jasmine-**calming to mental stresses, aphrodisiac
- Lavender-** a favorite soothing scent, relieves headaches
- Narcissus-** intoxicating, rich, sultry scent
- Rose-** calming antidepressant, also relieves headaches

SIMPLES

Simples are single herb tinctures (alcohol extracts) sold in amber glass bottles. 1oz & 2oz have glass droppers, 4oz have caps (droppers available for \$1)

To support organic and sustainable practices, we use 95% (190 proof) USP organic cane and grape alcohol. Grape alcohol is hypo-allergenic and guaranteed to be free of genetic modification. Some tinctures may include glycerine or vinegar, for best extraction and stability. Fresh 1:2, dry 1:5

AMBROSIA *A. spp.* Fresh tops **1oz \$10, 2oz \$18, 4oz \$34**
ANGELICA *A. archangelica* Dry root **1oz \$10, 2oz \$18, 4oz \$34**
ANGELICA *A. genuflexa* Seed **1oz \$10, 2oz \$18, 4oz \$34**
ANGELICA, CHINESE *A. sinensis* Dry root **1oz \$10, 2oz \$18, 4oz \$34**
ANEMONE, *A. pulsatilla* Fresh aerial parts **1oz \$10, 2oz \$18, 4oz \$34**
ARALIA *A. californica* Fresh berry, Fresh/Dry Root **1oz \$10, 2oz \$18, 4oz \$34**
ARNICA *A. montana*, *A. chamissonis* Fresh **1oz \$10, 2oz \$18, 4oz \$34**
ARTICHOKE *Cynara scolymus* Fresh leaf **1oz \$10, 2oz \$18, 4oz \$34**
ASHWAGANDA *Withania somnifera* Fresh root **1oz \$10, 2oz \$18, 4oz \$34**
ASTRAGALUS *A. membranaceus* Dry root **1oz \$10, 2oz \$18, 4oz \$34**
BANE BERRY, WESTERN *Actaea rubra* Fresh root **1oz \$10, 2oz \$18, 4oz \$34**
BALSAM POPLAR *Populus trichocarpa* Fresh buds **1oz \$10, 2oz \$18, 4oz \$34**
BALSAMROOT *Balsamorhiza sagittata* Fresh root **1oz \$10, 2oz \$18, 4oz \$34**
BAYBERRY *Myrica cerifera* Dry bark **1oz \$10, 2oz \$18, 4oz \$34**
BETONY see *Pedicularis spp.* or Wood Betony **1oz \$10, 2oz \$18, 4oz \$34**
BLACKBERRY *Rubus armeniacus* Fresh root **1oz \$10, 2oz \$18, 4oz \$34**
BLACK COHOSH *Actaea racemosa*, syn. *Cimicifuga* Dry root **\$10, \$18, \$34**
BLACK HAW *Viburnum prunifolium* Dry bark **1oz \$10, 2oz \$18, 4oz \$34**
BLACK WALNUT *Juglans nigra* Fresh green hulls **1oz \$10, 2oz \$18, 4oz \$34**
BLADDERWRACK *Fucus vesiculosus* Dry seaweed **1oz \$10, 2oz \$18, 4oz \$34**
BLEEDING HEART *Dicentra formosa* Fresh root **1oz \$10, 2oz \$18, 4oz \$34**
BLUE COHOSH *Caulophyllum thalictroides* Dry root **1oz \$10, 2oz \$18, 4oz \$34**
BLUE FLAG *Iris versicolor* Dry root **1oz \$10, 2oz \$18, 4oz \$34**
BOG BEAN, BUCK BEAN *Menyanthes trifoliata* Fresh aerial parts **\$10, \$18, \$34**
BONESET *Eupatorium perfoliatum* Fresh tops/flower **1oz \$10, 2oz \$18, 4oz \$34**
BORAGE *Borago officinalis* Fresh flowering tops **1oz \$10, 2oz \$18, 4oz \$34**
BLOODROOT *Sanguinaria canadensis* Dry root **1oz \$12, 2oz \$22, 4oz \$40**
BRICKELLIA *B. spp.* AKA *Prodigiosa* **1oz \$10, 2oz \$18, 4oz \$34**
BUGLEWEED *Lycopus spp.* Fresh aerial parts **1oz \$10, 2oz \$18, 4oz \$34**
BURDOCK *Arctium lappa* Fresh/dry root, Dry seed **1oz \$10, 2oz \$18, 4oz \$34**
CACTUS *Selenicereus grandiflorus* Fresh herb 1:1.75 **1oz \$12, 2oz \$22, 4oz \$40**
CALENDULA *C. officinalis* Dry flowers 96%, 40% **1oz \$10, 2oz \$18, 4oz \$34**
CALIFORNIA POPPY *Eschschultzia californica* Fresh root/flower **\$10, \$18, \$34**
CALIFORNIA SPIKENARD see *Aralia californica*
CANADIAN FLEABANE *Erigeron canadensis* Fresh in flower **\$10, \$18, \$34**
CASCARA SAGRADA *Rhamnus purshiana/Frangula* Aged bark **\$10, \$18, \$34**
CATNIP *Nepeta cataria* Fresh herb **1oz \$10, 2oz \$18, 4oz \$34**

HERBAL OILS

For External Use Only

Herbs are infused in organic oil, strained, and decanted. Shelf life 1 year, 2+ years with refrigeration.

Sold in amber glass bottles

1 oz. - \$8.00
2 oz. - \$15.00
4oz. - \$25.00

Made with herbs grown at Frog Farm.

Arnica Oil	Gotu Kola Oil
Calendula Oil	Grindelia Oil
Chickweed Oil	Lavender Oil
Comfrey Oil	Mugwort Oil
Echinacea Oil	Self Heal Oil
Figwort Oil	Violet Oil

Made with wild-harvested herbs.

Chaparral Oil
Cottonwood Oil
Red Cedar Oil
St. John's Wort Oil
Sweet White Clover Oil
White Sage Oil



VINEGARS

Cyclone Cider Immune booster. Used to prevent or treat viral infections, colds, and flu; promotes healing during chronic infection.

Ingredients: organic apple cider vinegar, organic herbs (garlic, ginger, onion, cayenne), organic lemon juice, organic honey

4oz \$25 8oz \$40

Gout Out Formula For prevention and relief of gouty arthritis. Ingredients: organic apple cider vinegar, organic/wild herbs (yerba mansa, dandelion, nettle, couchgrass, celery, meadowsweet, lemon peel), organic honey

4oz \$25 8oz \$40

Herbal Oil Blends

Injury Oil *Apply to bruises, muscle aches, strains and sprains; avoid open wounds.* Contains wild and organic herbs, organic olive oil, and essential oils.

1 oz. - \$10.00
2 oz. - \$18.00
4oz. - \$35.00

Ear Oil *Apply drop to ear canal; avoid if ear drum ruptured.* Contains wild and organic herbs extracted in organic olive oil.

1 oz. - \$10.00

Neem Oil Blend *Anti-fungal, anti-scabies; apply twice a day.* Contains wild and organic herbs extracted in organic olive oil.

2 oz. - \$12.00
4oz. - \$20.00

Hemorrhoid Oil *Apply as needed to relieve pain, repair tissues, and prevent infection.* Contains wild and organic herbs extracted in organic olive oil.

1 oz. - \$10.00

Massage Oil *Apply as needed.* Contains wild and organic herbs extracted in organic oils, essential oil.

Choose Relaxing & Healing or Sage Blend
4 oz. - \$15.00

Breast Massage Oil *Apply as needed.* Contains wild and organic herbs extracted in organic oils, rosa mosqueta & essential oils.

1 oz. - \$12.00
2 oz. - \$20.00

SALVES AND BALMS

Salves contain organic and wild-harvested herbs infused in organic extra virgin olive oil, essential oils, and local beeswax.

1oz \$7.50 2oz \$14 4oz \$25

Anti-Fungal Salve: For athlete's foot, and fungal rashes.

Anti-Viral Salve: For herpes and warts

Arnica Salve: For sore muscles, strains & sprains, bruises

Chaparral Salve: For wounds, arthritis, sun/burns, cracked skin

Chest Rub: To relieve congestion during coughs and colds

Comfrey Salve: For scrapes, shallow cuts, dry skin, rashes, bumps & bruises

Gardener's Salve: Use on cracks, cuts, burns, arthritic joints, sprains. Speeds healing, prevents infection.

Healing Salve: An all-purpose blend for wounds, lips, dry skin, rashes, and baby butts

Soothing Salve: For dry, itchy skin, eczema

Teat Salve: Like "Bag Balm" for goats, also good for cuts, scrapes & funky skin

Balms contain organic and wild-harvested herbs infused in organic oils, with antioxidants, essential oils, and local beeswax.

1oz \$12 2oz \$20 4oz \$35

Dream Balm

Apply to your temples for more vivid dreams, or to relieve headaches

Green Goddess Breast Butter

For breast health (make self exam more fun!) and to reduce premenstrual swelling by aiding lymphatic movement

CAT'S CLAW *Uncaria tomentosa* Dry bark **1oz \$10, 2oz \$18, 4oz \$34**

CAYENNE *Capsicum annuum* **1oz \$10, 2oz \$18, 4oz \$34**

CELANDINE, GREATER *Chelidonium majus* Fresh w/roots, or tops **\$10, \$18, \$34**

CHAMOMILE, GERMAN *Matricaria recutita* Fresh flowers **\$10, \$18, \$34**

CHAPARRAL *Larrea tridentata* Dry branch tips **1oz \$10, 2oz \$18, 4oz \$34**

CHAPARRO ARMAGOSA *Castella emoryi* Dry branch tip **\$12, \$22, \$40**

CHASTE TREE BERRY see *Vitex*

CHICKWEED *Stellaria media* Fresh plant **1oz \$10, 2oz \$18, 4oz \$34**

CINNAMON BARK *Cinnamomum spp.* Dry bark **1oz \$10, 2oz \$18, 4oz \$34**

CLEAVERS *Galium aparine* Fresh plant **1oz \$10, 2oz \$18, 4oz \$34**

COLA *C. vera* **1oz \$10, 2oz \$18, 4oz \$34**

CORAL ROOT *Corallorhiza sp.* Fresh root **1oz \$12, 2oz \$22, 4oz \$40**

CORDYCEPS *C. sinensis* Organic mycelia 1:1 FE **1oz \$14, 2oz \$26, 4oz \$50**

CORNSILK *Zea mays* Fresh silk **1oz \$10, 2oz \$18, 4oz \$34**

CORYDALIS *Corydalis sp.* **Yan hu suo** Dry root **1oz \$10, 2oz \$18, 4oz \$34**

COTTON ROOT *Gossypium hirsutum* Fresh organic root **\$12, \$22, \$40**

CRAMP BARK *Viburnum opulus* Dry bark **1oz \$10, 2oz \$18, 4oz \$34**

COUCH GRASS *Agropyron repens syn. Elymus repens* **1oz \$10, 2oz \$18, 4oz \$34**

DAMIANA *Turnera diffusa* Dry leaves **1oz \$10, 2oz \$18, 4oz \$34**

DANDELION *Taraxacum officinale* Dry root or fresh leaf **1oz \$10, 2oz \$18, 4oz \$34**

DANDELION *Taraxacum officinale* Dry root 1:1 FE **1oz \$15, 2oz \$27, 4oz \$50**

DEVIL'S CLUB *Oplopanax horridus* Dry root bark 1:4 **1oz \$12, 2oz \$22, 4oz \$40**

ECHINACEA *E. angustifolia* Dry root **1oz \$12, 2oz \$22, 4oz \$40**

ECHINACEA *E. purpurea* Root, Flower and Leaf, alcohol or glycerite **\$10, \$18, \$34**

ELDER *Sambucus canadensis* Fresh berries, or Dry flowers **\$10, \$18, \$34**

ELECAMPANE *Inula helenium* Fresh root **1oz \$10, 2oz \$18, 4oz \$34**

EYEBRIGHT *Euphrasia officinalis* Dry (organic not wild) **1oz \$10, 2oz \$18, 4oz \$34**

FENNEL *Foeniculum vulgare* Fresh or dry seed **1oz \$10, 2oz \$18, 4oz \$34**

FEVERFEW *Tanacetum parthenium syn. Chrysanthemum* Fresh tops **\$10, \$18, \$34**

FIGWORT *Scrophularia nodosa* Fresh root or Tops **1oz \$10, 2oz \$18, 4oz \$34**

FRINGE TREE *Chionanthus virginicus* Dry bark **1oz \$12, 2oz \$22, 4oz \$40**

FUCUS (see Bladderwrack) **1oz \$10, 2oz \$18, 4oz \$34**

GARLIC *Allium sativum* Fresh bulb **1oz \$10, 2oz \$18, 4oz \$34**

GELSEMIUM *G. sempervirens* 1:5 or 1:10 **1oz \$10, 2oz \$18, 4oz \$34**

GENTIAN *Gentiana lutea* Dry root **1oz \$10, 2oz \$18, 4oz \$34**

GINGER *Zingiber officinale* Dry root **1oz \$10, 2oz \$18, 4oz \$34**

GINKGO *G. biloba* Fresh leaf **1oz \$10, 2oz \$18, 4oz \$34**

GINSENG, AMERICAN *Panax quinquefolia* Organic not wild root **\$14, \$26, \$50**

GINSENG, SIBERIAN *Eleutherococcus senticosus* Dry root **\$10, \$18, \$34**

GOAT'S RUE *Galega officinalis* Dry leaf **1oz \$10, 2oz \$18, 4oz \$34**

GOLDENROD *Solidago canadensis* Dry flowering tops, percolation **\$10, \$18, \$34**

GOLDENSEAL *Hydrastis canadensis* Organic not wild root **1oz \$14, \$26, \$50**

GOTU KOLA *Centella asiatica* Fresh whole plant **1oz \$10, 2oz \$18, 4oz \$34**

GRAVEL ROOT, JOE PYE WEED *Eupatorium purpureum* Dry root **\$10, \$18, \$34**

GRINDELIA *G. spp.* Fresh buds & flowers **1oz \$10, 2oz \$18, 4oz \$34**

GYMNEMA *G. sylvestri* Dry **1oz \$10, 2oz \$18, 4oz \$34**

HAWTHORN *Crataegus spp.* Berry, or Leaf and Flower **\$10, \$18, \$34**

HOLY BASIL *Ocimum sanctum* **1oz \$10, 2oz \$18, 4oz \$34**

HOPS *Humulus lupulus* Fresh strobiles **1oz \$10, 2oz \$18, 4oz \$34**

HOREHOUND *Marrubium vulgare* Dry leaf 1oz \$10, 2oz \$18, 4oz \$34
HORSE CHESTNUT *Aesculus hippocastanum* Dry fruit 1oz \$10, 2oz \$18, 4oz \$34
HYDRANGEA *Hydrangea arborescens* Dry root 1oz \$10, 2oz \$18, 4oz \$34
HYSSOP *Hyssopus officinalis* Fresh flowering tops 1oz \$10, 2oz \$18, 4oz \$34
IRIS VERSICOLOR see Blue flag 1oz \$10, 2oz \$18, 4oz \$34
JAIMACAN DOGWOOD *Piscidia piscipula* Dry bark 1oz \$10, 2oz \$18, 4oz \$34
KAVA *Piper methysticum* Fresh/dry root 1oz \$12, 2oz \$22, 4oz \$40
KAVA *Piper methysticum* Dry root FE 1:1 1oz \$14, 2oz \$26, 4oz \$50
LADY'S MANTLE *Alchemilla vulgaris* Fresh tops 1oz \$10, 2oz \$18, 4oz \$34
LAVENDER *Lavendula angustifolia* Dry flowers 1oz \$10, 2oz \$18, 4oz \$34
LEMON BALM *Melissa officinalis* Fresh leaf glycerite or alcohol \$10, \$18, \$34
LICORICE, AMERICAN *Glycyrrhiza lepidota* Dry root 1oz \$10, 2oz \$18, 4oz \$34
LICORICE, CHINESE *Glycyrrhiza glabra* Dry root 1oz \$10, 2oz \$18, 4oz \$34
LIGUSTRUM aka PRIVET *L. lucidum* Dry Fruit 1oz \$10, 2oz \$18, 4oz \$34
LINDEN *Tilia sp.* Dry leaf and flower 1oz \$10, 2oz \$18, 4oz \$34
LION'S MANE *Hericum erinaceus* Fresh tincture 1oz \$10, 2oz \$18, 4oz \$34
LION'S MANE *Hericum erinaceus* Dry organic FE 1:1 \$14, \$26, \$50
LOBELIA *L. inflata* Fresh flowering/seed tops 1:2 or 1:5 1oz \$10, 2oz \$18, 4oz \$34
LOMATIUM *L. dissectum* Fresh or dry root 1oz \$10, 2oz \$18, 4oz \$34
LYCOPUS *L. spp.* Fresh flowering tops 1oz \$10, 2oz \$18, 4oz \$34
MARSHMALLOW *Althaea officinalis* Root 1oz \$10, 2oz \$18, 4oz \$34
MILK THISTLE *Silybum marianum* Dry seed 1oz \$10, 2oz \$18, 4oz \$34
MOTHERWORT *Leonurus cardiaca* Fresh flowering tops 1oz \$10, 2oz \$18, 4oz \$34
MUGWORT *Artemisia spp.* 1oz \$10, 2oz \$18, 4oz \$34
MULLEIN *Verbascum spp.* Fresh leaf 1oz \$10, 2oz \$18, 4oz \$34
MULLEIN *Verbascum spp.* Fresh flower 1oz \$12, 2oz \$22, 4oz \$40
MYRRH *Commiphora myrrha* Dry resin 1oz \$10, 2oz \$18, 4oz \$34
NETTLE *Urtica dioica* Dry root 1oz \$10, 2oz \$18, 4oz \$34
NETTLE SEED *Urtica dioica* Dry seed 1oz \$12, 2oz \$22, 4oz \$40
OATS, MILKY STAGE *Avena sativa* Fresh seed 1oz \$10, 2oz \$18, 4oz \$34
OATSTRAW *Avena sativa* Herb 1oz \$10, 2oz \$18, 4oz \$34
OCOTILLO *Fouquieria splendens* Fresh bark 1oz \$10, 2oz \$18, 4oz \$34
ORANGE MINT *Mentha citrata* Herb 1oz \$10, 2oz \$18, 4oz \$34
ORANGE PEEL *Citrus sinensis* Dry 1oz \$10, 2oz \$18, 4oz \$34
OREGON GRAPE *Mahonia aquifolia* Root 1oz \$10, 2oz \$18, 4oz \$34
OSHA ROOT *Ligusticum porteri* Dry root 1oz \$12, 2oz \$22, 4oz \$40
PASSIONFLOWER *Passiflora incarnata* Fresh in flower 1oz \$10, 2oz \$18, 4oz \$34
PAU D'ARCO *Tabebuia impetiginosa* Dry bark 1oz \$10, 2oz \$18, 4oz \$34
PEDICULARIS *P. densiflora, P. racemosa* Fresh in flower 1oz \$10, 2oz \$18, 4oz \$34
PELLITORY OF THE WALL *Parietaria officinalis* 1oz \$12, 2oz \$22, 4oz \$40
PEONY, WHITE *Paeonia lactiflora* Bai shao yao Dry root 1oz \$10, 2oz \$18, 4oz \$34
PEPPERMINT *Mentha piperita* Fresh tops 1oz \$10, 2oz \$18, 4oz \$34
PIPSISSEWA *Chimaphila umbellata* Fresh flowering tops 1oz \$10, 2oz \$18, 4oz \$34
PLANTAIN *Plantago lanceolata* Fresh plant 1oz \$10, 2oz \$18, 4oz \$34
PLEURISY *Asclepias tuberosa* Dry root 1oz \$10, 2oz \$18, 4oz \$34
POKE *Phytolacca americana* Fresh root 1oz \$10, 2oz \$18, 4oz \$34
PRICKLY ASH *Zanthoxylum clava-herculis* Dry bark 1oz \$10, 2oz \$18, 4oz \$34
PROPOLIS (100% bee) 1oz \$14, 2oz \$26, 4oz \$50
PULSATILLA *Pulsatilla officinalis* Fresh 1:2 or 1:10 1oz \$10, 2oz \$18, 4oz \$34

ESSENTIAL OILS

High quality steam-distilled plant oils, no chemicals used

ESSENTIAL OILS	5ml	10ml	15ml	30ml
Citronella, Organic	\$3.50	\$5.00	\$8.00	\$12.00
Clove bud		\$5.00		\$12.00
Eucalyptus globulus		\$5.00		\$12.00
Geranium, Egypt	\$8.00		\$20.00	\$38.50
Lavender Organic H.A.	\$7.50	\$12.00	\$15.00	\$26.00
Lavandin Super			\$ 7.00	\$13.00
Lemongrass, Organic		\$12.00		
Peppermint		\$ 8.00		\$20.00
Rosemary		\$ 7.50		\$18.00
Tea tree, Organic	\$5.00		\$ 8.00	\$14.00
Thuja			\$ 8.00	
Wintergreen, Organic			\$ 6.50	\$10.00

ESSENTIAL OIL BLENDS	5ml	10ml	15ml	30ml
Anti-itch Oil	\$10.00	\$15.00		\$35.00
Thieves Protective Oil	\$ 8.00	\$12.00	\$18.00	\$30.00

Protective oil - based on Thieves Blend

Thieves Oil Blend was created from research about four thieves during the 15th-century plague who used cloves, rosemary, and other aromatics to protect themselves while robbing plague victims. One blend was tested at Weber State University, Utah, and found to have a 99.96% effectiveness rate against airborne bacteria. This is a blend of pure essential oils for inhalation (as a room spray or in a diffuser). Some people use a small amount topically (diluted in vegetable oil -10 drops EO blend per ounce), applied to the bottoms of the feet. As it may be irritating to some, try a small test patch first.

Anti-itch oil

Reduce redness and prevent scratching in eczema, bug bites, and rashes such as poison oak and ivy. Contains menthol crystals and essential oils.

Other essential oils available, please inquire.

ORAL CARE

Tooth Packing Compound

Use following extractions, to prevent dry socket & promote healing

Ingredients: organic/wild harvested Slippery Elm, Goldenseal root (organic only), Bayberry bark, Orris root, Myrrh, Clove, Licorice and Essential oils.

2oz glass jar \$10 4oz glass jar \$18

Tooth Powder

Use on brush for oral health.

Ingredients: organic/wild Bayberry bark, Orris, Licorice, Myrrh, Clove, Essential oils.

2oz glass jar \$7.50 4oz glass jar \$14

Gum & Mouthwash Formula

Mix with hot water and use as a swish/mouthwash.

Ingredients: organic/wild Echinacea, Yerba Mansa, Myrrh, organic alcohol, vegetable glycerine, essential oil.

1oz tincture bottle \$12 2oz \$20

Spilanthes Honey

Reduce pain & speed healing of sore throat, mouth ulcers.

Ingredients: Fresh plant in local organic honey

2oz glass jar \$14 4oz glass jar \$25

CAPSULES

ground, organic herbs in vegicaps in amber glass bottles

American Ginseng 50 "0" 425mg vegicaps \$22

Ashwagandha 50 "00" 450mg vegicaps \$12, 100 caps \$20

Black Cohosh 50 "0" 400mg vegicaps \$10

Charcoal 50 "0" vegicaps \$10, 100 caps \$16

Cloves 100 "0" 300mg vegicaps \$15, 100 "00" 515mg \$20

Feverfew 50 "0" 290mg vegicaps \$10, 100 caps \$16

Ginger 50 "0" vegicaps \$10, 100 caps \$16

Goldenseal 25 "00" vegicaps \$20, 100 Caps \$75

Turmeric 50 "00" 750mg vegicaps \$14, 100 Caps \$22

Vitex 50 "00" 525mg vegicaps \$8.50, 100 Caps \$14

Wormwood 100 "00" 200mg vegicaps \$12

PUNCTURE VINE *Tribulus terrestris* Dry percolation 1oz \$12, 2oz \$22, 4oz \$40

RAGWEED *Ambrosia spp.* Fresh flowering tops 1oz \$10, 2oz \$18, 4oz \$34

RED CEDAR *Thuja plicata* Fresh branch tips 1oz \$10, 2oz \$18, 4oz \$34

RED CLOVER *Trifolium pratense* Flowers 1oz \$10, 2oz \$18, 4oz \$34

RED ROOT *Ceanothus spp.* Fresh or dry root 1oz \$10, 2oz \$18, 4oz \$34

ROSA *Rosa spp.* Dry 1oz \$10, 2oz \$18, 4oz \$34

ROSEMARY *Rosmarinus officinalis* Herb 1oz \$10, 2oz \$18, 4oz \$34

SARSAPARILLA *Smilax californica, S. spp.* Wild root 1oz \$10, 2oz \$18, 4oz \$34

SAW PALMETTO *Serenoa repens* Dry fruits 1oz \$10, 2oz \$18, 4oz \$34

SCHISANDRA *Schisandra chinensis* Dry berries 1oz \$12, 2oz \$22, 4oz \$40

SELF-HEAL *Prunella vulgaris* Fresh flowers 1oz \$10, 2oz \$18, 4oz \$34

SHEPHERD'S PURSE *Capsella bursa pastoris* Fresh 1oz \$10, 2oz \$18, 4oz \$34

SIBERIAN GINSENG *Eleutherococcus senticosus* Dry 1oz \$10, 2oz \$18, 4oz \$34

SILK TASSEL *Garrya fremontii* Fresh leaf 1oz \$10, 2oz \$18, 4oz \$34

SKULLCAP *Scutellaria lateriflora* Fresh flowering tops 1oz \$10, 2oz \$18, 4oz \$34

SPILANTHES see TOOTHACHE PLANT

ST. JOHN'S WORT *Hypericum perforatum* Fresh buds 1oz \$10, 2oz \$18, 4oz \$34

STREAM ORCHID *Epipactis gigantea* Fresh tops 1oz \$14, 2oz \$26, 4oz \$50

SWEET ANNIE *Artemisia annua* Dry 1oz \$10, 2oz \$18, 4oz \$34

TECOMA *Tecoma stans* Fresh 1oz \$12, 2oz \$22, 4oz \$40

THYME *Thymus vulgaris* Dry herb 1oz \$10, 2oz \$18, 4oz \$34

TOOTHACHE PLANT *Acmella oleracea* Fresh 1oz \$10, 2oz \$18, 4oz \$34

TURKEY RHUBARB *Rheum palmatum* Dry root 1oz \$10, 2oz \$18, 4oz \$34

TURMERIC *Curcuma longa* Dry root 60% or 95% 1oz \$10, 2oz \$18, 4oz \$34

USNEA *U. spp.* Fresh lichen 1oz \$10, 2oz \$18, 4oz \$34

VALERIAN *Valeriana officinalis* Dry root 1oz \$10, 2oz \$18, 4oz \$34

VERVAIN *Verbena officinalis* Fresh flowering tops 1oz \$10, 2oz \$18, 4oz \$34

VIOLET *Viola spp.* Fresh leaf 1oz \$10, 2oz \$18, 4oz \$34

VITEX *V. agnus-castus* Dry berries 1oz \$10, 2oz \$18, 4oz \$34

WESTERN COLTSFOOT *Petasites palmatum* Fresh root \$10, \$18, \$34

WHITE PEONY see Peony, White

WHITE SAGE *Salvia apiana* Dry leaf 1oz \$10, 2oz \$18, 4oz \$34

WILD CARROT *Daucus carota* Dry seed 1oz \$10, 2oz \$18, 4oz \$34

WILD CHERRY *Prunus serotina* Dry bark 1oz \$10, 2oz \$18, 4oz \$34

WILD GINGER *Asarum caudatum* Fresh root 1oz \$10, 2oz \$18, 4oz \$34

WILD INDIGO *Baptisia tinctora* fresh or dry 1oz \$10, 2oz \$18, 4oz \$34

WILD LETTUCE *Lactuca virosa* Fresh herb 1oz \$10, 2oz \$18, 4oz \$34

WILD YAM *Dioscorea villosa* Dry root 1oz \$10, 2oz \$18, 4oz \$34

WILLOW *Salix spp.* Fresh bark 1oz \$10, 2oz \$18, 4oz \$34

WILLOWHERB, SMALL FLOWER *Epilobium parviflorum* \$10, \$18, \$34

WITCH HAZEL *Hamamelis virginiana* Dry bark 1oz \$10, 2oz \$18, 4oz \$34

WOOD BETONY *Stachys betonica* Fresh herb in flower 1oz \$10, 2oz \$18, 4oz \$34

WORMWOOD *Artemisia absinthum* Dry herb 1oz \$10, 2oz \$18, 4oz \$34

YARROW *Achillea millefolium* Fresh/dry flowers 1oz \$10, 2oz \$18, 4oz \$34

YELLOW DOCK *Rumex crispus* Dry root 1oz \$10, 2oz \$18, 4oz \$34

YELLOW POND LILY *Nuphar canadensis* Fresh root 1oz \$10, 2oz \$18, 4oz \$34

YERBA MANSA *Anemopsis californica* Fresh/dry root 1oz \$10, 2oz \$18, 4oz \$34

YERBA SANTA *Eriodictyon californicum* Leaves 1oz \$10, 2oz \$18, 4oz \$34

COMPOUND TINCTURES

1oz \$12.50, 2oz \$20, 4oz \$36 in amber glass bottles

Please check with your health care provider if you are pregnant, nursing, taking medication, or have a medical condition before taking herbs.

Ask about custom blends

- ALLERGY EASE:** ease or prevent symptoms of seasonal allergies
ALPACA SHEARING FORMULA: calm your critters before shearing
ANTI-VIRAL COMPOUND: ease or prevent colds and flu
BRAIN TONIC: improve oxygenation to small blood vessels/neuron building
CALMING COMPOUND: relieve anxiety, reduce tension
BRAIN/BODY FORMULA (\$14/oz, 4oz \$48): stimulate brain & immune function, coordination (Parkinson's), adaptogenic
DIGESTIVE WARMING: improve digestion, relieve gas and nausea
DIGESTIVE BITTERS: improve digestion/absorption increase digestive secretions
DOCK COMPOUND: bitter formula, improve mineral uptake
EARACHE FORMULA: to relieve middle ear pressure/infection
FLU FORMULA/CHILDREN'S FF: relieve aches and pains from fever/flu
FUNGUS-BE-GONE COMPOUND: internal/external for fungus & yeast, Candida
GOUT PREVENTATIVE (see Vinegars on Pg. 15)
GRIEVING FORMULA: relaxing blend to aid sleep and soothe the nerves
GUM & MOUTHWASH: use after brushing or in water pik, antiseptic
HAYDEN'S VIBURNUM COMPOUND: to relieve painful menstruation/fibroids
LYMPHATIC COMPOUND: relieve swollen glands/edema, improve lymph return
MENOMORPHOSIS: ease menopause, aid liver/hormone function/heat regulation
NEUTRALIZING CORDIAL: fast relief for indigestion, nausea, colon cramps, etc
PAIN RELIEF COMPOUND: relieve muscle spasms, neuralgia, arthritis, migraine, etc
PAIN RELIEF SPRAY: for bumps, bruises, strains & sprains (avoid open wounds)
POISON OAK REMEDY: internal and external to speed drying & healing of p.o. rash
POISON OAK SPRAY: external to reduce itch and speed drying & healing of p.o. rash
PROSTATE FORMULA: relieve BPH, difficult urination in older males
RESPIRATORY COMPOUND: soothing expectorant, antimicrobial for cough/cold
SLEEP FORMULA- MUSCLE RELAXANT: aids falling asleep, reduces anxiety/tension
SLEEP FORMULA- BRAIN FREEZE: sedative, aids sleep impaired by mental activity
THROAT EASE (\$14/oz, 4oz \$48): for sinus & upper respiratory infection, ear, throat
THROAT SPRAY: to relieve sore throat, prevent infection
WOMEN'S HORMONE BALANCER: to relieve PMS & painful menstruation

FLUID EXTRACTS

A fluid extract is 1:1 and so 1ml supplies one gram (1000 mg) of herb.

This is about 5 times more concentrated than a tincture.

1oz (30ml) \$15, 4oz (120ml) \$50 in amber glass bottles

organic herbs in organic alcohol!

- CORDYCEPS** *C. sinensis* mycelia 1:1 FE
DANDELION *Taraxacum officinale* root 1:1 FE
KAVA *Piper methysticum* root 1:1 FE
LION'S MANE *Hericium erinaceus* mushroom 1:1 FE
MILK THISTLE *Silybum marianum* seed 1:1 FE



POWDERS

in 4oz cardboard shaker cans

Funky Foot Anti-fungal Powder

Say goodbye to athlete's foot, cracks & fungus in hard-to-reach places!

\$10.00

Baby Powder

An herbal talc-free powder to keep your baby's butt happy and healthy! Talc, or magnesium silicate, is a lung irritant, contaminated with arsenic.

\$7.50

Flea Powder

Freshen your pet while reducing fleas and ticks. Apply this non-toxic herbal powder to your pet and his or her bedding. Contains diatomaceous earth and other ingredients. See more pet products on Pg. 9.

\$7.50

Wound Powder

Our herbal blend for pets and people. Mix into paste or apply dry.

\$15

also available in 1/3 oz plastic \$4

see Oral Care for Tooth Powders

Clay for Bites & Stings

Apply to spider bites or stings as soon as possible to remove injected toxins, and decrease pain and swelling.



Ingredients: Organic Echinacea tincture, sterile bentonite clay, essential oils.

1/3 oz in plastic (first aid kit) \$4

1oz in clear glass jar \$10

2oz in clear glass jar \$18

Herbal & Mushroom Concentrates

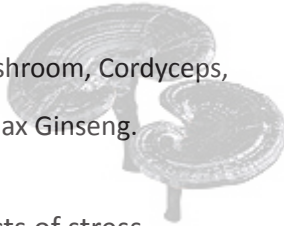
Made at Siskiyou Mt Herbs with fruiting bodies, not mycelia

\$30/50 "00" vegicaps \$50/100 "00" vegicaps
\$25/50 "0" vegicaps \$40/100 "0" vegicaps

An adaptogen is an herb that reduces the body's stress response over a period of time (usually about 6 months), when taken daily. This improves the body's immune function, and overall health and vitality! Our concentrated extracts begin as huge pots of tea, which are reduced down to thick concentrates and dehydrated, powdered and encapsulated in veggie capsules. These small hand-made batches ensure quality, and limit availability.

Adaptogens include Ginseng family plants, Reishi Mushroom, Cordyceps, Gotu Kola, Ashwagandha, Rhodiola, and other herbs. Our formulas contain American-grown Reishi and Panax Ginseng.

Most of the herbs are grown here at Frog Farm!



Basic Adaptogen Compound: To reduce the effects of stress
Concentrated Extract of Reishi, Siberian Ginseng, Optional: Ginger

Brain Builder Concentrate: To build memory or prevent loss of memory
Concentrated Extract of Lion's Mane, Ginger, Cinnamon

Dizzy Dame Adaptogen Compound: for low blood pressure, adrenal fatigue, recovery from long-term stress, PTSD
Concentrated Extract of Reishi, Siberian Ginseng, Licorice

Ginseng Medley: Improve energy, immune & brain-body coordination
Concentrated Extracts of Organic American Panax Ginseng & Ginkgo, Organic American Panax & Siberian Ginseng, Gotu Kola, Cinnamon (\$75/100 "00")

Immune Building Formula: Deep immune tonics, build lung strength
Concentrated Extract of Reishi, Siberian Ginseng and Astragalus

Mood Brightening Adaptogen Formula: Increase resistance to disease, improve liver function, lift the mood. Concentrated Extracts of Reishi & Schisandra, Maca, Siberian Ginseng, and Ginger

Professor Sprout's Tissue Healing Formula: Aids recovery from surgery, broken bones, injury, etc.
Concentrated Extracts of Nettle and Horsetail, Gotu Kola

HOUSE TEA BLENDS

To ensure quality and freshness, we mix our blends in small batches. All herbs are organically grown or wildcrafted. Brew these loose tea blends in a strainer or teapot.

2oz \$7.50 5oz \$16 1lb (16oz) \$40

- Allergy-ease** Take before exposure to allergens to decrease reaction.
- Aunt-i-flu** Ease the effects of the flu and promote recovery.
- Chai** A blend of spicy Indian herbs that stimulate digestion and circulation. Available with or without black tea
- Gout out** Alkalyzing blend to aid kidney elimination of wastes
- Mineral Blend** Build bones and connective tissue with this daily tonic
- Nerve Restorative** Help your body recover from the effects of stress
- Pregnancy Blend** Tonic blend to promote a healthy pregnancy
- Sweet dreams** A relaxing blend of leaves and flowers
- Urinary Tonic** To prevent/ soothe urinary tract inflammation
- Winter Blend** Expectorant blend for colds and coughs

**Ask about custom herbal formulations-
we harvest & stock more than 100 herbs.**



SYRUPS

Hawthorn Syrup Heart Tonic

Traditionally used to prevent damage to blood vessels and restore blood vessel flexibility in people with hypertension, heart failure, palpitations and hardening of the arteries.
1:1 Extract of fresh berries in 20% veg glycerine, 10% organic grape alcohol; **refrigerate.**
4oz \$25 8oz \$40 16oz \$70

Elderberry Syrup

Antiviral for coughs, colds, and flu. Add to hot water for instant tea or cold bubbly water for soda. Ingredients: fresh wild elderberries, organic sugar, organic cloves, filtered water.
Refrigerate after opening. 8oz \$12 16oz \$20 ~ask about no-sugar glycerites!

Why are our cough syrups more potent?

We make the best medicine for our family, and share it with yours!
We hand-make herbal infusions of herbs in honey (*at low temperature to preserve the antimicrobial action of the honey*) and in organic alcohol (*to extract the strongest medicinal constituents*), and combine these in tailored formulas.

Cough Syrups

Choose between whooping/spasmodic cough, bronchitis/antibacterial, smoker's cough, or children's formula (over age 2); aids expectoration, soothes throat, disinfects respiratory tissue.
Ingredients: local organic honey infused with herbs, tinctures and essential oils.
2oz (children's) \$16 4oz \$30

HERBAL KITS

ANTI-FLU KIT *For the prevention & treatment of fever and flu* contains:

- Flu Formula tincture: to stimulate immune system, relieve the aches & pains of flu
- Neutralizing Cordial: use as needed for nausea, indigestion, gas pains, diarrhea, queasiness, or constipation
- Aunti-Flu Tea Blend: to relieve flu symptoms
- Lavender essential oil: rub on temples to relieve headaches, encourage relaxation and sleep, inhale in steam for antimicrobial and relaxing effects
- Helpful information, instructions and research to aid your speedy return to health

size: individual \$40

family \$100

RESPIRATORY HEALTH KIT *For the prevention & treatment of coughs and colds*

contains:

- Echinacea tincture: to stimulate immune system
- Throat spray: use as needed for sore or itchy throat
- Winter tea blend: to relieve cold and cough symptoms
- Eucalyptus oil: for facial steam, chest rub
- Marshmallow root: to relieve dry cough, sore throat, and irritation
- Helpful information, instructions and research to aid your speedy return to health

size: individual \$40

family \$80

HERBAL FIRST AID KIT *For treating all those unexpected boo-boo's*

contains:

- Lavender Essential Oil- Heals tissue, soothes the nerves, relieves headaches
- Tea Tree Essential Oil- Anti-fungal, antiseptic, antiviral, respiratory inhalant
- Healing Salve- Use on bites, stings, scrapes, chapped lips, wounds, rashes, etc.
- Arnica Salve- Use on bumps and bruises, sore muscles; not open wounds
- Neutralizing cordial-For upset stomach, gas pain, nausea, dyspepsia, colon cramps, diarrhea or constipation. Fast relief!
- Antiseptic Wound Powder- Apply dry or as a paste to staunch bleeding
- Ginger Capsules- For nausea, gas, altitude sickness, menstrual cramps, arthritis, inflammation, colds, and cold extremities
- Charcoal Capsules- To relieve diarrhea, cramps, gas, food poisoning
- Rescue Remedy- For trauma with emotional stress
- Clay for Bites and Stings- Very helpful for spider bites and stings
- Aloe Juice/Gel- Heals skin quickly, soothes burns, rashes, irritation, hemorrhoids
- Helpful information, instructions and research to aid your speedy return to health

size: individual \$50

family \$150

**Ask about custom herbal kits-
let us put our expertise to work for your health!**

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Sea Vegetables

Each year we harvest these local sea vegetables. We supplement our animal feed as well as our meals with these nutritionally dense, healing foods.

\$4 1oz bag with instructions \$12 3oz bag with instructions

Nori (*Porphyra*) High in protein (30%), vitamins A, B₂, niacin, B₁₂, C and D, calcium, iron, iodine, phosphorus and trace elements. Toast and powder or crumble over meals.

Winged Kelp (*Alaria marginata*) High in vitamin C, B₁₂, folic acid, niacin, calcium and B₅, contains protein, algin, nitrogen, magnesium, phosphorus, and trace elements. Soak and bake or simmer until tender.

Kombu/Kelp (*Laminaria digitata*) High in mucilage (soothing to mucous membranes), iodine, calcium and potassium, contains 5-12% protein, B vitamins, carotene, vitamin C, phosphorus and trace elements. Bake and powder for salt substitute, or soak, slice and cook into soups.

Pet Products

Alpaca Shearing Formula

Calming compound to ease the stress of shearing for goats, sheep and alpaca
1oz \$12 4oz \$35 8oz \$65 in amber glass bottles Oral Syringe 10ml **\$2**

Flea Powder

Apply this non-toxic herbal powder to your pet and his or her bedding.
4oz shaker can \$7.50

Tick-Off Spray

Repellent for people and pets
1oz \$12 in amber glass bottles

Wound Powder

Our herbal blend for pets and people. Mix into paste or apply dry.
1/3 oz plastic jar \$4 4oz shaker can \$15

Worming Powder

*Our herbal blend for dogs, cats and goats. Mix into paste with molasses (goats) or fish/meat (dogs and cats). **Indicate Pregnant or Non-pregnant.***
4oz shaker can \$15

Teat Salve

Like "Bag Balm", Frog Farm designed and tested formula for protecting goat teats from chapping, abrasion, infection and mastitis. 2 or 4oz only

1oz \$7.50

2oz \$14

4oz \$25 in clear glass jars

Healing Salve

Our 25 year old formula for healing dry, chapped skin, wounds, rashes and hot spots on you and your pets!

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