exist green

Print Date: November 13, 2026

Please note: Stock shifts with each harvest. All items are sold by weight at bulk refill prices.

THE APOTHECARY

loose leaf teas · herbal blends · single-ingredient herbs

sold by weight (or volume!) — refillable, certified organic, harvested locally, or ethically wildcrafted

From a daily cup of green tea to a specific herb for your own blend, it's all here, sold by weight so you take only what you need. Use the icon legend below to find flavors and traditional uses at a glance.

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HOW TO READ THIS MENU

Each herb shows its flavor notes and traditional uses at a glance.

Flavor notes: *sweet* | *bitter* | *earthy* | *floral* | *citrus* | *minty* | *fruity* | *spicy/warming* | *grassy* | *nutty* | *roasty* | *woodsy* | *chocolate*

Traditional uses†: *nervous* | *respiratory* | *digestive* | *immune* | *sleep* | *stress* | *circulatory* | *skin* | *energy* | *urinary* | *musculoskeletal* | *vitality* | *mood* | *cognitive*

Find by use: *The Traditional Use Index at the back of this menu lists every herb under each traditional-use icon, with the page it is on.*

Use with care: (!) These items have specific precautions that should be understood before consuming. See the Cautions + Safety Reference at the back of this menu.

† Traditional uses shown above are for educational purposes only and are not medical advice. Consult a qualified practitioner before using herbs therapeutically, especially during pregnancy or with existing conditions.

MENU SECTIONS

Find what you're looking for at a glance.

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ALL ITEMS ARE CERTIFIED ORGANIC unless listed as local, conventional, wildcrafted, or glyphosate-free.

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BLACK TEA

Fully oxidized teas with bold, robust flavors. Contains caffeine. Steep 3-5 minutes in boiling water. Pairs well with milk or honey.

Assam Tea ($2.4 $3.1/Oz) ⚡ | roasty | **Bold**
breakfast tea with malty depth

- Whole Leaf - $3.1/oz | ~$6.2/cup (est.)
- Crushed Leaf - $2.4/oz | ~$4.8/cup (est.)

Darjeeling Tea, Second Flush (Summer Harvest) - $3.8/oz ⚡ | *~$7.6/cup loose tea (est.)* | 🌸🍒

Earl Grey Tea - $3.6/oz ⚡ | *~$7.2/cup loose tea* |
🍋🌸 Black tea perfumed with bergamot oil - the original afternoon tea. Rich and citrusy.

ingredients: china black f.o.p. tea, assam t.g.f.o.p. tea*, and bergamot oil (all organic).*

English Breakfast Tea - $2.5/oz ⚡ | *~$5/cup loose tea* | 🌰☕ roasty full-bodied classic. malty undertone

ingredients: organic china black f.o.p. tea and organic assam t.g.f.o.p. tea*. *fair trade certified™ by fair trade usa.™*

Golden Black Tea - $6/oz ⚡ | *~$12/cup loose tea* |
🍯🍫 chocolate Smooth + Elegant with a naturally light, chocolate flavor

shop this category online ->

GREEN TEA

Lightly processed to preserve natural antioxidants. Contains caffeine. Steep 2-3 minutes in water just below boiling (175-185°F) to avoid bitterness.

Dao Ren Tea - $3.3/oz ⚡ | *~$6.6/cup loose tea* | a delectable aroma

Darjeeling Green Tea - $3.6/oz ⚡ | *~$12/cup loose tea (est.)* | 🥜 nutty 🌿 grassy Biodynamic Himalayan rare tea. Light, delicate, fresh, nutty

Green Pearl Tea - $6/oz ⚡ | *~$20/cup loose tea* |
this Nepal, Fair Trade Coop | earthy notes of seaweed

Gunpowder Green Tea - $2.5/oz ⚡ | *~$6.3/cup loose tea* | deeply green slightly Small rolled pellets. hearty + strong

ingredients: organic green tea (fair trade certified by fair trade usa).

Jasmine Green Tea - $3.6/oz ⚡ | *~$18/cup loose tea* | 🌸🍯 fresh green semi-fermented + infused with fresh jasmine

ingredients: organic green tea scented with jasmine. *fair trade certified™ by fair trade usa™.*

---> More Green Tea next page

Legend: ⚡ Caffeinated

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GREEN TEA (cont.)

Lightly processed to preserve natural antioxidants. Contains caffeine. Steep 2-3 minutes in water just below boiling (175-185°F) to avoid bitterness.

Jasmine Pearls Tea - $9/oz ⚡ | *~$30/cup loose tea (est.)* | 🌸🍯 hand-rolled in tight pearls + infused with fresh jasmine

Matcha Tea - $10/oz ⚡ | *~$20/cup* | 🍃 grassy 🍯
100% organic green tea, ceremonial grade, no additives/fillers!

shop this category online ->

HERBAL TEA BLENDS

Our house herbal blends are thoughtfully paired for flavor and balance. Caffeine-free unless noted. Blends with local ingredients may not be certified organic but are consciously sourced fresh from nearby farms.

Chai

- **Honeybush - $3.3/oz** | *~$11/cup loose tea* | 🔥🍯 spicy + robust, yet smoother than black tea based chai. Crafted for digestive comfort and circulation. | 🌀❤️

  ingredients: honeybush tea, ginger root*, sweet + cassia cinnamon bark*, cardamom*, cloves*, nutmeg*, allspice*, white peppercorns**

- **House Blend, Caffeinated - $3.5/oz** ⚡ | *~$11.7/cup loose tea* | 🔥🌰 Classic warming chai crafted for digestive comfort and circulation. | 🌀❤️

  ingredients: assam, ginger root, cinnamon chips, whole cardamom pods, cloves, nutmeg, allspice, whole white peppercorns

Chai (cont.)

- **Turmeric Blend - $2.7/oz** | *~$16.9/cup loose tea* | 🔥🌰🌶️ Mild Golden spiced chai with an added pinch of cayenne! Crafted for digestive and immune support | 🌀🛡️

  ingredients: cinnamon bark, ginger root*, turmeric root*^, cardamom*, fennel seed*, cloves*^, black pepper*^, cayenne powder* *organic ^fair trade*

Dream Tea Blend - $3.7/oz | *~$3.7/cup loose tea* | 🌱🌸 An ancient blend, believed to cause lucid dreams. Light + minty with floral accents. | 🧠🌀

ingredients: catnip, spearmint*, chamomile*, raspberry leaf*, skullcap*, & california poppy*. *organic*

---> Herbal Tea Blends continued on next page

shop this category online ->

HERBAL TEA BLENDS (cont.)

Our house herbal blends are thoughtfully paired for flavor and balance. Caffeine-free unless noted. Blends with local ingredients may not be certified organic but are consciously sourced fresh from nearby farms.

Energy Adjustment Tea - $3.3/oz | *~$8.3/cup loose tea* | Smooth, slightly sweet uplifting blend crafted for focus and immune support |

ingredients: young hyson green tea, eleuthero root, schisandra berry, ginkgo leaf, gotu kola, licorice root, and ginger root. (all organic)

Fidnemed Nighttime Tea - $4/oz | *~$4/cup loose tea* | Fidnemed means "a sacred and quiet forest grove". Crafted for deep relaxation. |

ingredients: lemon balm, hibiscus flowers, skullcap, passionflower, hops flowers, valerian root, and lavender flowers

Herbal Coffee - $2.5/oz | aroma with Rooty, roasted, and caffeine free. Earthy aroma with a hint of caramel and chocolate, with a heavy and bold roasted flavor. |

ingredients: dandelion root, chicory root, carob, and maca powder. (all organic)

Hibiscus Bliss Tea - $2.75/oz | *~$6.9/cup loose tea* | Tart and fruit blend crafted for circulatory wellness |

ingredients: rosehips, hibiscus flowers*, honeybush tea*, orange peel*, lemongrass*, spearmint leaf*, and rose petals*. *organic*

Mint Chocolate Maté - $3.9/oz | a deep peppermint patty in a cup! |

ingredients: yerba mate, peppermint, roasted cacao nibs, roasted carob, roasted cacao powder, and organic vanilla flavoring

Peace Tea Blend - $3.5/oz | *~$4.4/cup loose tea* | Gentle herbal blend for moments of calm |

ingredients: chamomile flowers, spearmint, lavender flowers, cassia cinnamon bark, passionflower, and rose petals. (all organic)

Pollinator Tea - $7.5/oz | *~$9.4/cup loose tea (est.)* | Blend of local and/or organic herbs loved by bees + other pollinators. Sweet + honey-like with an uplifting minty balance. Crisp + light with distinct floral notes. Great iced! |

*ingredients: peppermint leaf, lemon balm, dandelion leaf, lavender flowers, echinacea purpurea herb, yarrow, and calendula flowers. **locally grown ingredients, not certified organic but grown with organic practices.*

Quiet Child Tea - $3/oz | *~$3.8/cup loose tea (est.)* | Gentle kid-friendly blend for calm tummies and easy bedtimes. |

ingredients: spearmint leaf, catnip*, chamomile flowers*, skullcap*, raspberry leaf*, calendula flowers*, and california poppy*.*

Herbal Blends

---> Herbal Tea Blends continued on next page

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HERBAL TEA BLENDS (cont.)

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Throat Soother Tea Blend - $3/oz | *~$10/cup loose tea* | warming comfort blend for throat and immune support. strong licorice and marshmallow notes with a sweet, viscous flavor |

ingredients: licorice root, orange peel*, cassia bark*, echinacea root*, marshmallow root*, ginger root*, fennel seeds*, clove*. *organic*

Vanilla Honeybush Tea - $3/oz | *~$10/cup loose tea (est.)* | Gentle and naturally sweet. Crafted with vitamin C-rich rosehip for immune and skin wellness |

ingredients: honeybush, rosehip*, safflower*, calendula*, & vanilla bean powder*. *organic*

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WHITE, RED + MATé TEA

A diverse collection: delicate white teas, naturally caffeine-free rooibos and honeybush from South Africa, and energizing yerba maté from South America.

Green Rooibos Tea - $1.9/oz | less sweet than red rooibos, slightly herbal

Honeybush Tea - $2/oz | *~$6.7/cup loose tea* | similar to red rooibos, great iced, naturally sweet. Traditionally known for its antioxidant and anti-inflammatory properties

Kumaon White Tea - $5.5/oz | *~$5.5/cup loose tea* | Grassy and naturally sweet with a subtle fruity finish.

Yaupon Tea, Medium Roast - $5.5/oz | *~$8.7/cup loose tea* | Native American caffeinated plant with a smooth, roasted flavor. Traditionally valued for gentle energy and focus. |

Yerba Mate - $1.7/oz | *~$3.4/cup loose tea* | grassy highly caffeinated. shade-grown, bold + dark green. Traditionally valued for focus and vitality |

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HERBAL INGREDIENTS

Berries

Naturally sweet and tangy. Add color, flavor, and antioxidants. Great for blending with leafy herbs.

Bilberry Fruit, Whole - $6/oz / *~$2/tbsp (est.)* | 🍯🍋🍒 Antioxidant-rich European blueberry relative. Traditionally valued for healthy circulation and eye health. | ❤️👁️

Elderberries, Dried - $4/oz / *~$1/tbsp* | 🍯🍋🍒 Traditional immune and respiratory support with rich berry flavor. | 🛡️🫁

Hawthorn Berries - $1.5/oz / *~50c/tbsp (est.)* | 🍒🍯🌿 Tart-sweet berries from the heart-supportive hawthorn tree. Makes a fruity tea or adds depth to calming blends. | ❤️🧠

Juniper Berries - $2.4/oz | 🔥🪵 woody 🍋 Traditional Native American tonic valued for urinary health and digestive comfort | 💧🌀

Schisandra Berries - $6/oz / *~$2/tbsp (est.)* | 🍯🌿🔥 "Five flavor berry" - sweet, sour, salty, bitter, pungent all in one. Traditionally valued for vitality, stress support, and liver health. | 🔥🧠

Flowers

Delicate and aromatic. Steep gently (3-5 min) to preserve flavor. Beautiful in blends or solo.

Butterfly Pea Flowers, Dried - $6.5/oz / *~$8.1/cup (est.)* | 🌰🌸 Stunning blue color that changes with pH - add lemon! Traditionally valued for calm and relaxation, skin health, and hair vitality. | 🧠✨

LOCAL Calendula Flowers, Whole, Dried - $29/oz | 🌰🌸🌿 sunny flower traditionally used for skin wellness and digestive comfort. | ✨🌀

Calendula, Flowers, Whole, Dried - $4/oz / *~5c/tbsp* | 🌰🌸🌿 sunny flower traditionally used for skin wellness and digestive comfort. Soothing inside and out. | ✨🌀

Chamomile, Dried - $3.5/oz / *~$4.4/cup* | 🌸🍯🍒 gentle nervine for evening relaxation. Traditionally valued for restful sleep, gentle digestion, and soothing frazzled nerves. | 🧠🌀

Cornflowers - $9.5/oz / *~$11.9/cup (est.)* | 🍯🌸 Also called “bachelor’s button”, can be used as a blue dye

Elderflower - $3.7/oz | *~$4.6/cup (est.)* | 🌸🍯🍒 Traditionally valued for respiratory comfort and immune wellness during seasonal transitions. Sweet, floral flavor | 🫁🛡️

Legend: Farmed or Processed in Facility with Wheat

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HERBAL INGREDIENTS (cont.)

Flowers (cont.)

Delicate and aromatic. Steep gently (3-5 min) to preserve flavor. Beautiful in blends or solo.

Hawthorn Leaf & Flower - $2/oz / *~$3.3/cup* | 🌿 🍃 grassy A gentle, floral herb well known for its role in calming infusions. Traditionally used for both physical and emotional heart wellness | ❤️ 🧠

Heather Flowers - $3.3/oz / *~$4.1/cup (est.)* | 🌸 🍯 🌿 Scottish heathland flower with honey notes. Traditionally valued for urinary health and calm and relaxation. | 💧 🧠

Hibiscus Flower Powder - $1.7/oz | 🍒 🍋 🌸 tart, cranberry-like flower. refreshing hot or iced | ❤️

Hibiscus, Whole Flower - $2.9/oz / *~$4.1/cup* | 🍒 🍋 🌸 Tart, cranberry-like flower rich in vitamin C - refreshing hot or iced. Traditionally valued for cardiovascular wellness. | ❤️

Hops Flowers - $5.5/oz / *~$6.9/cup (est.)* | 🌿 🌸 🌰 Traditional bitter for relaxation and digestion valued for deep sleep and easing restlessness. | 🧠 🌀

Lavender (Lavandin) Flower - $3/oz / *~$3.8/cup* | 🌸 Many choose this variety for body care recipes, bath blends, sachets, and home cleaning products where its stronger fragrance really shines. | 🧠

Lavender

- **Dried - $5/oz** / *~$6.3/cup (est.)* | 🌸 aromatic flower traditionally valued for calm and relaxation | 🧠

Lavender (cont.)

LOCAL • **Dried - $4.2/oz**

Oat Tops, "Milky Oats" - $4.7/oz / *~$5.9/cup (est.)* | 🍯 🍃 grassy Gentle nerve nourisher - milky oat stage is most potent. Traditionally valued for calm and relaxation. | 🧠

(!) Red Clover Blossoms - $5/oz | 🌸 🍯 mild A sweet, honey-floral meadow blossom, a classic in tea blends and DIY skincare preparations. | ✨ 🌙

Rose Buds + Petals, Red Swb - $4.4/oz / *~$5.5/cup (est.)* | 🌸 🍯 | 🧠 ✨

Rosehips, Dried - $2.2/oz / *~55c/tbsp (est.)* | 🍋 🍒 🌸 Tangy vitamin C-rich fruit with fruity sweetness. Traditionally valued for immune wellness and skin health. | 🛡️

Safflower - $3.8/oz / *~$4.8/cup (est.)* | 🌰 Colorful petals used in traditional medicine worldwide. Traditionally valued for healthy circulation. | ❤️

(!) St. Johns Wort - $1.9/oz / *~83c/tbsp* | 🌿 🌰 🍯 Well-studied herb for mood support (check interactions) Traditionally valued for mood support and emotional balance. | 🌅 🧠

Yarrow - $2.5/oz

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HERBAL INGREDIENTS (cont.)

Flowers (cont.)

Delicate and aromatic. Steep gently (3-5 min) to preserve flavor. Beautiful in blends or solo.

LOCAL **Yarrow, Dried - $9/oz** | 🌿🌸🔥 ancient wound herb named for Achilles. Traditionally valued for immune wellness, digestive comfort, and skin health. | 🛡️🌀

Leafy

Anise Hyssop

Sweet licorice notes with a floral finish. Traditionally valued for digestive comfort and respiratory comfort.

- **Dried - $3.5/oz** / *~$5.8/cup (est.)* | 🍯 | 🌀🫁

LOCAL • **Dried - $5/oz** / *~$6.3/cup (est.)* | 🍯 | 🌀🫁

Catnip - $3.7/oz / *~$3.7/cup (est.)* | 🌱🍃 grassy Traditional children's nervine valued for soothing little ones and easing tummy troubles. | 🧠🌀

Damiana Leaf - $3.3/oz / *~$5.5/cup (est.)* | 🌿🌸 🍯 Traditional aphrodisiac with complex bitter-sweet taste. Valued for mood, libido, and hormonal balance. | 🧠🌙

Dandelion Leaf - $2.8/oz / *~$4.7/cup (est.)* | 🌿🍃 grassy 🌰 Gentle bitter greens traditionally valued for digestive comfort and urinary health. | 🌀💧

Echinacea Purpurea Herb - $2.8/oz / *~$4.7/cup (est.)* | 🍃 grassy 🌿 Milder than the root - good for blending into immunity teas. Traditionally valued for immune wellness and respiratory comfort. | 🛡️🫁

Ginkgo Leaf - $1.6/oz / *~$2.7/cup (est.)* | 🌿🍃 grassy Ancient tree - one of the oldest living plant species. Traditionally valued for memory, mental clarity, and healthy circulation. | 💨 ❤️

Gotu Kola Leaf - $3.3/oz | 🌿🍃 grassy Ayurvedic brain tonic - one of the "medhya rasayanas." Traditionally valued for mental clarity and skin health. | 🧠✨

Hawthorn Leaf & Flower - $2/oz / *~$3.3/cup* | 🌿 🍃 grassy A gentle, floral herb well known for its role in calming infusions. Traditionally used for both physical and emotional heart wellness | ❤️🧠

Holy Basil, Tulsi, Vana - $1.7/oz / *~$2.8/cup (est.)* | 🍋🌸 Wild forest tulsi with bright, lemony notes. Most aromatic of the tulsis. Traditionally valued for uplift and respiratory comfort. | 🧠🛡️

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HERBAL INGREDIENTS (cont.)

Leafy (cont.)

Horehound - $2.5/oz

Horsetail Plant - $2.7/oz / ~$3.4/cup | grassy
Silica-rich for hair, skin, nails support. Traditionally valued for urinary health and joint and muscle comfort. |

LOCAL Lemon Balm, Dried - $7.5/oz |
Lemony herb for lifting spirits and sharpening focus. Traditionally valued for mood support, mental clarity, and digestive ease. |

Lemon Verbena, Dried - $3.3/oz / ~$5.5/cup (est.)
| Intense true lemon flavor - a little goes far. Traditionally valued for digestive comfort and bright, uplifting energy. |

LOCAL Lemongrass, Dried | grassy |
Southeast Asian culinary herb with a bright, uplifting citrus flavor. Traditionally valued for digestive comfort. |

- Stalk Tops - $24/lb
- Whole Stalk Pieces - $144/lb

Linden, Leaf + Flower, Dried - $4/oz / ~$6.7/cup (est.) |
Beloved tea flower with honey-like sweetness. Traditionally valued for restful sleep, easing tension, and heart comfort. |

(!) Meadowsweet Herb - $2.5/oz / ~$4.2/cup |
nutty Sweet floral herb, the original aspirin plant. Traditionally valued for soothing achy joints and upset stomachs. |

Moringa Leaves, Dried - $2.9/oz / ~$4.8/cup (est.)
| grassy Ayurvedic and African "miracle tree" - every part is used. Traditionally valued for energy, vitality, and digestive comfort. |

(!) Motherwort - $3/oz / ~$5/cup (est.) |
traditional "mother's herb" valued for relaxation and hormonal balance. Very bitter |

(!) Mugwort - $3.8/oz / ~$3.8/cup (est.) |
woody Dream herb - traditionally used before sleep. Traditionally valued for vivid dreams, digestive bitters, and women's cycles. |

Mullein, Dried, Us Grown - $4/oz / ~$5/cup (est.)
| traditional respiratory herb found across many cultures. |

Nettle Leaf, Dried, North American - $4/oz |
grassy Classic spring tonic with Native American roots. Lighter flavor, excellent for long infusions. Traditionally valued for spring cleansing and respiratory support. |

LOCAL Nettle, Dried - $11.5/oz / ~$14.4/cup (est.) |
grassy Local nettle, house-dried for maximum freshness and peak nutrition. Traditionally valued for vitality, nourishment and respiratory support. |

Herbal Ingredients

Legend: New | Housemade

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HERBAL INGREDIENTS (cont.)

Leafy (cont.)

Oatstraw - $2.5/oz | *~$2.5/cup (est.)* | 🍯🌿 grassy 🥜 nutty Nourishing herb traditionally used for frazzled nerves and skin health. | 🧠✨

Passionflower - $3.3/oz | 🌿 grassy 🌸🌰 Native American vine for restful evenings. Traditionally valued for calm and relaxation. | 🧠

Peppermint Leaf - $2.4/oz | *~$4/cup (est.)* | 🌱 Nature's after-dinner remedy. Settles stomachs and clears the head. | 🌀🫁

Plantain Leaf, Dried - $4/oz | *~$6.7/cup (est.)* | 🌿 grassy 🌰🌿 Soothing leaf for throat, digestion, and skin. Traditionally used as tea for respiratory comfort or as a poultice for bites and stings. | ✨🫁

(!) Raspberry Leaf, Dried - $3/oz | *~$3/cup (est.)* | 🌰🌿 grassy Long cherished in women's herbal traditions. A mild, soft leaf with a gentle tea-like astringency. | 🌙🌀

(!) Red Clover Herb - $4/oz | *~$6.7/cup (est.)* | 🍯🌿 grassy Pretty pink blossoms rich in minerals. Traditional women's herb valued for hormonal support. | 🫁

Rosemary, Dried - $3.6/oz | *~75c/short jar* | *~$2.7/tall jar* | 🪵 woody 🔥🍋 Piney, aromatic, unforgettable. Roast it with potatoes or steep it for mental clarity. | 💨🌀

Sage, Culinary, Dried - $3.9/oz | *~61c/short jar* | *~$2.2/tall jar* | 🌰🔥🌿 Earthy, warming, deeply savory. Elevates roasted vegetables and soothes as a throat-soothing tea. | 💨🌀

Skullcap - $5.5/oz | *~$6.9/cup* | 🌿🌿 grassy Named for its helmet-shaped flowers. Traditional herb for quieting a busy mind and easing tension. | 🧠

Spearmint, Dried | 🌱🍯 | **Gentler than peppermint, sweeter on the tongue. The everyday mint for digestion and fresh breath.** | 🌀

- LOCAL House Dried - $5/oz | ~$3.8/cup
- Sourced - $2.3/oz | ~$1.8/cup

Stevia Leaf

LOCAL • **Dried - $5/oz**

• **Dried, Whole - $1.7/oz** | *~$2.4/cup* | A pinch of nature's sweetest leaf turns any bitter blend into something you'll actually crave.

Thyme, Dried, Organic - $3.3/oz | *~69c/short jar* | *~$2.5/tall jar* | 🌰🔥🌸 Aromatic culinary staple that doubles as a traditional respiratory herb - thyme tea with honey is a classic. | 🫁🌀

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HERBAL INGREDIENTS (cont.)

Roots + Barks

Earthier flavors, often used for deeper, grounding brews. Typically require longer steeping (10-15 min) or gentle simmering.

Ashwagandha Root Pieces - $2.7/oz / *~90c/tbsp (est.)* | 🌰🌿🥜 nutty Ayurvedic adaptogen for daily resilience. Traditionally valued for calm and relaxation, energy and vitality, and hormonal balance. | 🧠🔥

Ashwagandha Root Powder - $2.3/oz / *~$1.2/tbsp (est.)* | 🌰🌿🥜 nutty Ayurvedic adaptogen for daily resilience | 🧠🔥

Bayberry Root Bark - $4.5/oz / *~$1.5/tbsp (est.)* | 🌿🌸 Astringent bark traditionally valued for immune wellness and digestive comfort. | 🛡️🌀

(!) Black Cohosh Root - $5.2/oz / *~$1.7/tbsp (est.)* | 🌿🌰 Traditionally valued for women's hormonal balance and joint and muscle comfort. Very bitter - best blended with sweeter herbs. | 🌙💪

Burdock Root - $2.8/oz / *~$1/tbsp* | acrid 🌿 slightly earthy root traditionally valued for skin health, digestive comfort, unirary health, and liver wellness | ✨🌀

Chicory Root, Roasted - $1.6/oz | 🌿☕ roasty Popular coffee alternative with prebiotic benefits. Traditionally valued for digestive comfort | 🌀

Cinnamon, Cassia Chips - $1.7/oz | 🔥🍯 Warming spice for chai and comfort blends. Traditionally valued for digestive comfort and healthy circulation | 🌀❤️

Dandelion Root

- **Raw - $4.3/oz** / *~$1.4/tbsp (est.)* | 🌿🌰🥜 nutty Digestive bitter for before or after meals. Also traditionally valued for urinary and skin health. | 🌀💧
- **Roasted - $3.6/oz** / *~$1.2/tbsp (est.)* | 🌿🌰🥜 nutty Digestive bitter for before or after meals. Traditionally valued for urinary and skin health | 🌀💧

Echinacea Purpurea Root, Powder - $3/oz / *~$1/tbsp (est.)* | 🌰🔥 in powder form, commonly used as a topical paste | 🛡️🫁

Elecampane Root - $3/oz / *~$1/tbsp (est.)* | 🌿🔥🌸 Traditionally valued for respiratory comfort and digestive comfort. | 🫁🌀

Gentian Root - $4/oz / *~$1.3/tbsp (est.)* | 🌿 the classic European bitter used in digestifs and aperitifs. Traditionally valued for digestive comfort. | 🌀

Ginger Root Pieces, Dried - $1.5/oz / *~50c/tbsp (est.)* | 🔥🍋🍯 The traveler's root - traditionally used for motion sickness and cold days. Great before or after meals. | 🌀🫁

---> More Roots + Barks next page

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shop this category online ->

HERBAL INGREDIENTS (cont.)

Roots + Barks (cont.)

Earthier flavors, often used for deeper, grounding brews. Typically require longer steeping (10-15 min) or gentle simmering.

(!) Goldenseal Root Powder - $17.5/oz | *~$8.8/tbsp (est.)* | 🌿🌰 Native American bitter traditionally used for digestive and immune support. Also traditionally used as a healing poultice. | 🌀🛡️

Indian Sarsaparilla Root - $3.7/oz | *~$1.2/tbsp (est.)* | 🍯🌸 A warm, aromatic root with gentle, vanilla-like sweetness. | ✨

Jamaican Sarsaparilla Root - $4/oz | *~$1.3/tbsp (est.)* | 🌰🌿 The original root beer flavor! Traditionally valued for skin health and vitality | ✨

(!) Kava Kava Root, Pieces + Powder ($7.5 $11/Oz) | 🌰🔥 | **Traditional Pacific Islands relaxation root (not for daily use) valued for calm and relaxation** | 🧠

- Root - $11/oz | ~$3.7/tbsp (est.)
- Powder - $7.5/oz | ~$2.5/tbsp (est.)

Licorice Root, Dried - $2.4/oz | *~80c/tbsp (est.)* | 🍯 naturally sweet root for throat comfort. Traditionally valued for respiratory comfort, digestive comfort, and energy and vitality. | 🫁🌀

Maca, Powder, Variety Blend (Starch Reduced) - $16.8/lb | *~$6.2/cup* | 🌰🥜 nutty 🍯 | 🔥🌙

Marshmallow Root - $4/oz | *~$1.3/tbsp (est.)* | 🍯 🌰 Silky, soothing root that creates a smooth, coating tea. Traditionally valued for respiratory comfort, digestive comfort, and urinary health. | 🫁🌀

(!) Oregon Grape Root - $4.8/oz | *~$1.1/tbsp* | 🌿 🌰 Pacific Northwest bitter root - a natural source of berberine. Traditionally valued for digestive comfort, skin health, and metabolic wellness. | 🌀✨

Red Root, Cut + Sifted, Wildcrafted - $5.3/oz | rich 🌰 Native North American root historically used by colonists as a black-tea substitute during the American Revolution

Slippery Elm Bark - $5/oz | *~$10/cup (est.)* | 🍯 🌰 Native American soothing bark traditionally valued for digestive and throat comfort | 🌀🫁

Turmeric Root Pieces - $2.8/oz | 🌰🔥🌿 golden Ayurvedic root traditionally valued for digestive comfort, joint and muscle comfort, and skin health. Commonly believed to be an anti-inflammatory, especially when mixed with black pepper. | 🌀💪

Valerian Root - $5.4/oz | *~$1.3/tbsp* | 🌰🌿🪵 woody For evening wind-down rituals. Traditionally valued for calm and relaxation. | 🧠

White Oak Bark - $2.6/oz | *~87c/tbsp (est.)* | 🌿 🪵 woody Highly astringent bark for external and internal use. Traditionally valued for digestive comfort and skin health. | 🌀✨

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HERBAL INGREDIENTS (cont.)

Roots + Barks (cont.)

Earthier flavors, often used for deeper, grounding brews. Typically require longer steeping (10-15 min) or gentle simmering.

(!) White Willow Bark - $1.6/oz / *~27c/tbsp* |
🌿 Natural salicin source - original aspirin plant. Traditionally valued for joint and muscle comfort. | 💪

Misc

Ajwain Seeds - $2.1/oz / *~58c/tbsp* | Indian spice with thyme-oregano flavor. Traditional remedy for bloating and digestive discomfort. |

Carob

- **Pieces, Roasted - $1.6/oz** / *~53c/tbsp* | Warm, roasted flavor with mellow, cocoa like depth. Caffeine-free chocolate alternative. |
- **Pods, Whole, Roasted - $2.2/oz** / *~$1.5/pod (est.)* | Caffeine-free chocolate alternative. Traditionally valued for digestive comfort. |

Citrus, Dried Slices ($2.5 $5/Oz) | **dried in-house from fresh organic citrus (sourced in-season!)** |

- Lemon - $3/oz
- Lime - $5/oz
- Grapefruit - $2.7/oz
- Meyer Lemon - $3/oz
- Blood Orange - $2.5/oz

Coriander - $2/oz / *~80c/short jar* / *~$2.9/tall jar* | The warm, citrusy seed of the cilantro plant. |

Cumin Seed, Whole - $2.1/oz / *~$1.2/short jar* / *~$4.3/tall jar* | Earthy, smoky seed central to spice blends across many global cuisines |

Fennel Seed, Whole - $2/oz / *~$1.1/short jar* / *~$4/tall jar* | Sweet, aromatic seeds with natural licorice flavor. Classic digestive tea for bloating and comfort after meals. |

Mandarin Peels, Dried - $1.5/oz |

Orange Peel Pieces - $2.8/oz |

Sea Vegetables, Spirulina - $4/oz | blue green algae traditionally valued for energy and vitality |

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TRADITIONAL USE INDEX

every traditional-use icon in this menu, and the pages to turn to

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💪 MUSCULOSKELETAL

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🌤️ MOOD

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🌫️ COGNITIVE

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Black Cohosh Root 12, Damiana Leaf 9, Maca, Powder, Variety Blend (Starch Reduced) 13, Raspberry Leaf 11, Red Clover Blossoms 8

👁️ VISION

Bilberry Fruit, Whole 7

† Herbs are listed here under the same icons printed beside them in the menu, and each herb shows up to two. Traditional uses are educational only and are not medical advice. We are not herbalists. Consult a certified herbalist or your doctor before use.

HERBAL CAUTIONS + SAFETY REFERENCE

for herbs we currently stock in our apothecary

PREGNANCY

Motherwort *Leonurus cardiaca*
AVOID DURING PREGNANCY. Traditional emmenagogue with documented uterine-stimulant activity — risk of miscarriage. Avoid while nursing or trying to conceive. May interact with sedatives, blood thinners, heart medications (digoxin, beta-blockers), and thyroid medications.

Mugwort *Artemisia vulgaris*
AVOID DURING PREGNANCY. Traditional emmenagogue with well-documented miscarriage induction. Avoid while nursing or trying to conceive. Strong cross-reactivity with ragweed, daisy, or chamomile allergies — stop use if itching, swelling, or breathing difficulty develop.

Raspberry Leaf *Rubus idaeus*
NOT FOR FIRST-TRIMESTER PREGNANCY (potential uterine effects). Consult midwife or OB before use in second or third trimester, especially with history of complicated pregnancies, miscarriage, premature labor, or scheduled cesarean. Popular labor-shortening claims are not supported by clinical research.

DRUG INTERACTIONS

St. John's Wort *Hypericum perforatum*
DANGEROUS DRUG INTERACTIONS. Reduces effectiveness of birth control (can lead to unintended pregnancy), antidepressants (SSRIs/MAOIs), blood thinners, HIV medications, immunosuppressants, chemotherapy, statins, and blood pressure meds. Consult your pharmacist before use. Causes photosensitivity — avoid intense sun exposure.

BERBERINE

Goldenseal *Hydrastis canadensis*
CONTAINS BERBERINE. Do NOT give to newborns (kernicterus risk). Interacts with cyclosporine, statins, blood pressure medications, blood thinners, and some antibiotics. Avoid with liver, kidney, or cardiovascular conditions. Do not use longer than 2-3 weeks at a time.

Oregon Grape Root *Mahonia aquifolium*
CONTAINS BERBERINE. Do NOT give to newborns (kernicterus risk). Interacts with cyclosporine, statins, blood pressure medications, and some antibiotics. Avoid with liver or kidney conditions. Do not use longer than 2-3 months without medical supervision.

SALICYLATES

Meadowsweet *Filipendula ulmaria*
CONTAINS SALICYLATES (similar to aspirin). Do NOT give to children or teens under 19 — Reye's Syndrome risk during viral illness. Avoid if aspirin-sensitive, on blood thinners or NSAIDs, or have bleeding disorders, ulcers, or asthma.

White Willow Bark *Salix alba*
CONTAINS SALICIN (a salicylate similar to aspirin). Do NOT give to children or teens under 19 — Reye's Syndrome risk during viral illness. Avoid if aspirin-sensitive, on blood thinners or NSAIDs, or have bleeding disorders, ulcers, asthma, kidney disease, or gout. Do not use longer than 2-3 weeks.

LIVER

Black Cohosh *Actaea racemosa*
RARE LIVER INJURY REPORTED. Stop use and contact a healthcare provider immediately if you notice jaundice (yellow skin/eyes), dark urine, or unusual abdominal pain. Not recommended with hormone-sensitive conditions (including breast cancer history). Do not use longer than 6 months.

Kava Kava *Piper methysticum*
SEVERE LIVER INJURY REPORTED, including cases requiring transplant. Avoid if you have any liver condition, drink alcohol regularly, or take liver-affecting medications. Stop immediately if jaundice, dark urine, or fatigue develop. May cause drowsiness — do not drive after use.

PHYTOESTROGENS

Red Clover *Trifolium pratense*
CONTAINS PHYTOESTROGENS. Avoid with history of hormone-sensitive conditions: breast, ovarian, or uterine cancer; endometriosis; uterine fibroids. May interact with blood thinners, hormone replacement therapy, and oral contraceptives.

This list shows only herbs in our apothecary flagged with high-safety considerations in our reference database. Many other herbs have considerations during pregnancy, nursing, or with medications. We are not herbalists. Please do your own research and consult a certified herbalist or your doctor before use.