

Sources of Information:

When looking into/researching a new topic, it is always helpful to have good quality sources of information or recommendations. There are many, many herb books available nowadays – some on a specific topic or aspect of herbs, others more general. This makes it difficult, if not impossible, to prepare a fully encompassing up-to-date book list and in any event every year a new slew of books are published on the many different aspects of herbs. So we've gone for a belt and braces approach and have listed out some of the books that Carol Burnett has found helpful and useful; some authors' names who are well-qualified herbal authorities (most have trained as professional herbalists); and a list of websites that are reputable.

Recommended, authoritative authors include the following:

Andrew Chevallier	Simon Mills	David Hoffman (An American herbalist)	Matthew Wood (An American herbalist)
Juliette de Bairacli Levy	Anne McIntyre	Julie Brunton-Seal	Kim Walker
Penelope Ody	Zoe Hawes	Rosemary Gladstar (American herbalist)	James A Duke (American Herbalist)
Jekka McVicar (for herb growing)	Nicolette and Elaine Perry * (Dilston Physic Garden)	Thomas Bartram	Henriette Kress (Finnish Herbalist, but trained in U.S.)

* Professor Elaine Perry is a neuroscientist who created this Physic Garden at Dilston and works there with her daughter, Nicolette, also a scientist. She and Nicolette have written an excellent book 'Botanical Brain Balms – Medicinal Plants for Memory, Mood and Mind'.

For those with an interest in using herbal medicines for animals (horses, dogs, cats) then a remarkable herbalist called Juliette de Bairacli Levy wrote some books specifically about treating animals. (Note: she wrote as an herbalist, not a homeopath).

For those interested in old herbals, there are a number of them available for free on Google Books but they need to be viewed on the computer. These herbals include several editions of Culpeper's herbal - 1816 is one of the latest, John Gerard's herbal (editions 1597 and 1636), John Parkinson's 'Theatrum Botanicum' 1640, 'Sir' John Hill's herbal (he knighted himself!) 1771. You may find more.

Herbal Book List

Title	Author	Date	Publisher
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1. Herbals

Herbals, their origin and evolution	Agnes Arber	1912	The Lost Library
Herbal Healers	Glennie Kindred	2006	Wooden Books
The Scots Herbal	Tess Darwin	2008	Birlinn Ltd.
Roman Herbal	Michael Hoadley	1991	Frank Graham
Culpeper's Complete Herbal	Nicholas Culpeper	2009	Arcturus Publishing
Gerard's Herbal	ed. Marcus Woodward	1994	Studio Editions Ltd.
The Country Diary Herbal	Sarah Hollis	1991	Webb & Bower
Holistic Herbal	David Hoffmann	1990	Harper Collins
The Englishman's Flora	Geoffrey Grigson	1975	Helicon
Hatfield's Herbal	Gabrielle Hatfield	2007	Penguin Group (Allen Lane)
The Ultimate Book of Herbs	Reader's Digest	2009	Reader's Digest

2. History, Archaeology and Folklore

Time Line for Herbal Medicine in the West	Dilston Physic Garden	2015	Dilston Physic Garden
William Turner, Father of English Botany	M. Addyman	2008	Castle Morpeth Borough Council
The Naming of Names The Search for Order in the World of Plants	Anna Pavord	2005	Bloomsbury Publishing
A Dictionary of English Plant Names	Geoffrey Grigson	1974	Penguin Group (Allen Lane)
Green Pharmacy History and Evolution of Western Herbal Medicine	Barbara Griggs	1997	Healing Arts Press
Memory, Wisdom and Healing The History of Domestic Plant Medicine	Gabrielle Hatfield	1999	Sutton Press

Discovering the Folklore of Plants	Margaret Baker	2011	Shire Publications
Country Remedies Traditional East Anglian Plant Remedies in the 20th Century	Gabrielle Hatfield	1994	The Boydell Press
Current Paleoethnobotany (Archaeological Plant Remains)	ed. C. Hastory and V. Popper	1988	University of Chicago Press

3. Plant Locations

A New Flora of Alnwick District	Alnwick and District Natural History Society	1980	Alnwick and District N. H. S.
Short Flora of Berwickshire - Former Medicinal Plants	Michael Braithwaite	2019	https://bsbi.org/wp-content/uploads/dlm_uploads/Short_Flora_of_Berwickshire_2014.pdf
Flora of Northumberland	George A Swan	1993	Natural History Society of Northumberland
Flora and Vegetation of County Durham	G. G. Graham	1988	Natural History Society of Northumberland

4. Plant Recognition

The Illustrated Wild Flower Finders Calendar	David Lang	1985	Chancellor Press
Field Guide to the Wild Flowers of Britain	Reader's Digest	1994	Reader's Digest
Gardeners' Encyclopaedia of Plants and Flowers	Royal Horticultural Society	1991	Dorling Kindersley
Wild Flowers	Dr Bohumil Slavik	1986	Octopus Books
Complete British Wild Flowers	Paul Sterry	2006	Collins
The Wild Flower Key	Francis Rose & Clare O'Reilly	2006	Frederick Warne

5. Botany

Botany for Gardeners The Art and Science of Gardening Explained and Explored	Royal Horticultural Society	2013	Mitchell Beazley
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6. General

Foods that Harm, Foods that Heal	Reader's Digest	2008	Reader's Digest
New Medicine - How to integrate Complimentary and Conventional medicine for the safest and most effective treatment	Ed: Professor David Peters	2005	Dorling Kindersley
Well Being - combines traditional remedies with complimentary and orthodox medicine	Ed: Dr Julian Jessel-Kenyon	1999	Godsfield Press
Essential Oils - the complete guide to the use of oils in Aromatherapy and Herbalism	Julia Lawless	1995	Element Books
Chelsea Physic Garden	Nick Bailey	2015	Chelsea Physic Garden

7. Cookery

Medicinal Cookery	Dale Pinnock	2011	Right Way
Hedgerow Cookbook	Wild at Heart	2015	National Trust Books