

Websites:

Mrs Grieve wrote this excellent book - now available on-line. Ideal to find a very wide range of medicinal herbs.

<https://botanical.com/botanical/mgmh/mgmh.html>

Herbalgram – the journal of the American Botanical Council. The site also contains a huge amount of interesting herb-specific data and commentaries on clinical trials.

<http://abc.herbalgram.org/site/PageServer>

For those interested in original texts and the history of medicine, a downloadable version of Dioscorides 'De Materia Medica' written around 2000 years ago – the original medical botanist!

<http://www.cancerlynx.com/dioscorides.html>

James A Duke's searchable database of plant constituents. I'm not sure how up to date this is now, but it can be a useful starting point to find out what constituents are found in specific plants.

<http://www.ars-grin.gov/duke/>

Christine Haughton is a medical herbalist based in North Yorkshire. Her site contains some very useful herb monographs.

<http://www.purplesage.org.uk/>

Works by Hippocrates, in translation <http://classics.mit.edu/Browse/browse-Hippocrates.html>

<http://www.gallowaywildfoods.com/about-galloway-wild-foods-and-mark-williams/>

Foraging website written by a person living in Galloway. Some very interesting blog posts including edible seaweeds and 'wild' spices native to UK. <http://www.bbc.co.uk/programmes/b082wwlb> is the link to Radio 4 The Food Programme which explored native spices with Mark Williams

Matthew Wood, an experienced American herbalist and author of several herb books. The sections on 'Basic Principles' and 'Indispensable Herbs' are both interesting and useful.

<http://www.matthewwoodherbs.com/index.html>

Jim McDonald, an American Herbalist has much valuable herbal information on his website:

<https://www.herbcraft.org/seedsstems.html> This is written from a U.S. perspective so some herbs are not available or are illegal to use here e.g. Kava kava

From Kew Gardens, an online science database of world plants of over 65,000 plants

<http://powo.science.kew.org/taxon/urn:lsid:ipni.org:names:496941-1>

Nearly 2,500 records of herbal medicines from the European Medicines Agency (records listed according to their Latin name)

https://www.ema.europa.eu/en/search/search/field_ema_web_categories%253Aname_field/Herbal?search_api_views_fulltext=Herb&op=Search

The American, Dr Christopher Hobbs, is a well-respected authority on herbal medicines and on his website is a section of articles on herbs and fungi.

<https://www.christopherhobbs.com/library/articles-on-herbs-and-health/>

THE FOOD PROGRAMME BBC Radio 4. Programmes, still available on iplayer (radio).

http://www.bbc.co.uk/programmes/b03cd950	The Great British Hop
http://www.bbc.co.uk/programmes/b01qkxbb	Garlic, the wonder bulb
http://www.bbc.co.uk/programmes/b01h2kvg	Seaweed, a forgotten food?
http://www.bbc.co.uk/programmes/b01g4ks7	The Fermentation Revival
http://www.bbc.co.uk/programmes/b018888d	Gin and Botanicals
http://www.bbc.co.uk/programmes/b044bckf	Wild Booze
http://www.bbc.co.uk/programmes/b03z3l4f	Wild Beer
http://www.bbc.co.uk/programmes/b0118cn1#auto	Vinegar
https://www.bbc.co.uk/sounds/play/m0001mnl medicinal herb)	Chocolate (Yes, chocolate can be a
https://www.bbc.co.uk/sounds/play/p01nscrs be hallucinogenic if taken at high enough doses!)	Nigel Slater – High on Nutmeg (Nutmeg can
https://www.bbc.co.uk/programmes/b08rpd85	Turmeric
https://www.bbc.co.uk/programmes/b08pdfhb	Jekka McVicar's life with Herbs

These are just a selection of some of the programmes that can be found on the BBC Radio 4 website for The Food Programme.