

Sonoma County Herb Exchange

A Project of the Sonoma County Herb Association - A Nonprofit Corporation
Phone 707-824-1447 - Email herbexch@sonic.net

2010 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 707-861-0336 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
2010 FRESH HERBS**

Common Name	Part	Botanical Name	Price per lb	Projected Availability
Agrimony	herb	<i>Agrimonia eupatoria</i>	\$9.00	April - Sept
Angelica	root	<i>Angelica archangelica</i>	\$17.00	Nov - March
Anise hyssop	herb	<i>Agastache foeniculum</i>	\$9.00	May - Oct
Artichoke	leaf	<i>Cynara scolymus</i>	\$13.00	April - Nov
Ashwagandha	root	<i>Withania somnifera</i>	\$17.00	Nov - March
Bai Zhi	root	<i>Angelica dahurica</i>	\$13.00	Nov - March
Balloon flower, Jie Geng	root	<i>Platycodon grandiflora</i>	\$11.00	Nov - March
Bay, European	leaf	<i>Laurus nobilis</i>	\$16.00	Aug - Dec
Black walnut	hull	<i>Juglans nigra</i>	\$13.00	Aug - Oct
Blackberry lily, She Gan	root	<i>Belamcanda chinensis</i>	\$9.00	Nov - March
Blue Vervain	herb	<i>Verbena hastata</i>	\$11.00	April - Oct
Borage	herb	<i>Borago officinalis</i>	\$9.00	March - Nov
Brahmi	herb	<i>Bacopa monniera</i>	\$16.00	Mar - Sept
Burdock	root	<i>Arctium lappa</i>	\$13.00	Nov - March
Calendula	flower	<i>Calendula officinalis</i>	\$14.00	March - Oct
Calendula, orange only	flower	<i>Calendula officinalis</i>	\$17.00	March - Oct
California poppy	whole	<i>Eschscholzia californica</i>	\$16.00	April - Oct
Catnip	herb	<i>Nepeta cataria</i>	\$9.00	April - Sept
Chamomile, German	flower	<i>Matricaria recutita</i>	\$23.00	May - Oct
Chamomile, Roman	flower	<i>Anthemis nobilis</i>	\$23.00	May - Oct
Chickweed	herb	<i>Stellaria media</i>	\$10.00	Feb - April
Chou Wu Tong	leaf	<i>Clerodendron trichotomum</i>	\$13.00	June - Sept
Chrysanthemum, Ju Hua	flower	<i>Chrysanthemum morifolium</i>	\$20.00	Sept-Nov
Clary sage	herb	<i>Salvia sclarea</i>	\$9.00	May - Sept
Cleavers	herb	<i>Galium aparine</i>	\$9.00	March - June
Cocklebur, Cang Er Zi	seed	<i>Xanthium sibiricum</i>	\$18.00	Sept - Oct
Codonopsis, Dang Shen	root	<i>Codonopsis pilosula</i>	\$26.00	Nov - April
Comfrey	leaf	<i>Symphytum officinalis</i>	\$9.00	March - Dec
Comfrey	root	<i>Symphytum officinalis</i>	\$9.00	Nov - March
Curry plant	herb	<i>Helichrysum italicum</i>	\$19.00	May - Oct
Dandelion	leaf	<i>Taraxacum officinale</i>	\$13.00	Feb - Dec
Dandelion	root/whole	<i>Taraxacum officinale</i>	\$12.00	Jan - Dec
Dong Gui Zi	seed	<i>Malva verticillata</i>	\$17.00	Aug - Oct
Du Huo	root	<i>Angelica pubescens</i>	\$19.00	Nov - March
Echinacea	leaf/flower	<i>Echinacea purpurea</i>	\$13.00	May - Oct
Echinacea	root	<i>Echinacea purpurea</i>	\$21.00	Nov - March
Elder	berry	<i>Sambucus mexicana/nigra</i>	\$15.00	June - Sept

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Common Name	Part	Botanical Name	Price per lb	Projected Availability
Elecampane	root	<i>Inula helenium</i>	\$11.00	Nov - March
Fennel	seed	<i>Foeniculum vulgare</i>	\$19.00	Aug - Sept
Feverfew	herb	<i>Tanacetum parthenium</i>	\$10.00	March - Nov
Field mint, Bo He	herb	<i>Mentha haplocalyx</i>	\$10.00	March - Nov
Figwort	herb	<i>Scrophularia nodosa</i>	\$11.00	March - Nov
Fo ti	herb	<i>Polygonum multiflorum</i>	\$13.00	March - Nov
Ginkgo	leaf	<i>Ginkgo biloba</i>	\$15.00	Aug - Oct
Ground ivy	herb	<i>Glechoma hederacea</i>	\$10.00	March - July
Hawthorne	berry	<i>Crataegus spp.</i>	\$13.00	Sept - Oct
Hawthorne	leaf	<i>Crataegus spp.</i>	\$11.00	March - Sept
Hops	strobile	<i>Humulus lupulus</i>	\$19.00	Aug - Sept
Horehound	herb	<i>Marrubium vulgare</i>	\$9.00	April - Nov
Horseradish	root	<i>Armoracia rusticana</i>	\$12.00	Nov - March
Horsetail	herb	<i>Equisetum arvense</i>	\$11.00	April - Aug
Hyssop	herb	<i>Hyssopus officinalis</i>	\$10.00	March - Nov
Korean mint,HuoXiang	herb	<i>Agastache rugosa</i>	\$13.00	April - Oct
Lavender (lavandin)	flower	<i>L. x intermedia</i>	\$16.00	April - Aug
Lavender, English	flower	<i>Lavandula angustifolia</i>	\$16.00	May - July
Lavender bergamot	herb	<i>Monarda fistulosa</i>	\$11.00	July - Oct
Lemon balm	herb	<i>Melissa officinalis</i>	\$9.00	April - Nov
Lemon verbena	leaf	<i>Aloysia triphylla</i>	\$11.00	June - Oct
Lemongrass	leaf	<i>Cymbopogon flexuosus</i>	\$15.00	June - Sept
Marshmallow	root	<i>Althaea officinalis</i>	\$11.00	Nov - March
Mimosa, He Huan Hua	flower	<i>Albizia julibrissin</i>	\$19.00	Sept - Oct
Motherwort	herb	<i>Leonurus cardiaca</i>	\$11.00	April - Oct
Motherwort, Chinese, Yi Mu Cao	herb	<i>Leonurus heterophyllus</i>	\$11.00	March - Oct
Mugwort, California	herb	<i>Artemisia douglasiana</i>	\$11.00	April - Sept
Mugwort, Moxa, Ai Ye	herb	<i>Artemisia vulgaris/argyi</i>	\$17.00	March - Sept
Mullein	leaf	<i>Verbascum thapsus</i>	\$9.00	March - Nov
Nettle	herb	<i>Urtica dioica</i>	\$13.00	March - Oct
Oats	milky tops	<i>Avena sativa/fatua</i>	\$21.00	April - May
Olive	leaf	<i>Olea europaea</i>	\$10.00	March - Nov
Parsley	root	<i>Petroselinum crispum</i>	\$11.00	March - June
Passionflower	herb	<i>Passiflora incarnata</i>	\$10.00	May - Nov
Pennyroyal	herb	<i>Mentha pulegium</i>	\$9.00	April - Oct
Peppermint	herb	<i>Mentha piperita</i>	\$9.00	March - Oct
Plantain	leaf	<i>Plantago lanceolata/major</i>	\$11.00	March - Nov

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Common Name	Part	Botanical Name	Price per lb	Projected Availability
Poke	root	<i>Phytolacca americana</i>	\$13.00	Nov - March
Purslane	herb	<i>Portulacca spp.</i>	\$11.00	June - Sept
Raspberry	leaf	<i>Rubus idaeus</i>	\$13.00	April - Nov
Red clover	flower	<i>Trifolium pratense</i>	\$23.00	May - Oct
Red sage, Dan Shen	root	<i>Salvia miltiorrhiza</i>	\$13.00	Oct - Dec
Rhubarb, Da Huang	root	<i>Rheum palmatum</i>	\$13.00	Nov - April
Rose	hips	<i>Rosa rugosa & spp.</i>	\$8.00	Oct - Jan
Rose	petals	<i>Rosa rugosa & spp.</i>	\$41.00	April - Oct
Rose geranium	leaf	<i>Pelargonium graveolens</i>	\$9.00	March - Dec
Rosemary	herb	<i>Rosmarinus officinalis</i>	\$9.00	Jan - Dec
Rue	herb	<i>Ruta graveolens</i>	\$15.00	April - Dec
Safflower, Hong Hua	flowerhead	<i>Carthamus tinctorius</i>	\$11.00	July - Sept
Sage	leaf	<i>Salvia officinalis</i>	\$9.00	March - Oct
Sage, White	leaf	<i>Salvia apiana</i>	\$15.00	March - Nov
Scullcap	herb	<i>Scutellaria lateriflora</i>	\$17.00	May - Nov
Scullcap, Chinese	herb	<i>Scutellaria barbata</i>	\$13.00	May - Nov
Scute, Huang Qin	root	<i>Scutellaria baicalensis</i>	\$14.00	Nov - March
Self heal, Xia Ku Cao	herb	<i>Prunella vulgaris</i>	\$13.00	April - Nov
Spearmint	herb	<i>Mentha spicata</i>	\$9.00	March - Oct
Spilanthes	flw tops	<i>Spilanthes acmella</i>	\$12.00	July - Sept
St. John's wort	flw tops	<i>Hypericum perforatum</i>	\$14.00	June - July
Stevia	leaf	<i>Stevia rebaudiana</i>	\$19.00	June - Oct
Sweet Annie, Qing Hao	flw tops	<i>Artemisia annua</i>	\$11.00	May - Nov
Thyme	leaf	<i>Thymus vulgaris</i>	\$11.00	March - Nov
Tulsi, Holy Basil	leaf	<i>Ocimum sanctum</i>	\$13.00	July - Oct
Usnea	lichen	<i>Usnea spp.</i>	\$21.00	Dec - May
Vervain	herb	<i>Verbena officinalis</i>	\$12.00	April - Oct
Vervain, blue	herb	<i>Verbena hastata</i>	\$10.00	April - Oct
Violet	leaf	<i>Viola odorata</i>	\$17.00	Feb - May
Vitex, Chasteberry	berry	<i>Vitex agnus-castus</i>	\$17.00	Aug - Dec
Woad, Ban Lan Gen	root	<i>Isatis indigotica</i>	\$13.00	Feb - Oct
Woad, Da Qing, Ye	leaf	<i>Isatis indigotica</i>	\$9.00	Jan - Dec
Wood betony	herb	<i>Stachys officinalis</i>	\$10.00	April - Nov
Wormwood	herb	<i>Artemisia absinthium</i>	\$9.00	April - Nov
Yarrow, white	flower	<i>Achillea millefolium</i>	\$14.00	May - Nov
Yellow dock	root	<i>Rumex crispus</i>	\$12.00	Sept - March
Yerba mansa	whole	<i>Anemopsis californica</i>	\$21.00	July - Dec

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Yerba santa	leaf	<i>Eriodictyon californicum</i>	\$19.00	March - Dec

**Sonoma County Herb Exchange
2010 DRY HERBS**

Common Name	Part	Botanical Name	Price per lb	Organic Status
Anise hyssop	leaf & flwr	<i>Agastache foeniculum</i>	\$29.00	og. practices
Artichoke	leaf	<i>Cynara scolymus</i>	\$19.00	og. practices
Ashwagandha	root	<i>Withania somnifera</i>	\$21.00	variable
Bai Zhi	root	<i>Angelica dahurica</i>	\$20.00	certified og.
Balloon flower, Jie Geng	root	<i>Platycodon grandiflora</i>	\$23.00	certified og.
Bitter melon, Ku Gua	fruit	<i>Momordica chinensis</i>	\$11.00	certified og.
Blackberry lily, She Gan	root	<i>Belamcanda chinensis</i>	\$16.00	certified og.
Brahmi	herb	<i>Bacopa monniera</i>	\$36.00	certified og.
Burdock	root	<i>Arctium lappa</i>	\$17.00	variable
Calendula	flower	<i>Calendula officinalis</i>	\$24.00	og. practices
Calendula orange only	flower	<i>Calendula officinalis</i>	\$29.00	certified og.
California poppy	root/whole	<i>Eschscholzia californica</i>	\$26.00	variable
Catnip	herb	<i>Nepeta cataria</i>	\$25.00	og. practices
Chamomile, German	flower	<i>Matricaria recutita</i>	\$39.00	variable
Chinese balsam, Tou Gu	herb	<i>Impatiens balsamina</i>	\$19.00	certified og.
Chou Wu Tong	leaf	<i>Clerodendron trichotomum</i>	\$19.00	certified og.
Chrysanthemum, Ju Hua	flower	<i>Chrysanthemum morifolium</i>	\$35.00	certified og.
Chuang Niu Xu	root	<i>Cyathula officinalis</i>	\$22.00	certified og.
Cleavers	herb	<i>Galium aparine</i>	\$17.00	variable
Comfrey	leaf	<i>Symphytum officinalis</i>	\$17.00	og. practices
Du Huo	root	<i>Angelica pubescens</i>	\$20.00	certified og.
Echinacea	leaf & flwr	<i>Echinacea purpurea</i>	\$19.00	variable
Eclipta, Mo Han Lian	herb	<i>Eclipta prostrata 'Alba'</i>	\$17.00	certified og.
Elder	berry	<i>Sambucus mexicana/nigra</i>	\$29.00	wildcrafted
Elecampane	root	<i>Inula helenium</i>	\$19.00	certified og.
Field mint, Bo He	herb	<i>Mentha haplocalyx</i>	\$20.00	certified og.
Fo ti, Ye Jiao Teng	stem	<i>Polygonum multiflorum</i>	\$19.00	certified og.
Ginkgo	leaf	<i>Ginkgo biloba</i>	\$17.00	wildcrafted
Hawthorne	berry	<i>Crataegus spp.</i>	\$19.00	variable
Hops	strobile	<i>Humulus lupulus</i>	\$21.00	og. practices
Horehound	herb	<i>Marrubium vulgare</i>	\$17.00	og. practices
Horsetail	herb	<i>Equisetum arvense</i>	\$23.00	wildcrafted
Hyssop	herb	<i>Hyssopus officinalis</i>	\$19.00	og. practices
Japanese catnip, Jing Jie	herb	<i>Schizonepeta tenuifolia</i>	\$30.00	certified og.
Korean mint, Huo Xiang	herb	<i>Agastache rugosa</i>	\$20.00	certified og.
Kui Hao, Wu Yue Ai	herb	<i>Artemisia princeps</i>	\$17.00	certified og.

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Common Name	Part	Botanical Name	Price per lb	Organic Status
Lavender (lavandin)	flower	<i>Lavandula x intermedia</i>	\$28.00	variable
Lavender, English	flower	<i>Lavandula angustifolia</i>	\$28.00	variable
Lemon balm	herb	<i>Melissa officinalis</i>	\$21.00	variable
Lemon verbena	leaf	<i>Aloysia triphylla</i>	\$25.00	variable
Lemongrass	leaf	<i>Cymbopogon flexuosus</i>	\$25.00	variable
Loquat/Pe Pi Yi	leaf	<i>Eriobotrya japonica</i>	\$19.00	certified og.
Mimosa, He Huan Hua	flower	<i>Albizzia julibrisson</i>	\$64.00	certified og.
Mimosa, He Huan Pi	bark	<i>Albizzia julibrisson</i>	\$24.00	certified og.
Motherwort	herb	<i>Leonurus cardiaca</i>	\$18.00	variable
Mugwort, Ai Ye, Moxa	herb	<i>Artemisia argyii</i>	\$18.00	certified, og.
Mugwort, Chinese, Yi Mu Cao	herb	<i>Artemisia vulgaris</i>	\$18.00	variable
Mullein	leaf	<i>Verbascum thapsus</i>	\$13.00	variable
Nettle	leaf	<i>Urtica dioica</i>	\$23.00	variable
Passionflower	herb	<i>Passiflora incarnata</i>	\$21.00	variable
Peppermint/spearmint	leaf	<i>Mentha piperita/spicata</i>	\$17.00	variable
Plantain	leaf	<i>Plantago lanceolata/major</i>	\$18.00	variable
Raspberry	leaf	<i>Rubus idaeus</i>	\$19.00	variable
Red clover	flower	<i>Trifolium pratense</i>	\$36.00	og. practices
Red sage, Dan Shen	root	<i>Salvia miltiorrhiza</i>	\$26.00	certified og.
Rehmannia, Di Huang	root	<i>Rehmannia glutinosa</i>	\$17.00	certified og.
Rhubarb, Da Huang	root	<i>Rheum palmatum</i>	\$17.00	certified og.
Rose	buds	<i>Rosa rugosa and spp.</i>	\$57.00	variable
Rose	hips	<i>Rosa rugosa and spp.</i>	\$16.00	variable
Rose	petals	<i>Rosa rugosa and spp.</i>	\$41.00	variable
Rose, damask	petals	<i>Rosa x damascena</i>	\$90.00	variable
Rose geranium	leaf	<i>Pelargonium graveoleons</i>	\$19.00	variable
Safflower , Hong Hua	flowerhead	<i>Carthamus tinctorius</i>	\$25.00	certified og.
Sage, white	leaf	<i>Salvia apiana</i>	\$23.00	variable
Scullcap barbat, Ban Zhi Lian	herb	<i>Scutellaria barbata</i>	\$19.00	certified og.
Scute, Huang Qin	root	<i>Scutellaria baicalensis</i>	\$21.00	certified og.
Self heal, Xia Ku Cao	herb	<i>Prunella vulgaris</i>	\$19.00	variable
She Chuang Zi	seed	<i>Cnidium monnieri</i>	\$18.00	certified og.
Siegesbeckia, Xi Xian Cao	herb	<i>Siegesbeckia orientalis</i>	\$16.00	certified og.
Sweet Annie, Qing Hao	herb	<i>Artemisia annua</i>	\$16.00	certified og.
Sweet tea vine, Jiao Gulan	herb	<i>Gynostemma pentaphyllum</i>	\$80.00	certified og.
Tulsi, Holy basil	leaf	<i>Ocimum sanctum</i>	\$19.00	certified og.
Usnea	lichen	<i>Usnea spp.</i>	\$24.00	wildcrafted

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Common Name	Part	Botanical Name	Price per lb	Organic Status
Violet	leaf	<i>Viola odorata</i>	\$31.00	variable
Vitex	berry	<i>Vitex agnus-castus</i>	\$23.00	variable
Woad, Ban Lan Gen	root/whole	<i>Isatis indigotica</i>	\$19.00	certified og.
Woad, Da Qing Ye	leaf	<i>Isatis indigotica</i>	\$19.00	certified og.
Wormwood	herb	<i>Artemisia absinthium</i>	\$17.00	og. practices
Yarrow	flower	<i>Achillea millefolium</i>	\$25.00	variable
Yellow dock	root	<i>Rumex crispus</i>	\$16.00	variable
Yerba santa	leaf	<i>Eriodictyon californicum</i>	\$31.00	wildcrafted
Yi Mu Cao	herb	<i>Leonurus heterophyllus</i>	\$20.00	certified og.

Sonoma County Herb Exchange
PO Box 2162
Sebastopol, CA 95473

Address Service Requested

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