

2023 Ravensong School Herbal Apprenticeship

MATERIA MEDICA

Plants:

Artemisia (*Artemisia* spp)
Arnica (*Arnica chamissonis*)
Ashwagandha (*Withania somnifera*)
Calendula (*Calendula officinalis*)
California Poppy (*Eschscholzia californica*)
Chamomile (*Matricaria chamomillia* & *Matricaria discoidea*)
Chickweed (*Stellaria media*)
Cleavers (*Galium aparine*)
Comfrey (*Symphytum officinale*)
Dandelion (*Taraxacum officinale*)
Devil's Club (*Oplopanax horridus*)
Echinacea (*Echinacea purpurea* & *Echinacea angustifolia*)
Elder (*Sambucus nigra*, *Sambucus racemosa* & *Sambucus cerulea*)
Elecampane (*Inula helenium*)
Fireweed (*Chamerion angustifolium*)
Gumweed (*Grindelia stricta*)
Hawthorn (*Crategeus monogyna* & *Crategeus douglasii*)
Holy Basil (*Ocimum sanctum*)
Hops (*Humulus lupulus*)
Horsetail (*Equisetum arvense* & *Equisetum telmateia*)
Licorice (*Glycyrrhiza glabra*)
Lomatium (*Lomatium nudicaule*)
Meadowsweet (*Filipendula ulmaria*)
Milk Thistle (*Silybum marianum*)
Milky Oats (*Avena sativa*)
Motherwort (*Leonurus cardiac*)
Mullien (*Verbascum thapsus*)
Nettle (*Urtica dioica*)
Oregon Grape (*Mahonia nervosa* & *Mahonia aquafolium*)
Plantain (*Plantago major* & *Plantago lanceolata*)
Poplar (*Populus balsamifera* & *Populus tremuloides*)
Red Alder (*Alnus rubra*)
Rosemary (*Rosmarinus officinalis*)
Skullcap (*Scutellaria lateriflora*)
St John's Wort (*Hypericum perforatum*)
Valerian (*Valeriana officinalis*)
Western Red Cedar (*Thuja plicata*)
Wild Rose (*Rosa nutkana*)
Yarrow (*Achillea millefolium*)
Yellow Dock (*Rumex crispus* & *Rumex occidentalis*)

Mushrooms & Lichens:

Old Man's Beard (*Usnea longissima* & *Usnea wirthii*)
Western Reishi (*Ganoderma oregonense*)
Turkey Tail (*Trametes versicolor*)