

ORGANIC/SUSTAINABLE BULK CULINARY + MEDICINAL HERB PRICE LIST

Herb	25 g	50 g	100 g		Culinary	Medicinal
Alfalfa Leaf (Medicago sativa)	\$6.00	\$11.00	\$20.00			-Nutrient dense, reduces blood clotting, phytoestrogen, lowers cholesterol
Astragalus Root (Astragalus membranaceus)	\$7.00	\$13.00	\$24.00			- Immune tonic, adaptogen, blood builder
Bay Leaf (Laurus nobilis)	\$6.00	\$11.00	\$20.00		Savoury dishes — soups, stocks, stews	Immune system, heart health, nutrient dense
Borage Leaf + Flower (Borago officinalis)	\$10.00	\$18.00	\$32.00			- Adrenal Tonic, reduces stress, boosts courage
Calendula Flower (Calendula officinalis)	\$7.00	\$13.00	\$24.00			- Tissue healing, anti-inflammatory, liver health, lymphatic/skin conditions
Cardamom Seed (Elettaria cardamomum)	\$12.00	\$22.00	\$40.00		Chai spice, baked goods, curries	Aids digestion, fights bacteria, fresh breath
Cardamom Seed Powder (Elettaria cardamomum)	\$10.00	\$18.00	\$32.00		Same as above	Same as above
Celery Seed (Apium graveolens)	\$6.00	\$11.00	\$20.00		Soups/stocks, salads, rubs, bloody Marys	- Diuretic, gout, arthritis
Chamomile Flower (Matricaria chamomilla)	\$8.00	\$15.00	\$28.00			- Relaxant, anti- inflammatory for the gut, liver health (mother of the gut)
Cacao Powder (Theobroma cacao)	\$7.00	\$13.00	\$24.00		Hot chocolates/ baking/protein	- Heart opener, heart health, brain function, mood booster
Cinnamon (Cassia) Pieces (Cinnamomum cassia)	\$7.00	\$13.00	\$24.00		Warming drinks, curries, baked goods	- Balances blood sugar
Damiana Leaf (Turnera diffusa)	\$9.00	\$17.00	\$30.00			- Aphrodisiac, nerve tonic, anti anxiety, mood booster
Dandelion Root (Taraxacum officinale)	\$7.00	\$13.00	\$24.00			- Liver health, colon health/ inflammation, gentle laxative
Dong Quai Root (Angelica sinensis)	\$11.00	\$20.00	\$36.00			- Blood builder, hormonal regulator, circulation, immune
Elderflower (Sambucus nigra)	\$10.00	\$18.00	\$32.00			- Fevers, blocked sinus conditions, anti-inflammatory
Fennel Seed (Foeniculum vulgare)	\$6.00	\$11.00	\$20.00			- Reduces bloating, phytoestrogen, blocks androgens

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Ginger Root (Zingiber officinale)	\$7.00	\$13.00	\$24.00			- Anti-inflammatory, digestive health, circulation, thins mucous
Ginger Root Powder (Zingiber officinale)	\$7.00	\$13.00	\$24.00			- Same as above
Hawthorn Flower/Leaf (Crataegus spp)	\$9.00	\$17.00	\$30.00			- Cardiovascular tonic—lowers blood pressure, strengthens heart
Holy Basil Leaves (Ocimum tenuiflorum)	\$8.00	\$15.00	\$28.00			- Adaptogen, boosts mood, supports digestion, anti viral
English Lavender Leaves (Lavendula angustifolia)	\$9.00	\$17.00	\$30.00			- Anti-anxiety, boosts mood, prevents bloating
French Lavender (Lavandin)	\$6.00	\$11.00	\$20.00			- used for making cosmetics
Licorice Root (Glycyrrhiza glabra)	\$7.00	\$13.00	\$24.00			- Immune system, increases blood pressure, hormones, digestion
Marshmallow Root (Althaea officinalis)	\$9.00	\$17.00	\$30.00			- Moistens bowels, reduces inflammation in GI tract
Marjoram Leaves + Flower (Origanum)	\$6.00	\$11.00	\$20.00		Meats, stews, stuffings	Digestives support, stress relief, muscle pain support
Milk Thistle Seed (Silybum marianum)	\$8.00	\$15.00	\$28.00			- Liver regenerateve, antioxidant, promotes breast milk
Motherwort Leaves + Flower (Leonarus cardiaca)	\$9.00	\$17.00	\$30.00			- liver, reduces irregular heart beat, menopause support, supports menstruation, reduces anxiety
Mugwort Leaves and Flower (Artemisia vulgaris)	\$9.00	\$17.00	\$30.00			- liver/digestive tonic, promotes dreams, supports menstruation
Mullein Leaf (Verbascum thapsus)	\$7.00	\$13.00	\$24.00			- lung tonic, for dry/ spastic coughs, soothes urinary, anti inflammatory
Nettle Leaf (Urtica dioica)	\$7.00	\$13.00	\$24.00			- high in iron, eliminates toxins, nutrient dense, arthritis support
Oat Tops (Avena sativa)	\$9.00	\$17.00	\$30.00			- nervous system tonic, b vitamins, nutrient dense

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Olive Leaf (Olea europaea)	\$7.00	\$13.00	\$24.00			- lowers cholesterol, anti-microbial
Orange Peel (Citrus aurantium)	\$7.00	\$13.00	\$24.00			- bitter for liver health, high in vitamin c
Oregano Leaf (Origanum vulgare)	\$8.00	\$15.00	\$28.00		Tomatoes, garlic, olive oil, Mediterranean style	- immune system, anti-viral/fungal/bacterial
Raspberry Leaf (Rubus idaeus)	\$7.00	\$13.00	\$24.00			- uterine tonic, menstruation support, high in nutrients (iron)
Rose Petals (Rosa spp)	\$10.00	\$18.00	\$32.00			- heals tissues, anti inflammatory, heart opener
Rosehips (Rosa spp)	\$7.00	\$13.00	\$24.00			- high in vitamin C
Sesame Seed (Sesamum indicum)	\$5.00	\$9.00	\$16.00		Asian and middle eastern dishes	- high in calcium & nutrients, heart health, bone health
Shatavari Root (Asparagus racemosus)	\$9.00	\$17.00	\$30.00			- adaptogen, hormonal regulator, menopause support, fertility booster, aphrodisiac
Shatavari Root Powder (Asparagus racemosus)	\$8.00	\$15.00	\$28.00			Same as above
Spearmint Leaf (Mentha spicata)	\$6.00	\$11.00	\$20.00			- digestive, PCOS support, calms nerves
St John's Wort Flowers (Hypericum perforatum)	\$8.00	\$15.00	\$28.00			- antidepressant, nerve pain tonic, anti viral, topically good for skin/tissue damage
Sumac Berry Powder (Rhus coriaria)	\$9.00	\$17.00	\$30.00		Used in middle eastern and Mediterranean	- high in antioxidants
Summer Savory Leaves + Flowers (Satureja hortenisi)	\$9.00	\$17.00	\$30.00		Poultry, sausages, soups, veggies	Antioxidant, digestive support, anti microbial
Tarragon Leaf (Artemisia dracunculus)	\$10.00	\$18.00	\$32.00		Chicken, fish, eggs, creamy sauces	Blood sugar support, appetite regulation
Thyme Leaves (Thymus vulgaris)	\$6.00	\$11.00	\$20.00		Eggs, potatoes, meats, sauces	- respiratory/urinary infections, anti viral/fungal/bacterial
Turmeric Root (Curcuma longa)	\$6.00	\$11.00	\$20.00		East indian/middle eastern/asian. Great in juices.	- anti inflammatory, cancer support, circulation
Valerian Root (Valeriana officinalis)	\$10.00	\$18.00	\$32.00			- induces sleep/drowsiness, reduces anxiety

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Vervain Leaves (Verbena officinalis)	\$9.00	\$17.00	\$30.00			- liver support, anti anxiety, mood booster, nutrients
Yellow Dock Root (Rumex crispus)	\$10.00	\$18.00	\$32.00			- psoriasis, anti inflammatory, laxative, high in iron