

## Herb Chart for Harvesting and Preparation of Liquid Extracts

LATIN NAME	COMMON NAME	PART USED	HARVESTING PERIOD	BEST FORM	BEST STRENGTH	BEST SOLVENCY RANGE $\pm 10\%$
<i>Achillea millefolium</i>	Yarrow	Flowering Tops	Summer	Fresh + Dry	1:1	60%
<i>Acorus calamus</i>	Calamus	Roots	Spring or Fall	Dry	1:5	50%
<i>Aesculus hippocastanum</i>	Horse Chestnut	Ripe Fruit	Fall	Dry	1:5	65%
<i>Agrimonia</i> spp.	Agrimony	Aerial Herb in Flower	Summer	Fresh	1:1	40%
<i>Alchemilla vulgaris</i>	Lady's Mantle	Aerial Herb	Summer	Dry	1:5	45%
<i>Allium sativum</i>	Garlic	Bulbs	Fall	Fresh	1:1	30%
<i>Althea officinalis</i>	Marshmallow	Roots	Fall	Fresh	1:2	30%
<i>Angelica sinensis</i>	Dong Quai	Roots	Fall	Dry	1:3	70%
<i>Apium graveolens</i>	Celery	Seeds	Summer	Dry	1:3	60%
<i>Arctium lappa</i> root	Burdock	Roots	Fall, 1st year	Fresh	1:1	45%
<i>Arctium lappa</i> seed	Burdock	Seeds	Fall, 2nd year	Dry	1:3	45%
<i>Arctostaphylos uva-ursi</i>	Uva Ursi	Seeds	Spring - Summer	Dry	1:3.5	40%
<i>Armoracia rusticana</i>	Horseradish	Flowering Tips & Berries	Spring or Fall	Fresh	1:1	35%
<i>Arnica montana</i>	Arnica	Roots	Spring	Fresh	1:1	55%
<i>Asclepias tuberosa</i>	Pleurisy Root	Aerial Herb in Flower	Spring or Fall	Fresh	1:1	45%
<i>Astragalus membranaceus</i>	Astragalus	Roots	Spring or Fall	Fresh	1:1	60%
<i>Avena sativa</i>	Oats, Milky	Seeds	Fall	Dry	1:4	40%
<i>Barosma betulina</i>	Buchu	Leaves	Summer	Fresh + Dry	1:1	40%
<i>Borago officinalis</i>	Borage, Aerial	Herb in Flower	Summer	Dry	1:3.5	65%
<i>Bupleurum chinense</i>	Thoroughwax	Roots	Spring - Summer	Fresh	1:1	25%
<i>Calendula officinalis</i>	Calendula	Flowers	Fall	Dry	1:4	40%
<i>Calendula off. succus</i>	Calendula	Flowers	Spring - Fall	Dry	1:5	70%
<i>Capsella bursa pastoris</i>	Shepherd's Purse	Aerial Herb with Seeds	Spring - Fall	Fresh	1:0.65	20%
<i>Capsicum</i> spp.	Cayenne	Pods with Seeds	Summer	Fresh	1:2	24%
<i>Caulophyllum thalictroides</i>	Blue Cohosh	Roots & Rhizomes	Late Summer	Fresh	1:1	55%
<i>Ceanothus americanus</i>	Red Root	Roots	Fall	Dry	1:5	43%
<i>Centella asiatica</i>	Gotu Kola	Roots	Fall	Fresh	1:2	35%
<i>Chelidonium majus</i>	Celandine	Whole Plant	Spring - Fall	Fresh	1:1	45%
<i>Chionanthus virginicus</i>	Fringe Tree	Whole Plant	Fall	Fresh	1:1.3	60%
<i>Cimicifuga racemosa</i>	Black Cohosh	Root or Tree Bark	Spring or Fall	Dry	1:5	65%
<i>Codonopsis pilosula</i>	Dang Shen	Roots & Rhizomes	Fall	Dry	1:3	70%
		Roots	Fall	Dry	1:5	50%
<i>Collinsonia canadensis</i>	Stone Root	Roots	Fall	Dry	1:4	60%
<i>Commiphora myrrha</i>	Myrrh	Resin	Summer	Semi-Dry	1:3	95%
		Flowers, Leaves & Bark	Spring, A, L, F, S, O	Dry	1:1	100%

<i>Ceanothus americanus</i>	Red Root	Roots	Spring - Fall	Fresh	1:1	45%
<i>Centella asiatica</i>	Gotu Kola	Whole Plant	Fall	Fresh	1:1.3	60%
<i>Chelidonium majus</i>	Celandine	Whole Plant	Spring or Fall	Dry	1:5	65%
<i>Chionanthus virginicus</i>	Fringe Tree	Root or Tree Bark	Fall	Dry	1:3	70%
<i>Cimicifuga racemosa</i>	Black Cohosh	Roots & Rhizomes	Fall	Dry	1:5	50%
<i>Codonopsis pilosula</i>	Dang Shen	Roots	Fall	Dry		
<i>Collinsonia canadensis</i>	Stone Root	Roots	Fall	Dry	1:4	60%
<i>Commiphora myrrha</i>	Myrrh	Resin	Summer	Semi-Dry	1:3	95%
<i>Crataegus</i> spp.	Hawthorne	Flowers, Leaves & Berries	Spring & Late Fall	Dry	1:5	45%
<i>Dioscorea villosa</i>	Wild Yam	Roots	Fall	Dry	1:3.5	50%
<i>Echinacea angustifolia</i>	Echinacea	Roots	Fall	Fresh + Dry	1:1	48%
<i>Echinacea purpurea</i>	Purple Coneflower	Flowers, Roots & Seeds	Summer - Fall	Fresh + Dry	1:0.8	48%
<i>Ephedra sinica</i>	Ma Huang	Stems & Twigs	Summer	Dry	1:4	35%
<i>Equisetum arvense</i>	Horsetail	Sterile Stems	Early Spring	Fresh + Dry	1:1	25%
<i>Eriodictyon californicum</i>	Yerba Santa	Leaves	Summer	Dry	1:4	70%
<i>Eschscholzia californica</i>	California Poppy	Flowering Whole Plant	Spring - Fall	Fresh	1:1	50%
<i>Eupatorium perfoliatum</i>	Boneset	Aerial Herb in Flower	Summer	Fresh + Dry	1:1	45%
<i>Euphrasia officinalis</i>	Eyebright	Aerial Herb in Flower	Summer - Fall	Dry or Fresh	1:4/1:1	65%
<i>Filipendula ulmaria</i>	Meadowsweet	Aerial Herb in Flower	Summer	Dry	1:5	50%
<i>Foeniculum vulgare</i>	Fennel	Ripe Seeds	Fall	Dry	1:4	65%
<i>Fucus vesiculosus</i>	Bladderwrack	Mature Thallus	Spring - Fall	Dry	1:5	27%
<i>Galium aparine</i>	Cleavers	Aerial Herb in Flower	Spring	Fresh + Dry	1:1	45%
<i>Gentiana lutea</i>	Gentian	Roots	Fall	Dry	1:4	25%
<i>Geranium maculatum</i>	Cranesbill	Roots	Spring	Dry	1:4	40%
<i>Ginkgo biloba</i>	Ginkgo	Leaves	Fall	Fresh + Dry	1:1	50%
<i>Glycyrrhiza glabra</i>	Licorice	Roots	Fall	Dry	1:3	40%
<i>Gnirrdelta</i> spp.	Gumweed	Buds & Flowers	Summer	Fresh + Dry	1:1.4	68%
<i>Gymnema sylvestri</i>	Gymnema	Leaves	Summer	Dry	1:3.5	45%
<i>Hamamelis virginiana</i>	Witch Hazel	Bark	Spring or Fall	Dry	1:4	40%
<i>Humulus lupulus</i>	Hops	Strobili	Early Fall	Fresh + Dry	1:1.5	45%
<i>Hydrastis canadensis</i>	Goldenseal	Roots	Fall	Dry	1:5	48%
<i>Hypericum perforatum</i>	St. John's Wort	Flowering Tips	Early Summer	Fresh	1:1	60%
<i>Hyssopus officinalis</i>	Hyssop	Aerial Herb in Flower	Summer	Fresh + Dry	1:1	45%
<i>Inula helenium</i>	Elecampane	Roots	Fall	Fresh	1:1	45%
<i>Juglans nigra</i>	Black Walnut	Green Hulls	Fall	Fresh	1:1	40%
<i>Juniperus communis</i>	Juniper	Berries	Summer - Fall	Dry	1:4	70%
<i>Lactuca</i> spp.	Wild Lettuce	Budding Tops	Summer	Fresh + Dry	1:1.2	60%
<i>Larrea tridentata</i>	Chapparal	Leaves	Summer	Dry	1:5	60%
<i>Lavandula</i> spp.	Lavender	Flowering Tops	Summer	Dry	1:5	60%
<i>Leonurus cardiaca</i>	Motherwort	Aerial Herb in Flower	Summer	Fresh + Dry	1:1	45%
<i>Ligusticum porteri</i>	Osha	Roots	Fall	Fresh	1:1.8	70%
<i>Lobelia inflata</i>	Indian Tobacco	Aerial Herb with Seeds	Summer	Dry	1:4	45%
<i>Lomatium dissectum</i>	Lomatium	Roots	Spring or Fall	Fresh	1:1.8	70%

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<i>Lycopus</i> spp.	Bugleweed	Aerial Herb in Flower	Summer	Fresh	1:1.5	60%
<i>Mahonia</i> spp.	Oregon Grape	Root Bark	Spring or Fall	Dry	1:5	40%
<i>Marrubium vulgare</i>	Horehound	Aerial Herb in Flower	Summer - Fall	Fresh + Dry	1:1	60%
<i>Matricaria recutita</i>	Chamomile	Flowers	Summer	Fresh + Dry	1:1.6	65%
<i>Medicago sativa</i>	Alfalfa	Aerial Herb in Flower	Summer	Fresh + Dry	1:1	30%
<i>Melissa officinalis</i>	Lemon Balm	Aerial Herb in Flower	Summer	Fresh + Dry	1:0.8	45%
<i>Mentha piperita</i>	Peppermint	Aerial Herb in Flower	Summer	Fresh + Dry	1:1.4	65%
<i>Mitchella repens</i>	Partridge Berry	Aerial Herb	Summer	Dry	1:4	43%
<i>Nepeta cataria</i>	Catnip	Aerial Herb in Flower	Summer	Fresh + Dry	1:0.8	50%
<i>Oplopanax horridus</i>	Devil's Club	Root Bark	Fall	Fresh	1:2	55%
<i>Panax ginseng</i>	Ginseng	Roots	Fall	Dry	1:4	30%
<i>Panax quinquefolius</i>	Am. Ginseng	Roots	Fall	Fresh	1:2	50%
<i>Passiflora incarnata</i>	Passionflower	Aerial Herb in Flower	Summer	Fresh + Dry	1:1	40%
<i>Phytolacca americana</i>	Poke Root	Roots	Spring or Fall	Fresh	1:1	45%
<i>Pimpinella anisum</i>	Anise	Ripe Seeds	Fall	Dry	1:3	65%
<i>Piper methysticum</i>	Kava Kava	Roots	Summer - Fall	Fresh + Dry	1:1	70%
<i>Piscidia piscipula</i>	Jamaican Dogwood	Bark	Fall	Dry	1:5	75%
<i>Plantago</i> spp.	Plantain	Leaves	Spring - Summer	Fresh	1:1	24%
<i>Polygonum multiflorum</i>	Fo Ti	Roots	Fall	Dry	1:5	50%
<i>Populus trichocarpa</i>	Poplar	Buds	Early Spring	Fresh	1:3	88%
Propolis	Propolis	Bee Resin	Summer	Dry	1:4	95%
<i>Prunella vulgaris</i>	Heal All	Aerial Herb in Flower	Summer	Fresh	1:1	45%
<i>Prunus</i> spp.	Wild Cherry	Bark	Fall	Dry	1:3.5	35%
<i>Quercus alba</i>	White Oak	Bark	Spring or Fall	Dry	1:5	40%
<i>Rhamnus purshiana</i>	Cascara	Bark	Fall	Dry & Aged	1:5	25%
<i>Rheum palmatum</i>	Turkey Rhubarb	Roots	Fall	Dry	1:4	25%
<i>Rosmarinus officinalis</i>	Rosemary	Flowering Tips	Summer	Dry	1:5	65%
<i>Rubus idaeus</i>	Red Raspberry	Leaves	Summer	Dry	1:4	35%
<i>Rumex acetosella</i>	Sheep Sorrel	Aerial Herb	Early Summer	Dry	1:5	40%
<i>Rumex crispus/obtusifolius</i>	Yellow Dock	Roots	Fall	Dry	1:5	40%
<b><i>Fucus aculeatus</i></b>	Butcher's Broom	Roots & Rhizomes	Fall	Dry	1:5	45%

Salix alba

Salvia officinalis

White Willow

Bark

Spring or Fall

Dry

1:1

45%

Salix alba	White Willow	Bark	Spring or Fall	Dry	1:5	48%
Salvia officinalis	Sage	Flowering Tops	Summer	Fresh + Dry	1:1.4	65%
Sambucus canadensis	Elder	Flowers	Summer	Fresh + Dry	1:0.7	45%
Sanguinaria canadensis	Bloodroot	Roots	Spring or Fall	Fresh	1:1	50%
Schisandra chinensis	Wu Wei Zi	Berries	Summer - Fall	Dry	1:4	50%
Scutellaria lateriflora	Skullcap	Aerial Herb in Flower	Summer	Fresh + Dry	1:0.9	45%
Senna alexandrina	Senna	Leaves	Summer	Dry	1:5	30%
Serenoa repens	Saw Palmetto	Berries	Summer-Fall	Dry	1:2.5	60%
Silybum marianum	Milk Thistle	Seeds	Fall	Dry	1:2.5	80%
Smilax ornata	Sarsaparilla	Roots & Rhizomes	Spring or Fall	Dry	1:4	45%
Solidago canadensis	Goldenrod	Budding Tops	Fall	Fresh + Dry	1:0.9	45%
Stellaria media	Chickweed	Aerial Herb	Spring-Fall	Fresh	1:1	33%
Symphytum officinalis	Comfrey	Roots	Fall	Fresh	1:2	27%
Tabebuia impetiginosa	Pau d'Arco	Bark	Fall	Dry	1:3.5	30%
Tanacetum parthenium	Feverfew	Aerial Herb in Flower	Summer	Fresh + Dry	1:1.4	63%
Taraxacum officinalis	Dandelion	Leaves & Roots	Spring - Fall	Fresh + Dry	1:1	45%
Thuja plicata	W. Red Cedar	Scales	Spring	Fresh	1:0.9	60%
Thymus vulgaris	Thyme	Aerial Herb in Flower	Summer	Fresh + Dry	1:1.5	65%
Tilia spp.	Linden	Flowers & Leaves	Summer	Dry	1:5	45%
Trifolium pratense	Red Clover	Flowers	Fall	Dry	1:3	45%
Trigonella foenum-graecum	Fenugreek	Seeds	Summer	Fresh + Dry	1:4	43%
Turnera diffusa	Damiana	Aerial Herb in Flower	Spring or Fall	Dry	1:5	35%
Tussilago farfara	Coltsfoot	Aerial Herb	Spring	Dry	1:5	25%
Ulmus fulva/rubra	Slippery Elm	Bark	Spring	Fresh + Dry	1:1	50%
Urtica dioica	Nettles	Tops	Spring - Fall	Dry	1:5	80%
Usnea spp.	Old Man's Beard	Lichen	Spring - Summer	Fresh + Dry	1:1	50%
Vaccinium spp.	Bilberry	Leaves, Flowers & Berries	Fall	Dry	1:1	50%
Valeriana officinalis	Valerian	Roots	Summer	Fresh + Dry	1:1	55%
Verbascum thapsus	Mullein	Flowers & Leaves	Summer	Dry	1:5	33%
Verbena spp.	Vervain	Aerial Herb in Flower	Spring or Fall	Dry	1:5	40%
Viburnum opulus	Crampbark	Bark	Fall	Dry	1:3	75%
Vitex agnus-castus	Chaste tree	Berries	Fall	Fresh	1:1	50%
Withania somnifera	Ashwaganda	Roots	Spring or Fall	Dry	1:3	55%
Yucca spp.	Yucca	Roots	Summer	Fresh	1:0.8	65%
Zanthoxylum clava-herculis	Prickly Ash	Bark	Winter	Fresh + Dry	1:1.1	57%
Zea mays	Corn Silk	Silk				
Zingiber officinale	Ginger	Roots				
Red Raspberry	Leaves	Summer				
Sheep Sorrel	Aerial Herb	Early Summer				
Yellow Dock	Roots	Fall				
Butcher's Broom	Roots & Rhizomes	Fall				