

## MENU OF CUT & SIFT HERBS

Common Name	\$ per oz				
Agrimony Leaf	2.98	Carob Powder - Raw	2.23	Dill Weed	4.70
Alfalfa Leaf	2.48	Carob Flakes - Roasted	2.60	Dong Quai Root	6.40
Allspice- Whole	3.54	Cassia Cinnamon- Ground & Chips	2.09	Echinacea Augustifolia Root	5.23
Amla- Whole Berry	2.03	Cassia Cinnamon Sticks	2.52	Elder Berries	3.36
Angelica Root	5.23	Catnip	3.37	Elder Flower	3.93
Anise Seed	2.23	Cat's Claw Bark (WC)	2.42	Elecampane Root	2.88
Anise, Star- Whole Pods	3.57	Cayenne - Ground	2.99	Eleuthero Root- C/S & Powder	2.58
Arnica Flowers	18.60	Cedar Leaf (WC)	2.18	Essiac Blend	5.08
Artichoke Leaf	2.60	Celery Seed	1.82	Eucalyptus Leaf	2.04
Asafoetida Powder	3.89	Chaga Mushroom C/S & powder	6.58	Fennel Seed	2.03
Ashwagandha Root C/S & powder	2.98	Chamomile Flowers	4.59	Fenugreek C/S & Powder	1.77
Astragalus Root- C/S & Slices	3.73	Chia Seed	1.89	Fo-Ti Root	3.17
Astragalus Root Powder	3.92	Chickweed	2.42	Frankincense Resin, powdered	4.15
Barberry Root	2.82	Chicory Root, Roasted	2.43	Fringe Tree Bark	9.23
Basil Leaf	3.28	Chili Powder	2.58	Garam Masala	3.59
Bay Leaf Whole	5.48	Chipotle Chili Peppers - Ground	4.45	Gentian Root	4.56
Bee Balm	4.50	Cinnamon, Ceylon – Chips & Powder	4.02	Ginger Root- C/S and Powdered	2.94
Bee Pollen	6.54	Cleavers	2.50	Ginkgo Leaf, Fall gold	3.75
Berberis Spice Blend	1.68	Cloves - Whole	4.59	Golden Seal Root Powder	21.25
Beet Root Powder	2.64	Cocoa Powder - Roasted	2.53	Goldenrod Herb	2.49
Birch Bark (WC)	2.99	Codonopsis Root	6.17	Gotu Kola	3.83
Bitter Melon	2.77	Coltsfoot	3.81	Gymnema Powder	2.91
Black Cohosh Root	6.17	Comfrey Leaf (WC)	2.85	Hawthorn Berries	2.32
Blue Vervain	4.09	Comfrey Root	2.79	Hawthorn Leaf and Flower	2.60
Boneset	3.92	Copal Resin	2.69	Holy Basil Leaf	2.44
Borage C/S	4.69	Coriander Seed – Whole & Ground	2.37	Hops Flowers Whole	7.85
Brahmi (Bacopa) Leaf	2.77	Cramp Bark	6.92	Horny Goat Weed (Epimedium)	3.93
Burdock Root	3.15	Cumin Seed – Whole & Powder	2.70	Horsetail Herb	2.42
Cacao Nibs - Roasted	2.92	Curry Powder	2.79	Hyssop	3.18
Calendula Flowers	4.16	Damiana Leaf	3.17	Jamaican Dogwood	2.99
California Poppy Leaf	5.98	Dandelion Leaf	3.37	Jamaican Jerk Seasoning	3.55
Caraway Seed	1.87	Dandelion Root	3.90	Juniper Berries	2.51
Cardamom Pods- Hulled & Ground	6.20	Dandelion Root - Roasted	3.92	Kava Kava Root- C/S and Powder	7.12
Cardamom Pods - Whole	6.08	Devil's Claw Root	3.48	Kelp Graules	1.59

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Kudzu Root	2.22	Paprika-Smoked	2.88	Shiitake Mushrooms	7.06
Lapsang Souchang	4.98	Parsley Leaf	3.60	Skullcap	4.80
Lavender Flowers - Whole	5.25	Passion Flower	3.39	Slippery Elm Bark-C/S & powdered	4.31
Lemon Balm	3.82	Pau D'arco Bark (WC)	2.23	Solomon's Seal	8.83
Lemongrass	2.70	Peony Root - White	3.18	Spearmint Leaf	2.88
Lemon Peel	3.96	Pepper, Black- Medium Grind	3.82	Spikenard Root (WC)	6.18
Lemon Verbena Leaf	3.66	Peppercorns, Black - Whole	3.63	Spirulina - Powdered	4.48
Licorice Root, C/S and powder	3.15	Peppercorns, Pink	7.13	St. John's Wort	3.28
Linden Leaf and Flower	4.48	Peppermint Leaf	2.93	Stevia Leaf	3.93
Lobelia	5.48	Plantain Leaf	3.62	Stone Root (WC)	3.45
Long Pepper/Pippali - Whole	4.76	Pleurisy Root	5.99	Tarragon Leaf	7.50
Lycii/Goji Berries	4.59	Poppy Seed	2.50	Teasel Root	6.40
Maca Powder	4.39	Prickly Ash Bark (WC)	3.92	Thyme Leaf	3.53
Marjoram Leaf	3.18	Psyllium Seed	1.85	Turmeric Root – C/S and powdered	2.17
Marshmallow Leaf	3.59	Pumpkin Pie Spice	2.85	Uva Ursi	3.07
Marshmallow Root- C/S and Powder	3.66	Red Clover Blossoms	5.64	Valerian Root	5.34
Matcha Green Tea	4.97	Red Raspberry Leaf	2.51	Vanilla Beans - Whole	48.00
Meadowsweet herb	3.65	Rehmannia Root (prepared)	2.49	Violet Leaf	2.98
Mesquite Powder	2.79	Reishi Mushroom slices	4.45	Vitex/Chaste Tree Berries	2.32
Milk Thistle Seed	2.68	Rhodiola Root, Chinese	5.75	White Willow Bark	2.51
Motherwort	3.73	Rooibos	2.68	Wild Cherry Bark	3.75
Muirá Purama Bark (WC)	3.24	Rose Petals	4.80	Wild Lettuce	3.90
Mugwort	3.35	Rosehips	2.42	Wood Betony	2.89
Mullein Leaf	3.09	Rosemary Leaf	2.07	Wormwood	2.98
Mustard Seed - Brown	1.76	Saffron (per gram)	17.86	Yarrow flowers	2.36
Myrrh Resin	4.85	Sage Leaf	3.18	Yarrow Leaf and Flower	2.67
Neem Leaf	2.40	Sandalwood powder, Red (WC)	2.42	Yellow Dock Root	3.07
Nettle Leaf- C/S and Powdered	3.27	Sarsaparilla Root -Jamaican	3.75	Yerba Mate	2.68
Nutmeg - Whole	5.73	Sassafras Bark (WC)	4.85		
Oat Straw	3.17	Saw Palmetto Berry	4.54		
Oat Tops	5.13	Schisandra Berries	5.58		
Orange Peel	2.79	Self-Heal	3.35		
Oregano	3.30	Senna Leaf	2.67		
Paprika - Ground	2.52	Shatavari Root- C/S & powdered	2.52		

***\*Prices subject to change with market fluctuation***

***All of our Herbs are Organically Grown, except for those that are Ethically Wildcrafted (WC).***

***We source our herbs from Sacred Roots Sanctuary, Mountain Rose & Starwest Botanicals***