



**103 S Fair Oaks Ave in Madison**  
**Mon-Fri 10am-6pm, Sat 10am-5pm**  
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**6333 University Ave in Middleton**  
**(near Simply Savvy and Wolff Kubly)**  
**Mon-Fri 10am-6pm, Sat 10am-5pm**  
Phone: 608.310.5390

# BULK HERBS

## & MORE

We make every effort to offer herbs that are grown locally, organically or are ethically wild-harvested. We select herbs based on quality, so our distributors are subject to change. All our herb prices are listed per ounce, updated quarterly to accommodate seasonal price fluctuations, and are subject to change. Unless otherwise noted, all our bulk items are cut and sifted whole herb.

***It is important for your safety to consult an experienced herbalist, your healthcare provider, reputable books or knowledgeable friends about the appropriate use of any herb. The FDA prohibits the sale of some herbs for human consumption.***

# A

Alfalfa

Angelica Root  
Raiz de Angelica

Anise  
Anis Estrellado

Ashwagandha Root  
Raiz de Ashwagandha

Ashwagandha Root Powder  
Raiz de Ashwagandha en Polvo

Astragalus Root  
Raiz de Astragalo

Astragalus Root Powder  
Raiz de Astragalo en Polvo

# B

Bay Leaf  
Hoja de Laurel

Fresh Bee Pollen  
Pollen de Abeja

Beeswax

Bilberries  
Arandano

Blackberry Root

Black Cohosh Root  
Hierba de la Cinche

Black Peppercorn

Bloodroot  
Sanguinaria

Boneset  
Eupatorio

Burdock Root  
Raiz de Bardana

Burdock Root Powder  
Raiz de Bardana en Polvo

# C

Calamus Root  
Raiz de Calamo

Calendula Flower  
Flor de Calendula

California Poppy  
Amapola California

Cat's Claw  
Una de Gato

Catnip Leaf  
Hoja de Catnip

Chamomile  
Manzanilla

Chaste Tree Berry (Vitex)  
Baya del Arbol Casto

Chickweed  
Pamplina

Chicory Root  
Chicoria

Cinnamon Chips  
Pedazos de Canela

Cinnamon Powder  
Canela en Polvo

Cloves  
Clavo de Olor

Coltsfoot  
Una de Caballo

Comfrey Leaf  
Hoja de Consuelda

Comfrey Root  
Raiz de Consuelda

Cornflower

Cornsilk  
Espigas de Maiz

## D

Damiana  
Damiana

Dandelion Leaf  
Hoja de Diente de Leon

Dandelion Root  
Raiz de Diente de Leon

Dandelion Root Powder  
Raiz de Diente de Leon en Polvo

Devil's Club Root Bark

Dong Quai Root  
Raiz de Dong Quai

## E

Echinacea Leaf  
Hoja de Echinacia

Echinacea Root  
Raiz de Echinacia

Elder Flower  
Flor del Sauco

Elderberry  
Baya del Sauco

Elecampane Root  
Elecampane

Elecampane Root Powder  
Elecampane en Polvo

Eleuthero Root Powder  
Eleuthero en Polvo

Eucalyptus Leaf  
Hoja de Eucalipto

Eyebright  
Eufracia

## F

Fennel Seed  
Semilla de Hinojo

Fenugreek Seed  
Semilla de Fenogreco

Frankincense Tears  
Incienso

## G

Garlic Powder  
Ajo en Polvo

Gentian Root  
Raiz de Genciana

Ginger Root  
Raiz de Gengibre

Ginger Root, Crystallized

WI Ginseng Root  
WI Raiz de Ginseng

Goji Berry (Lycium/Wolfberry)  
Goji

Goldenseal Root (powdered)  
Raiz de Sello Dorado en Polvo

Gotu Kola  
Gotu Kola

## H

Hawthorn Leaf & Flower  
Hoja y Flor de Espino de Bayas

Hawthorn Berry  
Espino de Bayas

Hibiscus Flower  
Flor de Jamaica

Hops Flower  
Flor de Lupulo

Horehound  
Marrubio

Horsetail  
Cola de Caballo

Hyssop  
Hisopo

# J

Juniper Berry  
Bayas de Enebro

# K

Kava Kava Root Powder  
Raiz de Kava Kava en Polvo

Kelp (Bullwhip)  
Alga marina (entera)

# L

Lavender Flower  
Flor de Lavanda

Lemon Balm  
Melisa

Lemongrass  
Hierba Luisa

Lemon Verbena  
Cedron

Licorice Root  
Raiz cortada de Regaliz

Linden Flower  
Flor de Tilo

Lobelia  
Lobelia

# M

Maca Root (powdered)  
Raiz de Maca en Polvo

Marshmallow Root  
Raiz de Malvavisco

Marshmallow Root Powder  
Raiz de Malvavisco en Polvo

Meadowsweet  
Dulce del Prado

Milk Thistle Seed  
Semilla de Carbo de Leche

Motherwort  
Agripalma

Mugwort  
Artemisa

Mullein Leaf  
Joja de Barbasco

Myrrh Gum  
Goma de Mirra

# N

Neem Leaf  
Hoja de Neem

Nettles Leaf  
Hoja de Ortiga

Nettles Root  
Raiz de Ortiga

Nutritional Yeast

## O

Oatstraw  
Paja de Avena

Oat Green Tops  
Paja de Avena Verde

Olive Leaf  
Hoja de Olivo

Orange Peel  
Cascara de Naranja

Oregano  
Oregano

Orris Root (powdered)  
Raiz de Orris en Polvo

## P

Passionflower Leaf  
Hoja de Pasiflora

Paprika, Spanish

Pau D'arco

Peppermint Leaf  
Hoja de Hierva Buena

Plantain  
Platano

## R

Red Clover Blossom  
Flor de Trebol Rojo

Red Raspberry Leaf  
Hoja de Frambuesa Roja

Red Rose Petals  
Petalos de Rosas Rojas

Rhodiola Root  
Rhodiola

Rosebuds  
Capullo de Rosas

Rosehips  
Rosa Mosqueta

Rosemary Leaf  
Hoja de Romero

Rue  
Ruda

## S

Sage Leaf  
Hoja de Salvia

Sage Leaf - White Incense  
Salvia Blanca Incienso

St John's Leaf  
Hoja de San Juan

Indian Sarsaparilla  
Sarsapilla de India

Sassafras  
Sasafras

Saw Palmetto  
Palma Enana Americana

Schisandra Berry  
Bayas de Chizandra

Skullcap  
Scutelaria

Senna Leaf  
Hoja de Sen

Shatavari Root  
Raiz de Shatavari

Shatavari Root Powder  
Raiz de Shatavari en Polvo

Shepherd's Purse  
Bolsa de Pastor

Slippery Elm Bark  
Corteza de Olmo Eslizadiso

Slippery Elm Bark Powder  
Corteza de Olmo Eslizadiso en Polvo

Soap Nuts  
Nueces de Jabon

Spearmint Leaf  
Hoja de Menta

Spirulina (powdered)  
Espirulina en Polvo

Stevia

Stevia Powder  
Stevia en Polvo

## T

Thyme  
Tomillo

Triphala (powdered)  
Triphala en Polvo

Tulsi (Holy Basil)  
Tulsi (Albaca)

Turmeric Root (powdered)  
Raiz de Tumeric en Polvo

## U

Uva Ursi

## V

Valerian Root  
Raiz de Valeriana

## W

Wheat Grass Powder

White Oak Bark  
Corteza de Roble Blanco

White Willow  
Willow Blanco

Wild Cherry Bark  
Corteza de Cereza Silvestre

Wild Yam  
Batata Silvestre

Witchhazel  
Hamamelis

Wormwood  
Ajenjo

## Y

Yarrow Flower & Leaf  
Milenrama Flor y Hoja

Yellowdock Root  
Romaza

Yerba Mate Roasted  
Yerba Mate Tostado

## Clays

Bentonite Clay

Green Clay

Kaolin Clay

Red Clay

White Clay

## Shea Butter

Shea Butter (unrefined)

## Henna

Auburn  
Henna Castana

Brown  
Henna Marron

Mahogany  
Henna Caoba

Neutral  
Henna Neutra

Red  
Henna Roja



# Salts

Alder Smoked Sea Salt  
Coarse

Applewood Smoked Sea Salt  
Coarse

Himalayan Sea Salt  
Fine

Gray Sel Sea Salt  
Fine

Natural Mineral Rock Salt

Sea Salt  
Coarse

Sea Salt  
Fine

# Bulk Teas

Allergy Hay Fever Relief  
Siberian ginseng (eleuthero), nettles,  
elderflowers, peppermint, licorice, eyebright

Berry Immune Tea  
Elderberries, rosehips, cinnamon, hawthorn  
berries, astragalus, eleuthero

“Breath of the Sun” Smoking Blend  
Mullein, mugwort, damiana, kava kava,  
peppermint, skullcap

CCF Tea  
Cumin, coriander, fennel

Elderberry/Echinacea Wellness Tea

Lung Tone Tea  
Coltsfoot, mullein, rosehips, licorice,  
rosemary

Mineralizing Tea  
Nettle leaf, alfalfa, red clover, oatstraw,  
dandelion leaf

Mulling Spices

# Rishi Teas

Ancient Pu-errh Tea Cake  
Blueberry Rooibos  
China Breakfast  
Iron Goddess of Mercy  
Jasmine Green

Jasmine Pearl  
Masala Chai  
Mushroom Hero  
Orange Blossom  
Patagonia Super Berry

Scarlet  
Turmeric Ginger  
Vanilla Bean