

Sonoma County Herb Exchange

A Project of the Sonoma County Herb Association - A Nonprofit Corporation

Phone 707-824-1447 Fax 707-824-1577 Email herbexch@sonic.net

2009 HERB CATALOG

WHO WE ARE

Welcome to the Sonoma County Herb Exchange. We invite you to celebrate the seasonality of herb growing with us! We are a locally-focused clearinghouse, supplied by a diverse network of dedicated herb growers from Sonoma County and adjoining regions of northern California. This allows us to offer you a broad availability of fresh herbs throughout the year.

Our growers share our dedication to sustainable, ecologically friendly growing practices. All follow organic methods; some are certified and some are not. Please specify if you require certified organic herbs. We specialize in fresh, hand-harvested, top quality, whole herbs and roots, often harvested the day we sell them. Our prices reflect the costs of small-scale, attentive, non-mechanized farming. We think you'll agree that there is good value in supporting sustainable agriculture and small, dedicated growers.

We welcome your comments and suggestions, as well as referrals to prospective buyers and growers.

CHINESE HERBS

We continue to expand our selection of Chinese herbs; you can distinguish them by their Pinyin designations in the catalog. We are pleased to be a forerunner in the emerging market for Chinese botanicals in the U.S.

DRY HERBS

Dry herbs are available seasonally. See the last pages of the catalog.

ORDERING

Our pick-up days are Tuesday afternoons at Laguna Farm (1720 Cooper Rd.) in Sebastopol. We ask that your order total a minimum of two pounds. Please call or email your order by the Wednesday preceding your Tuesday pick-up. Payment (cash or check) is due when you pick up your herbs. Shipping is generally available with an additional handling charge. Inquire about delivery to the San Francisco/East Bay area.

Please check the availability column in the catalog to make sure the fresh herb you want is in season! Note that weather and other variables may affect availability, so use this information as a guideline only. Sometimes backorders will be necessary. Prices are subject to change.

If you don't see what you want here, please ask. If one part of an herb is listed, chances are we will be able to provide another. For example, if an herb is listed as "whole plant," you may be able to purchase roots and leaves separately. Also, medicinal potency changes as plants mature - please specify your preferences.

VOLUME PRICING

We are able to offer volume discounts for some herbs at quantities of 5 pounds or more. Please inquire.

HERB HIGHLIGHTS ONLINE

In addition to this catalog we send periodic e-mailings that feature specials and provide up-to-the-minute information about availability. Let us know your email address if you would like to receive these updates.

All of our growers are members of the **Sonoma County Herb Association**. For more information about SCHA, please call 707-522-8500 or visit our website at www.sonoma herbs.org (where you can also view this catalog).

Please use all herbs in a responsible and knowledgeable manner. Consult with a health care practitioner if using for medical purposes.

**Sonoma County Herb Exchange
2009 FRESH HERBS**

Common Name	Part	Botanical Name	Price per lb	Projected Availability
Agrimony	herb	<i>Agrimonia eupatoria & pilosa</i>	\$8.00	April - Sept
Ai Ye / moxa	herb	<i>Artemisia argyii</i>	\$9.00	April - Oct
Angelica	root	<i>Angelica archangelica</i>	\$16.00	Nov - March
Anise hyssop	herb	<i>Agastache foeniculum</i>	\$8.00	May - Oct
Artichoke	leaf	<i>Cynara scolymus</i>	\$12.00	April - Nov
Ashwagandha	root	<i>Withania somnifera</i>	\$16.00	Nov - March
Bai Zhi	root	<i>Angelica dahurica</i>	\$12.00	Nov - March
Balloon flower, Jie Geng	root	<i>Platycodon grandiflora</i>	\$10.00	Nov - March
Ban Lan Gen, Woad	root/whole	<i>Isatis indigotica</i>	\$12.00	Feb - Oct
Ban Zhi Lian	herb	<i>Scutellaria barbata</i>	\$12.00	May - Nov
Bay, European	leaf	<i>Laurus nobilis</i>	\$15.00	Aug - Dec
Black walnut	hull	<i>Juglans nigra</i>	\$12.00	Aug - Oct
Blackberry lily, She Gan	root	<i>Belamcanda chinensis</i>	\$8.00	Nov - March
Bo He, field mint	herb	<i>Mentha haplocalyx</i>	\$9.00	March - Nov
Borage	herb	<i>Borago officinalis</i>	\$8.00	March - Nov
Brahmi	herb	<i>Bacopa monniera</i>	\$15.00	Mar - Sept
Burdock	root	<i>Arctium lappa</i>	\$12.00	Nov - March
Calamus, Sweet flag	root	<i>Acorus calamus</i>	\$12.00	Oct - March
Calendula	flower	<i>Calendula officinalis</i>	\$13.00	March - Oct
Calendula, orange only	flower	<i>Calendula officinalis</i>	\$16.00	March - Oct
California poppy	whole	<i>Eschscholzia californica</i>	\$15.00	April - Oct
Cang Er Zi	seed	<i>Xanthium sibiricum</i>	\$12.00	Sept - Oct
Catnip	herb	<i>Nepeta cataria</i>	\$8.00	April - Sept
Chameleon plant	whole	<i>Houttuynia cordata</i>	\$10.00	May - Aug
Chamomile, German	flower	<i>Matricaria recutita</i>	\$22.00	May - Oct
Chamomile, Roman	flower	<i>Anthemis nobilis</i>	\$22.00	May - Oct
Chickweed	herb	<i>Stellaria media</i>	\$9.00	Feb - April
Chinese balsam, TouGu	herb	<i>Impatiens balsamina</i>	\$10.00	June - Oct
Chou Wu Tong	leaf	<i>Clerodendron trichotomum</i>	\$12.00	June - Sept
Clary sage	herb	<i>Salvia sclarea</i>	\$8.00	May - Sept
Cleavers	herb	<i>Galium aparine</i>	\$8.00	March - June
Comfrey	leaf	<i>Symphytum officinalis</i>	\$8.00	March - Dec
Comfrey	root	<i>Symphytum officinalis</i>	\$10.00	Nov - March
Cornsilk	silk	<i>Zea mays</i>	\$20.00	June - Aug
Da Qing Ye, Woad	leaf	<i>Isatis indigotica</i>	\$8.00	Jan- Dec
Dan Shen	root	<i>Salvia miltiorrhiza</i>	\$13.00	Oct - Dec
Dandelion	leaf	<i>Taraxacum officinale</i>	\$12.00	Feb - Dec

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Common Name	Part	Botanical Name	Price per lb	Projected Availability
Dandelion	root/whole	<i>Taraxacum officinale</i>	\$11.00	Jan - Dec
Dong Gui Zi	seed	<i>Malva verticillata</i>	\$18.00	Aug - Oct
Du Huo	root	<i>Angelica pubescens</i>	\$16.00	Nov - March
Echinacea	leaf/flower	<i>Echinacea purpurea</i>	\$12.00	May - Oct
Echinacea	root	<i>Echinacea purpurea</i>	\$20.00	Nov - March
Elder	berry	<i>Sambucus mexicana/nigra</i>	\$14.00	June - Sept
Elder	flower	<i>Sambucus mexicana/nigra</i>	\$18.00	May - July
Elecampane	root	<i>Inula helenium</i>	\$10.00	Nov - March
Fang Feng	root	<i>Saposhnikovia divaricata</i>	\$14.00	Nov - March
Feverfew	herb	<i>Tanacetum parthenium</i>	\$9.00	March - Nov
Figwort	herb	<i>Scrophularia nodosa</i>	\$10.00	March - Nov
Fo ti	herb	<i>Polygonum multiflorum</i>	\$12.00	March - Nov
Ginkgo	leaf	<i>Ginkgo biloba</i>	\$14.00	Aug - Oct
Gotu kola	whole/leaf	<i>Centella asiatica</i>	\$16.00	June - Nov
Grindelia/gumweed	herb	<i>Grindelia stricta/integrifolia</i>	\$10.00	May - Oct
Ground ivy	herb	<i>Glechoma hederacea</i>	\$9.00	March - July
Hawthorne	berry	<i>Crataegus spp.</i>	\$12.00	Sept - Oct
Hawthorne	leaf	<i>Crataegus spp.</i>	\$10.00	March - Sept
Hong Hua, Safflower	flowerhead	<i>Carthamus tinctorius</i>	\$10.00	July - Sept
Hops	strobile	<i>Humulus lupulus</i>	\$18.00	Aug - Sept
Horehound	herb	<i>Marrubium vulgare</i>	\$8.00	April - Nov
Horsetail	herb	<i>Equisetum arvense</i>	\$10.00	April - Aug
Huang Qin, Scute	root	<i>Scutellaria baicalensis</i>	\$12.00	Nov - March
Hyssop	herb	<i>Hyssopus officinalis</i>	\$9.00	March - Nov
Jiao Gulan	herb	<i>Gynostemma pentaphyllum</i>	\$13.00	May - Nov
Jing Jie	herb	<i>Schizonepeta tenuifolia</i>	\$16.00	Aug - Oct
JuHua,Chrysanthemum	flower	<i>Chrysanthemum morifolium</i>	\$19.00	Sept - Nov
Korean mint,HuoXiang	herb	<i>Agastache rugosa</i>	\$12.00	April - Oct
Lavender	flower	<i>Lavandula angustifolia</i>	\$15.00	May - July
Lavender (lavandin)	flower	<i>L. x intermedia 'Grosso'/'Provence'</i>	\$15.00	April - Aug
Lemon balm	herb	<i>Melissa officinalis</i>	\$8.00	April - Nov
Lemon verbena	leaf	<i>Aloysia triphylla</i>	\$10.00	June - Oct
Marshmallow	root	<i>Althaea officinalis</i>	\$10.00	Nov - March
Mo Han Lian, Eclipta	herb	<i>Eclipta prostrata</i>	\$9.00	July - Sept
Motherwort	herb	<i>Leonurus cardiaca</i>	\$10.00	April - Oct
Mugwort, California	herb	<i>Artemisia douglasiana</i>	\$10.00	April - Sept
Mugwort, Moxa	herb	<i>Artemisia vulgaris/argyi</i>	\$9.00	March - Sept

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Common Name	Part	Botanical Name	Price per lb	Projected Availability
Mullein	leaf	<i>Verbascum thapsus</i>	\$8.00	March - Nov
Nettle	herb	<i>Urtica dioica</i>	\$12.00	March - Oct
Oats	milky tops	<i>Avena sativa/fatua</i>	\$20.00	April - May
Olive	leaf	<i>Olea europaea</i>	\$9.00	March - Nov
Parsley	root	<i>Petroselinum crispum</i>	\$10.00	March - June
Passionflower	herb	<i>Passiflora incarnata</i>	\$9.00	May - Nov
Pennyroyal	herb	<i>Mentha pulegium</i>	\$8.00	April - Oct
Peppermint	herb	<i>Mentha piperita</i>	\$8.00	March - Oct
Plantain	leaf	<i>Plantago lanceolata/major</i>	\$10.00	March - Nov
Poke	root	<i>Phytolacca americana</i>	\$12.00	Nov - March
Purslane	herb	<i>Portulacca spp.</i>	\$10.00	June - Sept
Raspberry	leaf	<i>Rubus idaeus</i>	\$12.00	April - Nov
Red clover	flower	<i>Trifolium pratense</i>	\$22.00	May - Oct
Rhubarb, Da Huang	root	<i>Rheum palmatum</i>	\$12.00	Nov - April
Rose	hips	<i>Rosa rugosa & spp.</i>	\$7.00	Oct - Jan
Rose	petals	<i>Rosa rugosa & spp.</i>	\$40.00	April - Oct
Rose geranium	leaf	<i>Pelargonium graveolens</i>	\$8.00	March - Dec
Rosemary	herb	<i>Rosmarinus officinalis</i>	\$8.00	Jan - Dec
Rue	herb	<i>Ruta graveolens</i>	\$14.00	April - Dec
Sage	leaf	<i>Salvia officinalis</i>	\$8.00	March - Oct
Scullcap	herb	<i>Scutellaria lateriflora</i>	\$16.00	May - Nov
Scullcap, Chinese	herb	<i>Scutellaria barbata</i>	\$12.00	May - Nov
Self heal	herb	<i>Prunella vulgaris</i>	\$12.00	April - Nov
Shan Yao	root	<i>Dioscorea batatas</i>	\$10.00	Nov - March
She Chuang Zi	seed	<i>Cnidium monnieri</i>	\$14.00	Sept - Oct
Spearmint	herb	<i>Mentha spicata</i>	\$8.00	March - Oct
Spilanthes	flw tops	<i>Spilanthes acmella</i>	\$11.00	July - Sept
St. John's wort	flw tops	<i>Hypericum perforatum</i>	\$13.00	June - July
Stevia	leaf	<i>Stevia rebaudiana</i>	\$18.00	June - Oct
Sweet Annie, Qing Hao	flw tops	<i>Artemisia annua</i>	\$10.00	May - Nov
Sweet leaf/bergamot	herb	<i>Monarda fistulosa</i>	\$10.00	July- Oct
Thyme	leaf	<i>Thymus vulgaris</i>	\$10.00	March - Nov
Tu Yi Zhi Hao	herb	<i>Achillea wilsoniana</i>	\$14.00	July - Sept
Tulsi, Holy Basil	leaf	<i>Ocimum sanctum</i>	\$12.00	July - Oct
Usnea	lichen	<i>Usnea spp.</i>	\$20.00	Dec - May
Valerian	root	<i>Valeriana officinalis</i>	\$15.00	Nov - March
Vervain	herb	<i>Verbena officinalis</i>	\$11.00	April - Oct

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Common Name	Part	Botanical Name	Price per lb	Projected Availability
Vervain, blue	herb	<i>Verbena hastata</i>	\$10.00	April - Oct
Violet	leaf	<i>Viola odorata</i>	\$16.00	Feb - May
Vitex	berry	<i>Vitex agnus-castus</i>	\$16.00	Aug - Dec
Watercress	herb	<i>Nasturtium officinale</i>	\$11.00	Jan - Nov
White sage	leaf	<i>Salvia apiana</i>	\$14.00	March - Nov
Wood betony	herb	<i>Stachys officinalis</i>	\$9.00	April - Nov
Wormwood	herb	<i>Artemisia absinthium</i>	\$8.00	April - Nov
Xuan Fu Hua	flower	<i>Inula japonica</i>	\$15.00	June - Aug
Yarrow, white	flower	<i>Achillea millefolium</i>	\$13.00	May - Nov
Yellow dock	root	<i>Rumex crispus</i>	\$11.00	Sept - March
Yerba mansa	whole	<i>Anemopsis californica</i>	\$20.00	July - Dec
Yerba santa	leaf	<i>Eriodictyon californicum</i>	\$18.00	March - Dec
Yi Mu Cao	herb	<i>Leonurus heterophyllus</i>	\$10.00	March - Oct

**Sonoma County Herb Exchange
2009 DRY HERBS**

Common Name	Part	Botanical Name	Price per lb	Organic Status
Ai Ye, Moxa	herb	<i>Artemisia argyi</i>	\$17.00	certified og.
Anise hyssop	leaf & flwr	<i>Agastache foeniculum</i>	\$28.00	og. practices
Artichoke	leaf	<i>Cynara scolymus</i>	\$18.00	og. practices
Ashwagandha	root	<i>Withania somnifera</i>	\$20.00	variable
Bai Zhi	root	<i>Angelica dahurica</i>	\$19.00	certified og.
Ban Lan Gen, Woad	root/ whole	<i>Isatis indigotica</i>	\$18.00	certified og.
Ban Zhi Lian	herb	<i>Scutellaria barbata</i>	\$18.00	certified og.
Bo He, field mint	herb	<i>Mentha haplocalyx</i>	\$19.00	certified og.
Brahmi	herb	<i>Bacopa monniera</i>	\$35.00	certified og.
Burdock	root	<i>Arctium lappa</i>	\$16.00	variable
Calendula	flower	<i>Calendula officinalis</i>	\$23.00	og. practices
Calendula orange only	flower	<i>Calendula officinalis</i>	\$28.00	certified og.
California poppy	root/ whole	<i>Eschscholzia californica</i>	\$25.00	variable
Catnip	herb	<i>Nepeta cataria</i>	\$24.00	og. practices
Chamomile	flower	<i>Matricaria recutita</i>	\$38.00	variable
Chinese balsam, TouGu	herb	<i>Impatiens balsamina</i>	\$18.00	certified og.
Chou Wu Tong	leaf	<i>Clerodendron trichotomum</i>	\$18.00	certified og.
Cleavers	herb	<i>Galium aparine</i>	\$16.00	variable
Comfrey	leaf	<i>Symphytum officinalis</i>	\$16.00	og. practices
Da Qing Ye, Woad	leaf	<i>Isatis indigotica</i>	\$18.00	certified og.
Dan Shen	root	<i>Salvia miltiorrhiza</i>	\$25.00	certified og.
Du Huo	root	<i>Angelica pubescens</i>	\$19.00	certified og.
Echinacea	leaf & flwr	<i>Echinacea purpurea</i>	\$18.00	variable
Elder	berry	<i>Sambucus mexicana/nigra</i>	\$28.00	wildcrafted
Elder	flower	<i>Sambucus mexicana/nigra</i>	\$30.00	wildcrafted
Elecampane	root	<i>Inula helenium</i>	\$18.00	certified og.
Fo ti, Ye Jiao Teng	stem	<i>Polygonum multiflorum</i>	\$18.00	certified og.
Gingko	leaf	<i>Gingko biloba</i>	\$16.00	wildcrafted
Gotu kola	leaf	<i>Centella asiatica</i>	\$39.00	variable
Hawthorne	berry	<i>Crataegus spp.</i>	\$18.00	variable
Hong Hua, Safflower	flowerhead	<i>Carthamus tinctorius</i>	\$24.00	certified og.
Hops	strobile	<i>Humulus lupulus</i>	\$20.00	og. practices
Horehound	herb	<i>Marrubium vulgare</i>	\$16.00	og. practices
Horsetail	herb	<i>Equisetum arvense</i>	\$22.00	wildcrafted
Huang Qin, Scute	root	<i>Scutellaria baicalensis</i>	\$20.00	certified og.
Huo Xiang, Kor. mint	herb	<i>Agastache rugosa</i>	\$19.00	certified og.
Hyssop	herb	<i>Hyssopus officinalis</i>	\$18.00	og. practices

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Common Name	Part	Botanical Name	Price per lb.	Organic Status
Jiao Gulan	herb	<i>Gynostemma pentaphyllum</i>	\$99.00	certified og.
Jie Geng, balloon flwr.	root	<i>Platycodon grandiflora</i>	\$16.00	certified og.
Jing Jie, Jap. catnip	herb	<i>Schizonepeta tenuifolia</i>	\$29.00	certified og.
JuHua, Chrysanthemum	flower	<i>Chrysanthemum morifolium</i>	\$44.00	certified og.
Korean mint	herb	<i>Agastache rugosa</i>	\$24.00	certified og.
Kui Hao, Wu Yue Ai	herb	<i>Artemisia princeps</i>	\$16.00	certified og.
Lavender, English	flower	<i>Lavandula angustifolia</i>	\$27.00	variable
Lavender (lavandin)	flower	<i>Lavandula x intermedia</i>	\$27.00	variable
Lemon balm	herb	<i>Melissa officinalis</i>	\$20.00	variable
Lemon verbena	leaf	<i>Aloysia triphylla</i>	\$24.00	variable
Lemongrass	leaf	<i>Cymbopogon flexuosus</i>	\$24.00	variable
Loquat/ Pe Pi Yi	leaf	<i>Eriobotrya japonica</i>	\$18.00	certified og.
Mo Han Lian, Eclipta	herb	<i>Eclipta prostrata 'Alba'</i>	\$16.00	certified og.
Motherwort	herb	<i>Leonurus cardiaca</i>	\$17.00	variable
Mugwort	herb	<i>Artemisia vulgaris</i>	\$17.00	variable
Mullein	leaf	<i>Verbascum thapsus</i>	\$12.00	variable
Nettle	leaf	<i>Urtica dioica</i>	\$22.00	variable
Passionflower	herb	<i>Passiflora incarnata</i>	\$20.00	variable
Peppermint/ spearmint	leaf	<i>Mentha piperita/spicata</i>	\$16.00	variable
Plantain	leaf	<i>Plantago lanceolata/major</i>	\$17.00	variable
Raspberry	leaf	<i>Rubus idaeus</i>	\$18.00	variable
Red clover	flower	<i>Trifolium pratense</i>	\$35.00	og. practices
Rhubarb, Da Huang	root	<i>Rheum palmatum</i>	\$16.00	certified og.
Rose	buds	<i>Rosa rugosa and spp.</i>	\$56.00	variable
Rose	hips	<i>Rosa rugosa and spp.</i>	\$15.00	variable
Rose	petals	<i>Rosa rugosa and spp.</i>	\$40.00	variable
Rose geranium	leaf	<i>Pelargonium graveoleons</i>	\$18.00	variable
Sage, white	leaf	<i>Salvia apiana</i>	\$21.00	variable
Self heal, Xia Ku Cao	herb	<i>Prunella vulgaris</i>	\$18.00	variable
Shan Yao	root	<i>Dioscorea batatas</i>	\$24.00	certified og.
She Chuang Zi	seed	<i>Cnidium monnieri</i>	\$17.00	certified og.
SheGan, blackberry lily	root	<i>Belamcanda chinensis</i>	\$15.00	certified og.
Sweet Annie, Qing Hao	herb	<i>Artemisia annua</i>	\$15.00	certified og.
Tulsi, Holy basil	leaf	<i>Ocimum sanctum</i>	\$18.00	certified og.
Usnea	lichen	<i>Usnea spp.</i>	\$23.00	wildcrafted
Violet	leaf	<i>Viola odorata</i>	\$30.00	variable
Vitex	berry	<i>Vitex agnus-castus</i>	\$22.00	variable
Wormwood	herb	<i>Artemisia absinthium</i>	\$16.00	og. practices

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Common Name	Part	Botanical Name	Price per lb.	Organic Status
Yarrow	flower	<i>Achillea millefolium</i>	\$24.00	variable
Yellow dock	root	<i>Rumex crispus</i>	\$15.00	variable
Yerba santa	leaf	<i>Eriodictyon californicum</i>	\$30.00	wildcrafted
Yi Mu Cao	herb	<i>Leonurus heterophyllus</i>	\$19.00	certified og.

Sonoma County Herb Exchange
PO Box 7454
Cotati, CA 94931-7454

Address Service Requested

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