



RED  
MOON  
HERBS

PEOPLE  
+  
PLANTS  
+  
PLANET

ORGANIC & CONSCIOUSLY WILDCRAFTED  
IN SMALL, SEASONAL BATCHES

MORE NEW  
RECIPES!

HERBAL CATALOG

2023-2024

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SCUTELLARIA LATERIFLORA, 100.



The last couple of years have left us relying on the plants outside our doorstep more than ever. The humble herbs which are the cornerstone of kitchen gardens or which grow wild through the sidewalk cracks are our stronghold. Herbs offer us a taste of their resilience and adaptability. We become stronger through our relationships with nettles, elderberry, and the other "weeds" around us.

As herbalists, our allies for health are daily nourishment: replenishing oatstraw infusion, chickweed salads topped with red clover blooms, broth full of immuno-supportive mushrooms. At its best, herbalism is accessible, easy to integrate, and profoundly transformative. Broths and minerals. Teas and vinegars. Whole plant preparations harvested at their peak phytochemical production.

## *Plants for people and planet.*

Since 1994, we've handcrafted fresh herbal extracts in small batches with common plants in their pinnacle season of harvest. We dig dandelion roots in late fall and early winter, carefully gather tender chickweed each spring, and pluck hawthorn berries as the summer turns to autumn. The botanicals abounding here in the Appalachian mountains are the herbal supports we are honored to share with you. Carrying on traditions like harvesting by the lunar calendar and chopping roots by hand is our commitment. Scattering seeds and replanting rootlets is our everyday joy in service to the future of herbalism.

We have heaps of gratitude for our Appalachian farmers and ethical wildcrafters who allow us to keep our supply chain hyperlocal and critically conserve otherwise overdeveloping land. May the weeds of our backyard and yours find a special place in your home, heart, and first aid kit.

FOR THE PLANTS, *Jeannie*



# WHAT MAKES US DIFFERENT

*Est. 1994 - woman-owned*



## FRESH & ABUNDANT

## ORGANIC & WILD

Our focus is abundant, 'weedy' herbs that have been in traditional use for centuries. We make our extracts, salves, oils, elixirs, and vinegars from fresh plant material harvested at its peak potency.

All our herbs are organically cultivated or wildcrafted from pristine sources by us or trusted farmers and foragers with whom we have relationships, ensuring the highest quality preparations.



## HAND-HARVESTED

## LOCAL & SUSTAINABLE

We dig, pick, and process all our herbs by hand in small, traceable batches. Each product is made in our cGMP dedicated manufacturing facility.  
*From our harvest to your hands!*

Local herbs = local health, which is why we source the majority of our plants within 50 miles of Asheville, NC. We believe the future of botanicals begins with what grows in your area.



## COMMUNITY FOCUSED

## FAIR WAGE CERTIFIED

We partner with local and national non-profits like United Plant Savers, American Herbalists Guild, NC Natural Products, and NC Herb Association to promote and protect herbalism.

We are Living Wage Certified and support small farmers, conscious wildcrafters, and their families by buying herbs at competitive prices.



 @REDMOONHERBS



# OUR HARVEST TO



## FRESH EXTRACTS

Our apothecary is stocked with over 100 fresh Appalachian plant extracts that are harvested in peak season and processed immediately using organic cane alcohol. We offer single tinctures such as milky oats and motherwort as well as popular formulas like Nerve & Muscle, Women's Mooncycle, and Immune Blend. Our gluten-free extracts can be used by everybody in the family - and some for pets, too.

*"I've taken other vitex tinctures, and nothing works the way that yours does! You can just taste in your vitex the complexity of flavors, the range of constituents. I'm never going off yours again!"*

- Iris S., Greenville, SC

*I hope you never stop making your Women's Mooncycle Blend. I don't know what I would do without it. The difference in my physical and mental well-being is remarkable. I have tried other blends and tinctures in the past, and nothing works as well as your products."*

- Karen V., Hartford, WI



# YOUR HANDS



## DRIED HERBS & TEAS

Our vibrant dried herbs take tea to a new level. We use many of these to make **nourishing herbal infusions**, concentrated nutritious brews which impart an abundance of phytonutrients, proteins, and minerals. All of our dried herbs are personally sourced from trusted organic growers and conscientious wildcrafters.

## HERBAL VINEGARS

Vinegar is the best medium for **extracting minerals**, which support the skeletal, hormonal, nervous, and immune systems. All our vinegars are made with fresh plants steeped in organic vinegar for at least six weeks. They make delicious salad dressings (see recipe) or can be used in soups, greens, and more. Some people prefer to take their daily shot of herbal vinegar right out of the bottle.

## SALVES & OILS

Our collection of salves and oils makes it easy, convenient, and effective to **apply herbs topically on the skin**. Our salves and oils are made with 100% organic olive oil and herbs so that you know exactly what you are putting on your body. We combine herb-infused oils with local beeswax to make salves with a creamy consistency that are easy to use on-the-go.

## ELIXIRS & SYRUPS

Our handcrafted, small-batch elixirs and syrups balance the delicious with the beneficial. **Local raw mountain honey**, which has a wealth of healthy properties on its own, makes our elixirs extra special and perfect for picky tincture-takers.

# HOW WE MAKE

## EXTRACTS, ELIXIRS, & SYRUPS

Our extracts are made from the aerial parts and/or roots of plants that are organically, locally cultivated or sustainably wildcrafted and harvested by hand during their seasons of peak freshness and potency. In order to make sure that the final product is optimally effective, we carefully harvest the plants according to their unique cycles and seasons, before immersing them (at a potent ratio of 1:2 to 1:5 herb to liquid) immediately into alcohol according to their individual botanical compounds. This blend then steeps in a carefully controlled environment for at least six weeks to reach its full strength, before being decanted and bottled by hand and with love.

We use organic cane alcohol to make our extracts. We dilute 190 proof with filtered and tested water to arrive at a menstruum which is just the right strength. The fresh plant material dilutes the extract even more to take most extracts to a proof between 60-120 (30-60% alcohol by volume).

## VINEGARS & FIRE CIDER

Our mineral-laden vinegar extracts and Fire Cider are made similarly to our alcohol and honey extracts, except with organic raw apple cider vinegar.



# OUR PRODUCTS

## SALVES & OILS

Our powerful plant-infused oils are made from locally and organically grown or sustainably wildcrafted herbs. We hand harvest the plants before immersing them into organic olive oil. This blend then steeps in a carefully controlled environment with gentle heat to reach its full strength, before being strained and blended with non-GMO sunflower-derived vitamin E to preserve it. Our potent salves have beeswax added to them in the final step to create a creamy consistency.



## BLOOM TO BOTTLE

We aim to bring the same level of consumer awareness to herbal products as the slow/sustainable ingredients movement has brought to the farm-to-table food world.

When you use Red Moon Herbs, you know that your herbs were handcrafted with integrity and transparency from root and bloom to bottle.

# INTEGRITY FROM



## COMMITMENT TO THE EARTH

Our mission to preserve the earth's natural resources guides all of our cultivation, wildcrafting, product-making, and business practices.

## HERBS FOR ALL

We believe plants are for people of all ages, races, genders, orientations, and walks of life. We understand that natural health solutions are not 'alternative', but in fact, traditional, ancient, and time-tested.

## HERBAL BATH TIME

For a relaxing home spa vibe, drop a small handful each of dried calendula, lavender buds, holy basil, and oats into a muslin bag and put this under the bath faucet.

For a more therapeutic bath, pour boiling water over these herbs in a bowl, let steep one hour, and then add that infusion to your bath along with 1-3 cups Epsom salts.

# ROOT TO BLOOM

A woman with long brown hair, wearing a white crocheted sweater, is shown in profile, tending to a garden. She is surrounded by various green plants, some with small yellow flowers. In the background, other people are visible, and the setting appears to be an outdoor garden or farm.

## ANCESTRAL WISDOM

Our seeding and harvest calendars follow the cycles of the moon, season, and weather, continuing to draw on herbal wisdom passed down through the generations. We believe in deep nourishment, earth-based healing, and using local and "weedy" plants.

## POTENT PRODUCTS

To ensure optimum potency, we harvest our plants only in their prime. They are lovingly handcrafted in small batches from fresh plant material steeped in organic alcohol, organic olive oil, or organic vinegar.

# BESTSELLERS



Adaptogenesis  
Ashwagandha  
Breast Massage Oil  
Comfrey Salve  
Deep Roots  
Echinacea  
Elderberry Elixir  
Green Wonder Salve  
Heart Tonic  
Immune Blend  
Lion's Mane

Milky Oats  
Motherwort  
Mushroom Elixir  
Nettle & Oatstraw (Dried)  
Osha  
Poke Root  
Red Moon Fire Cider  
Skullcap  
St. John's Wort Oil/Extract  
Vitex  
Vita-Min Tea

*The quality and care put into the making of Red Moon Herbs products is unsurpassed, from conscious communication with the plants in the spirit of respect and gratitude to optimal harvest, processing and storage conditions. . . These herbs are enormously healing. I recommend them to my clients and use them daily for my own health maintenance.*

- Dr. Diana S., Asheville, NC



*"I can't get over your motherwort tincture! It tastes like chocolate, and eases my PMS and mood swings like nothing I have known before. It's like having a little 'mom' to lean on every time my mooncycle comes!"*

- Isis C., New York, NY

*I've always been a vitamin and mineral person. I never realized how much better I would feel by supplementing with herbs. Your products have made a positive difference in my health.*

- Cheryl S., Jacksonville, FL

REISHI

JIAOGULAN

HOLY BASIL  
(TULSI)

ASHWAGANDHA



# ADAPTOGENESIS

NEW  
FORMULA

HERBS  
FOR  
EVERYONE

**HERBIE TIP:**

To spike your cocktail, mocktail, or coffee drink with all-day stamina, add one dropperful of Adaptogenesis.



ADAPTING WELL  
EVERY DAY

Adaptogens are herbs for strength and resilience. They normalize physiology, ease stress, increase stamina, and counter the effects of aging.



## YEAR ROUND PESTO

Make a delicious pesto for pasta, pizza, or as a dip, no matter what the season. Use fresh nettle in the spring before it goes to seed, or dried nettle any other time of year. Add traditional basil if available.

- 1 c dried Red Moon Herbs nettle OR 3 c fresh  
(can sub. half dried or fresh basil)
- 1 cup organic olive oil
- 1/4 c chopped walnuts  
(can sub. pine nuts or sunflower seeds)
- 3 garlic cloves
- 1 tsp Salt of the Earth
- 1 tsp lemon juice



FROM FAMILY FARMS TO YOUR HOME



Mix all ingredients well in a blender, adding more olive oil if you prefer a thinner pesto, and let it stand to rehydrate for about an hour if using dried herbs. Pulse a few more times, then serve. If using fresh herbs, blend well.

Bonus: make it a wild greens pesto by adding in chickweed, wild mustard, wood sorrel, lamb's quarters, dandelion greens, violet greens, or any other edible wild leafy greens.



# HERBAL EXTRACTS

*Why do we seem to like the words 'promote', 'optimize', and 'support' so much? Wonder why we don't just cut to the chase and tell you what the herb does? FDA restrictions for herbal products are such that we can't tell you much about the actions of these herbs. It's up to you so do your homework. Come back to us whenever you're ready to stock up on herbal essentials!*

**Adaptogenesis™** blends four favorite rejuvenating adaptogens - holy basil (*Ocimum* spp.), ashwagandha (*Withania somnifera*), reishi (*Ganoderma tsugae*), and jiaogulan/gynostemma (*Gynostemma pentaphyllum*). These tonic herbs help the body adapt to environmental, physical, emotional, and mental stressors in a healthy way. Adaptogens offer a non-specific boost of resistance to the nervous and immune systems and increase the body's ability to gracefully cope with daily anxieties, toxicities, and challenges.\*

**Ashwagandha** (*Withania somnifera*), or Indian ginseng, is revered for its potential to meet the body where it is and provides deep support for the hormonal, reproductive, nervous, and immune systems. Ashwagandha is restorative when the physical and/or mental pressure is on and the herb is known to be a keeper of youthfulness. As an adaptogen, ashwagandha supports the body's unique response to stress and maintains overall optimal mental and bodily health.\*

**Astragalus** root or huang qi (*Astragalus membranaceus*) extract deeply benefits the health of the immune system and overall body functions. It is a sweet-tasting root that thoroughly supports optimal health of the liver and promotes a healthy, resilient way of adapting to stress.\*

**Black cohosh** root or sheng ma (*Actaea racemosa*) may benefit the hormonal pathways, especially the female reproductive system, and supports bone and musculoskeletal health. It is especially nourishing to women of all ages but particularly those undergoing the changes of menopause, such as hot flashes and other menopausal symptoms.\*

Our **Black Walnut & Wormwood Blend** combines black walnut (*Juglans nigra*) and wormwood (*Artemisia absinthium*) to make a powerful formula which benefits a healthy, neutral intestinal environment and promotes digestive resilience and balance. These two herbs help nourish optimal intestinal flora and organisms.\*

Our **Bladder Blend** combines stinging nettle (*Urtica dioica*), usnea (*Usnea* spp.), and yarrow (*Achillea millefolium*) extracts which make a formula to benefit the bladder and support its optimal function. Bladder Blend promotes urinary tract health and bladder balance and resilience.\*

**Brain Boost** is a daily tonic of American ginseng leaf and stem (*Panax quinquefolius*), ginkgo (*Ginkgo biloba*), and gotu kola (*Centella asiatica*) which may support the optimal functioning of the mind, memory, nervous system, cognition, brain, and beyond. Brain Boost may promote a healthy, balanced state of mind. *Formerly called Three Gs.*\*

**Breathe Light** combines goldenrod (*Solidago* spp.), ground ivy (*Glechoma hederacea*), and plantain (*Plantago* spp.) extracts to make an herbal respiratory aid that is supportive of optimal upper and lower respiratory health. Your sinuses will thank you. Breathe Light is a favorite which supports the breathing passages and lungs. *Formerly Breathe Clear.*\*



# HERBAL EXTRACTS

**Burdock root** (*Arctium lappa/minus*) is a deeply nourishing root that benefits the health of the liver, the digestive system, the blood, and the skin.\*

**California poppy** (*Eschscholzia californica*) encompasses the beauty of a field full of these bright orange poppies in bottle form, or at least it feels that way.

California poppy supports the optimal function of the nervous and musculoskeletal systems and paves the way for restful and nourishing sleep. Poppy has been long heralded for the restorative and deeply peaceful effects it has on the entire body.\*

**Carolina Bitters** blends all NC-grown or wildcrafted gentian (*Gentiana spp.*), dandelion (*Taraxacum officinale*), reishi (*Ganoderma tsugae*), artichoke (*Cynara scolymus*), and rosehips (*Rosa multiflora*) into a digestive support formula.

Bitters taken before, with, or after a meal have long been heralded as an incredible potential aid to the digestive system, which promotes the body's ability to process, digest, and fully assimilate nutrition.\*

**Chaga** (*Inonotus obliquus*) is a double extraction of one of the most revered wild-growing Appalachian mushrooms. Considered to be one of the planet's most beneficial tonic mushrooms, chaga is immuno-supportive, deeply nourishing, and adaptogenic, helping the body best cope with physical and mental stressors and encouraging a balanced state of mind.\*



**Chickweed** (*Stellaria media*) is one of our favorite cooling and nutritive tonic herbs which supports optimal well-being. Chickweed is particularly useful for supporting a healthy lymphatic system, strong immune system function, and helping maintain a healthy weight. This cooling, calming herb also promotes women's reproductive health.\*

**Cleavers** (*Galium aparine*) supports the optimal health of a thriving urinary tract, a flourishing lymphatic system, and a healthy immune system. Cleavers extract is also beneficial to the digestive process.\*

**Dandelion** (*Taraxacum officinale*) supports the optimal health of several different organ systems, including the digestive system, the elimination process, and the reproductive system. Dandelion extract is beneficial for healthy liver and endocrine function.\*

Our **Deep Roots** blend is one of our most popular formulas, combining burdock (*Arctium lappa/minus*), yellow dock (*Rumex crispus/obtusifolius*), and dandelion (*Taraxacum officinale*) to make a formula that is deeply supportive of the liver and digestive system, the body's natural detoxification pathways.\*

# HERBAL EXTRACTS

**Echinacea** (*Echinacea purpurea/angustifolia*) is a powerful herb which supports the immune system and the body's natural defenses. Its uniquely stimulating properties benefit the optimal health of the entire body.\*

## ECHINACEA DOSAGE

|             |                            |
|-------------|----------------------------|
| 25-50 lbs   | 1 dropper (25-30 drops)    |
| 50-100 lbs  | 2 droppers (50-60 drops)   |
| 100-150 lbs | 3 droppers (75-90 drops)   |
| 150-200 lbs | 4 droppers (100-120 drops) |
| 200-250 lbs | 5 droppers (125-150 drops) |

### GENERAL RULE OF THUMB: 1 DROP FOR EVERY 2 POUNDS OF BODY WEIGHT

Take as often as every 1-2 hours in the acute or early stage of an immune challenge or every 3-4 hours at a later stage. Expect to feel support within the first 24 hours.

## DIY HERBAL MOUTHWASH

This easy-to-make mouth rinse combines herbal extracts to soothe the gums and promote optimal oral health.

- 30 ml echinacea extract
- 30 ml yarrow extract
- 25 ml spilanthes extract
- 25 ml plantain extract
- 12 ml calendula extract
- 1-2 drops peppermint essential oil

Blend all ingredients well in a jar. Dispense 1 oz into a dropper bottle for convenience. To use, add approximately 1/4 dropperful (about 7 drops) to 1 oz of water and swish for 1 minute.

**Elecampane** (*Inula helenium*) provides powerful support to the respiratory and immune systems. Our elecampane extract is known for its ability to tonify and promote optimal lung health.\*

**Flash Dance** is a favorite for specifically addressing the concerns of menopausal women and may help ease the body's response to the extremes of the menopausal years, especially hot flashes. This formula combines chickweed (*Stellaria media*), motherwort (*Leonurus cardiaca*), and yellow dock (*Rumex crispus/obtusifolius*) to make an extract that is soothing, cooling, and gently supportive during times of transition.\*

**Goldenseal** (*Hydrastis canadensis*) is a potent source of highly sought after phytochemical berberine. Our sustainably wild-simulated goldenseal promotes the optimal health of the immune system and supports healthy mucous membranes and overall body tissue.\*

**American ginseng** or ren shen (*Panax quinquefolius*) benefits nearly every body system, including the adrenals, immune system, nervous system, reproductive system, and digestive system. This do-it-all herb also supports optimal mental health. Thinking ahead for the future of this important plant, we made this extra-special American ginseng root and leaf elixir from sustainably forest-simulated ginseng: best for people, plant, and planet!\*

**Ground ivy** or creeping Charlie (*Glechoma hederaceae*) is a mint-family plant that gently supports the optimal health of the respiratory, nervous, and digestive systems. Ground ivy has been used as a gentle adjunct to aid in overall detoxification.\*

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# HOW TO ORDER

ORDER ONLINE AT  
 REDMOONHERBS.COM  
 OR CALL 888-929-0777

QUESTIONS?  
 WE'RE HERE TO HELP! EMAIL  
 INFO@REDMOONHERBS.COM

ALWAYS FREE SHIPPING ON ORDERS \$99 OR MORE!  
 (excludes herb bundles, AK/HI, wholesale)

## EXTRACTS, OILS, & SALVES    VINEGARS, SYRUPS, & SPRAYS

1 oz \$14

2 oz \$27

4 oz \$49

*Extracts* 8 oz \$84

*Only* 16 oz \$144

Carolina Bitters 1.7 oz shaker bottle \$16  
 Ltd Ed. Ginseng Elixir 1 oz \$35  
 Goldenseal 1 oz \$20  
 Osha \$16.50

|                        |            |                 |
|------------------------|------------|-----------------|
| Fire Cider             | 5 oz/8 oz  | \$14.50/\$22.50 |
| Vinegars               | 5 oz/16 oz | \$12/\$28       |
| Bug-a-Boo Spray        |            | \$13            |
| Hydrosols              |            | \$12            |
| Poison Ivy Spray       |            | \$15            |
| Wild Cherry Bark Syrup |            | \$25            |

## DRIED HERBS & TEAS

|                                       |            |              |
|---------------------------------------|------------|--------------|
| Calendula                             | 1 oz       | \$6.25       |
| Catnip (supports local cat shelters!) | .75 oz     | \$5          |
| Chill Out Tea                         | 2.5 oz     | \$10         |
| Flower Power Tea                      | 2.5 oz     | \$10         |
| Linden                                | 4 oz       | \$11         |
| Nettle                                | 8 oz/16 oz | \$14/\$21.50 |
| Local Nettle                          | 4 oz       | \$10         |
| Oatstraw                              | 8 oz/16 oz | \$14/\$21.50 |
| Nettle/Oatstraw Bundle                | 8 oz/16 oz | \$26/\$38    |
| Red Clover                            | 1 oz       | \$6.25       |
| Reishi                                | 2 oz       | \$9          |
| Tulsi                                 | 4 oz       | \$10         |
| Vita-Min                              | 6 oz       | \$14         |
| Yaupon Holly                          | 4 oz       | \$10         |

LEARN MORE  
 ON OUR BLOG:

women's and family health  
 herbal wisdom  
 kitchen and garden  
 organic growing  
 nourishing recipes  
 wildcrafting and foraging

## STOCK UP AND SAVE!

10% OFF orders \$150 or more with code: REDMOON10  
 20% OFF orders \$250 or more with code: REDMOON20

**Bladder**

Bladder Blend  
Cleavers  
Dandelion  
Nettle (Dry & Extract)  
Prostate Blend  
Usnea  
Yarrow

Re-Leaf  
Skullcap  
Sleepy Blend  
St. John's Wort  
Sunny Days Blend  
Wild Lettuce

**Digestive**

Ashwagandha  
Black Walnut & Wormwood

**Blood Tonic**

Burdock  
Deep Roots  
Ginseng Elixir  
Hawthorn  
Hawthorn Complete  
Heart Tonic  
Holy Basil  
Nettle  
Turmeric  
Yellow Dock

Burdock  
Carolina Bitters  
Cleavers  
Dandelion  
Deep Roots  
Fire Cider  
Garlic Elixir  
Ground Ivy  
Holy Basil  
Lemon Balm  
Turmeric  
Yarrow  
Yellow Dock

**First Aid**

Arnica Oil\*  
Black Walnut & Wormwood  
Calendula Oil\*  
Comfrey Salve\*  
Echinacea  
Goldenseal  
Green Wonder Salve\*  
Lobelia  
Osha +  
Poison Ivy Spray\*  
Poke Root Extract + & Salve\*  
Re-Leaf  
Solomon's Seal Extract & Oil\*  
St. John's Wort Oil\*  
Yarrow

**Brain &****Nervous System**

Adaptogenesis  
Ashwagandha  
Black Cohosh  
Brain Boost  
California Poppy  
Ginseng Elixir  
Holy Basil  
Lemon Balm  
Lion's Mane  
Lobelia +  
Mimosa Elixir  
Milky Oats  
Motherwort  
Nerve & Muscle Blend  
Passionflower  
Pedicularis

**Family Tonic**

Adaptogenesis  
Ashwagandha  
Astragalus  
Brain Boost  
Carolina Bitters  
Deep Roots  
Echinacea  
Elderberry Extract/Elixir  
Fire Cider  
Garlic Elixir  
Ginseng Elixir  
Holy Basil  
Immune Blend  
Lemon Balm

**Heart Health**

Dandelion  
Garlic Elixir  
Ginseng  
Hawthorn  
Hawthorn Complete  
Heart Tonic  
Mimosa Elixir  
Motherwort  
Turmeric  
Yarrow

# BODY SYSTEM

## Lymphatic



Arnica Oil\*  
Breast Massage Oil\*  
Calendula Oil\*  
Chickweed  
Cleavers  
Lymph Love  
Poke Extract + Oil\* &  
Salve\*  
Violet



## Men's Health

Adaptogenesis  
Cleavers  
Ginseng Elixir  
Heart Tonic  
Mushroom Elixir  
Nettle (Dried & Extract)  
Oatstraw (Dried)  
Prostate Blend  
Reishi  
Turmeric  
Yarrow



## Musculoskeletal

Black Cohosh  
California Poppy  
Comfrey Salve\* & Oil\*  
Lobelia +  
Magic Massage Oil\*  
Nerve & Muscle Blend  
Pedicularis  
Re-Leaf  
Skullcap  
Solomon's Seal Extract & Oil\*  
St. John's Wort  
Turmeric  
Wild Lettuce

## Respiratory



Breathe Light  
Elecampane  
Goldenseal  
Ground Ivy  
Lobelia  
Lung Support  
Nettle  
Osha  
Usnea  
Violet  
Wild Cherry Bark Syrup

## Wellness/Immunity



Adaptogenesis  
Ashwagandha  
Astragalus  
Burdock  
Carolina Bitters  
Chickweed  
Cleavers  
Dandelion  
Deep Roots  
Echinacea  
Elderberry  
Elderberry Elixir  
Elecampane  
Fire Cider  
Garlic Elixir  
Ginseng Elixir  
Goldenseal  
Holy Basil  
Immune Blend  
Lemon Balm  
Lion's Mane  
Mimosa Elixir  
Mushroom Elixir  
Osha +  
Poke Root Extract +  
Reishi



St John's Wort  
Turkey Tail  
Turmeric  
Usnea  
Violet  
Viral Spiral  
Wild Cherry Bark Syrup  
Yarrow

## Women's Health

Adaptogenesis  
Ashwagandha  
Black Cohosh  
Breast Massage Oil\*  
Chickweed  
Flash Dance  
Ginseng Elixir  
Menopause Tonic  
Motherwort  
Mushroom Elixir  
Nettle (Dried & Extract)  
Oatstraw (Dried)  
Poke Root Extract +  
3 Sisters Vinegar  
Turkey Tail  
Violet<sup>2</sup>  
Vitex  
Women's Mooncycle

+ Low dose botanical  
\*For external use only

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*

# HERBAL EXTRACTS

**Hawthorn** berry or shan zha (*Crataegus* spp.) benefits the entire cardiovascular system. Hawthorn is known for promoting healthy circulation, supporting optimal heart function, and tonifying the blood.\*

**Hawthorn Complete**, a full-spectrum preparation, includes berry, leaf, and flower of the revered hawthorn tree so as to bring a vast variety of nourishing, heart-healthy phytochemicals to you in totality, just as nature intended.\*

Our **Heart Tonic** blend combines dandelion (*Taraxacum officinale*), hawthorn (*Crataegus* spp.), and motherwort (*Leonurus cardiaca*) to make an extract that is supportive of the cardiovascular and circulatory systems. Together, these herbs work to tonify the blood and promote the optimal health of the heart.\*

**Holy basil** or tulsi (*Ocimum* spp.) makes a beautiful and tasty extract that promotes the health of the nervous and immune systems. An adaptogen, holy basil helps support the body's response to stress and maintain optimal health.\*

**Immune Blend** combines ever-popular echinacea (*Echinacea angustifolia/purpurea*), elderberry (*Sambucus nigra*), and usnea (*Usnea* spp.) to deeply support the immune system. These herbs synergize to nourish and maintain a healthy body throughout the year.\*

**Lemon balm** (*Melissa officinalis*) makes a tasty extract which supports the well-being of the nervous and digestive systems. Lemon balm, a gentle herb which helps maintain a balanced mood, also promotes a calm and healthy response to stress.\*

**Liferoot** (*Packera aurea*) is a beautiful golden herb that helps promote the optimal function of the female reproductive system and menstrual cycle.\*

**Lion's mane** mushroom (*Hericium erinaceus*) has made its way into the herbal spotlight as a prized nervous system optimizer which may have the ability to help maintain memory and mental clarity. An adaptogen, Lion's mane has a penchant for helping the body adapt to the stresses of life. It deeply supports the health of the immune system, the liver, and the reproductive organs.\*

**Lobelia** (*Lobelia inflata*) is a potent low-dose botanical which helps the body maintain a healthy response to occasional spasms. Lobelia has an affinity for the health of the upper and lower respiratory systems.\*

**Long Life** adaptogen blend combines astragalus (*Astragalus membranaceus*), burdock (*Arctium lappa/minus*), and reishi mushroom (*Ganoderma lucidum/tsugae*) to make an extract that promotes a vital and healthy immune system, optimal resilience, and longevity. These herbs work as adaptogens to nourish and support the body throughout the seasons of life.\*

# HERBAL EXTRACTS

**Lung Support** formula combines elecampane (*Inula helenium*), horehound (*Marrubium vulgare*), and plantain (*Plantago* spp.) to make an extract that is deeply beneficial to the lungs and entire respiratory system.\*

**Lymph Love** blend combines calendula (*Calendula officinalis*), cleavers (*Galium aparine*), and violet (*Viola* spp.) to create an extract that promotes the optimal health of the lymphatic system. These three herbs work synergistically to nurture and support the lymph fluids of the body.\*

**Menopause Tonic** supports a healthy transition into and throughout the menopausal years. This formula combines black cohosh (*Actaea racemosa*), vitex (*Vitex agnus-castus*), and hawthorn (*Crataegus* spp.) to make an extract that gently promotes a balanced and resilient hormonal and reproductive system and eases common menopausal symptoms such as hot flashes.\*

**Milky oats** (*Avena sativa*) extract promotes the health of the nervous system and adrenals over the long term. Our milky oats deeply aids the body in responding to stress in a healthy way.\*

**Motherwort** (*Leonurus cardiaca*) extract may support the optimal well-being of the cardiovascular, nervous, and reproductive systems. Our motherwort extract is a favorite which may aid the body in maintaining a healthy stress response, encouraging a balanced outlook on life, and experiencing support during the menstrual cycle.\*

**Nerve and Muscle Blend** is a favorite which supports the healthy function and resilience of the nervous system and the musculoskeletal system, combining extracts of black cohosh (*Actaea racemosa*), skullcap (*Scutellaria lateriflora*), and St. John's wort (*Hypericum perforatum/punctatum*).\*

**Nettle** (*Urtica dioica*) extract supports the optimal well-being of the urinary tract, the kidneys, and the other organs of elimination. Nettle extract is also beneficial in helping the immune system respond to seasonal challenges or potential irritants in a healthy way.\*

**Osha** (*Ligusticum porteri*) is a sustainably harvested and precious herb that supports the well-being of the respiratory system, throat, sinuses, and lungs. Never be caught empty-handed without osha, which helps maintain healthy respiration in the face of acute challenges.\*

**Passionflower** (*Passiflora incarnata*) supports the health of the nervous system and promote a healthy response to stress in the moment. Passionflower helps the body to move into deep sleep and quiet the busy mind. It is best for easing occasional sleeplessness.\*

# HERBAL EXTRACTS

**Pedicularis** (*Pedicularis canadensis*) herbal extract is made from the flowering tops of this stunning woodland herb and may benefit the musculoskeletal system while supporting a calm and relaxed nervous system.\*

**Poke** (*Phytolacca americana*) is a low-dose herb that supports the health of the lymphatic system and the immune system.\*

**Prostate Blend** combines the classic saw palmetto (*Serenoa repens*) with nettle root (*Urtica dioica*) to make a formula that is deeply supportive of the prostate and healthy function of the male reproductive system.\*

**Re-Leaf** combines California poppy (*Eschscholzia californica*), cramp bark (*Viburnum opulus*), pedicularis (*Pedicularis canadensis*), and wild lettuce (*Lactuca* spp.). Together, these herbs work synergistically to make a tremendously supportive formula which aids the body in maintaining healthy levels of discomfort and strain, offering herbal re-leaf.\*

**Reishi** mushroom (*Ganoderma lucidum/tsugae*) deeply supports the health of the immune system and the liver. Long considered one of the world's most valuable tonic herbs, reishi is revitalizing, energizing, and adaptogenic, helping the body adapt to stressors in a balanced manner.\*

**Skullcap** (*Scutellaria lateriflora*) supports the optimization of the nervous system and promote a healthy response to stress. Skullcap extract is beneficial in helping the body to move into deep, restorative sleep. This herbal extract is best for occasional sleep support.\*

**Sleepy Blend** is a favorite which supports the body in moving into and staying in a deep and relaxing state, combining extracts of catnip (*Nepeta cataria*), skullcap (*Scutellaria lateriflora*), and wild lettuce (*Lactuca* spp.). These three herbs work synergistically to promote a restful and restorative night's sleep. This herbal extract is best for occasional sleep support.\*

**Solomon's seal** root (*Polygonatum biflorum*) is sustainably Appalachian wildcrafted and supports the optimal function of the joints, cartilage, and connective tissue within the musculoskeletal system.\*

**Spilanthes** (*Acmella oleracea*) is a potent herb which may support the optimal health of the detoxifying, restorative, and cleansing pathways of the body, particularly in the digestive system and the mouth. Spilanthes is used as an ally for healthy teeth and overall oral health.\*

**St. John's wort** (*Hypericum perforatum/punctatum*) supports the healthy function of the nervous system, the musculoskeletal system, and the immune system. St. John's wort is also known for its ability to aid the body in maintaining an uplifted mood and emotional and mental balance.\*



# HERBAL EXTRACTS

**Sunny Days** mood enhancing blend supports the body in maintaining a state of emotional balance, combining mood-harmonizing extracts of lemon balm (*Melissa officinalis*), motherwort (*Leonurus cardiaca*), and St. John's wort (*Hypericum perforatum/punctatum*). These three herbs work synergistically to help maintain mental well-being and nurture the nervous system.\*

**Turkey tail** mushrooms or yun zhi (*Trametes versicolor*) support healthy function of the immune system and offer resilience to both daily and long-term stress.\*

**Turmeric** (*Curcuma longa*) is one of the best herbs for helping to promote a healthy resilience throughout the body. Turmeric is well-known for supporting a healthy response to inflammation caused by exertion. It helps maintain the optimal function of the immune system and overall well-being.\*

**Usnea** lichen (*Usnea* spp.) supports the healthy function of the immune system and the optimal health of the respiratory system and urinary tract.\*

**Violet** (*Viola* spp.) gently supports the optimal function of the lymphatic system, immune system, endocrine system, and respiratory system. Violet also has an affinity for promoting optimum breast health.\*

**Viral Spiral** is well-loved for the powerful effects it has on the immune system via a combo of calendula (*Calendula officinalis*), lemon balm (*Melissa officinalis*), and St. John's wort (*Hypericum perforatum/punctatum*). It helps maintain and boost the body's natural defenses. Your immune system will celebrate you.\*

**Vitex** or chaste berry (*Vitex agnus-castus*) is a favorite to support the optimal health of the female reproductive system and promote balanced hormones over the long-term. Vitex extract supports healthy progesterone levels while optimizing hormonal well-being during menstrual and menopausal years.\*

**Wild lettuce** (*Lactuca* spp.) supports the optimal health of the nervous system, promote restful sleep, and maintain the body's resiliency when adapting to stressors. This herbal extract is best for easing occasional sleeplessness.\*

Our **Women's Moocycle** formula supports the menstrual cycle, combining extracts of dandelion (*Taraxacum officinale*), red clover (*Trifolium pratense*), and vitex (*Vitex agnus-castus*). These three herbs work synergistically to promote hormonal balance and optimal health of the reproductive system.\*

**Yarrow** (*Achillea millefolium*) is an all-in-one herb that promotes the optimal health of the immune system, circulatory system, and digestive system.\*

**Yellow dock** (*Rumex obtusifolius/crispus*) promotes optimal health of the liver, the skin, and the digestion and elimination systems.\*

# DOSING HERBS FOR KIDS

CHILDREN CAN BE DOSED APPROPRIATELY BY FOLLOWING YOUNG'S RULE: ADD 12 TO THE CHILD'S AGE AND THEN DIVIDE THE CHILD'S AGE BY THIS NUMBER.

For a 3 year old, add 12 + 3 = 15. 3 divided by 15 = 0.2, therefore the child should be dosed with about 0.2 or 1/5 of the adult dosage.

$$\text{AGE} + 12 = X \rightarrow$$

$$\text{AGE} / X = \text{DOSE}$$



# DOSING HERBS FOR PETS

Many of our herbal products are appropriate for the WHOLE family. Be sure that your chosen herb is pet/vet approved and then check this chart for specific dosage information.

| PET WEIGHT | TEA         | DRIED HERB    | TINCTURE    |
|------------|-------------|---------------|-------------|
| 0-10 LBS   | 1/8 C       | 1/8 TSP       | 1-3 DROPS   |
| 10-20 LBS  | 1/4 C       | 1/4 - 1/2 TSP | 3-5 DROPS   |
| 20-50 LBS  | 1/2 - 3/4 C | 1/2 - 1 TSP   | 5-10 DROPS  |
| 50-100 LBS | 3/4 - 1 C   | 1-2 TSP       | 10-20 DROPS |
| >100 LBS   | 1 C         | 2-3 TSP       | 20-30 DROPS |

## DOGS

Use adult human dose and cut according to dog's weight. If dose for 150 lb adult is 60 drops, give 20 drops to 50 lb dog

## GOATS & SHEEP

1 - 2x the dose for an adult human

## HORSES

5-15x the dose for an adult human



## CATS & SMALL DOGS

1/8-1/4 the dose for an adult human

REMEMBER, many herbs can be used on animals just like on people. But some cannot. Check on any specific herbs before giving them to your pets.

## Nourishing Herbal Infusions for Pets

1 oz herb to 1 qt boiling water.  
Dose for a 30 lb animal is 1/4 c 2x daily added to food or milk.



# WHY DUAL EXTRACT MUSHROOMS?

A dual extract synergizes a rainbow of beneficial compounds, including beta-glucans and triterpenes.



Our Mushroom Elixir is made from the sustainably, locally wildcrafted fruiting bodies of reishi, maitake, chaga, and turkey tail that are harvested by hand during their seasons of peak freshness and potency. This special formula is made by double extracting the mushrooms in both water and alcohol to concentrate both the water and alcohol soluble constituents of these valuable mushrooms.



## RED MOON RISING OVER APPALACHIA

OUR SPECIAL BLEND OF CAROLINA BITTERS ENCOURAGES YOUR DIGESTIVE SYSTEM TO BE ITS BEST SELF. PROMOTING HEALTHY BLOOD SUGAR LEVELS, BALANCING A HEALTHY APPETITE, AND SUPPORTING THE LIVER, BITTERS DO IT ALL...BETTER.



- 2 oz red wine (try mulled wine for a little spice)
- 1/2 oz bourbon
- 1/2 oz simple syrup (or 1/4 oz agave)
- fresh ginger and orange wedge
- 2 dropperfuls Carolina Bitters

Combine the ingredients in a shaker filled with ice. Shake for 30 seconds and pour into a chilled glass. Rub ginger around the rim, squeeze orange into glass and garnish with peel.



More herbal cocktail recipes in our Bitters Booklet FREE with every 1.7 oz Carolina Bitters shaker!

# HERBAL VINEGARS & FIRE CIDER



**Red Moon Fire Cider** is a nutritive tonic combining the health-giving effects of immune-supportive herbs steeped in raw organic apple cider vinegar with a touch of raw local mountain honey. Fresh, local garlic, onion, turmeric, ginger, sumac, horseradish, and serrano and Carolina reaper peppers (mild heat) create a tasty treat lush with minerals and brimming with beneficial microorganisms for cooking or sipping. Fire cider has long been used as an immune and circulatory tonic, to support the respiratory system and sinuses, and to aid digestion. Fire cider is warming and protective during the fall and winter, and supports healthy respiration throughout the year.\*

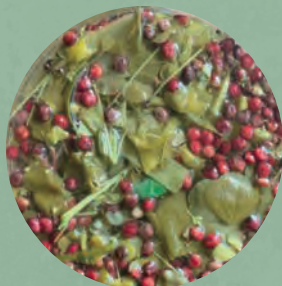
**Three Sisters Vinegar** is a beneficial mineral tonic of chickweed, motherwort, mugwort, and organic apple cider vinegar.\*

**Zesty Three Sisters Vinegar** combines garlic and honey with three sisters: chickweed, motherwort, and mugwort.\*



## HOW TO USE FIRE CIDER OR VINEGARS

- Consume 1-2 tsp daily, or every 3-4 hours for acute support.
- Sip it, add it to lemonade or juice, or dilute in hot water with a little extra honey.
- Use it in salad dressings, marinades, mixed drinks, soups, stews, sautees, or greens.
- Keep a bottle on your table as a condiment - a flavorful change from hot sauce!



## WILD SWITCHEL

- 4 in piece fresh ginger, chopped finely (wild ginger can be substituted when prolific)
- 2-3 tbsp chopped oxalis (wood sorrel), sourwood leaf, sumac berries, OR half a lemon
- 3 cups boiling water
- 1/2 cup Zesty Three Sisters Vinegar, Red Moon Fire Cider, or raw organic apple cider vinegar
- 1/2 cup honey

Pour boiling water over finely chopped ginger and the wild lemony flavor of wood sorrel (or sub) and let steep for a few hours. Add honey and shake well to dissolve, then refrigerate. To continue to let the flavors infuse, use by straining it as needed, adding the liquid to seltzer or plain water or just drinking it straight. Consume it within 3-4 days.

Shrubs are made very similar to switchels - which originated in the 15th century Caribbean era - but contain mashed fruit, sugar, and vinegar. Use your creativity to make fruity switchels or shrubs with your choice of edible wild herbs or berries!



Our 100% Appalachian **Salt of the Earth** contains salt from Saltville, VA, sustainably handpicked ramp tops/wild leeks, and stinging nettles. In addition to being vibrant with trace minerals and nettle nutrients, Salt of the Earth is a gorgeously green and flavorful finisher to any dish.\* We harvest only fresh spring ramp tops and leave the bulbs for later growth.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# OATSTRAW

AVENA SATIVA



## TRADITIONAL USES OF OATSTRAW:

- Promotes digestion
- Nutritive food source
- Aids the adrenals
- Encourages positive hormone activity
- Eases stress
- Optimizes the nervous system
- Charges inner immunity batteries
- Promotes bone health
- Increases energy levels
- Aids the urinary tract
- Boosts libido



## 1 QUART OATSTRAW INFUSION (1 OZ HERB):

- Delicious and fibrous nutritive "oomph" to satisfy vitamin and mineral-hungry bodies and bones
- Soothing mucilage to ease the GI tract and promote healthy digestion and elimination of toxins

## OATSTRAW TRIVIA

Oatstraw is the young shoots of the grain plants which produce oats. The straw is brimming with mineral goodness to nurture a strong body.



An infusion of oatstraw is the best way to obtain its benefits. 1 oz (dried) of oatstraw in 1 qt of boiling water, steeped 4-8 hours, strained and drunk cold or hot. Yum!

I use oatstraw for those who get tired in the afternoon or have fatigue in general. It does not have caffeine, but it has so much vital energy that gets infused into the water, the person reaps the nutritive benefit. - *Dr. Crider, Naturopathic Doctor*



## How to Make a NOURISHING HERBAL INFUSION

FIVE MINUTES A DAY TO DRINKABLE OPTIMUM NOURISHMENT.

### • YOU NEED •

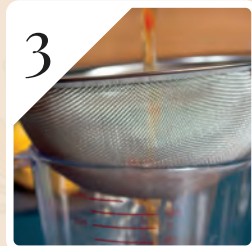
1 oz (dried weight) of a nutritive, protein-rich herb such as:

- linden leaf and flower
- nettle leaf and stem
- oatstraw
- Vita-Min blend
- red clover blossom

### • HOW TO •



1 Weigh out 1 oz by weight of your herb and place it in a quart jar.



3 Strain out the liquid, squeeze the plant material, and compost it.



# STINGING NETTLE

URTICA DIOICA



2

Pour boiling water over herb and fill to the top. Lid and steep 4-10 hours or overnight.



4

Drink 2-4 cups a day, hot or cold, with lemon, mint or honey to taste. Refrigerate leftovers for 2 days. Be nourished!

## TRADITIONAL USES OF NETTLES:

- Strengthens bones, hair, and nails
- Builds/focuses energy
- Supports clear and healthy skin
- Boosts memory
- Promotes joint health
- Supports hormonal flow
- Aids the stress response
- Soothes seasonal discomfort
- Maintains healthy blood pressure and cholesterol
- Promotes healthy adrenals and kidneys

## 1 QUART NETTLE INFUSION (1 OZ HERB):

- Green fuel to provide sustainable, pure energy to the adrenals, kidneys, and other major organ systems
- All the goodness of any dark leafy green, plus many more vibrant botanical benefits that support strong bones, flexible joints, supple skin, and an all-around plant-powered glow

## NETTLE KNOW-HOW

Nutritious nettles hold the title of the prickly protein princess of all superfoods, crowned with calcium and vitamin C.



Try substituting nettles for spinach, kale, or any other dark leafy green in a recipe. You can boil, can, freeze, saute, or steam them.

Stinging nettle is considered one of the most nutritious plant on earth. Craving fiber, macro and trace minerals, and plentiful bioactive compounds for optimum drinkable health? Nettle infusion is your herbal ally.



# DRIED HERBS & TEAS

**Calendula** blossoms (*Calendula officinalis*) make a light and refreshing herbal tea. They can also be used topically on the skin as a wash or submerged into a beneficial oil. Calendula is known for its gentle ability to nourish the skin and promote optimal function of the lymphatic system.\*

**Catnip** (*Nepeta cataria*) makes a beneficial treat for cats and humans alike. Catnip is known for its ability to promote a calm nervous system, restful sleep, and healthy digestion in humans while producing a stimulating effect in felines.\*  
*Catnip proceeds go towards local non-profit kitty rescues!*

**Chill Out Tea** is locally grown and lovely to look at, smell, and sip while you relax and restore. This blend combines oatstraw, holy basil, lemon balm, passionflower, skullcap, chamomile, and lavender. This nutritive tea has a pleasant, refreshing taste and is the perfect thing for winding down from a long day.\*

**Flower Power**, a luscious blend of yaupon holly, hibiscus, holy basil, red clover blossom, and calendula, is perfect as a gorgeous iced brew as well as a hot tea with a touch of honey. This punchy pink floral tea is as delightful to drink as it is to look at. The power comes from yaupon holly, North America's only native caffeinated plant.\*

**Holy basil** or tulsi (*Ocimum* spp.) makes a fragrant and delicious tea that may promote a healthy response to stress and a calm mind and body. This sweet tea is locally grown in North Carolina and looks and smells just as divine as it tastes.\*

**Linden** leaf and blossom (*Tilia* spp.) is a fragrant and powerful ally. Made into a tea or an infusion, linden supports optimal immune system health while also nurturing the nervous and respiratory systems.\*

**Nettle** (*Urtica dioica*) is of the finest quality, with a rich, green aroma of chlorophyll and taste indicative of the wild abundance of its nutrients and minerals. Consumed as an infusion, nettles nourish the whole body, promote the health of the kidneys and the adrenals, aid a healthy immune response to the surroundings, and support the functions of the immune and endocrine systems.\*

**Oatstraw** (*Avena sativa*) is sweet, potent, and charged with a rainbow of vitamins, minerals, and proteins. Oatstraw infusion tastes neutrally delicious and supports the body's healthy response to stress and the optimal function of both the nervous system and the hormonal system. A tremendous magnesium powerhouse, versatile oatstraw can benefit most anyone at any time.\*

**Reishi** mushroom or ling zhi (*Ganoderma tsugae*) deeply supports the health of the immune system and the liver. Long considered one of the world's most valuable and potent tonic mushrooms, reishi is revitalizing, energizing, and adaptogenic, helping the body boost resilience and adapt to stressors.\*

**Yaupon holly** (*Ilex vomitoria*) is known as North America's only native caffeine-containing plant. The lightly roasted revitalizing and energizing herb offers a gentler, greener boost to the brain and immune system than your average cup of joe.\*

# DRIED HERBS & TEAS

**Vita-Min** is our best-selling once-a-day 'herbal multi' chock-full of nutrients in fully absorbable tea form. These beautifully grown and wildcrafted herbs bring deep nutrition and re-mineralization into the body, one sip at a time.

This tea blend combines hormone-loving red clover, uterus-tonifying red raspberry, iron-laden nettle, soothing oatstraw, silica-packed horsetail, and refreshing mint.\*



## HERBAL ELIXIRS & SYRUPS

**Elderberry Elixir** or syrup (*Sambucus nigra/canadensis*) is a favorite double extraction which supports optimal immune health of the entire family. Its potent properties, mixed with a bit of raw mountain honey, are beneficial for year-round wellness through seasonal challenges. Plus, Elderberry Elixir is a sweet treat for the tastebuds.\*

**Garlic Elixir** (*Allium sativum*) is a tasty favorite which may support the immune system using the classic combo of garlic and honey. Garlic's many benefits, mixed with a small amount of raw mountain honey and organic raw apple cider vinegar, are supportive of year-round wellness throughout the challenges of the seasons. Our Garlic Elixir is a pleasantly delicious way to receive the many potential benefits of garlic.\*

**Mimosa Elixir** (*Albizia julibrissin*) is from the 'tree of happiness'. We blend a concoction of the astringent bark with an extraction of the blissful flowers to capture the synergy of this traditionally magical plant. Its potent immune-optimizing properties, mixed with a small amount of raw mountain honey, are beneficial for year-round happiness, joy, and well-being throughout seasons of grief and challenge.\*

**Mushroom Elixir** is a double extraction combining beneficial mushrooms reishi (*Ganoderma lucidum/tsugae*), chaga (*Inonotus obliquus*), maitake (*Grifola frondosa*), and turkey tail (*Trametes versicolor*). The supportive properties of these mushrooms, mixed with a small amount of raw mountain honey, boost optimal wellness of the immune system and longevity.\*

Our **Wild Cherry Bark Syrup** makes a blend that is gently but powerfully supportive of the respiratory system, the throat, and the lungs. We combine extracts of wild cherry (*Prunus serotina*), violet (*Viola spp.*), elecampane (*Inula helenium*), and slippery elm (*Ulmus rubra*) with a touch of raw local mountain honey to make a moistening, soothing syrup that nourishes the upper and lower respiratory area.\*



# HERBAL OILS & SALVES

**Arnica Oil** famously benefits bruises and bumps and soothes sore or stiff muscles that could use some love after strenuous exercise. Arnica makes a wonderful massage oil and supports the joints and musculoskeletal system.\*

**Breast Massage Oil** is a favorite for promoting optimal breast health. The infused herbal oils help to protect and nourish the breasts while benefiting the body's resistance to some of the most common challenges to breast health. In addition to the benefits of calendula, violet, pine, and yarrow, a touch of lavender and rosemary essential oils are added for their fragrance and potency.\*

**Calendula Oil** is a wonderful all-purpose oil for use on the skin. This gentle oil is useful for all ages and is our go-to for promoting happy and healthy skin and lymphatic circulation.\*

## WHAT'S THE DIFFERENCE BETWEEN AN OIL AND A SALVE?

Salves are simply herbal oils with beeswax melted into them, which increases their stability and shelf life. Our herbal oils will last for one or more years if stored in a cool place out of direct sunlight or in the refrigerator if possible. Salves are great for their convenience and ease of use.

**Comfrey Oil** is an all-in-one skin-friendly aid. With a penchant for supporting skin cell structure and promoting healthy tissues, comfrey is one to always have around. It's also a wonderful lubricant to promote vaginal fluids or for use during lovemaking.

Comfrey oil is also useful as a moisturizer, for maintaining the elasticity of pregnant bellies.\* *Not to be used with latex condoms.*

**Comfrey Salve** blends powerful comfrey leaves and roots for optimal health. Soothing and highly moisturizing, this unscented salve is wonderful for supporting the treatment of chapped lips, dry skin, rashy redness, fine lines, pregnant bellies, sore nipples, and baby bums, as well as bruises, “boo-boos”, and many more skin conditions.\*



**Green Wonder Salve**, an unscented, all-purpose combination of comfrey, plantain, and yarrow, gets rave reviews. We use this cover-all balm on bruises, chapped lips, dry skin, itches, insect bites, cracked nipples, sore tushies, and “owies” of all sorts.

**Magic Massage Oil** is a favorite restorative herbal massage blend. These three infused herbal oils are our first choice for relieving muscle tension, soothing the nerves, and easing stiff joints while supporting optimal health. In addition to the soothing effects of comfrey, poplar bud/balm of Gilead, and St. John's wort, a touch of sweet birch essential oil is added for its fragrance and benefit.\*

# OILS, SALVES, & SPRAYS

**Poke Root Oil** infuses powerful poke root with organic olive oil. Poke is a strongly acting plant that has traditionally been used on skin anomalies and to support healthy breast tissue and a healthy lymphatic system.\*

**Poke Root Salve** blends best-selling poke root oil with a hint of lavender oil.\*

**Re-Leaf Salve**, a combination of Carolina Reaper hot peppers, menthol crystal oil, dandelion blossom, arnica, and a hint of rosemary and birch essential oils, is a must-have for your bathroom cabinet. Consider this potent salve our herbal, local version of hot/cold "re-leaf" in a formula that is alternately warming and cooling. Use after exercise, a hard day's work in the garden, and whenever your body doesn't feel like a "spring chicken" and needs a natural pick-me-up.\*

**Solomon's Seal Oil** is sustainably Appalachian wildcrafted and supports the optimal function of the joints, cartilage, and connective tissue within the musculoskeletal system.\*

**St. John's Wort Oil** is a wonderful oil for massage, especially where there is soreness and stiffness and the muscles and nerves need some extra love. St. John's Wort soothes and supports while promoting healthy tissues, especially in skin that had a little too much fun in the sun. St. John's Wort Oil promotes overall optimal skin health and may also be beneficial in protecting skin from the effects of sun exposure or extreme heat. Apply this oil anywhere, including around the mouth, lips, and where the sun doesn't shine.\*



Don't let pests get in the way of you enjoying mother nature! **Bug-A-Boo** uses a combination of 100% organic time-tested extracts and evidence-based essential oils to naturally combat mosquitoes, fleas, ticks, and a variety of other garden regulars. The herbs used in our formula are useful in deterring pests without the problematic toxins of other commercial bug repellents.\*

Great for use directly on the skin, **hydrosols** are the perfect way to incorporate botanicals into your everyday skincare and environment. These make beautiful face and body mists because of their redness-fighting, soothing, and rejuvenating properties. Lavender, sage, juniper, tulsi, and citrus are available.\*

**Poison Ivy Spray** works to cool and soothe areas of heat and redness with a blitz of botanical calm. Got the itchies and scratchies? Keep calm and chill out with jewelweed and plantain's prickle-pacifying properties.\*



# HYDROSOLS

HERBAL MISTS FOR FACE, SPACE, AND BODY

Rejuvenating  
Calmings



Clarifying  
Cleansing

Hydrosol availability subject to change based on local plants in abundance

## RED CLOVER CHAI CORDIAL



1 CINNAMON STICK  
1/2 TSP FENNEL SEEDS  
1/8 TSP BLACK PEPPERCORNS  
5 CARDAMOM PODS  
1/2 INCH FRESH GINGER ROOT  
1 - 2 OZ DRIED RED CLOVER BLOSSOMS



32 OZ BRANDY

1/2 CUP SIMPLE SYRUP OR SWEETENER OF CHOICE

Gently crush the cinnamon, fennel seeds, black peppercorns, and cardamom pods. Add the spices along with the chopped ginger root and red clover blossoms to a quart canning jar and cover with good quality brandy. Macerate (let "steep") for 2-6 weeks (the longer, the stronger flavor), shaking daily. Strain brandy and add about 1/2 cup sweetener or to taste. Bottle and label. Sip on a cool evening. To your health!

## FIRE CIDER SALAD DRESSING

This salad dressing stokes the digestive fire, promotes optimal nutrient absorption, and offers a host of health benefits. It makes a top-notch marinade, too.

Bonus: make a wild greens salad from herbs like chickweed, violet, and wild mustard, and top with edible flowers like calendula and nasturtium - then dress!



1/4 cup olive oil (or avocado or pumpkin seed)  
3 tbsp Red Moon Herbs Fire Cider  
1 tbsp good quality dijon mustard  
1 tbsp honey  
1/2 tsp Salt of the Earth  
ground black pepper to taste



Combine all ingredients in a small bowl and mix thoroughly with a whisk, or mix in a blender if you choose. Pour over your salad and stir well to coat the greens. Store the dressing in a jar in the fridge for up to 2 weeks.

## RELAXING REISHI TULSI NIGHT(SKULL)CAP

TULSI HERB AND REISHI MUSHROOM ARE TWO OF OUR FAVORITE HERBS FOR CALMING AND UPLIFTING BODY, MIND, AND SPIRIT. ENJOY THEM TOGETHER IN THE EVENING TO PAVE THE WAY FOR DEEP RESTORATIVE SLEEP.

2 cups water  
1-2 dried reishi mushroom slices, OR 4 full dropperfuls of Red Moon Herbs  
reishi dual extract  
½ cup holy basil leaves  
1-2 dropperfuls Red Moon Herbs fresh skullcap extract

In a small saucepan, boil reishi slices in 2 cups water. Reduce heat, cover, and simmer 30 minutes up to an hour. (If using extract instead of dried reishi, skip this step and proceed with the next step, adding in the reishi extract just before serving.)

Stir the holy basil into the mushroom-infused water. Bring just to a boil. Remove from heat, cover, and steep 3-5 minutes. Add skullcap extract. Pour tea through strainer into warm teapot or mug, discarding herbs. Serve with your choice of milk and honey. Sip in the sweetness slowly and sleep well.



### HERBIE PRO TIP:

Dense, power-packed mushrooms like reishi can be re-used several times before they are considered spent. Freeze your used reishi in a baggie or jar and then use it to make another batch of tea or broth!



Mushrooms that have been used for thousands of years for health, such as reishi, turkey tail, chaga, lion's mane, and maitake, deserve the spotlight. These mushrooms are teeming with immunomodulating constituents called polysaccharides. They are adaptogens, which means they help the body adapt more easily to any stressful conditions it faces. Incorporating these deeply nourishing fungi into your diet through teas, extracts, and broths is a powerful, time-tested way to support your wellbeing no matter what the season or circumstance.

# CATNIP HYDROSOL

Spice up playtime with your feline friends by spraying some catnip hydrosol on their toys. This simple method of stove-top distillation can be used to make a hydrosol with catnip, rose, mint, or any other aromatic herb. This is an inexpensive alternative to using essential oils for aromatherapy, which use several pounds of herb to produce just a few drops.

Large pot with a lid

Jar lid

Heat-safe bowl

Fresh catnip or other aromatic herbs  
(rose, mint, citrus peel, or lavender are nice)

Resealable plastic bag

Ice

Water



Place the jar lid on the bottom of your pot and place the bowl on top. Put your fresh herbs in the pot around the bowl and add enough water to cover completely. Place the lid on the pot upside down, turn the heat on medium, and bring to a simmer. Fill the plastic bag with ice and put it on top of the lid. When the ice is melted, add new ice to the bag. Let simmer for about 2 hours. At the end of the process, your bowl should be filled with hydrosol. Let cool and transfer to a spray bottle. Use right away or refrigerate up to 6 months.

To preserve longer, add 25% of the volume of your hydrosol in alcohol. For example, if your recipe yielded 1 cup of hydrosol, add  $\frac{1}{4}$  c alcohol to preserve.

*Our hard-working cats deter garden pest action!*



A woman with long, wavy blonde hair is shown in profile, looking towards the right. She has a star-shaped tattoo on her upper back and a circular tattoo on her left shoulder. She is wearing a black tank top and a black wristband. Her hand is near a dense field of green, leafy plants. A semi-transparent white box with a thin black border is overlaid on the right side of the image, containing the text "FROM SEED TO SUPPORT" in a black, serif font.

FROM SEED  
TO SUPPORT



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