

Sonoma County Herb Exchange

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

2011 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.

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 current 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.sonomaherbs.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
2011 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
Bay, European	leaf	<i>Laurus nobilis</i>	\$16.00	Aug - Dec
Blue vervain	herb	<i>Verbena hastata</i>	\$11.00	April - Oct
Borage	flw tops	<i>Borago officinalis</i>	\$11.00	March - Nov
Brahmi	herb	<i>Bacopa monnieri</i>	\$20.00	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	flw tops	<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
Comfrey	leaf	<i>Symphytum officinalis</i>	\$9.00	March - Dec
Comfrey	root	<i>Symphytum officinalis</i>	\$11.00	Nov - March
Curry plant	flw tops	<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
Echinacea	leaf & flower	<i>Echinacea purpurea</i>	\$13.00	May - Oct
Elder	berry	<i>Sambucus nigra</i>	\$15.00	June - Sept
Elecampane	root	<i>Inula helenium</i>	\$11.00	Nov - March
Feverfew	flw tops	<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 californica</i>	\$11.00	March - Nov
Fo ti	herb	<i>Fallopia 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

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Common Name	Part	Botanical Name	Price per lb	Projected Availability
Hawthorne	berry	<i>Crataegus spp.</i>	\$13.00	Sept - Oct
Hawthorne	leaf	<i>Crataegus spp.</i>	\$14.00	March - Sept
Hops	strobile	<i>Humulus lupulus</i>	\$19.00	Aug - Sept
Horsetail	herb	<i>Equisetum arvense</i>	\$11.00	April - Aug
Hyssop	herb	<i>Hyssopus officinalis</i>	\$10.00	March - Nov
Korean mint, Huo Xiang	herb	<i>Agastache rugosa</i>	\$13.00	April - Oct
Lavender (lavandin)	flower	<i>Lavandula 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>	\$12.00	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
Mullein	flower	<i>Verbascum olympicum</i>	\$31.00	March - Nov
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
Poke	root	<i>Phytolacca americana</i>	\$13.00	Nov - March
Purslane	herb	<i>Portulacca oleracea.</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
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>	\$40.00	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

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Common Name	Part	Botanical Name	Price per lb	Projected Availability
Sage	leaf	<i>Salvia officinalis</i>	\$11.00	March - Oct
Sage, White	leaf	<i>Salvia apiana</i>	\$15.00	March - Nov
Scullcap	herb	<i>Scutellaria lateriflora</i>	\$17.00	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
St. John's wort	flw tops	<i>Hypericum perforatum</i>	\$14.00	June - July
Stevia	leaf	<i>Stevia rebaudiana</i>	\$19.00	June - Oct
Thyme	herb	<i>Thymus vulgaris</i>	\$11.00	March - Nov
Tulsi, Holy basil	herb	<i>Ocimum sanctum</i>	\$17.00	July - Oct
Vervain	herb	<i>Verbena officinalis</i>	\$12.00	April - Oct
Violet	leaf	<i>Viola odorata</i>	\$17.00	Feb - May
Woad, Ban Lan Gen	root	<i>Isatis indigotica</i>	\$13.00	Feb - Oct
Woad, Da Qing Yi	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>	\$10.00	April - Nov
Yarrow, white	flower	<i>Achillea millefolium</i>	\$16.00	May - Nov
Yellow dock	root	<i>Rumex crispus</i>	\$12.00	Sept - March
Yerba santa	leaf	<i>Eriodictyon californicum</i>	\$19.00	March - Dec
Zhi Mu	root	<i>Anemarrhena asphodeloides</i>	\$19.00	May - Sept

**Sonoma County Herb Exchange
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Common Name	Part	Botanical Name	Price per lb	Organic Status
Anise hyssop	leaf & flower	<i>Agastache foeniculum</i>	\$29.00	og. practices
Artichoke	leaf	<i>Cynara scolymus</i>	\$19.00	og. practices
Bitter melon, Ku Gua	fruit	<i>Momordica chinensis</i>	\$18.00	certified og.
Brahmi	herb	<i>Bacopa monnieri</i>	\$36.00	certified og.
Burdock	root	<i>Arctium lappa</i>	\$20.00	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
Chamomile, Roman	flower	<i>Anthemis nobilis</i>	\$39.00	variable
Chrysanthemum, Ju Hua	flower	<i>Chrysanthemum morifolium</i>	\$44.00	certified og.
Chuan Niu Xi	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
Comfrey	root	<i>Symphytum officinalis</i>	\$25.00	og. practices
Elder	berry	<i>Sambucus nigra</i>	\$29.00	wildcrafted
Elecampane	root	<i>Inula helenium</i>	\$19.00	certified og.
Fan Xie Ye	leaf	<i>Cassia angustifolia</i>	\$16.00	certified og.
Feverfew	flw tops	<i>Tanacetum parthenium</i>	\$19.00	variable
Field mint, Bo He	herb	<i>Mentha haplocalyx</i>	\$19.00	certified og.
Fo ti, Ye Jiao Teng	stem	<i>Fallopia multiflorum</i>	\$22.00	certified og.
Ginkgo	leaf	<i>Ginkgo biloba</i>	\$21.00	wildcrafted
Hawthorne	berry	<i>Crataegus spp.</i>	\$19.00	variable
Hops	strobile	<i>Humulus lupulus</i>	\$23.00	og. practices
Horsetail	herb	<i>Equisetum arvense</i>	\$23.00	wildcrafted
Hyssop	herb	<i>Hyssopus officinalis</i>	\$19.00	og. practices
Korean mint, Huo Xiang	herb	<i>Agastache rugosa</i>	\$20.00	certified og.
Ku Shen	herb	<i>Sophora flavescens</i>	\$18.00	certified og.
Lavender (lavandin)	flower	<i>Lavandula x intermedia</i>	\$28.00	variable
Lavender, English	flower	<i>Lavandula angustifolia</i>	\$28.00	variable
Lavender bergamot	herb	<i>Monarda fistulosa</i>	\$24.00	certified og.
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
Mimosa, He Huan Hua	flower	<i>Albizzia julibrissin</i>	\$64.00	certified og.
Mimosa, He Huan Pi	bark	<i>Albizzia julibrissin</i>	\$24.00	certified og.

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Common Name	Part	Botanical Name	Price per lb	Organic Status
Motherwort	herb	<i>Leonurus cardiaca</i>	\$19.00	variable
Mugwort, Ai Ye, Moxa	herb	<i>Artemisia argyii</i>	\$18.00	certified og.
Mugwort, Chinese, Yi Mu Cao	herb	<i>Artemisia heterophyllus</i>	\$18.00	variable
Mugwort, European	herb	<i>Artemisia vulgaris</i>	\$18.00	certified og.
Mullein	leaf	<i>Verbascum thapsus</i>	\$15.00	variable
Nettle	herb	<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>	\$21.00	variable
Red clover	flower	<i>Trifolium pratense</i>	\$36.00	og. practices
Rehmannia, Di Huang	root	<i>Rehmannia glutinosa</i>	\$24.00	certified og.
Rose	hips	<i>Rosa rugosa and spp.</i>	\$16.00	variable
Rose	petals	<i>Rosa rugosa and spp.</i>	\$50.00	variable
Rose geranium	herb	<i>Pelargonium graveoleons</i>	\$19.00	variable
Safflower , Hong Hua	flowerhead	<i>Carthamus tinctorius</i>	\$22.00	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>	\$22.00	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 tea vine, Jiao Gulan	herb	<i>Gynostemma pentaphyllum</i>	\$80.00	certified og.
Tulsi, Holy basil	leaf	<i>Ocimum sanctum</i>	\$28.00	certified og.
Violet	leaf	<i>Viola odorata</i>	\$36.00	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>	\$19.00	variable
Yerba santa	leaf	<i>Eriodictyon californicum</i>	\$31.00	wildcrafted
Yi Mu Cao	herb	<i>Leonurus heterophyllus</i>	\$20.00	certified og.
Zhi Mu	root	<i>Anemarrhena asphodeloides</i>	\$30.00	certified og.

Sonoma County Herb Exchange
PO Box 2162
Sebastopol, CA 95473

Address Service Requested

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