



Pacific Botanicals

*Growers & Suppliers of High Quality Certified Organically Grown
Herbs & Spices Since 1979*

Wholesale Catalogue



Winter / Spring 2014



IN THIS ISSUE: Mark's Farm Update, Toni's Window, Cold Season Companions, Elderberry: Winter's Fiery Healer, New Guide for Fresh Harvest, Profile: Lisa Ward, Citizen of the Sun:D.E's New Book!

Mark's Farm Update



Greetings From the Applegate Valley,

One of my favorite herbs to grow here at Pacific Botanicals is California poppy. (*Eschscholzia californica*) It may be a benefit for stress-induced conditions including sensitivity to changes in the weather. The above ground parts and roots of this wildflower may also promote healthy sleep without the side effects and dependency risks of chemical sleep aids. It supports a generally calming effect on the nervous system, even though this herb is far milder than that of opium, which contains a different class of alkaloids.

In other farm news we will be planting Rye (*Secale cereale*) again this winter as a cover crop in many of our fields. Cereal rye is an excellent winter cover crop because it rapidly produces a ground cover that holds soil in place against

the forces of wind and water. Rye's deep roots help prevent compaction in annually tilled fields, and because its roots are quite extensive, it also has a positive effect on soil tilth.

Compared to other cereal grains, rye grows faster in the fall and produces more dry matter the following spring--up to 10,000 pounds per acre. Rye is a winter-hardy grain, tolerating temperatures as low as -30°F once it is well established. Cereal rye produces several compounds in its plant tissues and releases root compounds that apparently inhibit germination and growth of weed seeds. These allelopathic effects, together with cereal rye's ability to smother other plants with cool weather growth, make it an ideal choice for weed control.

In addition to its use as a cover crop we harvest rye grain to provide for some of our distillery customers who use our certified organic rye in the



Harvesting California Poppy

making of their organic artisan spirits.

I hope you have good health this winter, and that your holidays are filled with family and love.

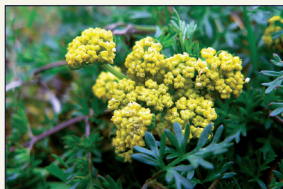
Best to you and yours,

Mark Wheeler, Founder, Pacific Botanicals

"To forget how to dig the earth and tend the soil is to forget ourselves."

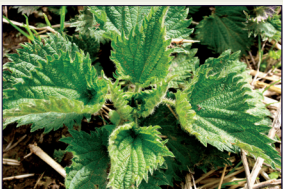
~Mobandas K. Gandhi

COLD SEASON COMPANIONS



LOMATIUM (*Lomatium dissectum*)

Lomatium dissectum is a species of flowering plant in the carrot family known by the common name fernleaf or biscuitroot. It is native to much of western North America, where it grows in varied habitat, including the Sierra Nevada in California. It grows from a thick taproot up to 1.4 meters tall.



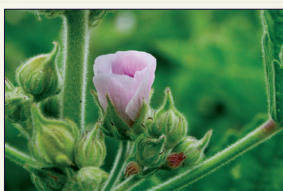
NETTLE LEAF (*Matricaria recutita*)

Nettle leaf is rich in calcium and magnesium. Brewing tea from the herb is a convenient way to access those minerals. The plant can be also eaten in a salad, cooked into soup or extracted with alcohol to make a tincture. With a little honey Nettle tea is very satisfying on a cold winter morning.



ECHINACEA (*Echinacea purpurea*)

Echinacea is a group of herbaceous flowering plants in the daisy family, Asteraceae. They are endemic to eastern and central North America, where they are found growing in moist to dry prairies and open wooded areas. The generic name is derived from the Greek word 'echino', meaning "sea urchin," due to the spiny central disk.



MARSHMALLOW (*Althaea officinalis*)

The genus name Althaea comes from the Greek word 'altho' meaning to heal. Marshmallow grows in moist soils in England, Denmark and central Russia. It is especially well suited for the microclimate at Pacific Botanicals. The root is used to a greater extent than the leaves.



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Please Note: Any information about the herbs in our catalog is for educational purposes only. This information has not been evaluated by the Food and Drug Administration, nor is it intended to diagnose, treat, cure, or prevent any disease.

Organic Certification: Our Cornerstone of Quality

We care about organic. It is the basis of all our efforts. *We are certified by Oregon Tilth Certified Organic as growers and processors. Our standards meet or exceed the standards of the USDA. Our facilities are inspected by the FDA and the Oregon Department of Agriculture. We are also compliant with European Union Organic Standards as growers and processors and Canadian Equivalency Standards.*

Grown Without Chemicals and Wildcrafted Herbs

Some of our herbs are *carefully harvested and dried by wildcrafters known to us who follow strict harvesting guidelines established by the company. Herbs that are Grown Without Chemicals (GWC) are grown and shipped to us chemical-free.* We offer them with the knowledge that they are grown, harvested and shipped to us with the same quality and care that we require of our Certified Organically Grown and Wildcrafted herbs.

Certified Botanical Authenticity

In order to serve our customers' requirements for positive botanical identity, we have received *Certificates of Authenticity from the American Herbal Pharmacopoeia* for almost all of the herbs grown on the farm. Herbs from Pacific Botanicals are used by the American Herbal Pharmacopoeia to develop an identity "footprint" that other testing facilities use to evaluate the authenticity of their own herbs.

Distinguished Memberships

In addition to those above we are proud to be members of the *American Herbal Products Association, United Plant Savers, Northwest Coalition for Alternatives to Pesticides, and The American Botanical Council.*

Kosher Certification

All herbal products sold, except for the sea vegetable products, and those listed with an (*), are kosher certified by *Earth Kosher, www.earthkosher.com.*

Salmon Safe

Pacific Botanicals is recognized for its farming practices and conservation measures which adhere to strict guidelines of sustainability for the salmon in our watershed.



"A robust regional food system that benefits eaters and farmers cannot be achieved in a marketplace that is controlled, top to bottom, by a few firms and that rewards only scale, not innovation, quality, or sustainability."

Wenonah Hauter, Foodopoly: The Battle Over the Future of Food and Farming in America

Toni's Window My Smooth Operators



your orders, manage the administrative staff, and make sure you get your herbs in a timely fashion. I call them my smooth operators. All unique interesting people with differing tastes and expressions. With kindness, an attitude of caring and a strong unity of purpose, our small but effective team works hard to help our customers receive the herbs they need. This fall, as the harvest comes in, I am so grateful for the smooth operation of our shop team and how they serve our customers.

Warmest regards, *Toni Evans, Chief Operating Officer, Pacific Botanicals*

Fall came in with a jolt this year. The rain and the cold blew in on exactly the 21st of September and sent summer fleeing. The rusty reds and yellows fill the trees lining the fields and you can see the great V formations of the geese overhead practicing for their flight south. It is my favorite time of year. The cool nights and mornings, bright stars and crisp cold nights, and warm lazy Indian summer afternoons. I can imagine the smell of wood smoke, putting on my favorite rust colored warm clothes, and my husband's extraordinary pear pie baking in the oven.

The seasons are dependable. They may be unique in their expression each year but we can be assured that they will always come through. Which reminds me of our shop team. The people that take



*Our Shop Team(Left to Right):
Dori, Nate, Erika, Donovan, Lisa, Dominic.*

Safety Guidelines and Disclaimer

Pacific Botanicals is not licensed to prescribe or recommend any products for medicinal purposes and we are not responsible for the misuse of any of our products. Consult FDA guidelines and health care professionals regarding use. Note that the herbs in our catalog requiring precaution have a numbered footnote that corresponds with safety warnings listed at the bottom of those pages.



Pacific Botanicals

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HERBS AND SPICES

Key: OG=Certified Organically Grown W= Wild Harvested GWC=Grown Without Chemicals. An asterisk * denotes "not certified Kosher"
Most herbs are sold in one pound minimum quantities and ALL PRICES ARE PER POUND unless otherwise stated.

Common Name	Safety Codes	Latin Name	Form	Origin	Availability	1-4 lbs	5-24 lbs	25-99	100+	
W		Acerola Cherry*	Malpighia glabra	Concentrate powder	Brazil	All year	15.90	14.50	13.70	12.85
OG	3	Alfalfa	Medicago sativa	Dried leaf	USA	All year	9.20	8.40	8.00	7.00
OG	3	Alfalfa	Medicago sativa	Powder	Mexico	All year	10.20	9.20	8.20	7.40
OG	1, 3	Angelica	Angelica archangelica	Dried root	Our farm	All year	15.20	14.50	13.70	13.00
OG	1	Anise Seed	Pimpinella anisum	Whole seed	Egypt	All year	10.00	9.40	8.50	8.00
OG New	1	Anise Seed	Pimpinella anisum	Powdered seed	Egypt	All year	10.00	9.40	8.50	8.00
W	1	Aralia	Aralia californica	Dried root	USA	All year	18.40	17.50	15.20	14.30
OG	1,2,7	Arnica	Arnica montana	Dried herb in flower	Canada	Limited	39.00	37.00	35.00	
OG New	1,2,7	Arnica	Arnica montana	Dried flower	Romania	Limited	70.00	64.00	60.00	50.00
OG	1	Artemisia annua	Artemisia annua	Dried tops	Our farm	All year	14.50	13.50	12.40	11.40
OG	1	Artemisia annua	Artemisia annua	Powdered tops	Our farm	All year	15.50	14.50	13.40	12.40
OG		Artichoke	Cynara scolymus	Dried leaf	Our farm	All year	14.00	13.00	12.10	11.60
OG New		Artichoke	Cynara scolymus	Powdered Leaf	Our farm	All year	15.00	14.00	13.10	12.60
OG	1	Ashwagandha	Withania somnifera	Dried root	Our farm	All year	15.00	14.00	12.50	11.50
OG	1	Ashwagandha	Withania somnifera	Powdered root	Our farm	All year	16.80	15.90	14.00	13.00
OG		Asparagus (Shatavari)	Asparagus racemosus	Dried root	India	All year	12.90	12.60	11.20	10.20
OG		Astragalus	Astragalus mongholicus (membr.)	Dried root	Our farm/China	All year	18.10	17.00	16.00	15.00
OG		Astragalus	Astragalus mongholicus (membr.)	Powdered root	Our farm/China	All year	19.10	18.00	17.00	16.00
OG		Bacopa	Bacopa monnieri	Dried herb	Our farm	Limited	29.40	27.50	26.80	
GWC		Baikal Skullcap	Scutellaria baicalensis	Dried root	China	All year	16.40	15.40	14.60	13.90
W	1	Barberry	Berberis vulgaris	Dried root	India	All year	14.25	12.85	12.35	11.45
W	1	Barberry	Berberis vulgaris	Powdered root	India	All year	15.25	13.85	13.35	12.45
OG/GWC		Barley Grass	Hordeum vulgare	Dried Grass powder	USA	All year	14.40	13.20	12.00	11.00
OG/GWC		Barley Grass Juice	Hordeum vulgare	Dried Juice powder	USA	All year	28.00	27.00	25.60	24.80
OG	1, 7	Basil	Ocimum basilicum	Dried leaf	Egypt	All year	9.90	8.80	8.00	7.10
OG	1, 7	Basil, Holy (Rama)	Ocimum sanctum (Tulsi)	Dried herb	Our farm	All year	16.40	15.30	14.50	13.90
OG	1,7	Basil, Holy (Rama)	Ocimum sanctum (Tulsi)	Powdered herb	Our farm	All year	17.40	16.30	15.50	14.90
W		Bayberry	Myrica cerifera	Dried root bark	USA	All year	13.50	12.90	12.00	11.10
W		Bayberry	Myrica cerifera	Powdered root bark	USA	All year	14.50	13.90	12.50	12.10
OG		Beet root powder	Beta vulgaris rubra	Powdered root	China	All year	16.00	15.70	14.50	14.00
OG		Beet juice powder	Beta vulgaris rubra	Juice powder	Germany	All year	31.80	30.50	29.00	28.00
W	2	Bentonite Clay	Bentonite montmorillonite	Powder	USA	All year	9.20	8.20	7.35	6.20
OG		Bilberry	Vaccinium myrtillus/pallidum	Dried leaf	Albania	All year	14.70	13.40	12.50	11.90
OG New		Bilberry	Vaccinium myrtillus	Whole berry	Poland	All year	32.50	30.50	29.00	26.00
W	1, 7	Black Cohosh	Cimicifuga racemosa	Dried root	USA	All year	17.50	16.00	14.50	13.20
W	1, 7	Black Cohosh	Cimicifuga racemosa	Powdered root	USA	All year	18.50	17.50	15.50	13.70
W		Black Haw	Viburnum prunifolium	Dried bark	USA	All year	16.00	14.80	13.50	12.20
OG		Black Pepper	Piper nigrum	Whole peppercorns	Sri Lanka	All year	14.80	13.80	12.80	11.80
OG		Black Pepper	Piper nigrum	Ground peppercorns	Sri Lanka	All year	13.50	12.50	11.50	10.50
OG	4, 6	Black Tea (TGFOP)	Camellia sinensis	Whole leaf	India	All year	13.20	11.80	11.40	10.40

Safety Codes: 1=Not during pregnancy 2=For external use only 3=Not with blood thinning agents 4=Not for long term use 5=Not with MAO inhibitors
 6=Contains caffeine 7=Not during nursing 8=Seek advice of practitioner before using

Common Name	Safety Codes	Latin Name	Form	Origin	Availability	1-4 lbs	5-24 lbs	25-99	100+	
OG	Black Tea (GBOP)4, 6	Camellia sinensis	Broken leaf	India	All year	11.50	10.50	9.30	8.50	
OG/W	Black Walnut	4	Juglans nigra	Dried hulls	USA	All year	10.20	9.10	8.50	7.50
OG/W/New	Black Walnut	4	Juglans nigra	Powdered Hulls	USA	All year	12.20	11.10	10.50	9.50
OG	Blessed Thistle	1	Cnicus benedictus	Dried herb	Our farm	All year	10.90	9.90	9.10	8.40
W	Bloodroot	1, 2	Sanguinaria canadensis	Dried root	USA	All year	40.50	38.50	34.50	31.50
W	Bloodroot	1, 2	Sanguinaria canadensis	Powdered root	USA	All year	43.50	41.50	37.50	35.50
W	Bloodroot	1, 2	Sanguinaria canadensis	In 1/2 pound quantities	USA	All year	16.25	Cut 20.75	Powdered	
W	Blue Cohosh	1	Caulophyllum thalictroides	Dried root	USA	All year	10.30	9.30	8.50	7.90
OG New	Blue Flag Root	1,7	Iris versicolor	Dried root	Our farm	All year	25.00	22.00	18.00	16.00
OG New	Blue Flag Root	1,7	Iris versicolor	Powdered root	Our farm	All year	27.00	23.00	19.00	17.00
OG	Blue Vervain	1	Verbena spp.	Dried herb	Bulgaria/USA	All year	12.20	11.20	10.00	9.40
W New	Blueberry		Vaccinium Mortinia	Powdered fruit	Ecuador	All year	23.00	21.50	20.70	19.50
OG/W	Boneset		Eupatorium perfoliatum	Dried herb	USA/Europe	All year	14.85	14.35	13.85	12.90
OG	Borage	1, 2, 4, 7	Borago officinalis	Dried herb	USA	All year	14.10	12.90	11.50	10.50
OG	Brazil Nut Protein Powder		Bertholletia excelsa	Powdered nut	Peru	All year	13.50	12.40	11.60	10.80
OG	Bugleweed	1, 7	Lycopus americanus	Dried herb	USA	All year	11.30	10.55	9.40	8.90
OG	Burdock (Gobo)		Arctium lappa	Seed, whole	Our farm	All year	38.00	34.50	32.50	31.00
OG	Burdock (Gobo)		Arctium lappa	Dried root	Our farm	All year	12.50	11.70	10.90	10.40
OG	Burdock (Gobo)		Arctium lappa	Powdered root	Our farm	All year	12.80	11.80	10.90	9.90
OG	Cacao Powder		Theobroma cacao	Powdered bean	Peru	All year	13.90	12.80	11.80	10.50
OG	Calendula		Calendula officinalis	Dried flowers, whole	Our farm/France	All year	25.00	23.00	21.00	19.80
OG	California Poppy	1	Eschscholzia californica	Dried plant w/roots	Our farm	All year	20.00	18.30	17.40	16.80
W	Cape Aloe	1, 4, 7	Aloe ferox	Powdered leaf	S. Africa	All year	22.30	20.90	20.00	18.90
OG	Caraway Seeds (Whole)		Carum carvi	Whole seed	Egypt	All year	8.00	7.50	7.00	6.50
OG	Cardamom		Elettaria cardamomum	Hulled seed	Guatemala	All year	29.40	27.00	26.00	24.20
OG	Carob		Ceratonia siliqua	Roasted pod granules	Italy	All year	11.75	10.75	9.75	8.75
W	Cascara bark	1, 4, 7	Rhamnus purshiana	Aged dried bark	USA	All year	11.40	10.20	9.40	8.30
W	Cascara bark	1, 4, 7	Rhamnus purshiana	Powdered bark	USA	All year	11.90	10.70	9.90	9.00
OG	Catnip	1	Nepeta cataria	Dried leaf	USA	All year	14.10	13.10	12.10	10.75
OG	Catnip*	1	Nepeta cataria	Dried leaf (tea bag cut)	USA	All year	11.70	10.00	8.30	7.00
*Catnip tea bag cut is recommended for pet owners. Sold in 30 lb. bags at the following per pound price breaks.....						30-90lb.	120-180lb.	210-1170 lb.	1800 lb+	
						8.15	6.65	5.65	5.15	
W	Cat's Claw	1	Uncaria tomentosa	Powdered bark	Peru	All year	15.00	13.70	12.90	12.10
W	Cat's Claw	1	Uncaria tomentosa	Shredded bark	Peru	All year	13.40	12.10	11.30	10.50
OG	Cayenne		Capsicum annum-35,000 HU	Powdered fruit	India	All year	10.70	9.60	9.10	8.60
OG	Cayenne-Birdseye pepper		Capsicum annum-190,000 HU	Powdered fruit	Netherlands	All year	18.90	18.20	16.60	15.60
OG	Celandine	1	Chelidonium majus	Dried plant	Our farm	All year	15.35	14.35	13.35	12.65
OG	Chamomile, German		Matricaria recutita	Dried flowers, whole	Croatia/Egypt	All year	16.00	15.00	14.25	13.50
OG	Chamomile, German		Matricaria recutita	Powdered flower	Bulgaria/Egypt	All year	17.00	16.00	15.25	14.50
OG/W	Chaparral	1, 2, 4, 8	Larrea tridentata	Dried tops	Mexico/USA	All year	12.10	10.40	9.40	8.60
W	Charcoal		Activated charcoal	Powdered	USA	All year	18.60	17.40	16.40	15.50
OG	Chaste Tree	1	Vitex agnus-castus	Dried berries, whole	Croatia	All year	10.60	9.90	9.20	8.00
OG	Cherry bark		Prunus serotina	Dried bark	USA	All year	9.40	10.40	9.40	8.40
OG	Chia Seed		Salvia hispanica	Whole seed	Peru	All year	14.75	13.75	13.00	12.25
OG	Chickweed		Stellaria media	Dried herb	Croatia	All year	12.15	10.60	9.75	9.25
OG	Chicory root		Cichorium intybus	Roasted root granules	India	All year	12.00	11.00	10.00	9.00
OG	Chicory root (Raw)		Cichorium intybus	Dried root	USA	All year	11.50	10.50	9.50	8.50
GWC	Chlorella	3	Chlorella vulgaris	Powder	Korea	All year	23.00	20.80	19.00	17.00
OG	Cinnamon	1	Cinnamomum burmannii	Dried bark, cut	Indonesia	All year	8.55	7.05	6.15	5.15
OG	Cinnamon	1	Cinnamomum burmannii	Powdered bark	Indonesia	All year	8.70	7.20	6.30	5.30
OG	Cleavers		Galium aparine	Dried herb	Bulgaria	All year	13.90	13.40	12.40	11.90
OG	Cloves		Syzygium aromaticum	Whole cloves	Madagascar	All year	20.15	18.75	17.95	17.35
OG	Cloves		Syzygium aromaticum	Powdered cloves	Sri Lanka	All year	19.15	17.75	16.95	16.35

To order, see page 14, call 541-479-7777 or go to www.pacificbotanicals.com

Common Name	Safety Codes	Latin Name	Form	Origin	Availability	1-4 lbs	5-24 lbs	25-99	100+
GWC		Codonopsis pilosula	Dried root	China	All year	29.50	28.70	28.10	27.55
OG	1, 2, 4, 7	Symphytum officinale	Dried leaf	USA	All year	13.00	12.50	11.30	10.30
OG	1, 2, 4, 7	Symphytum officinale	Dried root	Poland/USA	All year	11.75	10.75	10.00	9.50
OG	1, 2, 4, 7	Symphytum officinale	Powdered root	Poland/USA	All year	13.00	12.50	11.30	10.30
OG		Coriandrum sativum	Seed, whole	Egypt	All year	8.00	7.50	7.00	6.50
OG		Coriandrum sativum	Ground seed	India	All year	9.70	9.20	8.70	8.20
W		Viburnum opulus	Dried bark, whole	USA	All year	32.00	30.00	27.00	25.50
OG		Cuminum cyminum	Powdered seed	India	All year	11.30	10.80	10.20	9.70
OG		Turnera diffusa	Dried herb	Mexico	All year	13.00	12.10	11.30	10.50
W		Turnera diffusa	Dried herb	Mexico	All year	15.00	14.10	13.30	12.50
OG		Taraxacum officinale	Roasted root granules	China	All year	18.50	17.50	16.50	15.50
OG		Taraxacum officinale	Roasted root powder	China	All year	14.50	13.50	12.50	11.50
OG		Taraxacum officinale	Dried root raw	USA	All year	16.00	15.30	14.40	13.50
OG		Taraxacum officinale	Powdered root	USA	All year	16.00	15.30	14.80	14.00
OG		Taraxacum officinale	Dried leaf	USA	All year	14.20	12.60	11.40	10.40
OG		Harpagophytum procumbens	Dried root	S. Africa	All year	13.30	12.70	12.00	11.50
W		Oplopanax horridus	Dried rhizome bark	USA	All year	42.00	37.00	35.00	31.50
OG		Anethum graveolens	Dried leaf	Egypt	All year	12.90	12.00	11.20	10.40
W New	1,4,7	Piscidia piscipula	Dried bark	Jamaica	All year	17.80	16.60	16.10	15.50
OG	1, 3	Angelica sinensis	Dried cut root-Sulfite free	China	All year	16.40	15.50	14.90	14.10
GWC	1, 3	Angelica sinensis	Dried cut root-Sulfite free	China	All year	16.40	16.00	15.40	14.60
OG		Echinacea angustifolia	Dried root	USA	All year	26.45	24.85	21.85	20.40
OG		Echinacea angustifolia	Powdered root	USA	All year	27.95	26.35	23.00	22.25
OG		Echinacea purpurea	Dried root	Our farm	All year	20.80	19.80	19.00	18.20
OG		Echinacea purpurea	Powdered root	Our farm	All year	21.80	20.80	20.00	19.20
OG		Echinacea purpurea	Flowering herb, dried/cut	Our farm	All year	8.00	7.00	6.00	5.00
OG		Echinacea purpurea	Powdered flowering herb	Our farm	All year	8.50	7.50	6.50	5.50
OG		Echinacea purpurea	Seed, whole	Our farm	All year	70.00	57.00	45.50	40.00
OG		Eclipta alba	Dried herb	Our farm	All year	13.80	13.00	12.40	11.50
OG		Sambucus nigra	Dried berries, whole	Croatia	All year	12.00	11.30	10.60	9.80
OG		Sambucus nigra	Dried flower, whole	Bulgaria	All year	15.75	15.00	14.00	13.00
OG	1, 7	Inula helenium	Dried root	Our farm	All year	10.40	9.70	9.30	8.30
OG	1, 7	Inula helenium	Powdered root	Our farm	All year	11.40	10.70	10.30	9.30
OG		Eleutherococcus senticosus	Dried root, Sulfite free	China	All year	10.50	9.80	9.30	8.40
OG		Eleutherococcus senticosus	Powdered root, Sulfite free	China	All year	11.50	10.80	10.30	9.40
OG		Eucalyptus globulus	Dried leaf	France	All year	9.75	8.65	7.75	7.25
OG		Euphrasia officinalis	Dried herb	Poland	All year	16.00	15.50	15.00	14.00
OG		Foeniculum vulgare	Seed, whole	Egypt	All year	9.80	8.10	7.10	6.30
OG	1	Trigonella foenum-graecum	Seed, whole	India	All year	6.90	6.50	5.90	5.30
OG	1	Tanacetum parthenium	Dried herb	Our farm	All year	13.50	12.50	11.50	10.50
OG		Linum usitatissimum	Whole seed	USA	All year	8.00	7.30	6.80	5.80
OG	1, 7	Allium sativum	Fresh bulbs	USA	Sept.-Dec.	8.50	7.50	7.20	6.70
OG	1, 7	Allium sativum	Granulated bulbs	China	All year	9.50	8.80	7.90	7.00
OG	1, 7	Allium sativum	Powdered bulbs	China	All year	9.60	9.00	8.10	7.20
OG		Gentiana lutea	Dried root	France	All year	20.00	19.10	17.00	16.00
OG		Gentiana lutea	Powdered root	France	All year	21.00	20.10	18.00	17.00
OG		Zingiber officinale	Dried rhizome, cut	Peru/India	All year	11.85	10.65	10.15	9.15
OG		Zingiber officinale	Powdered rhizome	Peru/India	All year	12.85	11.65	11.15	10.15
OG		Ginkgo biloba	Dried leaf, whole	USA	All year	19.90	19.10	17.70	16.60
OG		Ginkgo biloba	Dried leaf, cut	USA	All year	20.40	19.60	18.20	17.10
OG		Ginkgo biloba	Powdered leaf	USA	All year	21.40	20.80	19.80	18.10
OG		Panax quinquefolius	Dried root, whole (5 yrs)	Canada	All year	140.00	132.00	127.00	122.00
OG		Panax quinquefolius	Dried root, cut (5 yrs)	Canada	All year	140.00	132.00	127.00	122.00

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6=Contains caffeine 7=Not during nursing 8=Seek advice of practitioner before using

Common Name	Safety Codes	Latin Name	Form	Origin	Availability	1-4 lbs	5-24 lbs	25-99	100+
OG		Panax quinquefolius	Powdered root	Canada	All year	142.00	135.00	130.00	124.00
OG		Panax quinquefolius	Dried root, cut (oz.)	Canada	All year		- 12.50 per oz -		
OG		Panax quinquefolius	Powdered root (oz.)	Canada	All year		-13.50 per oz -		
OG	1, 7	Lycium barbarum	Dried berries, whole	China	All year	18.00	17.20	16.50	16.00
W		Solidago canadensis	Dried herb	USA	All year	11.30	10.70	10.00	9.40
OG	1	Hydrastis canadensis	Dried (4yrs) rhizome, whole or cut	USA	All year		- 7.75 per oz -		
OG	1	Hydrastis canadensis	Dried rhizome, powdered	USA	All year		- 8.75 per oz -		
OG	1	Hydrastis canadensis	Dried rhizome, whole or cut	USA	All year	78.00	71.00	64.00	58.00
OG	1	Hydrastis canadensis	Dried rhizome, powdered	USA	All year	83.00	73.00	70.00	65.00
W	1	Hydrastis canadensis	Dried rhizome, cut	USA	All year		- 7.50 per oz -		
W	1	Hydrastis canadensis	Dried rhizome, powdered	USA	All year		- 8.00 per oz -		
W	1	Hydrastis canadensis	Dried rhizome, whole or cut	USA	All year	71.00	64.00	57.00	51.00
W	1	Hydrastis canadensis	Dried rhizome, powdered	USA	All year	75.00	68.00	60.00	54.00
OG		Centella asiatica	Dried herb whole	Zimbabwe	All year	16.00	15.30	14.50	13.90
OG		Centella asiatica	Powdered herb	Zimbabwe	All year	15.00	14.30	13.50	12.90
W	1, 2, 4, 7	Eupatorium purpureum	Dried root	USA	All year	15.50	14.20	13.50	12.50
OG	4,6	Camellia sinensis	Whole leaf -Gun Powder	China	All year	10.50	9.80	9.00	8.40
OG	4,6	Camellia sinensis	Broken leaf-TBC	China	All year	10.50	9.40	8.80	8.00
OG New	4,6	Camellia sinensis	Powdered Leaf	China	All year	11.50	10.40	9.80	9.00
OG		Crataegus spp.	Dried berries, whole	Chile	All year	12.60	10.85	10.45	9.45
W		Crataegus spp.	Dried berries, whole	USA	All year	12.60	10.85	10.45	9.45
OG		Crataegus spp.	Dried, cut	Poland	All year	10.75	9.75	9.25	8.75
OG		Hibiscus sabdariffa	Dried flowers	Egypt	All year	9.90	9.00	8.00	7.50
OG		Humulus lupulus	Dried-strobiles, whole	USA	All year	30.00	27.00	25.00	24.20
W	1	Marrubium vulgare	Dried herb	Poland	All year	11.50	10.60	9.90	9.00
OG	1	Marrubium vulgare	Dried herb	USA	All year	12.50	11.60	10.90	10.00
OG	8	Aesculus hippocastanum	Dried nuts, cut	Our farm/Hungary	All year	11.80	10.80	9.20	8.10
OG	1	Equisetum spp.	Dried sterile shoots	Poland	All year	10.75	10.00	9.50	8.50
W	1	Equisetum spp.	Dried sterile shoots	USA	All year	11.75	11.00	10.50	9.50
OG/W	1	Equisetum spp.	Powdered shoots	USA	All year	13.00	12.25	11.75	10.75
W	4	Hydrangea arborescens	Dried root	USA	All year	13.00	11.80	10.70	10.30
OG	1	Hyssopus officinalis	Dried herb	Our farm	All year	10.30	9.60	8.80	8.10
OG New		Iris versicolor	Dried root	Our farm	All year	26.00	23.00	19.00	17.00
OG New		Iris versicolor	Powdered root	Our farm	All year	28.00	24.00	20.00	18.00
OG	1, 4	Juniperus communis	Dried berries	E. Europe	All year	11.50	10.50	9.90	9.25
W New	1, 4	Juniperus occidentalis	Dried berries	USA	All year	11.30	10.20	9.50	8.90
GWC	1, 4, 7	Piper methysticum	Dried root	Vanuatu	All year	23.50	21.50	19.30	18.50
GWC	1, 4, 7	Piper methysticum	Powdered root	Vanuatu	All year	24.50	22.50	20.30	19.50
W	1, 4, 6	Cola acuminata	Powdered nut	Guinea	All year	9.20	8.40	7.80	7.30
OG		Lavandula spp.	Dried flowers	France	All year	18.80	18.00	16.40	15.50
OG		Melissa officinalis	Dried herb	Our farm	All year	13.05	12.70	11.70	10.40
OG	1	Cymbopogon citratus	Dried leaf	Egypt	All year	10.30	9.70	9.30	8.90
OG		Citrus limon	Dried peel, diced	USA	All year	10.90	10.40	9.65	8.90
OG		Citrus limon	Powdered peel	USA	All year	11.75	10.90	10.15	9.40
OG		Aloysia citriodora	Dried leaf	Egypt	All year	14.00	12.50	11.50	10.50
OG	1, 4, 7	Glycyrrhiza glabra	Dried root, cut	Egypt/Spain	All year	11.65	10.85	10.35	10.00
OG	1, 4, 7	Glycyrrhiza glabra	Powdered root	Egypt/Spain	All year	12.65	11.85	11.35	11.00
OG		Tilia europaea	Dried leaf & flower cut	Bulgaria	Limited	21.55	20.05	18.45	17.65
OG	1	Lobelia inflata	Dried herb in seed stage	Our farm	All year	19.10	17.90	16.70	15.90
OG	1	Lobelia inflata	Seed, whole (oz.)	Our farm	All year		- 10.00 per oz -		
OG	1	Lobelia inflata	Seed, whole	Our farm	All year	81.00	60.00	52.00	35.00
W	1	Lomatium dissectum	Dried root	USA	All year	22.00	21.50	20.50	19.80
W		Sticta pulmonaria	Dried lichen, whole	USA	All year	15.40	14.50	13.80	13.10

To order, see **page 14**, call **541-479-7777** or go to **www.pacificbotanicals.com**

Common Name	Safety Codes	Latin Name	Form	Origin	Availability	1-4 lbs	5-24 lbs	25-99	100+
W	Lycii berry (wolfberry) 1, 7	Lycium barbarum	Dried berries, whole	China	All year	16.00	15.00	14.00	13.50
OG	Maca 1	Lepidium peruvianum	Powdered tuber	Peru	All year	13.30	12.50	11.50	10.50
OG/W	New Marshmallow	Althaea officinalis	Dried leaf	USA/Albania	All year	17.00	16.00	15.50	14.70
OG	Marshmallow	Althaea officinalis	Dried root	Our farm	All year	14.30	13.55	12.55	11.55
OG	Marshmallow	Althaea officinalis	Powdered root	Our farm	All year	14.30	13.55	12.55	11.55
OG	Meadowsweet	Filipendula ulmaria	Dried herb/flower	Croatia	All year	14.10	12.90	11.75	9.50
OG	Milk Thistle	Silybum marianum	Seed, whole	USA	All year	11.75	10.90	10.40	10.20
OG	Milk Thistle	Silybum marianum	Powdered seed	USA	All year	12.75	11.90	11.40	10.90
OG	Motherwort 1	Leonurus cardiaca	Dried herb	Our farm	All year	10.20	9.50	8.80	7.90
OG/W	Mugwort 1	Artemisia vulgaris	Dried herb	USA	All year	12.25	11.50	10.75	10.25
OG	Mullein leaf	Verbascum densiflorum	Dried leaf	Chile	All year	11.10	10.10	9.10	8.10
W	Mullein leaf	Verbascum thapsus	Dried leaf	USA/Bulgaria	All year	12.70	11.70	10.70	9.70
OG	New Neem 1,7	Azadirachta indica	Dried leaf	India	All year	12.15	10.95	10.15	9.65
OG	Nettles	Urtica dioica	Dried herb	Our farm	All year	9.80	8.50	7.90	7.50
OG	Nettles	Urtica dioica	Powdered herb	Our farm	All year	11.80	10.50	9.90	9.50
OG	Nettle leaf	Urtica dioica	Dried leaf	USA	All year	12.85	11.55	10.55	9.55
OG	New Nettle leaf	Urtica dioica	Powdered leaf	USA	All year	13.85	12.55	11.55	10.55
OG	Nettle root	Urtica dioica	Dried root	Our farm	All year	15.15	13.65	12.35	11.05
OG	Nettle seed	Urtica dioica	Seed w/calyx	Our farm	All year	36.00	34.00	33.50	32.50
OG	Nutmeg 1, 5, 7, 8	Myristica fragrans	Ground seed	Sri Lanka	All year	26.00	24.50	23.50	22.50
Vegan/New	Nutritional Yeast (Red Star)	Saccaromyces cerevisiae	Flakes	USA	All year	16.50	14.50	13.50	12.50
OG	Oats	Avena sativa	Dried stripped tops in milk stage	Our farm	All year	14.90	14.00	12.90	10.70
OG	Oats "Cayuse"	Avena sativa "Cayuse"	Seed for planting	Our farm	All year	\$25.00/50 lb. bag			\$900/ton
OG	Oatstraw	Avena sativa	Green, Dried whole plant in milk stage	Our farm	All year	9.25	8.50	7.75	6.95
OG	Oatstraw	Avena sativa	Whole Plant powdered	Our farm	All year	11.25	10.50	9.75	8.95
OG/GWC	Olive Leaf	Olea europaea	Dried leaf	Albania	All year	10.30	9.80	9.20	8.50
OG/GWC	Olive Leaf	Olea europaea	Powdered leaf	Albania	All year	11.70	11.20	10.60	9.90
OG	New Oolong Tea 4,6	Camellia sinensis	Whole leaf	China	All year	16.00	15.00	14.00	13.00
OG	Orange peel	Citrus sinensis	Dried peel, diced	USA	All year	9.00	8.35	7.60	7.00
OG	Orange peel	Citrus sinensis	Powdered peel	USA	All year	8.80	8.15	7.40	6.80
OG	Oregano	Origanum vulgare	Dried leaf	USA/Peru	All year	11.70	10.45	9.30	8.20
W	Oregon Grape root 1	Mahonia aquifolium	Dried root	USA	All year	10.90	10.40	9.50	8.90
W	Oregon Grape root 1	Mahonia aquifolium	Powdered root	USA	All year	13.00	12.20	10.90	10.20
OG	New Papaya leaf	Carica papaya	Dried leaf	India	All year	14.25	12.75	12.05	11.15
OG	Paprika	Capsicum annuum	Powdered fruit	USA	All year	13.00	11.75	10.95	9.75
OG	Parsley 1	Petroselinum crispum	Dried leaf	Egypt	All year	10.80	9.30	8.50	8.00
OG	Parsley 1	Petroselinum crispum	Dried root	Croatia	All year	17.20	15.30	14.40	12.70
OG/W	Passionflower	Passiflora incarnata	Dried herb	Italy/USA	All year	15.00	13.80	12.80	11.80
W	Pau d'Arco	Tabebuia impetiginosa	Dried inner bark	Brazil	All year	7.40	6.50	5.90	5.30
OG	Pepper, Black	Piper nigrum	Whole peppercorns	Sri Lanka	All year	14.80	13.80	12.80	11.80
OG	Pepper, Black	Piper nigrum	Ground peppercorns	Sri Lanka	All year	13.50	12.50	11.50	10.50
OG	Peppermint	Mentha x piperita	Powdered leaf	USA	All year	11.20	10.50	9.50	8.30
OG	Peppermint	Mentha x piperita	Dried leaf	USA	All year	10.50	9.40	8.40	7.50
W	Pipsissewa	Chimaphila umbellata	Dried plant	USA	All year	15.90	14.90	14.45	13.70
OG	Plantain	Plantago major	Dried leaf	Our farm	All year	12.30	11.30	10.80	10.55
W	Pleurisy root 1, 8	Asclepias tuberosa	Dried root	USA	All year	17.50	16.00	15.00	14.50
OG	Poke 1, 2, 4, 8	Phytolacca americana	Dried root	Our farm	All year	9.70	8.60	8.00	7.00
OG	Poke 1, 2, 4, 8	Phytolacca americana	Powdered Root	Our farm	All year	10.70	9.60	9.00	8.00
W	Prickly Ash 1	Zanthoxylum clava-herculis	Dried bark	USA	All year	17.75	15.75	14.75	13.25
OG	Psyllium	Plantago ovata	Seed, whole	India	All year	9.20	8.30	7.60	6.50
OG	Psyllium husks	Plantago ovata	Whole husks	India	All year	9.50	8.50	7.70	7.00
OG	New Psyllium husks	Plantago ovata	Powdered	India	All year	12.25	10.50	9.50	8.50
W	Quassia	Quassia amara	Chips	Jamaica	All year	13.75	12.75	11.75	10.75

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OG		Rubus idaeus	Dried leaf	E. Europe	All year	10.65	9.35	8.05	7.60
OG	1, 3	Trifolium pratense	Dried blossoms	Our farm/Chile	All year	35.00	33.00	31.00	29.00
OG	1, 3	Trifolium pratense	Dried herb	Our farm	All year	11.65	10.35	9.75	9.05
OG		Rhodiola rosea	Dried root	China	All year	17.90	15.60	14.70	13.90
OG		Ceratonia siliqua	Roasted pod granules	Italy	All year	11.75	10.75	9.75	8.75
OG		Cichorium intybus	Roasted root granules	India	All year	12.00	11.00	10.00	9.00
OG		Taraxacum officinale	Roasted root granules	China	All year	18.50	17.50	16.50	15.50
OG		Taraxacum officinale	Roasted root powder	China	All year	14.50	13.50	12.50	11.50
OG		Aspalathus linearis	Tea bag cut herb	S. Africa	All year	12.10	11.20	10.60	10.10
OG		Rosa spp.	Dried & shelled fruit	Chile	All year	12.45	11.45	10.45	9.45
OG		Rosa spp.	Powdered fruit	Chile	All year	13.30	12.00	11.00	10.20
OG	1	Rosmarinus officinalis	Dried leaf	Morocco	All year	9.45	8.35	7.35	6.50
OG		Rosa damascena/centifolia	Whole petals	India	Limited	21.00	19.00	17.00	14.00
OG		Rosa damascena	Dried buds, whole	Morocco	All year	33.00	30.00	28.00	27.00
OG	1, 4	Salvia officinalis	Dried leaf	Our farm/Albania	All year	13.50	12.90	11.90	10.80
OG New		Hemidesmus indicus	Dried root	India	All year	14.15	12.65	11.95	10.95
OG/W		Serenoa repens	Dried fruit, cut	USA	All year	12.70	11.60	10.60	9.60
W		Serenoa repens	Powdered fruit	USA	All year	14.20	13.00	11.20	9.70
OG		Schisandra chinensis	Dried berries, whole	China	All year	22.75	19.75	17.75	16.25
OG			Coarse	New Zealand	All year	5.35	5.10	4.75	4.40
W			Fine	Atlantic	All year	5.35	5.10	4.75	4.40
OG	1, 4	Senna alexandrina	Dried leaf	India	All year	7.40	6.70	6.00	5.00
OG	1, 4	Senna alexandrina	Powdered leaf	India	All year	7.90	7.20	6.50	5.50
OG	1, 4	Senna alexandrina	Dried pods	India	All year	7.00	6.60	5.80	4.80
OG	1, 4	Senna alexandrina	Powdered pod	India	All year	9.00	8.60	7.80	6.80
OG		Asparagus racemosus	Dried root	India	All year	12.90	12.60	11.20	10.20
OG		Rumex acetosella	Dried herb	USA	All year	15.50	14.20	13.50	12.50
OG		Rumex acetosella	Powdered herb	USA	All year	16.50	15.20	14.50	13.50
OG		Scutellaria lateriflora	Dried herb	Our farm/USA	All year	18.30	17.10	16.10	14.80
GWC		Scutellaria baicalensis	Dried root	China	All year	16.40	15.40	14.60	13.90
W		Ulmus fulva	Dried bark	USA	All year	16.50	15.90	15.00	14.40
W		Ulmus fulva	Powdered bark	USA	All year	17.50	16.70	16.50	15.50
OG		Ulmus fulva	Dried bark	USA	All year	18.90	17.30	15.90	15.20
OG		Ulmus fulva	Powdered bark	USA	All year	20.60	19.50	18.50	17.80
OG		Mentha spicata	Dried leaf	USA	All year	10.90	9.50	9.00	8.30
W	1	Aralia californica	Dried root	USA	All year	18.40	17.50	15.20	14.30
OG		Spilanthes acmella	Dried flowering plant	Our farm	All year	17.40	16.40	15.40	14.40
OG		Spinacia oleracea	Powdered leaf	China	All year	17.90	16.60	15.50	14.40
GWC		Arthrospira platensis	Powder	USA	All year	20.20	18.90	18.40	17.30
OG New		Illicium verum	Dried fruit	Vietnam	All year	13.25	11.75	11.00	10.65
OG		Stevia rebaudiana	Dried leaf	India	All year	12.30	11.00	10.00	8.50
OG		Stevia rebaudiana	Powdered leaf	India	All year	12.60	11.60	11.00	9.50
W		Collinsonia canadensis	Dried root	USA	All year	11.50	10.50	9.50	9.00
OG	1,3,5	Hypericum perforatum	Dried flowering 3-5" tops	Poland	All year	12.00	10.50	10.10	9.50
W	1,3,5	Hypericum perforatum	Dried flowering 3-5" tops	USA	All year	13.75	12.25	11.85	11.25
OG	1	Artemisia annua	Dried tops	Our farm	All year	12.75	11.75	10.65	9.65
OG	1	Artemisia annua	Powdered tops	Our farm	All year	13.75	12.75	11.65	10.65
W	1, 4	Thuja occidentalis	Dried leaf	USA	All year	13.50	12.50	11.50	10.50
OG		Thymus vulgaris	Dried leaf	Morocco	All year	10.10	9.50	8.50	7.90
OG New	1,7	Terminalia bellerica/T. chebula/ Emblica officinalis	Powdered	India	All year	12.00	11.00	10.00	9.00
OG	1,7	Ocimum sanctum	Dried herb	Our farm	All year	16.40	15.30	14.50	13.90
OG	1,7	Ocimum sanctum	Powdered herb	Our farm	All year	17.40	16.30	15.50	14.90

To order, see **page 14**, call **541-479-7777** or go to **www.pacificbotanicals.com**

Common Name	Safety Codes	Latin Name	Form	Origin	Availability	1-4 lbs	5-24 lbs	25-99	100+
OG Turkey Rhubarb	1, 4	Rheum spp.	Dried root	USA	All year	15.00	14.00	13.00	12.00
OG Turkey Rhubarb	1, 4	Rheum spp.	Powdered root	USA	All year	16.00	15.00	14.00	13.00
OG Turkey Rhubarb	1, 4	Rheum spp.	(in 1/2 lb. quantities)	USA	All year	9.00 Cut	9.50 Powdered		
OG Turmeric powder	1	Curcuma longa	Powdered rhizome	India	All year	10.80	9.60	9.00	8.30
W Usnea		Usnea spp.	Dried lichen, whole	USA	All year	23.50	22.00	19.00	16.70
OG Uva ursi	1, 4	Arctostaphylos uva-ursi	Dried leaf	Croatia	All year	15.50	13.70	11.80	10.50
W Uva ursi	1,4	Arctostaphylos uva-ursi	Dried leaf	Spain	All year	15.00	13.00	11.00	10.00
OG Valerian		Valeriana officinalis	Dried root	Our farm	All year	18.10	17.10	16.40	15.70
OG Valerian		Valeriana officinalis	Powdered root	Our farm	All year	19.10	18.10	17.40	16.40
OG Vitex berries	1	Vitex agnus-castus	Dried berries, whole	Croatia	All year	11.60	10.90	10.20	9.00
OG/GWC Wheat Grass		Triticum aestivum	Dried grass powder	USA	All year	14.50	13.00	12.50	11.90
OG/GWC Wheat Grass Juice		Triticum aestivum	Dried juice powder	USA	All year	24.75	23.95	23.35	22.55
OG/W White Oak bark		Quercus alba	Dried bark	USA	All year	10.80	9.50	9.00	8.20
W White Willow bark		Salix alba	Dried bark	USA	All year	11.50	10.00	8.90	7.90
W Wild Yam	1	Dioscorea villosa	Dried root	USA	All year	10.70	9.80	9.00	8.20
W Wild Yam	1	Dioscorea villosa	Powdered root	USA/Mexico	All year	12.70	11.80	11.00	10.20
OG/W Witch Hazel		Hamamelis virginiana	Dried leaf	USA	All year	14.00	13.00	12.00	11.00
OG Wormwood	1, 4, 7	Artemisia absinthium	Dried leaf	Our farm	All year	12.20	11.50	10.50	9.50
OG New Wormwood (Petite)	1,4,7	Artemisia pontica	Dried leaf	Our farm	All year	22.50	21.00	19.20	18.00
OG Yarrow	1	Achillea millefolium	Dried herb	USA	All year	10.90	10.20	9.70	9.00
W Yarrow	1	Achillea millefolium	Dried whole flowers	USA	All year	13.80	13.10	12.60	11.90
W Yarrow	1	Achillea millefolium	Dried cut flowers	USA	All year	14.30	13.60	13.10	12.40
OG Yellow Dock		Rumex crispus	Dried root	USA	All year	13.50	12.30	11.50	10.50
OG Yellow Dock		Rumex crispus	Powdered root	USA	All year	14.50	13.30	12.50	11.50
W Yellow Dock		Rumex crispus	Dried root	USA	All year	12.00	10.80	10.00	9.00
W Yellow Dock		Rumex crispus	Powdered root	USA	All year	13.00	11.80	11.00	10.00
W Yerba Mansa		Anemopsis californica	Dried root	USA	All year	32.00	30.00	28.50	26.50
OG Yerba Mate	4, 6	Ilex paraguariensis	Dried leaf	Brazil	All year	13.50	12.30	10.90	9.50
W Yerba Santa		Eriodictyon californicum	Dried leaf, whole	USA	All year	15.00	14.30	13.70	13.00
W Yerba Santa		Eriodictyon californicum	Dried leaf, cut	USA	All year	15.40	14.60	14.10	13.30
W Yucca		Yucca glauca	Dried root	USA	All year	12.60	11.50	10.00	9.20
W Yucca		Yucca glauca	Powdered root	USA	All year	13.60	12.50	11.00	10.30



Dori leads an educational tour

Safety Codes: 1=Not during pregnancy 2=For external use only 3=Not with blood thinning agents 4=Not for long term use 5=Not with MAO inhibitors
6=Contains caffeine 7=Not during nursing 8=Seek advice of practitioner before using

SEA VEGETABLES

Our Sea Vegetables are sustainably harvested in the clean coastal waters of Northern California, Southern Oregon, Maine and Eastern Canada. We source with only the best and most ecologically sound harvesters. Please Note: *None of the Sea Vegetables are certified Kosher.*

Common Name	Safety Codes	Latin Name	Form	Origin	Availability	4 oz.	1 lb.		
W		Fucus vesiculosus/F. gardneri	Whole	USA	All year	12.00	38.00		
W		Nereocystis luetkeana	Whole	USA/Canada	All year	20.00	62.00		
OG New		Laminaria digitata	Whole	USA	All year	7.50	25.00		
W		Laminaria digitata	Whole	USA	All year	7.50	25.00		
W		Porphyra spp.	Whole (not 'sheet' Nori)	Canada	All year	6.50	21.50		
W		Postelsia palmaeformis	Whole	USA	All year	17.00	56.00		
W		Alaria esculenta, Laminaria digitata	Powdered	Canada	All year	16.00	48.00		
OG New		Alaria esculenta	Whole	USA	All year	8.00	26.00		
W		Alaria esculenta	Whole	Canada	All year	6.50	21.00		
Common Name		Latin Name	Form	Origin	Availability	1-4 lbs.	5-24	25-99	100+
OG New	1,4	Fucus vesiculosus	Powdered	Canada	All year	11.90	10.60	9.20	8.00
OG New		Laminaria digitata	Whole	USA	All year	25.00	23.00	22.50	21.50
W New		Porphyra spp.	Flakes	Canada	All year	25.50	23.50	22.50	21.50
W		Palmaria palmata	Powdered	Canada	All year	23.55	23.30	22.30	20.85
W New		Palmaria palmata	Flakes	Canada	All year	20.05	19.80	18.80	17.35
OG New		Alaria esculenta	Whole	USA	All year	26.00	24.00	22.00	20.00
W New		Alaria esculenta	Flakes	Canada	All year	26.00	24.00	22.00	20.00

SUPERFOOD POWDERS

SuperFoods pack incredible nutrition into a very usable form. Add SuperFood powder blends to liquids or capsules. We highly recommend that you keep these items stocked in your store and on your shelves at home. Here is a list of suggested products. * Not certified Kosher

Common Name	Safety Codes	Latin Name	Origin	1-4	5-24	25-99	100+
W		Malpighia glabra	Brazil	\$15.90	\$14.50	\$13.70	\$12.85
OG	3	Medicago sativa	Mexico	\$10.20	\$9.20	\$8.20	\$7.40
OG/GW		Hordeum vulgare	USA	\$14.40	\$13.20	\$12.00	\$11.00
OG/GW		Hordeum vulgare	USA	\$28.00	\$27.00	\$25.60	\$24.80
OG		Beta vulgaris rubra	Germany	\$31.80	\$30.50	\$29.00	\$28.00
OG		Beta vulgaris rubra	China	\$16.00	\$15.70	\$14.50	\$14.00
W New		Vaccinium Mortinia	Ecuador	\$23.00	\$21.50	\$20.70	\$19.50
OG		Bertholletia excelsa	Peru	\$13.50	\$12.40	\$11.60	\$10.80
OG		Theobroma cacao	Peru	\$13.90	\$12.80	\$11.80	\$10.50
GWC	3	Chlorella vulgaris	Korea	\$23.00	\$20.80	\$19.00	\$17.00
OG		Citrus limon	USA	\$11.75	\$10.90	\$10.15	\$9.40
OG		Urtica dioica	Our farm	\$11.80	\$10.50	\$9.90	\$9.50
OG New		Urtica dioica	USA	\$13.85	\$12.55	\$11.55	\$10.55
Vegan		Saccaromyces cerevisiae	USA	\$16.50	\$14.50	\$13.50	\$12.50
OG		Citrus sinensis	USA	\$8.80	\$8.15	\$7.40	\$6.80
W		Palmaria palmata	Canada	\$23.55	\$23.30	\$22.30	\$20.85
OG		Rosa spp.	Chile	\$13.30	\$12.00	\$11.00	\$10.20
W	w	Alaria esculenta, Laminaria digitata	Canada	\$16.00/4 oz	\$48.00/lb		
OG		Spinacia oleracea	China	\$17.90	\$16.60	\$15.50	\$14.40
GWC		Arthrospira platensis	USA	\$20.20	\$18.90	\$18.40	\$17.30
OG/GW		Triticum aestivum	USA	\$14.50	\$13.00	\$12.50	\$11.90
OG/GW		Triticum aestivum	USA	\$24.75	\$23.95	\$23.35	\$22.55

To order, see **page 14**, call **541-479-7777** or go to **www.pacificbotanicals.com**

FRESHLY HARVESTED HERBS

We specialize in fresh herb production and delivery. Please call early in the season to reserve your portion of the harvest. Below is our price list and the season in which you will need to call to place your fresh order. On *page 13* there is a list of the fresh harvested herbs and the number of times (in parentheses) in the year that each herb is harvested. These time frames are approximate. Remember, fresh harvests are limited so we highly recommend you plan ahead and reserve your supply. *Please note: Pacific Botanicals will not be responsible for fresh shipments mailed to apartment number addresses.*

Common Name	Safety Codes	Latin Name	Form	Origin	Availability	1-2 lbs	3-24 lbs	25-99	100+
OG Angelica	1, 3	Angelica archangelica	Fresh root	Our farm	Call in Summer	12.60	8.60	7.20	6.50
OG Artemisia annua	1	Artemisia annua	Fresh tops	Our farm	Call in Spring	12.00	7.75	5.65	4.75
OG Artichoke		Cynara scolymus	Fresh leaf	Our farm	Call in Spring	10.00	6.90	5.80	4.80
OG Ashwagandha	1	Withania somnifera	Fresh tops	Our farm	Call in Summer	13.50	9.50	9.00	8.20
OG Ashwagandha	1	Withania somnifera	Fresh root	Our farm	Call in Summer	11.50	8.20	7.40	6.80
OG Astragalus		Astragalus mongholicus (membr.)	Fresh root	Our farm	Call in Summer	13.00	9.00	8.20	7.50
OG Bacopa		Bacopa monnieri	Fresh herb	Our farm	Call in Spring	15.00	12.70	12.00	11.00
OG Blessed Thistle	1	Cnicus benedictus	Fresh herb	Our farm	Call in Spring	8.50	5.00	4.10	3.60
OG Burdock (Gobo)		Arctium lappa	Fresh root	Our farm	Call in Summer	8.50	5.80	5.00	4.25
OG Calendula		Calendula officinalis	Fresh flowers	Our farm	Call in Spring	12.30	8.50	7.50	6.90
OG California Poppy	1	Eschscholzia californica	Fresh plant, whole	Our farm	Call in Spring	11.25	7.95	6.95	6.25
OG Celandine	1	Chelidonium majus	Fresh tops	Our farm	Call in Spring	11.70	8.30	7.10	6.35
OG Celandine	1	Chelidonium majus	Fresh plant with roots	Our farm	Call in Spring	12.00	8.50	7.25	6.50
OG Chamomile, German		Matricaria recutita	Fresh flowers	Our farm	Call in January	15.50	11.00	10.55	10.20
OG Chaste Tree	1	Vitex agnus-castus	Fresh berries, whole	Our farm	Call in Summer	12.70	9.00	8.50	7.50
OG Cornsilk		Zea mays	Fresh silk	Our farm	Call in Spring	20.85	16.55	15.70	14.95
OG Echinacea		Echinacea purpurea	Fresh root	Our farm	Call in August/January	14.00	10.70	8.90	7.90
OG Echinacea		Echinacea purpurea	Fresh flowering tops	Our farm	Call in Spring	6.70	4.50	3.25	2.45
OG Echinacea		Echinacea purpurea	Fresh flowers only	Our farm	Call in Spring	9.50	6.30	5.30	4.60
OG Elder berries		Sambucus nigra	Fresh fruit umbels	Our farm	Call in Summer/Limited	11.50	9.00	7.50	6.50
OG Elecampane	1, 7	Inula helenium	Fresh root	Our farm	Call in Summer	9.00	6.50	4.30	3.60
OG Feverfew	1	Tanacetum parthenium	Fresh herb	Our farm	Call in Spring	9.00	6.50	4.90	4.25
OG Garlic	1, 7	Allium sativum	Fresh bulb	USA	Call in Summer	9.75	8.75	8.45	7.95
OG Ginger, Hawaiian Yellow		Zingiber officinale	Fresh rhizome	Hawaii	Call in Fall	11.50	10.00	9.50	8.20
OG Ginkgo		Ginkgo biloba	Fresh leaf	Our farm	Call in Summer/Limited	12.50	8.80	7.70	6.90
W Hawthorne berries		Crataegus spp.	Fresh berries, whole	USA	Call in Summer	13.00	9.20	8.60	8.10
OG New Horsechestnut	8	Aesculus hippocastanum	Fresh whole nut	Our farm	Call in Summer	11.00	7.75	7.00	6.50
OG Lavender spikes		Lavandula spp.	Fresh flowers on stem	Our farm	Call in Spring	15.50	11.00	10.20	9.50
OG Lemon Balm		Melissa officinalis	Fresh herb	Our farm	Call in Spring	10.00	6.80	6.00	5.50
OG Lobelia	1	Lobelia inflata	Fresh herb in seed stage	Our farm	Call in Summer	11.90	8.30	7.40	6.80
OG Marshmallow		Althaea officinalis	Fresh root	Our farm	Call in Summer	8.20	5.50	4.20	3.20
OG Motherwort	1	Leonurus cardiaca	Fresh herb	Our farm	Call in Spring	10.50	7.20	5.75	5.00
OG Mullein flower		Verbascum olympicum	Fresh flowers	Our farm	Call in Spring	22.50	19.00	18.00	17.00
OG Oats		Avena sativa	Fresh stripped tops in milk stage	Our farm	Call in May	9.70	6.70	5.40	4.80
OG New Plantain		Plantago major	Fresh herb	Our farm	Call in Spring	10.10	7.20	6.20	5.90
OG New Poke	1,2,4,8	Phytolacca americana	Fresh root	Our farm	Call in Summer	9.00	6.50	4.30	3.60
OG Red Clover	1, 3	Trifolium pratense	Fresh blossoms	Our farm	Call in Spring	18.00	14.00	13.00	12.25
OG Rosemary	1	Rosmarinus officinalis	Fresh leaf on stem w/flowers	Our farm	Call in Winter	13.70	9.70	9.20	8.70
OG Sage	1,4	Salvia officinalis	Fresh tops in flower	Our farm	Call in Spring	12.00	8.00	7.20	6.50
OG Skullcap		Scutellaria lateriflora	Fresh herb	Our farm	Call in Spring	13.00	9.00	8.00	7.00
OG Spilanthes		Spilanthes acmella	Fresh flowering plant	Our farm	Call in Spring	10.10	7.10	6.20	5.80
W St. John's Wort	1, 3, 5	Hypericum perforatum	Fresh 4-6" tops	USA	Call in Spring	15.00	11.00	9.60	9.00
OG Sweet Annie	1	Artemisia annua	Fresh tops	Our farm	Call in Spring	9.75	6.75	4.65	3.75
OG Tulsi Basil (Rama)	1,7	Ocimum sanctum	Fresh herb	Our farm	Call in Spring	10.50	7.20	6.50	5.90
OG Turmeric	1	Curcuma longa	Fresh rhizome	Hawaii	Call in Fall	12.00	10.75	9.50	9.00

To order, see **page 14**, call **541-479-7777** or go to **www.pacificbotanicals.com**

Common Name	Safety Codes	Latin Name	Form	Origin	Availability	1-2 lbs	3-24 lbs	25-99	100+
OG Valerian		Valeriana officinalis	Fresh root	Our farm	Call in Summer	14.10	9.80	8.10	6.85
OG Vitex berries	1	Vitex agnus-castus	Fresh berries whole	Our farm	Call in Summer	12.70	9.00	8.50	7.50
OG Wormwood	1, 4, 7	Artemisia absinthium	Fresh herb	Our farm	Call in Spring	9.10	6.30	5.00	4.30
OG New Wormwood (Petite)	1,4,7	Artemisia pontica	Fresh herb	Our farm	Call in Spring	16.00	14.20	13.50	12.00

FRESH SHIPPED HERBS *Harvest Schedule* (Harvested and shipped the same day)

For our customers who use *freshly harvested herbs, flowers, roots and berries*, we've put together a general time frame during which the particular herbs are harvested. We can't provide more specific dates due to variables in farm production. (x) Indicates the approximate number of times we harvest and ship each year.

Spring (March-May)

Rosemary Lf & Flwr (1)

Summer (June-Sept)

Artichoke Lf (3)

Artemisia annua (1)

Ashwagandha Lf (1)

Bacopa (2)

Blessed Thistle (1)

Calendula Flwr (5)

California Poppy Whl Plant (1)

Celandine Whl Plant (1)

Celandine Tops (1)

Chamomile (2)

Cornsilk (1)

Ech purp Flwr (2)

Ech purp Flowering Herb (2)

Feverfew Herb in Flwr (1)

Lavender Spikes (1)

Lemon Balm Herb (1)

Lobelia Herb Seed stage (1)

Motherwort Herb (2)

Mullein Flwr (2)

Oat Tops in milk stage (2)

Plantain (1)

Red Clover Blossoms (2)

Sage Lf & Flwr (1)

Skullcap (1)

Spilanthes (1)

St. John's Wort (1)

Tulsi Basil Herb (2)

Wormwood (1)

Wormwood-Petite (1)

Fall (Sept-Nov)

Angelica Rt (1)

Ashwagandha Rt (1)

Astragalus Rt (1)

Burdock Rt (1)

Ech purp Rt (2)

Elder berry Umbels (1)

Elecampane Rt (1)

Garlic Bulbs (September-December)

Ginkgo Lf (Sept) (1)

Hawthorn Berries (1)

Horse Chestnut (1)

Marshmallow Rt (1)

Poke Rt (1)

Valerian Rt (1)

Vitex berries (Sept) (1)

Winter (Jan-March)

Ginger Rhizome

Turmeric Rhizome

Ech purp. Root (1)

REMEMBER TO ORDER EARLY!

For freshly harvested botanicals we strongly encourage you to call at least one month before harvest time to add your name to the list. We'll call you in advance to confirm and set up your order as each product is harvested.

ALSO PLEASE NOTE:

Fresh Herbs and Flowers (*anything grown above ground*) are generally shipped UPS Next Day Air.

Fresh Roots & Berries will be shipped UPS 2nd Day Air.

WE CUSTOM BLEND TO YOUR SPECS!



Whether you have a proprietary recipe of healing medicinals, a custom tea that needs to be blended in large batches, or you are creating and marketing your own SuperFoods recipe, we now offer custom blending.

1. CREATE SUPERFOOD FORMULAS TO OFFER YOUR CUSTOMERS
2. BLEND POWDERS FOR YOUR ENCAPSULATION PROJECTS
3. LET US BLEND YOUR TEAS—SAVE TIME AND LABOR COST
4. SMALL BATCH CAPABILITY—ONLY 25 LB. MINIMUM

For information on lead times and pricing call 541.479.7777 x.104

To order, see **page 14**, call **541-479-7777** or go to **www.pacificbotanicals.com**

ORDERING INFORMATION

As a wholesale supplier we have a minimum order of one pound for most of our herbs. The dollar amount in the catalogue represents the PER POUND price. Some of our herbs are sold by the ounce and this is reflected by item in the catalogue. **For single herb orders over 500 pounds, call (541) 479-7777, x104 for a quote.**

Payment/Credit Terms

We accept *VISA, MasterCard, Discover Card, check, or COD.* Credit applications are available for health care practitioners and other businesses with a history of established credit. Call or e-mail: info@pacificbotanicals.com for a credit application. A \$25.00 fee is assessed for bounced checks.

PLEASE NOTE: *For All Orders Paid by Credit Card. Prior to packing your order we will pre-authorize your credit card to make sure there are sufficient funds available for payment. If there is a problem with the pre-authorization, we will call you to clarify and confirm.*

Ordering Online

If you would like to order online you can go to www.pacificbotanicals.com, Online Store, and follow the prompts to order.

Ordering by Phone

Simply give us a call at 541-479-7777, choose option #2 and one of our customer care specialists will assist you. We take orders from 8am to 5pm Monday through Friday Pacific Standard Time.

Ordering by Mail/Fax

Complete the enclosed order form. Include shipping and handling charges found on the schedule on the back of the order form. Mail the order form to *Pacific Botanicals, 4840 Fish Hatchery Road, Grants Pass, OR, 97527.* Include your check made out to: "Pacific Botanicals" or fill in the charge card information. In order to process credit cards, it is now mandatory that customers include their CVC (credit verification code), a three digit number listed on the right-hand side of the signature line. This is an identity theft protection precaution that all credit card companies are now requiring. If you'd like to fax your order, our fax number is (541) 479-7780.

Making Changes to an Order Once it is Placed

Due to the extra handling and added administrative costs involved we can no longer accept add-ons or changes to existing orders.

Thanks for your understanding.

Availability and Out of Stock Items

Out of stock items on the web site will say "please call." This is so we can put you on our call list when the herb comes in. Some of our herbs are highly seasonal and although we try to anticipate demand, we are not always accurate with our projections. First you can see if we are out of stock on anything by also going to the "out of stock" tab on the web site. If we are out-of-stock you can either re-order at a later date or call us to be notified when the herb comes in. When the herbs arrive we will call to confirm your interest.

Shipping

Because we are a working farm we do not guarantee 24 hour turnaround. Our preferred carrier is UPS. If your order weight is above 200 pounds we may choose a freight carrier. If your order is to be shipped to a post office box, Alaska or Hawaii we only deliver by US Postal Service which is more reasonable. If you need something by a specific date call your order in and we will accommodate your request if at all possible.

If you wish to have your order shipped by an *expedited service* (e.g. overnight, or 2nd day air) *please call your order in by 9 am PST, M-F 541-479-7777, option 2.* Please feel free to call us about any shipping questions or options at 541-479-7777, ex. 100.

If you are shipping your order to Alaska or Hawaii, or if you want to use a shipper other than UPS additional shipping charges apply.

RESTRICTIONS: There are some restrictions for mailing dry plant material to California, Hawaii, Arizona and foreign countries. Please contact your local Agriculture authorities regarding any regulations for the importation of dried plant material. Although we diligently strive to stay informed about the many and ever changing shipping regulations, the ultimate responsibility is with the consumer. We cannot be responsible for any delays or rejections of product crossing into these states or imported into a foreign country. We must receive proper shipping and labeling instructions from the shipper and/or consumer.

Tracking and Order Verification

Tracking and verifying your order is easy. First you will receive via email, a copy of your order to review. Secondly, if your package is shipped UPS, the day your package is shipped you will receive an e-mail from us containing your UPS tracking number with a link to www.ups.com.

International Orders

We ship to customers all over the world. Generally there is an extra administration fee charged for international orders due to the extra paperwork involved. For all international orders, including Canada please call 541-479-7777, x. 100.

Powdering and Special Processing

We can custom powder many of the herbs we sell. There is a ten pound minimum due to added mill set up, cleaning and processing times and equipment capabilities. There is a \$35.00 set up fee for all mill orders. Generally the price for powdering is:*

10-24 lbs. - \$1.75 lb.

25-99 lbs. - \$1.25 lb.

*100+ lbs. - \$1.00 (no mill setup fee)

We also offer custom mill services to outside vendors. Please call 541-479-7777 ex. 104 for a quote.

Damaged Product/Return Policy

If your product arrives damaged by the shipper, please notify them immediately as well as Pacific Botanicals. We will file a claim with the shipper and get out a replacement promptly. If you wish to return a product for any reason, we are happy to issue a refund or credit for any **unopened, unused items** that are returned within 30 days from the invoice date. Simply call ahead of time and let us know what items are being returned and the reason for the return. Returned items are subject to a 10% restocking fee depending on the reason for return.

Disclaimer

PACIFIC BOTANICALS DOES ITS BEST TO MANAGE INFORMATION UPDATES, PRICING AND SHIPPING COST. HOWEVER, PRODUCT INFORMATION IN THE CATALOGUE MAY NOT BE ACCURATE AT ALL TIMES. FINAL PRICING IS DETERMINED AT THE TIME THE ORDER IS PLACED INTO THE COMPANY'S ORDER ENTRY SYSTEM AND INVOICED.



Calendula blossoms

To order, see **page 14**, call **541-479-7777** or go to **www.pacificbotanicals.com**

HERBAL ACCESSORIES

Bottles, Capsules and More



BOSTON AMBER BOTTLES
WITH GLASS DROPPERS

1oz. 1.20/EA
2 oz. 1.40/EA
4 oz. 1.70/EA

ENCAPSULATING MACHINE

Size 0 \$27.50/ea
Size 00 \$27.50/ea

CLEAR VEGETABLE CAPSULES

SIZE 0 100/PKG \$5.25/PKG
500/PKG \$12.00/PKG
1000/PKG \$21.50/PKG

SIZE 00 100/PKG \$6.00/PKG
500/PKG \$16.50/PKG
1000/PKG \$25.00/PKG



ELDERBERRY: WINTER'S FIERY HEALER (*Sambucus Nigra*)



We're headed for the cold and flu season and its important to have the resources we need to keep our selves healthy. It is a comfort to know that there are many good organic Elderberry products in the marketplace now that can help support the immune system. We supply a variety of manufacturers with high quality organic elderberries for their syrup recipes.

Black Elderberries are rich in anthocyanins which are a type of flavonoid. Anthocyanins are antioxidants that protect cells from free radicals that may degrade the body's immune system. These amazing berries have almost five times as many anthocyanins as blueberries and twice the overall

"Sustainable farms are to today's head-long rush toward global destruction what the monasteries were to the Dark Ages: places to preserve human skills and crafts until some semblance of common sense and common purpose returns to the public mind."
-Gene Logsdon

antioxidant capability of cranberries. An extract of Elderberry can support heart health by promoting improved blood flow throughout your body. It is also an asset in supporting respiratory and urinary tract health.



Our Office Manager: Lisa Ward

If you have called to place an order that requires some complex handling you have probably spoken to Lisa. She is our multi-tasking queen of the office. She brings enthusiasm and a tool box of skills to her job as office manager. From purchasing supplies, taking orders, dealing with international orders and changing toner in the printers, Lisa keeps the shop running smoothly.

When you go into Lisa's office you notice two things right away. There is usually some great music playing, and she is always ready to help with a smile. Good energy is something we really admire here at the farm because it contributes to a great work environment. Lisa is a big part of that. She loves music and her tastes run the gamut from Billie Holiday to Metal-



lica, with DJ Krush and Erykah Badu in between. She is a rock concert enthusiast and is a doting auntie to her niece and nephew. She also loves her dog Dizzy (*named after jazz great Dizzy Gillespie, of course*) and can be seen walking with him along the edges of fields on the farm. She loves the beauty and serenity she finds here at Pacific Botanicals and has acquired a good working knowledge of medicinal herbs to enhance her well being.



Pacific Botanicals, LLC

4840 Fish Hatchery Road
Grants Pass, OR 97527

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Wholesale Catalogue Winter-Spring 2014

Visit us online: www.pacificbotanicals.com

E-mail: info@pacificbotanicals.com



Citizen of the Sun

A COLLECTION OF WRITING BY

DAVID EVANS

Citizen of The Sun:

David Evans' (D.E.) New Book is Available Now

I wanted to let you know that my new book, *Citizen of the Sun* has just been published and is now available for purchase. As many of you know I have been writing a creative piece in the Pacific Botanicals newsletter and catalog now for about ten years. Many of you have expressed your delight in reading these farm inspired pieces. I think you will like the spirit of my new book. It is a collection of poems and essays, and is the product of about three years of work that began with a goal of writing one hundred poems in one hundred days. The project evolved into an expression of my spiritual journey. The rhythmic, lyrical pieces explore themes of place, intimacy, relationship, beauty, love, mortality and spiritual presence.

My time here at Pacific Botanicals has been a grounding influence in my writing. The stunning beauty of the farm, the dynamic life energy expressed in the growing plants, the amazing rhythmic flow of the changing seasons and the mystical connection to the forces of the earth have had a profound affect on me. Walking these fields over the years has filled me with wonder, humility and a deep sense of place. The spirit of the land has sown its seeds in my soul and has become a part of my inner landscape. I am so thankful to know this place.

I hope my book will be a source of inspiration for you. **TO ORDER *Citizen of the Sun* GO TO www.davidevansbooks.com.** I hope you will find it a great gift for the holidays. Many blessings for the coming year. -D.E.

