

ORGANIC/SUSTAINABLE BULK CULINARY + MEDICINAL HERB PRICE LIST

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

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

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

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