

Book and Resource List

7Song, Director
Northeast School of Botanical Medicine
7Song.com

Below are the **3 required books** for the Community Herbalism Intensive (CHI) and the Weekend Herbal Program (WHP). The rest of the list includes a wide variety of books and websites that students may find useful. This is only a small smattering of what is available. Many states, regions, and parks have their own plant identification books and plant lists.

I suggest searching for used books online and in bookstores, as good buys come and go quickly.

In the realm of field guides, editions are important. The newer editions are more up-to-date and easier to use. For books you are bringing into the field with you, a hardcover copy will generally last longer.

The Flora of Cortland and Onondaga Counties by Michael Hough (\$35) is a local technical field guide and covers the two counties just north of Ithaca. This makes it applicable to Ithaca as well.

Required for Class-with approximate prices

1. *Plant Identification Terminology: An Illustrated Glossary*-Harris \$18
2. *Newcomb's Wildflower Field Guide*-Newcomb \$8 (paperback)
3. *Manual of the Vascular Plants of the Northeastern United States and Adjacent Canada*-2nd edition. Gleason and Cronquist \$70. Make sure you are purchasing this or the 2nd edition, revised. Both work for the programs. *Do not purchase any edition earlier than the 2nd edition.*

Not required, but very helpful

4. *The Illustrated Companion to Gleason and Cronquist's Manual*-Holmgren \$125

Books

Field and Nature Guides-Emphasis on Northeastern plants.

1. **Botany in a Day**, latest edition-Elpel
2. **Common Weeds of the United States**-USDA
3. **Eyewitness Books Plants**-Burnie
4. **Ferns of NE and Central N. America**-2nd ed. Peterson Field Guide-Cobb
5. **Flora of the Cayuga Lake Basin** (1925)-Weigand and Eames
6. **Flora of the Northeast**-Magee and Ahles
7. **Flora Novae Angliae; Plants of New England**-Haines

8. **Flora of West Virginia-** (2nd ed.) Strausbaugh and Core
9. **Flowering Plant Families-**Zomlefer
10. **Fruit and Twig Key-**Harlow
11. **Gazetteers** (detailed road maps)-for school and field travels
12. **How to Identify Grasses and Grasslike Plants-**Harrington
13. **Lichens of N. America-**Brodo, Sharnoff
14. **Mushrooms Demystified-**Arora
15. **North American Mushrooms: A Field Guide to Edible and Inedible Fungi-**Miller
16. **North Wood Wildflowers-**A Falcon Guide-Ladd
17. **Photographic Atlas of Botany and Guide to Plant Identification-**Castner
18. **Reading the Forested Landscape-**Wessels
19. **Season of Promise: Wild Plants in Winter-**Roberts
20. **Spring Wildflowers of the Northeast-**Gracie
21. **The Book of Field and Roadside-**Eastman
22. **The Book of Forest and Thicket-**Eastman
23. **The Book of Swamp and Bog-**Eastman
24. **The Forager's Harvest-**Thayer
25. **The Forest Carpet-**Malcolm
26. **The Jepson Manual: Vascular Plants of California**
27. **The Plants of Pennsylvania-**Rhoads and Block
28. **The Student's Guide to Flowering Plants-**Wood
29. **The Tree Identification Book-**Symonds
30. **The Shrub Identification Book-**Symonds
31. **Wildflowers in the Field and Forest-A Field Guide to the Northeastern United States-**Clemants and Gracie
32. **Wild Urban Plants of the Northeast: A Field Guide-**Del Tredici
33. **Weeds of the Northeast-**Uva, Neal, DiTomaso

Herbal and Medical Reference

***These books can be found and read online**

1. ***A Modern Herbal-**M. Grieve (2 volumes)
2. **Botanical Medicine for Women's Health-**Romm
3. ***Eclectic or Physio-Medicalist books-**by any of the following authors: J. King, J Scudder, Felter, Ellingwood, W. Cook, Culbreth, J.U. Lloyd
4. **Edible Wild Plants of the Prairie-**Kindscher
5. **Herbal Formularies for Health Professionals-**Stansbury
6. **Herbal Medicine-**Weiss
7. **Herbal Medicine Past and Present, Vol. II-**Crellin/Philpott
8. ***Herbal Repertory in Clinical Practice-**Moore
9. **Herbal Therapeutics-**Hoffman
10. **Herbs, Nutrient and Drug Interactions-**Stargrove, Treasure, McKee
11. ***King's American Dispensatory-**Felter and Lloyd
12. **Medicinal Plants of the Desert and Canyon West-**Moore
13. **Medicinal Plants of the Mountain West-**Moore

14. **Medicinal Plants of the Pacific West**-Moore
15. **National or U.S. Dispensatory**-any prior to 1926
16. **Native American Ethnobotany**-Moerman
17. **Pharmacognosy, Phytochemistry, Medicinal Plants** 2nd edition–Bruneton
18. **Principles and Practice of Phytotherapy**-Mills and Bone
19. **The Consultation in Phytotherapy**-Conway
20. **The New Holistic Herbal**-Hoffman
21. **The Human Body**–Clayman
22. **Why Zebras Don't Get Ulcers**-Sapolsky
23. **Women's Hormones and the Menstrual Cycle**-Trickey

Websites

Note: Some of the links below may work, but you can just cut and paste the title in a search bar.

Herbal Medicine Information

1. [Henriette's Herbal Homepage](#)-many older herbal texts are on this site
2. [Jim McDonald Website](#)
3. [Michael Moore's Website](#)
4. [Sevensong](#) (Facebook page)
5. [Sevensong](#) (Instagram)

Plant Identification and Botany

This is a sampling of the various regions and parks that have online floras. There are also some that are specifically useful for this class and on our field trips. Many national, state parks, and recreation areas have plant lists. These are often done by the 'Friends of' for that particular area.

- [Atlas of Florida Vascular Plants](#)
- [Calflora](#)
- [Common Plants of Saguaro National Park](#)
- [Flora of North America](#)
- [Flora of the Southeastern United States](#)
- [Go Botany-Plants of New England](#) (most useful website for this class)
- [Missouri Plants](#)
- [New York State Flora Atlas](#)
- [USDA Plants of the US Database](#)
- [Wayne's Word](#)
- [Wildflowers of the Southwest](#)

Organizations

[American Herbalists Guild](#)

[United Plant Savers](#)