Herbs and Herb Gardening: An Annotated Bibliography and Resource Guide

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Contents

1. Introduction
2. Books
2A. Early American Plant Usage and Heirloom Gardens
2B. General Aspects of Herbs
2C. History of Herbs
2D. Botany, Chemistry, and Nomenclature of Herbs
2E. Herb Gardens and Gardening
2F. Herb Gardening, Regional Aspects
2G. Herb Gardens to Visit in the U.S. and Canada
2H. Home Gardening with Focus on Herbs
2I. Cooking with Herbs and Spices
2J. Fragrant and Dye Plants and Gardens, Including Herb Crafting
2K. Medicinal Herbs and Health
2L. Marketing Herbs
3. Resource Guides
4. Proceedings of the National Herb Growing and Marketing Conferences
5. Videos
Introduction

What is an "herb"? The term itself comes from the Latin, "herba," meaning green crops. It originally referred to virtually all plants, cultivated and wild, and especially to their green and succulent parts. Today, the term has two distinct meanings. To the botanist, an herb is a non-woody plant that dies back to the ground in winter, hence "herbaceous." Herb is also used widely to mean any plant, or part derived from it, that has or once had useful properties beyond garden ornament. At the National Herb Garden at the U.S. National Arboretum, for instance, herb is defined broadly to mean just about any plant except vegetables, grains for food or forage, or plants used only to beautify the garden.

This publication deals with "herbs" in the second sense, as plants used for flavoring foods and beverages, for medicines, cosmetics, dyes, and perfumes, and for other household and economic uses. These "useful" plants include many types of vegetation, including the herbaceous, flowering plants that come especially to mind when we think of herbs (such as parsley, basil, or thyme), as well as non-herbaceous trees and shrubs, vines, ferns, mosses, and other plant groups. The useful herbs include plants whose life cycles are annual (such as anise and basil), biennial (parsley, angelica, and clary sage), and perennial, including bay, lavender, lemon balm, thyme, yarrow, and many others. Specific herbs may be valued for their leaves (such as basil, bay, thyme), flowers (chamomile), seeds (dill, fennel), stems (angelica, chives), or underground parts (garlic, chicory).

The notion of herbs as flavoring agents generally excludes those plants commonly known as vegetables, which are foods in and of themselves; that is, vegetables provide the substance, and herbs the seasoning. A related (and also imprecise) group of economic flora consists of the spice plants. These are generally understood to be plants, usually native to the tropics, that bear aromatic fruits, seeds, or woody barks, and that are used, although not solely, to season foods. (Cooking spices may also have medicinal, aromatic, or pesticidal properties.) Examples of culinary spices include cinnamon (consisting of the bark of a small evergreen tree native to Sri Lanka), black pepper (the unripe berries of a native Indonesian plant), and cloves (the dried flower buds of an evergreen tree from the Moluccas, known historically as the "Spice Islands.")
Herbs and spices have been used for many thousands of years. They provide a tangible link to ages past, when innumerable kinds of plants were an integral, daily part of home and community life. In Western societies prior to this century, people once turned to herbs to fulfill their physical and spiritual needs: to cure illness, season foods, and dye cloth; for their cosmetic properties and pleasing or repellent aromas; as well as for their magical or symbolic qualities.

Although interest in particular herbs has waxed and waned over time and across cultures, we have witnessed a general decline in herbal popularity in the industrial era. Botanicals and other natural products have been eclipsed by purified or wholly synthetic drugs, food additives, chemical dyes and pesticides, and other manufactured products. This trend has been partially reversed in the late 20th Century, however, as shown by expanding herbal interest and activity from many quarters. This renewed focus consists, in part, of rediscovery and reevaluation of our pre-industrial herbal heritage, along with new interest in beneficial plants as renewable, biodegradable, or less-toxic resources, and greater interest in the cultural traditions of other groups.

Plant-derived medicines have long contributed to human health and well-being, and today, plant materials are present in, or have provided the models for, a significant proportion of Western drugs. A number of commercially-proven drugs used in modern medicine were initially used in crude form in traditional or folk healing practices, or for other purposes that suggested potentially useful biological activity. Some examples include the muscle relaxant, curare; pain-killer, morphine; antimalarial, quinine; and heart- regulator, digitalis. In the U.S. and other developed nations, expanding popular interest, as well as professional and commercial interests, in herbal medicine (i.e., the use of crude, complex plant materials or extracts, rather than purified drug principles), have spawned an enormous and rapidly expanding literature on the subject, which includes controversy over the benefits and safe use of herbal medications.

In addition to their practical virtues, herbs are being newly appreciated for their beauty and versatility in the home garden. Many of our favorite ornamental garden flowers such as the rose, foxglove, and garden heliotrope are old-time herbs. Whether incorporated into the flower border, or herb or kitchen garden, herbs are being grown for their pleasing scents, interesting colors and textures, and their pest-deterrent properties. For our smaller living spaces, many herbs are suited to indoor culture and container gardens.

Beyond the home garden, market gardeners and small farmers seeking diversification are finding that herbs may be a profitable alternative to conventional cash crops. Rekindled interest in their natural pest-deterrent properties may also mean an expanded role for the plants traditionally considered "herbs" in commercial agricultural production.

Scope. This guide focuses on the published literature, organizations, and other information resources pertaining to herb gardens and gardening, and also the household uses of herbs for health, crafts, decoration, and other purposes. While the publication does not cover comprehensively the subjects of garden history or historical plant use, it includes some representative books, periodicals, articles, and other information on heirloom plants and early American plant usage. This information is intended to serve as an introduction to the plants, from immigrant as well as native cultures, that were valued in the early period of American history, and to portray the present-day interest in heirlooms, or antique plants. Several bibliographies on these topics are included also, to help the reader to locate this literature.

This publication lists a number of herbal resources available on the Internet, although it is not intended to be a comprehensive guide to the Net's offerings (which is a vast topic deserving its own treatment). A good place to start on the Net itself for locating gardening information is "GardenNet" on the World Wide Web at URL http://trine.com/GardenNet/home.htm. GardenNet's well-maintained site includes a subject guide to Internet resources, gardens online, garden associations, gardening publications' home pages, book reviews, and more, plus GardenNet Index. Currently, the guide to Internet resources provides links to several dozen herbally-oriented Web sites. Also, a recent article from The Business of Herbs (Nov./Dec. 1995, p. 40-41) highlights various Web sites that offer information on herb gardening and herbal medicine, including a discussion group and bulletin board for herb enthusiasts.

Availability. The books and other publications listed and described in Sections 2, 3, 4, and 6, and the videos in Section 5, have, with few exceptions, been selected from the collections of the National Agricultural Library (NAL) and the U.S. National Arboretum Library. These publications are identified with NAL or ARB call numbers, respectively.

Information on the availability of these materials from other sources is provided at the end of each description. Books designated "out of print" may often be obtained at public or other libraries. Inquire at your public library for further information on availability, including interlibrary loan acquisition. Books that are no longer in print may be purchased from used or rare book sellers; consult the publications listed in Section 3, "Resource Guides," for information on some of these sources. Books designated "in print" may be available also from library collections, or can be purchased or ordered from book stores or other outlets, and in many cases ordered directly from publishers or distributors. Refer to Books in Print (Section 9), or other source, for contact information, or ask a librarian for help in finding publisher information.

A number of special horticultural libraries with extensive collections have interlibrary loan affiliations, so may be available as sources for either on-site examination or loan of hard-to-find or specialized books. Consult Barbara Barton's directory, Gardening by Mail (Section 3, "Resource Guides"), for a listing of libraries in the U.S. and Canada with special horticultural collections. Another source for this information is North American Horticulture, compiled by the American Horticultural Society (New York: Macmillan, 1992, NAL call no. SB317.56.U6N67 1992). A number of public, horticultural, and academic libraries have made their online catalogs available on the
2. Books

2A. Early American Plant Usage and Heirloom Gardens

1. NAL SB451.F32
   An interesting account of herbs and other plants grown in colonial America, with advice on how to create or restore historic gardens. Provides general discussion plus details on specific plants, including herbs, flowers, fruits and nuts, vegetables, shrubs, and trees. Contains a listing of authentic colonial gardens and an extensive bibliography, with black-and-white photos and line drawings. Currently out of print.

2. ARB SB451.L4 1986
   Recreates the gardens of early European settlers in New England, depicting what plants were grown and why, with insights into development of the American character. Subjects include historic gardens and plants, influences of early herbalists, and historic seed lists. With numerous period illustrations, plus index and extensive bibliography. This is an unabridged reprint of the 1970 edition from Houghton Mifflin, Boston, with NAL call no. SB451.L4 and ARB call no. SB451.L4. Currently in print.

   Explores the Shakers' herb garden heritage, with colorful accounting of the religious communities' 19th Century seed and herb businesses. Examines the business practices of Shaker societies in the context of their religious beliefs, and describes their modern-day gardening activities. Includes practical garden lore, advice for creating one's own Shaker garden, and a guide to existing Shaker gardens, with original recipes and plant lists. The text is supplemented with color and black-and-white illustrations, plus an index, authors' notes, and extensive bibliography. (278,295)

4. NAL SB451.34 V8J4
   ARB SB451.34.V8 J4
   Consists of printed copies of Thomas Jefferson's 60-year record of horticultural successes and failures, the progression of seasons, and his thoughts on agriculture. Includes selected letters and a list of the plants grown at Monticello in Jefferson's time, plus discussion of the restoration of the estate's gardens during this century. Text is supplemented with a bibliography and index. (See also Laski's article in Section 8A on restoration work at Monticello's gardens.) Currently in print.

5. ARB SB108.U5H68 1978
   NAL SB108.U5H68 1978
   An interesting account of immigrant plants that became part of the North American landscape after Columbus. With botanical notes, history, and folklore on 87 plants, including herbs and other cultivated plants and weeds, from A (apple) to Z (zinnia). The text contains decorative illustrations and is supplemented with an index. Currently out of print.

13. A guide to the diverse array of "heirloom ornamentals," those plants many of them herbs in the broad sense introduced to North American gardens from 1600 to 1950. With advice on how to plan and preserve the heirloom garden and profiles on specific plants. Includes listings of mail-order sources, heirloom plant societies, and relevant periodicals. With a bibliography and indexes, illustrated with line drawings and color plates. (278, 293)

7. NAL SB324.73.J33
   Intended to inform gardeners, scientists, collectors, commercial seed purveyors, and historians about the problem of extinction of many old and endangered varieties of garden plants. Offers an historical perspective on particular plants, with discussion of various preservation efforts and how to find and grow heirlooms. Although vegetable and fruit varieties (rather than herbs) are the main focus, the book informs on the general situation that currently threatens our garden heritage. Includes a chapter on resource groups (including seed exchanges, heirloom seed companies, federal repositories, living historical farms and museums), with an index and extensive bibliography. Margins are illustrated with drawings from 19th Century horticultural sources. Currently out of print.

8. NAL SB351.H5R44
   A well-researched and informative account detailing the legacy of herbal wisdom brought to colonial America. Includes discussion of specific herbs grown, updates of old-time recipes, and public gardens of today. With a bibliography and index, and illustrated with line drawings and photos. An Early American Society Book. Currently in print.

   NAL SB319.H32 1988
   A well-documented survey of the development of horticultural arts and sciences in the colonial and post-revolutionary periods, reprinted from the original 1950 publication. This scholarly yet highly readable volume discusses regional developments and nationalistic influences, with focus on native American gardens, botanical explorations, and plant breeding. The original book has been augmented with Elisabeth Woodburn's narrative summary of gardening books and other publications covering the period 1860 to 1920. Includes indexes, and black-and-white illustrations. The 1950 publication from Oxford University Press, New York, has NAL call no. 90.51 H35 and ARB call no. SB83.H4. (279)

10. NAL BX9785.M4M54
    Offers historical background to the Shakers' successful herb industry, focusing on medicinal aspects. Includes description of several communities active during the period 1830-1890 and the names and properties of 302 plants included in the pharmacopoeias of most societies. Provides details from original catalogs, with updated botanical names. Supplemented with a bibliography and index, plus color plates and black-and-white line drawings. Currently out of print.

11. NAL SB351.H5S76
    Provides a glimpse of the healing herbs that were valued in New England gardens prior to the 19th Century. Describes briefly more than 60 plants, with notes on botany and historical uses and lore. Includes quotes and line drawings of each plant from early herbals. With bibliography and index. This publication, the Centennial Edition to mark the Society's first 100 years, has been reprinted from the original 1970 edition, and was reissued in 1995 by Dover Publications, New York, as Herbs & Herb Lore of Colonial America. (272)

12. ARB QK99.A1E74
    NAL QK99.A1E74
    An extensive chronicle of plants used for medicine, food, and other purposes by native Americans and European colonists. Includes ethnobotanical information on several hundred plants, with extensive documentation from original sources (dating to 14th Century records), presented chronologically in original form and detail. Focuses on plants native to Canada and the northern U.S., with entries grouped by plant type or habitat, then arranged alphabetically by common plant name. Includes indexes of botanical and common names, with line drawings of all plants, and an extensive listing of sources cited in the text. The 1989 Dover Publications reprint is titled Medicinal and Other Uses of North American Plants: A Historical Survey with Special Reference to the Eastern Indian Tribes, with ARB call no. QK990.A1 E742 [sic]. (261, 272)
2B. General Aspects of Herbs

Publications in this section have broad scope, addressing more than one of these topics: herb gardens and gardening, household uses of herbs, herbal botany, and herbal history and lore. Included are books for beginners and for those seeking more specialized and in-depth information on these topics. Some are comprehensive reference-type books, while others are practical "how-to" books, or books to be read for pleasure. Publications that concentrate on particular aspects of herbs are grouped in Sections 2C through 2L.

14. NAL SB351.H5M35 1990
A useful introduction to herb gardening, covering the various ways herbs are used, plus basic culture and care. Profiles the most popular herbs for home gardeners, focusing on culinary or scented plants, with recipes, varietal information, and abundant color photos.
A significant portion of the book is a reference guide to dried, commercially available herbs and spices, also with color photos of each and notes on suitability for the home garden. Includes mail-order source information and index. (293)

15. NAL SB351.H5B65
An attractive and informative volume with broad coverage of the world of herbs. Contains an "Herbal Index" depicting more than 100 of the most useful and easy-to-grow plants Achillea to Viola with high-quality color photos of mature plants, plant parts, and seeds. Includes chapters on gardening with herbs, herbal decorations, herbal cookery, and herbs for the household, cosmetics, and health. The cooking section features 80 recipes, with additional formulas for health and beauty products, and the gardening section offers several plans and suggested plants for herbal theme gardens. Illustrated abundantly with color photos, and augmented with a suppliers list, bibliography, and index. (261,276,293)

16. NAL SB351.H5G37
A comprehensive, well-illustrated guide to virtually every possible herbal use in the home, from cookery to first-aid and herb crafts. A major portion of the book is a "modern herbal" highlighting the histories of and uses for 150 herbs and spices, including those domesticated or found growing wild in temperate North American climates. Herb gardening is considered, with discussion of garden design and themes, organic growing, and how to propagate, harvest, and store herbs. Includes recipes for herbal cookery and other household uses. With bibliography, index, and brief glossary of botanical and medical terms, plus color and black-and-white drawings and photos. Reprinted in 1993 by Reader's Digest Association, New York. Currently in print.

17. NAL QD415.L48
NAL QD415.L4 F&N B-2685
A unique reference work that assembles information about the natural ingredients used in processed foods, over-the-counter drugs, and cosmetics. Monographs for 310 substances, including many generally considered "herbs," include data on chemical composition, pharmacological or biological activity, uses and commercial preparations, and a comprehensive reference list. Augmented with useful indexes to names and chemical ingredients, plus a glossary of terms used in the botanical industry. Useful for those with a more technical interest in herbs used commercially. (A second edition from the same publisher, revised and expanded by Albert Y. Leung and Steven Foster, has NAL call no. QD415.A25L48 1996. (267))

18. ARB SB351.H5E52 1979
NAL SB351.H5E52
A useful reference work recounting the history of herbalism and medicinal plants, with botanical information and suggestions for garden cultivation and design, and domestic usage. Supplemented with many useful charts and diagrams. Fully one-half of the text is a "reference section" describing 420 herbs garden as well as wild plants highlighting their specific attributes, how to grow each one, and uses. Most plants are depicted by line drawings or color photos. Includes an extensive glossary of terms, plus an index and lengthy bibliography organized by subject. Currently out of print.

19. NAL SB351.H5B645
Endorsed by the Herb Society of America, this is a comprehensive volume that does much to advance the Society's mission, "to promote knowledge, use, and delight of herbs..." One section is an "Herb Catalog" with descriptions of hundreds of herbs, A-to-Z by genus, with notes on distribution, botanical characteristics, related species, and common names, plus color photos of each plant. Following is an "Herb Dictionary," similarly arranged, offering for each plant data on current research, historical uses, and folklore associations, with details on parts used, properties, and uses. Featured also are sections on growing and propagating herbs, herb gardening styles, and uses past and present for seasoning foods, enhancing health, and cosmetics. One chapter examines "herbs in the wild," particular herbs found in different regions of the world and their uses by local cultures. Supplemented with a glossary, bibliography on herbs and medicinal plants, list of herb gardens to visit in the U.S., and general index. With abundant full-color photographs throughout. A valuable, visually-appealing reference for both beginners and herb experts. (The book is sometimes known as The HSA Encyclopedia of Herbs & Their Uses.) (261,267,271,293)

20. NAL SB351.H5W74 1992
Provides an environmental approach to herb gardening, including attention to herbs in specific native habitats. Topics include herbal history, botany and nomenclature, garden design, cultivation, harvesting, and uses, with a focus on natural landscaping with native American herbs in the southeastern U.S. Offers a descriptive catalog of several hundred herbs, with notes on their botanical and garden characteristics, and historical or contemporary merits. Contains a lengthy bibliography, index, glossary of horticultural terms, and contacts for supplies and further information. With a handful of color plates and black-and-white line drawings. (261,295)

21. NAL SB351.H5F43
Offers numerous ideas for imaginative herb growing, with advice on cultivation, propagation, and uses. Includes descriptions of 11 specialty herb gardens, with planting diagrams. The "100 best" include culinary, medicinal, and other herb types that are especially ornamental and readily grown. These are arranged by botanical name and described in encyclopedic format, with notes on the garden merits and uses for each, plus color photos. (There are many color photos and diagrams throughout the text, as well.) Supplemented with several useful plant lists, plus plant name indexes. Currently in print.

22. NAL SB351.H5R63 1990
With emphasis on freshly-grown herbs, this book presents recipes and household uses for several dozen herbs. Basic advice for garden design, and growing and harvesting herbs is included. "An Album of Herbs," the largest portion of the book, highlights popular herbs, artemisia to violet, with several recipes or ideas for crafts or cosmetics for each. In large print, and supplemented with numerous, full-page color photos, plus an index. Currently out of print.

23. NAL SB351.H5M54
A compact, comprehensive handbook for the herb gardener and cook. Features historical background and recipes for culinary and household herbs and spices, plus advice on garden design and cultivation. The text is supplemented with an index and glossary of botanical names for the plants mentioned. The Dover edition is a reprint of the original publication first issued in 1952; the latter was issued as The Home Garden Book of Herbs and Spices (Garden City, NY: Doubleday, 1952), NAL call no. 97.21 M63. (272,295)

24. NAL SB351.H5F57
A basic "how-to" guide for cultivating a number of herbs, considering indoor and outdoor settings, garden requirements and landscape uses, and herbs for cooking or crafting. Includes profiles of several dozen specific herbs, with a reference chart outlining garden and use characteristics. Suited to the beginning gardener, this is a colorful work with photos of all herbs mentioned in the text. Includes an index. This is a "Step-by-Step Visual Guide" from NK Lawn & Garden Company, the seed supplier, which is sometimes known as NK Lawn & Garden Guides: Growing Herbs. Currently in print.

25. NAL SB351.H5H43
An introduction to culinary, fragrant, and medicinal herbs, with predominant focus on those used for cooking. Several dozen herbs for seasoning and salads are described, with notes on history, folklore, cultivation, processing, and various uses. Includes chapters on herbal history, techniques for herb gardening, herbs as medicines (with simple home remedies), herbal teas and beverages, and herbs for beauty, plus a selection of specific recipes. With a reference list and index, plus numerous color photos. The book is written for British, Australian, and American audiences, and covers many herbs grown commonly in the temperate U.S. It has been expanded from the authors’ earlier publication, *Herbs: Their Cultivation and Usage* (Poole, Dorset: Blandford Press, 1983), NAL call no. SB351.H5H345, which has been reprinted several times.

26.
NAL SB351.H5L9
An entertaining exploration of the history, lore, and legend of herbs, considering salad and culinary herbs, medicinals, and herbs for the flower border. Topics range from the paleobotanic evidence of herb use, to household herbs of yesteryear, and herbs most useful to modern cooks. Focuses for the most part on plants grown or collected in Britain, many of which can be readily grown or gathered in North America. Not intended to be an in-depth "how-to" book on herb cultivation, and other publications may be more useful for specific instruction in preparing herbal products. With color plates, plus an index and bibliography. Not currently in print.

27.
NAL SB351.H5H353 1994
A handsome volume stemming from the collaboration of several professional herb experts, this book offers a historical and botanical overview of herbs, with discussion of garden design, cultivation methods, and profiles of some 200 herbs, detailing garden and other attributes and uses. It addresses special garden considerations, including organic growing, enabling gardens, climate variation, and more. Illustrated with color drawings, photos, and diagrams, and supplemented with a glossary, suppliers list, and useful charts and indexes. From American Garden Guides Series. (293)

28.
NAL SB351.H5L68
An informative, all-round guide for herb gardeners and enthusiasts. Part 1 covers general aspects of herbs: how to grow, harvest, preserve, and use. Part 2 offers details on a variety of herbs, particularly those used in cooking, that can be readily grown in British (or many North American) gardens. Contains text only, including useful reference charts on garden attributes and herb uses in the home. A popular work reissued numerous times since it was first published; this edition has an updated listing of suppliers. The same title issued in 1965 (Newton, MA: Charles T. Brandford Company, 1965) has NAL call no. SB351.H5L6. Currently in print.

29.
NAL SB351.H5F627
A handsome, informative volume covering many aspects of herb culture and usage, useful for home gardeners as well as those with a commercial interest. Documents 80 herbs for home use and the herb trade market, with the basics of garden design, propagation, and harvest for each. Coverage includes garden plants, as well as a number of native and naturalized North American herbs. Offers information on traditional uses and the latest scientific findings regarding medicinal properties and health and safety data. Supplemented with an extensive bibliography, resource information, and index, and well-illustrated with color plates, line drawings, and black-and-white photos. Expanded and revised from the author’s *Herbal Bounty! The Gentle Art of Herb Culture* (Salt Lake City, UT: G.M. Smith, 1984), NAL call no. SB351.H5F627 1984. (268,276,288,290)

30.
NAL SB351.H5S48 1990
A month-by-month guide to hundreds of projects for gardening, cooking, and crafting with herbs. This publication contains numerous specific recipes for herb usage and is supplemented generously with resource information, including a chapter-by-chapter list of books and other publications, herb organizations, and mail-order sources for supplies. With black-and-white drawings and diagrams, plus an index and authors directory. This book is a sequel to the author’s earlier work with similar theme and format, *The Pleasure of Herbs: A Month-by-Month Guide to Growing, Using, and Enjoying Herbs* (Pownal, VT: Storey Communications, 1986), NAL call no. SB351.H5S52. (276,278,293,295)

31.
NAL SB351.H5B6585
*Herbs.* Leslie Bremness. New York: Dorling...
A "visual guide" to more than 700 herbs, spices, and related materials used throughout the world. The text is arranged by source group, including trees, annuals, vines, non-seed-bearing plants, and fungi, and subarranged by botanical name. Includes botanical details, common names, and plant parts used, with a smattering of notes (and cautions) on usage. Vivid color photos of each material depicted make this a useful guide to the visual properties of herbs and spices, although source and background information is generally lacking. Includes a glossary of basic botanical terms, and name indexes. From Eyewitness Handbook Series. (261,293,295)

32. NAL SB351.H5K7


A useful, basic guide to growing and using herbs from the garden. Subjects covered include planning the garden, cultivation basics, dealing with pests and diseases, and suggestions for cooking with herbs and other home uses. The major portion of the book consists of vignettes of 65 herbs, with varietal information and details on usage. Contains numerous color photos, plus an index. From Burpee American Gardening Series. (Sometimes known as Burpee American Gardening Series, Herbs.). Currently in print.

33. NAL SB351.H5M48


From Rodale's Successful Organic Gardening Series, this book covers selecting, planting, maintaining, harvesting, and using herbs grown organically. A "plant by plant guide" describes in reference format the garden requirements of several dozen culinary and ornamental herbs, plus varieties available and harvesting and storing tips; each plant is depicted by a color photo. Includes numerous "how-to" diagrams and color photos and illustrations, plus an index. (277)

34. NAL SB351.H5B4 1990


Still popular since it was first published in 1935, this delightful book is, in the author's words, "part garden book, part musing study of our relation to Nature through the oldest group of plants known to gardeners." Beston offers in this classic, compact work sound gardening advice while reflecting on "ten great herbs" grown at his Maine farm. Also offered is an appraisal of two dozen more herbs worthy of a place in the garden, and general notes on "the making and planting of a garden." Includes a reference list of herbs with notable garden attributes, plus an index. Illustrated with woodcuts. The 1935 edition from Doubleday, Doran, & Company has NAL call no. 97.21 Sh3. (261)

35. NAL SB351.H5T6


A handsomely illustrated book with wide scope, covering garden design, recipes, and herb crafting. Provides background information, including horticultural advice, on 40 popular herbs. Supplemented with an index and comprehensive directory of herb gardens in the U.S., Canada, and Britain, and herb publications. This is a stylish publication intended to inspire as well as to inform, with numerous full-color photos. (261,276) (The same authors and publisher have collaborated on a new book with similar format that highlights gardens in North America, England, and France, titled Gardening with Herbs (New York: Random House, 1995). (271))

36. NAL SB351.H5P37


A "how-to" guide on growing and using herbs that is also pleasurable to read, from the Director of the Royal Botanical Gardens in Hamilton, Ontario. The body of the book is an extensive A-to-Z (Acanthus to Vitex) catalog of herbs for culinary, medicinal, and ornamental herb gardens, with garden attributes and notes on history and uses, and including a number of native American herbs. Other topics include mankind's herbal heritage, and herbs in various garden settings, addressing ornamental and ecological aspects. One chapter on herb garden design offers plans for formal, classic gardens, courtyards, ornamental borders, and culinary gardens. Also featured is a section on culinary herbs, with 40-plus recipes, both standard and unusual. With a handful of color plates and line drawings throughout (although there are few illustrations in the herb catalog section, the verbal descriptions are well crafted.) Supplemented with informative charts that group herbs by their predominant usage (culinary, medicinal, ornamental), with garden aspects and requirements. Includes a bibliography, brief glossary, and index. Reprinted in 1993 and distributed in the U.S. by Trafalgar Square. Currently in print.

37. NAL SB351.H5C53


A lively and practical guide to herb gardening and herb uses in the home. General instruction on growing herbs is offered in the body of the book, along with advice for creating thematic gardens, making herbal products, and cooking with herbs (including recipes). Includes descriptions of "some hundred herbs of maximum value," from acanth to yarrow, with useful tables and details on the utilities of specific plants. With black-and-white line drawings, and subject index. From American Gardening Classic Series. This final work in Clarkson's classic herbal trilogy was first published in 1942. A 1961 reprint of the 1942 Macmillan edition has ARB call no. SB351.H5 C49; the first printing of the 1942 edition, plus reprints from 1944 and 1945 have NAL call no. 97.21 C56H. (Other books in Clarkson's trilogy are described elsewhere in this publication.) (290)
Herbs to enhance everyday living are the topic of this book from a well-known herbal expert, owner of Caprilands Farm in Coventry, Connecticut. The author shares her herbal interests, with advice on growing and using herbs for cooking and gardening throughout the year, from Spring planting to Summer garden care, Autumn harvest parties, and year-end holidays. Includes a section on 47 popular herbs aconite to yarrow with notes on cooking and other uses, and line drawings of each. With sets of color plates for each season. Not currently in print.

An introductory guide to growing and using ten culinary herbs, providing an overview of historical aspects and considering garden attributes, planting and care, harvest and storage, and culinary uses in particular, with other uses noted. Offers varietal information and recipes. The text is supplemented with an index. Currently in print.

An informative and attractive work for the herb gardener and herbal enthusiast. Describes cultivation, history, and uses for 59 herbs from the garden and the wild with color photos of mature plants and plant parts. Includes chapters on cultivation and garden design, container gardening, fragrant herbs, and more. Supplemented with a recipe selection, useful charts, index, and list of suppliers in the U.S. Lavishly illustrated with color photos and drawings. Currently in print.

A classic work on herbs through the ages, rich with lore and practical knowledge on herb gardening, cooking, and medicine. Contains numerous illustrations from ancient herbals and gardening texts, with indexes to books and authors mentioned in the text. From American Gardening Classics Series. Magic Gardens is the first book in Clarkson's herb trilogy, originally published by Macmillan in 1939; other titles are noted elsewhere in this publication. A 1972 unabridged reprint from Dover Publications, New York, was titled Herbs and Savory Seeds: Culinary, Simples, Sachets, Decoratives (NAL call no. SB351.H5C52 1972, ARB call no. SB351.H5 C52 1972). The 1939 Macmillan edition, first printing, has NAL call no. 97.21 C56. (276,293)

A useful, well-organized guide to herb culture, compiled by two herb experts. Includes an A-to-Z catalog describing over 100 herbs, with history, cultural requirements, and advice for culinary and household uses, with some less-common and appealing recipes. Contains black-and-white photographs of each herb at the mature stage, and also the seedling stage an unusual feature. With an index. (295)
A practical introductory guide to organic herb gardening, with chapters on garden design, botany, propagation, pest control, and herb harvest and storage. Includes advice for creating several types of gardens, including culinary, medicinal and cosmetic, and potpourri gardens, with recommended plants. There are some two dozen recipes for herb-flavored food and drink. One chapter covers 50 "of the most useful and easiest-to-grow herbs," from angelica to yarrow, with cultivation and harvesting advice, and major uses whether for cooking, medicine, fragrance, or other household use. With line drawings and diagrams, plus color plates. Includes an index. Currently in print.

46.
ARB SB351.H5R58
NAL SB351.H5R58
An informative general reference book offering horticultural advice and garden designs, plus coverage of herbal cookery, dyes, medicinals, history, and lore. Provides background information on garden traits and uses (historical and current) for 140 herbs, presented in A-to-Z format by common name. Supplemented with useful charts, plus numerous line drawings and color photos. Includes a bibliography of books and periodicals on herbs, including a number of specialized titles omitted from this publication, plus an index. (273,276,277,295)

Go to: Author Index | Book Title Index | Top of Document | Contents

2C. History of Herbs

This section includes a selection of classic herbals, as well as near-classics dating to the early- or mid-20th Century. Herbals are printed books (or manuscripts) that describe and list the properties of herbs, particularly their medicinal qualities and applications. Some of the more popular, older works of this type are available as reprints. Several of the books in Section 2A, "Early American Plant Usage and Heirloom Gardens," center on the history of herb usage in North America in particular.

More recent books that adhere more-or-less to the herbal format are placed in the section immediately preceding, "General Aspects of Herbs." Books that offer more up-to-date information on the medicinal aspects of plants are grouped in Section 2K, "Medicinal Herbs and Health."

47.
NAL GT5164.M36
Relying on original texts and classical authors, the author (a Danish Egyptologist) reconstructs an herbal of 94 species of plants used in ancient Egypt. Descriptions of each plant many of them familiar to American gardeners and cooks include English, Latin, Egyptian, and other names, notes on plant origin and special properties, and original recipes. Also considered are Egyptian gardens and the ways plants were used for ritual and everyday life in the age of the pharaohs. With numerous black-and-white illustrations and line drawings, and supplemented with an index, glossary, bibliography, and references to plant names used by Dioscorides. (276)

48.
NAL SB351.H5M83
For gardeners and gourmets, this "classic" modern herbal first published in 1955 describes 85 common and exotic kitchen herbs -how to recognize, identify, and harvest each, with culinary and historical notes and garden attributes. Covers herbs grown in American gardens and those native or naturalized. Illustrated with handsome, full-page wood engravings. Contains an index and glossary of horticultural terms and cross-references to plant names, plus illustrations of the seeds of plants mentioned in the text. The 1955 edition from the same publisher has NAL call no. 97.21 M88 and ARB call no. SB351.H5M84. Currently out of print.

49.
NAL SB451.C52 1991
The author draws from ancient wisdom to enlighten modern gardeners and herb enthusiasts in this unabridged classic first published in 1940 as Green Enchantment: The Magic Spell of Gardens. With centuries- old recipes for using edible flowers and herbs in food and medicine, and supplemented with 100 facsimile woodcuts, plus indexes to books and authors mentioned in the text. From American Gardening Classic Series. Green Enchantment is the second book of Clarkson's herb trilogy; Magic Gardens (1939) and Herbs: Their Culture and Usage (1942) are described above. An unabridged reprint of Green Enchantment was issued in 1972 from Dover Publications with the title, The Golden Age of Herbs and Herbalists, ARB call no. SB451.C5 1972. The 1940 edition from Macmillan (with original title) has NAL call no. 97.21 C56G. Currently in print.

50.
NAL SB351.H5K7
A folio-sized volume depicting plants in artful prose and illustration, meant "to entertain (and perhaps inform) those who share the author's interest in the facts and fancies which constitute our forefathers' knowledge of the world of plants." Portraits of 106 plants, each...
found to be "useful, beautiful, or wonderful" (or all of these), portray medicinal and other virtues, word origins and taxonomic relations, and other aspects, with quotations from ancient herbals and other texts. Text notes for each plant (as well as a few non-plant substances valued by the herbalists) are placed opposite a full-page, high-quality woodcut from Mattioli's 16th Century work, Commentaries on the Six Books of Dioscorides. The introduction discusses the significance of herbals and their linkage to the developing sciences of botany and pharmacology. A charming and handsome work, augmented with a bibliography and index to species, family, and common names. Alternatively known as Krutch Herbal or Joseph Wood Krutch Herbal. Reissued in 1996 by David R. Godine (Boston, MA) and currently in print.

51.
ARB QK41.G3 1975
NAL QK41.G3 1975
Still popular, this is the classic, frequently-cited work by English herbalist, John Gerard, with Johnson's revisions. It describes some 2850 plants with herbal virtues, with 2500 original illustrations. Includes indexes to Latin and English common names, plus a "table of virtues." This is a reprint of the edition printed by A. Islip, J. Norton, and R. Whitakers, London, under the title The Herball, or Generall Historie of Plantes, NAL call no. R Folio 452.G31 1963. (NAL Special Collections holds earlier versions of this publication as well.)

52.
ARB QK14.5.A73 1986
A classic work that traces the evolution of the printed herb in Europe during the period in which botany and herbalism evolved as distinct disciplines, with an emphasis on botanical and artistic features. Contains numerous illustrations, including photographic copies from originals in the British Museum, with an index and extensive bibliography. The 3rd edition, with new introduction and annotations, is a reprint from Cambridge Science Classics Series, first published in 1912 and revised in 1938. Earlier editions include a 1970 facsimile of the 1938 edition from Hafner, NAL call no. 452.6 Ar1 and ARB call no. QK15.A8 1953. Currently in print.

53.
ARB QK99.A1L4
NAL QK99.A1L4
A well-researched volume conveying the union of botany and plant-based medicine, including botanical notes and historical lore on 750 herbal plants used through the ages. Scrutinizes the historical literature and lore to distinguish real medicinal properties from unverified folk usage. With cultivation advice, plus a glossary of medical terms, index, and bibliography. Entries are arranged by genus name, with indexes to the botanical Latin and common names. Includes line drawing of most herbs covered in the text. Currently out of print.

54.
NAL SB351.H5S25 1992
The author reviews the history of herb gardens in Great Britain from Roman times to the present, considering the beginnings of herbalism, the many uses of plants, major herbalists and their works, and the current scene with respect to herb popularity. Anthony Huxley calls this book "a unique work which will surely become the most important source-book on British herbal history." Appendix includes indexes to plants mentioned in the text, a bibliography, and listings of plants native to Britain, southern Europe, and the U.S., and of British national collections. Contains many black-and-white illustrations and photos. Currently in print.

55.
NAL SB351.H5S65 1994
An anthology of herbal knowledge and lore drawn from the original texts, these ranging from the works of Theophrastus of ancient Greece to 17th Century writers, and including the classic European works. One section considers the virtues of 40 herbs, with the author's commentary interspersed with text from original sources. Includes a bibliography of sources, glossary of archaic words, and indexes to plants and authors, plus numerous black-and-white illustrations reproduced from original sources. Revised from the first 1978 edition (parts of the book were first published in the Australian magazine, Earth Garden). Currently in print.

56.
A biographic and bibliographic survey of herbalists and their works, first published in 1979. Traces the evolution of European herbal production, with emphasis on herbal artistry and including manuscript herbals from classical times, woodcut herbals appearing in the 15th Century, and important metal-engraved works dating to the 16th to late-18th Centuries. A high quality work containing numerous color plates and illustrations reproduced from classic works. Includes an index. The first edition (New York: Thames and Hudson: Metropolitan Museum of Art, 1979) has NAL call no. QK14.5 B57 and ARB call no. QK99.A1B55X. Currently in print.
Go to: Author Index | Book Title Index | Top of Document | Contents
2D. Botany, Chemistry, and Nomenclature of Herbs

63. NAL QK9.U6 1968


This useful reference work consists of an alphabetical listing of "economic plants" that humans have found useful in agriculture, horticulture, and forestry. Includes both higher and lower plant forms, and plants used on a worldwide commercial scale or locally; many plants generally considered "herbs" are included. Entries consist of plant species names (6000 in all), each with botanical family name and name synonyms, a brief description, and notes on geographical distribution, plant products, and principle uses. Includes entries for types of plants, such as medicinal plants used for particular ailments. The main section includes cross references from common names and synonyms to approved botanical names. Appended with an extensive bibliography listing more than one thousand important source publications on agricultural crops, fruits, vegetables, beverages, spices and herbs, forest products, medicinal plants, and groups of plant products. Also listed are references on economic plants for specific geographical areas, general works, and "works of historical value." The first edition from Weinheim, Englemann (1959) has NAL call no. 452.8 Up3. Currently in print.

64. NAL QK13.G68


A guide to the origins of the familiar English-language names of hundreds of plants, offering insights on how people have viewed the characteristics of particular plants, and how they were once used. With broad coverage of the plant world, from seaweeds to trees, and including wild plants, domesticated crops and garden flowers, as well as the plants of literature. Numerous herb and spice plants, as well as the products from these and other plants, are included. Entries include scientific names, other English synonyms, and approximate dates of introduction to Britain, plus notes on the history and language origins of each name. The author tells us that thyme, for instance, derives from a Greek word, meaning "to make a burnt offering"; while pennyroyal, historically used as an insect repellent, is a garbling of terms derived from the Latin, meaning "flea-plant." A few plants are depicted in line drawings from old herbals or florae. The foreword includes a brief explanation of the languages, dialects, or literary sources mentioned. Not currently in print.

65. NAL QK11.S56 1992


A standard reference volume that includes numerous herbs used as medicinals, flavorings, and other products. Brief entries include name derivations, history, language origins, plant family (for genus names), common names, and associated mythology or plant lore; some entries include notes on historical plant uses. The parts of botanical names (genus name and specific epithet) are treated separately, thus for the herb known as yarrow, there are entries for its botanical name, Achillea millefolium, under Achillea (honoring the Greek hero Achilles) and millefolium (meaning many- or thousand-leaved). This book is the second revision of A.W. Smith's A Gardener's Book of Plant Names, first published in 1963. As was noted in the preface to the second edition (1972), the author intended it as "a source of reference and pleasure for all gardeners, who, however keen, find themselves wondering at the botanical names attached to their plants." Includes an introduction to the botanical conventions regarding plant naming and classification, with correct Latin pronunciations and a section on the origins of English plant names. Supplemented with a bibliography and listing of common plant names and associated botanical names. Also known as Stearn's Dictionary of Plant Names for Gardeners Currently in print.

66. NAL SB351.H5D85 1992


An important reference volume that compiles data on the phytochemical constituents of approximately one thousand plants, including most of the "generally recognized as safe" (GRAS) herbs, many of the "medicinally important foods" (designated as GRAF or "generally recognized as food"), and also the "strictly medicinal plants" (designated as GRAP or "generally recognized as poisonous" (or medicinal) species). The acronyms are those assigned by the U.S. Food and Drug Administration (FDA). Entries are arranged by plant species name, each accompanied by the standard common name and an alphabetical listing of constituents derived from original or secondary sources, the plant part analyzed, and when available, quantitative data. Source information, codes used, and background information is included in the introduction. (Available from 267) Available also on disk as Database of Phytochemical Constituents of GRAS Herbs and Other Economic Plants, NAL call no. SB351.H5D853 1992. (A companion product, also compiled by Dr. Duke, is Database of Biologically Active Phytochemicals and Their Activities, NAL call no. RM666.H3D853 1992.)

67. NAL QK96.H47 1992


A compilation of common names "standardized" to botanical names, to reduce nomenclatural problems in the herb products trade. Includes 550 species names and 1800 cross reference synonyms. With discussion and bibliography. (267)

68. ARB SB45.B32 1976
Go to: Author Index | Book Title Index | Top of Document | Contents

**2E. Herb Gardens and Gardening**

In addition to the books that follow, a number of the publications in Section 2B, "General Aspects of Herbs," are good sources for information on the practical aspects of herb gardens and gardening, including herb garden design and landscaping. This section, and also Sections 2B and 2H, "Home Gardening with Focus on Herbs," include several publications that deal with organic or "natural" herb gardening. Books on herb gardening in particular regions of North America are listed in the section that immediately follows.

70.
NAL SB351.H5F43 1990


A basic guide to the decorative possibilities of herbs grown in containers, inside and out. Covers simpler projects, such as herbs in a window box or strawberry jar, and more challenging, including herbal standards, topiary, espalier, and bonsai. For each topic there are step-by-step directions, a listing of materials needed, and suggested plants and varieties. Includes chapters on the principles and details of herb cultivation and care, and propagation by seeds or cuttings. Supplemented with a classified list of plants mentioned and list of suppliers. Especially useful for (but not limited to) those with small garden spaces. Text in large type with full-page illustrations and diagrams. (261,276,293)

71.
NAL SB351.H5D43 1994


Clear instructions on growing herb plants from an experienced commercial grower. Topics include growing herbs from seed (germination aspects, transplanting, and which herbs are best from seed) plus vegetative propagation (stem cuttings, layering, division the best methods and materials). Includes many color photos and useful diagrams. Much useful data on germination and growing characteristics is incorporated into charts at the book's end. Contains an index and bibliography. A good reference for the experienced home or commercial grower, as well as beginners. (261,269,271,275,276,288,293)

72.
ARB SB351.H5S92
NAL SB351.H5S92


Features more than 50 plans for simple, formal, historical, and specialty gardens, with advice for design and step-by-step creation and discussion of how to modify plans when necessary. With detailed diagrams, the book is useful for the novice as well as the more ambitious and experienced gardener. Little emphasis is given to growing specific herbs or their uses. Includes a bibliography, index to common and botanical names, and glossary of horticultural terms. (261,293)
2F. Herb Gardening, Regional Aspects

This section features books on herb gardening in particular regions within the U.S and Canada. A number of the books in Section 2E also provide gardening information that is more applicable to particular climates and growing conditions.

78. NAL SB351.H5P737 1994
A compact book that focuses on the special growing conditions of the region west of the Cascade Range, from British Columbia to northern California, for gardeners who wish to create a low-maintenance herb garden or to integrate cooking herbs into existing gardens. Covers two dozen specific herbs chosen mainly for their culinary appeal, with garden designs and tips on usage. Emphasizes "natural" methods for pest control and soil-building. With color photos, and supplemented with listings of herb farms and gardens in the region, commercial plant sources, and index. From Cascadia Gardening Series. Contact the publisher for availability (Sasquatch Books, 1008 Western Ave., Suite 300, Seattle, WA 98104, telephone 206-467-4300).

79. NAL SB351.H5L55
An informative guide to herb culture and usage, especially suited to gardeners in the northern U.S. and Canada. Discusses kitchen herbs and herbs for shade, gardening for fragrance and color, and enhanced with garden plans and descriptions of dozens of species. With numerous color photos and illustrations, plus an index and list of suppliers in the U.S., Canada, and England. This popular book has been reprinted several times since first published in 1986. Currently in print.

80.
NAL SB351.H5M358 1992
An introduction to general growing requirements suited to the region, growing herbs indoors, propagation methods, and harvesting herbs, with suggestions for using herbs in various ways for fragrance, cooking, and health. Includes brief descriptions of some 90 herbs, arranged by common name, including remarks on specific culture and uses. Contains several charts with reference information and vernacular names in several languages, and an index, plus numerous illustrations, including black-and-white photos and drawings and color plates. Currently in print.

81.
NAL SB351.H5S26
For novices, a brief survey of herbs suited to Canada and the northern U.S. For some two dozen herbs there are details on varieties available and garden characteristics, plus an historical overview, general cultivation notes, and advice on using herbs in the kitchen. With a brief bibliography, plus black-and-white drawings. Contact the publisher concerning availability (Lone Pine Publishing, #206, 10426-81 Ave., Edmonton, Alberta, Canada T6E 1X5).

2G. Herb Gardens to Visit in the U.S. and Canada

82.
NAL SB351.H5A45
This guide from the American Herb Association (AHA) contains brief listings for over 300 public and private herb gardens in the U.S. (Contact AHA, listed in Section 10, for availability.)

83.
NAL SB351.H5M57 1991
Offers detailed descriptions of the major herb gardens in the U.S., plus more condensed accounts of "all known herb gardens open to the public." For each group, entries are arranged by state, with background on history, special attractions, and very detailed contact and access information, including locations keyed to state maps. Information has been gathered from personal visits and mailed surveys. (276)

84.
NAL SB351.H5T7 1988
This guide from the Herb Society of America (HSA) lists public and herb private gardens by U.S. state or Canadian province. Alphabetical entries are briefly annotated and keyed to state or province locations. (Currently being revised; contact the Society (see Section 9) for availability.)

2H. Home Gardening with Focus on Herbs

85.
NAL SB422.P69 1995
A useful reference guide with key information for growing flowering plants from seed and for further garden care. The body of the book contains alphabetical entries (by genus name *Abronia* to *Zinnia*) for 517 plants, with details on plant type, seed germination needs, transplanting, plant care, and propagation, with a brief plant description; there is a line drawing for approximately half of the total number. The text includes a useful introduction to seed starting, covering the equipment needed, propagation methods, and general gardening care, and is supplemented with a USDA hardiness zone map for North America, lengthy directory of plant sources, glossary, index to common and botanical plant names, and general index. A large portion of the plants covered are "herbs" in the broad sense, although
these plants are not grouped together and not always identified as such in the descriptions. Hence, the reader must find plant-specific information by knowing particular plant names, a hindrance to the beginning herb gardener. (273,278)

86. ARB SB343.A75
NAL SB343.A75
A reference guide to more than 2700 herbaceous perennials, many of them "useful herbs," that is especially valuable for gleaning information on particular cultivars and varieties. The entries, which are arranged by botanical name, are very detailed and often include quick reference tables and keys to differentiate closely related species. With literature references for the specific plants or plant groups considered, and books for general reading, plus a glossary of horticultural terms and plant name indexes. Supplemented with color plates and line drawings. (269,271,279)

87. NAL SB324.3 D46
Covers organic methods for growing herbs, vegetables, fruits and nuts. Includes discussion of garden stewardship and organic strategies for maintenance, and pest and disease control. Several dozen herbs are treated individually and in reference format, with details on growth requirements and harvesting and including varietal availability and recommendations, and whether they are open-pollinated. Supplemented with resource information on suppliers of plants, seeds, and equipment, and state gardening associations, plus a bibliography and index. Revised from the author's Gardening at A Glance: The Organic Gardener's Handbook on Vegetables, Fruits, Nuts, & Herbs (Franklin, WV: Wooden Angel Publishing, 1991), NAL call no. SB324.3.D46. (278)

88. ARB SB117.R46
NAL SB117.R46
A useful reference for the herb gardener (and even more so the gardener with interests extending beyond herbs). Specific advice on individual herbs is provided in both of the book's two main sections, the first covering "ornamentals," which include a number of herbs of various types, and the second on "edibles," this part including vegetables, fruits, and some three dozen culinary herbs. For each plant there are notes on specific germination requirements and culture, with brief notes on garden habit, native distribution, uses, and harvest. Plants for beginners are marked "easy." Each is pictured in color at its seedling stage, and also as a mature plant. There are general instructions and materials needed for sowing, germinating, and transplanting. Supplemented with plant reference lists, plant name indexes, plus a glossary and pronunciation guide for Latin names. Although some aspects are dated (such as the U.S. and Canadian hardiness zone map), and the color photos appear washed-out by today's standards, the text is still practical and timely. Currently out of print. (A book from the same publisher that covers herbs exclusively is Park's Success with Herbs, Section 2B.)

89. NAL SB351.T37 1987
A useful manual from Taylor's Guides to Gardening Series, based upon the fourth edition (1961) of Taylor's Encyclopedia of Gardening. Several dozen herbs, mostly culinary, are described; color photographs with brief cultural notes for each are linked to descriptive sections offering specific advice on growing and harvesting. The latter section includes a line drawing of each herb or vegetable. Includes cultivar and varietal information and numerous charts detailing garden attributes, cultivation needs, and herbal uses. Supplemented with notes on dealing with particular pests and diseases, plus a glossary of gardening terms, guide to plant suppliers, and index. This book was reissued in 1995 by the publisher (with sole focus on herbs and with greater coverage of herb cookery, landscaping, and herbs for health) as Taylor's Guide to Herbs, edited by Rita Buchanan, NAL call no. IPM951206650. (Both available from 271)

Go to: Author Index | Book Title Index | Top of Document | Contents

2I. Cooking with Herbs and Spices

This section includes recipe books and others centering on the practical aspects of cooking with culinary herbs and spices, or on related topics. Some are supplemented with information on cultivating the respective culinary herb and spice plants, but generally the more intensely gardening-oriented books are grouped in prior sections. A few books in this section are reference-type publications offering information on the health, nutritional, or technological aspects of herbs and spices used to flavor foods and beverages. See also Section 2K, "Medicinal Herbs and Health," for additional books on herbs as food additives. Some older publications, included for their practical as well as historical interest, may refer to cooking ingredients that are no longer considered safe in foods, so consult up-to-date sources for reliable information.

90. NAL TX819.H4B4
A collection of more than 200 recipes using common herbs from the kitchen garden, also featuring herb cultivation, harvest, and processing. The appendix lists mail-order herb sources and includes an index and brief bibliography. With color plates and black-and-white illustrations. Currently out of print. (A newer book on the same topic from these authors is Herbs in the Kitchen: A Celebration of Flavor (Loveland, CO: Interweave Press, 1992). (275))

91. NAL TX819.H4R6
Offers several hundred recipes using flavorful herbs in place of sugar, salt, and fatty ingredients. Includes background information on 40 culinary herbs, plus discussion of health benefits of herbs and guidelines for growing and preserving herbs. Supplemented with an index, bibliography, and a handful of black-and-white drawings and color plates. Currently out of print.

92. ARB SB351.H5G75 1971
NAL SB351.H5G75 1971
A concise, practical guide to herbal cookery by a well-known English herbarist, first published in the U.S. in 1934. Part 1 describes 33 sweet or culinary herbs, from angelica to walnut, and offers general instruction on cultivation and propagation. Part 2 consists of 63 recipes for making herbal wines, beers, liquors and teas, and Part 3 considers some of the more common condiments (mustard, peppers, oils) used traditionally in English cooking. Includes an index. The 1933 first London edition from W. Heinemann, London, has NAL call number 91.47 G87C. (The Dover edition is an unabridged reprint from the 1934 edition from Harcourt, Brace and Company.) (272,287)

93. NAL TX406.S57 1994
A comprehensive and detailed listing of hundreds of herbs, spices, and other substances added to foods for flavor, color, or other purposes. Entries are arranged in A-Z format by common name; summaries range from a few lines to several paragraphs, and include botanical names and additional common names, with extensive cross-referencing. Descriptions include notes on historical uses, medicinal and other properties, toxic qualities, and whether substances are "generally recognized as safe" (or GRAS) by the U.S. Food and Drug Administration (FDA). Includes substances mentioned in old cookbooks that, for health reasons, should not be used in foods. Supplemented with a listing of flavorings associated with plant family names, and also botanical genera, plus a bibliography of sources consulted. A useful reference, especially for finding information on lesser-known flavorings, identifying ingredients in spice mixtures, and tracking down materials when only common names are known. Currently in print.

94. NAL TX406.E54 1992
Designed with the cook in mind, offering comprehensive coverage of the world of flavorings, encompassing herbs, spices, vegetable and fruit flavorings, edible flowers and leaves, sauces and condiments, and more. Provides detailed culinary information on an extensive array of flavor enhancers, with advice on usage and selected recipes. Includes description of seasonings used in a number of specific cuisines, from the Middle East to the South Pacific. Numerous color photos are a valuable supplement to this handsome and informative volume. Includes an index. (276)

95. NAL TX819.H4G56
Emphasizes simple, time-saving recipes using herbs, spices, and flavor extracts for preparing healthful and flavorful foods. Recipes are organized by food category and include herb spreads and appetizers, salads, pasta, seafood, poultry, meats, pasta, vegetables, breads, and desserts. The text, without illustrations, is supplemented with an index. Currently in print.

96. ARB TX819.H4 L49 1986
First published in 1937 with the more apt (but now somewhat dated) title, Herbal Delights: Tisanes, Syrups, Confections, Electuaries, Robs, Juleps, Vinegars, and Conserves. According to the author's prefatory note, this volume covers herbs "pleasant to the taste and that are used either for culinary purposes or for brewing, distilling, flavouring or for making tisanes." Herbs noted for "more definitely medicinal properties" are not considered. The herbs are grouped by their predominant use in the author's day (as pot herbs, spices, perfumes, cordials), with notes on history, lore and associated symbolism, where cultivated, and recipes based on traditional English usage. Each description includes several names in English vernacular, French, Italian, German, and botanical Latin a unique feature. Of historical as well as practical interest. With full-page line drawings of 30 herb plants, plus an index. This edition is a reprint of the 1938 edition from Houghton Mifflin, Boston. NAL owns the first limited edition (London: Faber and Faber, 1937), NAL call no. 452.8 L59, and
97. NAL TX819.V5084 1994
A definitive guide to cooking with vinegar and other household uses. Topics include vinegar's ancient origins and distinctions among present-day vinegar products, with step-by-step directions for creating herb-, floral-, and fruit-flavored vinegars, and dozens of suggestions for an array of practical uses, including health aids and cosmetics. Growing the "best vinegar herbs" is covered in a few pages only. More than 100 pages are devoted to recipes containing vinegar as an ingredient, including sauces and pickles, as well as main dishes, appetizers, desserts, and other foods. Includes sources for supplies and herb plants and seeds, plus a reading list and index. With black- and white drawings. (261,273,276,293)

98. NAL TX819.H4H4 F&N B-2727
The culinary aspects of herbs and spices are the topic of this informative book. Approximately 100 plants are described, with geographical distributions, historical aspects, and botanical and garden traits. For the temperate zone herbs, there is advice for cultivation, propagation, harvest, and storage. Supplemented with useful reference sections that outline garden and usage characteristics, and specific recipes for cooking with herbs and spices. Includes a guide to seasonings used around the world. With an index and glossary of botanical terms, plus black-and-white photos. Currently out of print.

99. NAL SB351.H5D8
This slim volume, packed with information on using herbs from the home garden to make flavorful liqueurs, portrays fifty herbal ingredients that the author has found to be "most promising." For each herb there is information on cultivation, common and esoteric uses, and folklore, including folk medicinal usage, plus remarks on herbal safety and chemical constituents. With line drawings for each plant covered, plus an index to folk medicinal properties and uses, and bibliographic references. The reader is treated also to Dr. Duke's herbal light verse. Currently in print.

100. NAL TX819.H4M83
Contains hundreds of recipes featuring 40 herbs from anise to thyme from the kitchen garden, plus suggestions for cooking with 22 more herbs. Includes some of the lesser-known cooking herbs and some unusual recipes, and offers general advice for growing and preparing herbs for culinary use. With a bibliography and indexes, plus black-and-white drawings. (295)

101. NAL SB324.3.H57 1992
Reviews the vegetables, herbs, and edible flowers used at Moosewood Restaurant in Ithaca, New York, which emphasizes fresh, locally-grown, and organically-grown produce. Offers information on growing and harvesting requirements, ornamental aspects, and culinary tips for a number of the more common herbs and edible flowers, and explores garden design. Includes 65 pages of recipes featuring specific herbs and vegetables. Supplemented with an index, bibliography, and mail-order source list. Currently in print.

102. NAL TX819.H4O88 1993
A handsome publication offering a selection of specific recipes using herbs to enhance a variety of foods; arrangement is by food category. Includes general advice on herb cultivation and usage, with brief descriptions of the utilities of 51 culinary herbs. Augmented with resource information for obtaining herbs and other supplies, plus a bibliography and index. Illustrated with color photos and line drawings. Currently in print.

103. NAL TX406.F37 1990
Intended as a text book as well as technical reference source on the uses of herbs and spices in food technology. Part I consists of an overview of the history of spices. Part II provides detailed information on 58 important spices (including many popularly considered "herbs"), with names, sources, physical and sensory characteristics, ingredients, household and commercial uses, and more. Includes a photo of each spice and drawing of each spice plant. Part III covers the characteristics and uses of spice extractives and soluble spices. Part IV deals with condiments and sauces, and Part V with seasonings. (Each of these categories of food additives or flavorings is defined from the food technologist's viewpoint.) Includes a wealth of data on these topics, with useful charts and synopses, and an extensive bibliography. The first edition (Westport, CT: AVI Publishing, 1985) has NAL call no. TX406.F37. Currently in print.
2J. Fragrant and Dye Plants and Gardens, Including Herb Crafting Fragrant Plants and Gardens

104. NAL SB454.3.F7W55 1990


An influential work on the scented garden by a highly-regarded American garden writer, first published in 1932, and according to Allen Lacy, "a fine blend of the personal and the scholarly." In Part 1 the author outlines the fragrant year, with chapters on fragrant annuals, hardy shrubs, and climbers, and on flowers for night-scented gardens, rock gardens, attracting bees, and more (including "plants of evil odor"). Chapter 12 in this section covers aromatic herbs the "nose-herbs." In Part 2 she considers wild scents, aromatic grasses, ferns, mushrooms, and miscellaneous others; in all, more than 1000 plants are depicted. The text is supplemented with a bibliography and index. Macmillan's 1932 edition, titled The Fragrant Path: A Book About Sweet Scented Flowers and Leaves, has NAL call no. 97.2 W64F. The 1974 reprint from Dover Publications, reissued as The Fragrant Garden, has ARB call no. SB454.W63 1974. (271,272,287,290,295)

105. NAL 450 P694 v.45 no.3


Consists of two dozen articles by noted herbal experts on various topics relating to aromatic garden plants and their uses. Topics include the biology of scent, a discussion of plant types, landscaping considerations, preserving plant fragrance, recommended books, and more. Contains color photos and black-and-white illustrations. (270,271,295)

106. ARB SB405.C6 1970


Provides an account of the history and role of fragrance and fragrant plants for the human species, including the use of scented plant materials in religion and therapy, and with a chapter on "invisible gardens" designed for visually impaired persons. One-half of the book consists of description of a vast array of scented flora for garden and home use, including trees, shrubs, vines, perennials, annuals, "heady herbs," bulbs, and more. This portion includes plants for the greenhouse, the evening gardening, and the malodorous garden. With black-and-white photographs, plus an index and bibliography of older works. This book was first published as Fragrance and Fragrant Plants for House and Garden (Grandview, MI: Diversity Books, 1967), NAL call no. SB405.C6 and ARB call no. SB405.C728. Not currently in print.

107. ARB SB351.H5B75 1978


A classic work on fragrant plants, first published privately in Great Britain in 1957, then revised and enlarged commercially in 1963. The book offers descriptions of more than 300 plants, including trees, shrubs, and herbaceous flora, in alphabetic sequence by common name, with notes on their garden attributes, uses, distribution, and culture. Includes chapters on herb garden design, the quest for fragrant plants, and the history, culture, and uses of scented herbs. Contains also a reference section with flowering times for northern hemisphere plants, and lists of aromatic shrubs and North American herbs. Both charming and informative, with the author's poems and her color illustrations of mature plants (32 plates). With indexes to common and botanical names. The second edition (New York: McGraw-Hill, 1963) has NAL call no. 97.21 B82. Not currently in print.

108. NAL TT899.4.D84


A practical, idea-filled guide for preserving the essences of fragrant herbs and flowers. Contains directions for making potpourri, sachets, moth deterrents, scented candles, and other useful and decorative items, with descriptions of various potpourri ingredients and more than three dozen specific recipes and general guidelines. Useful garden plants as natural sources for aromatic materials are noted, although otherwise there is little emphasis on the garden aspects of scented plants. Includes an index and list of craft suppliers in the U.S., Canada, and the U.K. Supplemented with color photos. (295)

110. ARB SB301.G46

An interesting account of scented plants, with encyclopedic coverage. Part 1 covers the history of fragrant flora and classification of scents, and the extraction of scented principles. Part 2, the body of the book, is an alphabetical guide to hundreds of types of plants and their parts (including trees and shrubs, flowers, herbs, and bulbs), each entry arranged by plant genus name. Contains black-and-white photos, plus a bibliography and index. Not currently in print.

111.

ARL SB454.3.F7V47 1981
NAL SB454.3.F7V47

A handsome and informative portrayal of the scented garden, from a well-known English garden writer. Plants featured include roses, flowering annuals, biennials, and perennials, bulb-forming and similar plant types, herbs, shrubs, trees and climbers, and "fragrant exotica" suited to greenhouse conditions. Special topics include bee and butterfly plants, container gardening, herb garden designs, and "herbal receipts and conceits," the latter consisting of protocols for preserving and using herbs in the home. An appendix offers lengthy lists of plants with special features (such as scented leaves or flowers) or for particular seasons or purposes. Includes a plant source list for the U.S. and U.K., with a bibliography citing a number of older publications on fragrant plants, and an index. With full-page color illustrations and black-and-white photos. Reissued in 1989 from Random House, New York, as The Scented Garden: Choosing, Growing and Using the Plants That Bring Fragrance to Your Life, Home and Table. Currently in print.

112.

NAL SB454.3.F7S68

The plants considered in this book are grouped according to their uses in particular situations, and unlike other publications described in this section are classified also by scent type (such as sweet, fruity, mint, honey, resin). Topics include plants for daytime or nighttime scent, for pathways, rock and water gardens, herb gardens, flower borders, indoor gardens, and more. Supplemented with useful charts for each section, and includes a chapter with ideas for using fragrant plants inside the home. With a source list for plants and seeds, plus index, and numerous color photos throughout. (277)

113.

NAL TT899.4.O47 1986

The author shares her knowledge of and delight in growing and using fragrant plants, with primary emphasis on how to use them once they're in hand. Topics covered include making potpourris, wreaths, pomanders, scented waters, and other items, and decorating with herbal and floral materials. The basics of growing, gathering, and drying garden herbs are covered in a single chapter. Includes a lengthy bibliography on herbs and fragrant plants, and also gardening in general, with lists of gardens in the U.S. and Britain, plus an index and listing of mail-order suppliers. Supplemented with numerous color photos. Author Ohrbach is owner of Cherchez, a New York firm that sells dried flowers and herbal essences. Currently in print.

Dye Plants and Gardens

114.

NAL TT854.3.M38 1993

For beginners and also those more experienced, this book is intended to serve as a guide to experimentation with natural plant dyes, rather than one offering specific recipes. It covers the materials and principles of dyeing fibers, and particular dyes and where to get them, including those that can be gathered wild, garden-grown, or purchased from a grocery store or by mail. Included are directions for a dozen craft projects, with mail-order suppliers and a bibliography. Contains black-and-white drawings and diagrams, and color plates, plus an index. Step-by-step instructions make this a more practical book for getting started with natural dyes than is Buchanan's text (no. 116 below), which offers broader historical and botanical narrative on traditional dye and textile plants. (261,293)

115.

NAL 450 P694 v.46, no.2

Consists of 30 articles by experts on various aspects of natural dyeing and dye plants. Topics range from dyeing traditions around the world, to historical aspects, growing your own indigo, dyeing with wild plants, weeds, flowers, and mushrooms, safety aspects of dyeing, and more. Includes a bibliography and source list for dye supplies and dye plants. With color photos. (270)

116.

NAL TT848.B76

The plants traditionally associated with weaving and textiles are the subject of this book, intended for the gardener, artisan, or historian. The text covers plant-derived fibers, dyes, soaps, fragrances (for scenting or preserving fabrics), and tools. Each topic is discussed in terms of the botany, chemistry, and history of each product group, with clear presentation of technical aspects, plus guidelines for use.
2K. Medicinal Herbs and Health

"This section consists of books selected to provide an introduction to the enormous and growing literature on medicinal plants, herbal medicine, ethnobotany, and related topics. Several books listed in Section 2B, "General Aspects of Herbs," also cover the subject of medicinal herbs (see Magic and Medicine of Plants, for instance). Additional publications mentioned in other sections, particularly in Section 3, "Resource Guides," and in Section 6, "Bibliographies," are guides to locating and assessing the published literature on the scientific, medical, and technical aspects of medicinal plants and therapeutic herb usage.

117. NAL TX553.A3B68 1984
A compilation of the plant-derived products appearing on the U.S. Food and Drug Administration's (FDA) "Generally Recognized as Safe" (or GRAS) listing of food additives, including natural flavorings, spices, and seasonings (each of these defined from FDA's viewpoint). The listing is useful but also limited, as noted by the publisher, since "unsafe" herbs are not listed, and neither are many plant products used as herbs but classed by the FDA as foods; thus "many herbal products fall into a 'grey area' of regulation," and "omission from the list does not imply that they are not safe." Botanicals are listed by common name, with botanical name(s) and notations on the food additive category for each, and any restrictions. (267)

118. NAL TX406.R5
Based on the latest scientific data, herbs and other food seasonings are treated as "individual health products" with nutritional and medicinal effects, similar to vitamin supplements or to prescription and over-the-counter drugs. Entries for several hundred flavorings are arranged alphabetically by common name in reference format. Each contains data on 1) the plant source (in outline form with names, part used, native habitat, medicinal properties, other uses); 2) use as food flavoring (how grown and manufactured, flavoring constituents, nutritional profile); 3) how the seasoning affects the body, with summary of medical benefits and adverse effects (including drugs and medical tests affected); and 4) brief, practical suggestions for cooking as well as other household uses. Also notes two dozen herbs once used in food and medicine, but no longer considered safe. This is a useful reference that collects health-related information that is often dispersed. Includes references, plus a generally-useful index (although an index to botanical names is lacking). Reissued in 1991 by Holt, Henry & Company, New York, and currently in print.

119. NAL QK99.K68
One of the first books to recount the mid-century revival of interest in the industrial West in botanical drugs and medicinal plants. The author tells of plant-hunting expeditions to Mexico and the Amazon rainforest, producing a highly readable account with both popular and scientific appeal. Appended with a lengthy narrative guiding the reader to the then-current and historical literature of ethnobotany and botanical medicine, plus an index. Supplemented with black-and-white photos. Currently in print.

120. NAL RS164.V34
An illuminating account of the historical development of western herbal medicine, highlighting the people and events that have influenced modern plant-based pharmacology and medicine. The time span begins with prehistoric plant drug use, and coverage includes ancient Chinese contributions to herbal medicine, Greek and Roman developments, medieval practices, and "heroic medicine" typifying 18th and 19th Century American practices. Most of the book focuses on 19th and 20th Century developments, recounting the rise and fall of herbal therapy movements both within and outside the mainstream medical profession. Includes an overview of the status of herbal medicine in the U.S. and Europe, including regulatory aspects, through the late 1970s. With an extensive bibliography, author's notes, and index. Well-researched and suited to various reader's interests. Reissued without revision as Green Pharmacy: The History & Evolution of Western Herbal Medicine (VT: Healing Arts Press, 1991). (Note: The author is identified in some sources as Barbara Griggs or Barbara Vanderzee.) Currently in print.

121.
ARB QK99.A1D83
NAL QK99.A1D83
An informative reference work on plants with medicinal or folk medicinal uses, containing data gathered from the scientific literature by the author, a noted authority on herbs and medicinal plants. The text considers, in the author's words, "borderline" herb species (365 in all) that have been in wide use or championed by the herbal industry and also questioned by regulatory agencies, i.e., "those that have been batted about in public view." Includes detailed chemistries and medicinal properties and uses for each, with line drawings of most species. Supplemented with detailed charts documenting toxicity data and phytochemical constituents, plus an index and extensive bibliography. Also know as CRC Handbook of Medicinal Herbs. Currently in print.

122.
ARB RM666.H33 T93 1994
NAL RM666.H33T93 1994
Offers current, science-based information on the pharmacology and therapeutics, as well as safety and efficacy, of "beneficial crude drugs of plant origin (herbs) and their common preparations (phytomedicinals)." Dr. Tyler, a prominent pharmacognosist, analyses more than 100 herbal preparations with respect to their pharmacological effects on 10 body systems. The text also addresses basic principles of herbal medicine and current issues relating to herbal product regulation in the U.S. An important reference work for health care professionals and others with scientific or medical interest. Contains indexes with common and botanical names, with extensive reference notes included in each chapter. (267,295)

123.
NAL RM666.H33T94 1993
In classic herbal format, this text, from a widely respected professional pharmacognosist, considers the properties of 100 commonly-used herbs, and the pros and cons of their medicinal usage. Monographs on individual herbs, from alfalfa to yucca, include a non-technical discussion of chemical and pharmacological properties, and the author's evaluation of probable utility and safety. Includes references from scientific studies, as well as the uncritical advocacy literature, to provide context. Addresses laws and regulations and safety issues concerning herbal therapy and self-treatment, with summary charts and comprehensive indexing. Presents sound information for general readers, and may serve also as a useful reference for health professionals. First issued in 1981 and revised in 1987, the latter edition as The New Honest Herbal, with NAL call no. RM666.H33T9 1987. (267,295)

124.
NAL R733.R42 1992
"An analysis of more than 1000 reports on unproven, disproven, controversial, fraudulent, quack, and/or otherwise questionable approaches to solving health problems," this publication is intended to provide information to help general readers to "evaluate healthcare approaches that are not based on established scientific knowledge." Following an overview (Part I), for each therapy or healing system considered (in Parts II and III), commentary from the authors is followed by a listing of readings derived from medical and scientific journals, consumer magazines, and other sources intended for various audiences. Topics especially pertinent include sections on herbs (p. 74-80), homeopathy (p. 85-93), and aromatherapy (p. 279-281) and also the sections on folk (traditional) medicine, unproven AIDS remedies, and questionable cancer treatments. Appendices list, in turn, organizations and publications that are either skeptical of, or promote "alternative" methods. Currently in print.

Go to: Author Index | Book Title Index | Top of Document | Contents

2L. Marketing Herbs

125.
NAL SB318.W34 1989
A practical idea book for getting started in small-scale production of high value crops, including herbs (culinary, fragrant, and medicinal), flowers, nuts and small fruits, vegetables, nursery plants, and specialty crops. The text addresses greenhouse production and hydroponics, and also how and where to market, with general considerations relating to specific types of plants. Supplemented with an index and resource list of helpful organizations, and how to find out more about specific crops. The book is somewhat dated with respect to source information, but is otherwise useful. A revised version was issued by the same publisher in 1994. (273)

126.
NAL SB351.H5J29
An informative and popular guide to growing herbs, with advice on starting an herb business in one's backyard, from an experienced Canadian herb grower and businesswoman. Includes description of several dozen herbs, plus basic horticultural methods, how to harvest and process, and considerations for commercial growing (including materials, marketing, and product ideas). With suggestions for further reading and resource information, plus an index. ( Portions of this book were published in 1976 as Profitable Herb-Growing at Home, NAL call no. SB351.H5J32.) (273,276,278,293)
The author shares her experiences in establishing The Rosemary House, a Pennsylvania herb and spice shop in business for the past 25 years. Topics include how to start, build, and market one's business, with consideration of a broad range of herbal products. Also portrays the experiences of dozens of other herb business owners. Text is supplemented with line drawings, and includes suggested readings and resource information. This is an interesting, idea-filled narrative from an experienced herb businesswoman. (See also Section 11, for mail-order information on The Rosemary House.)


127.


A useful guide to the business possibilities of herbs and herbal products. Drawing from the author's own experience and that of other successful ventures, it covers herb farms, various herb products, wildcrafting, teaching about herbs, and other options. For each topic, there are lists of publications and additional resource information for getting started and learning more. Includes an index. In this update, the author has expanded significantly upon her 1988 book from the same publisher, *Profits from Your Backyard Herb Garden*, with NAL call no. SB351.H5S78. (268,271,273,276,278,293)

128.


An idea book for tapping into the growing market for herbs, specialty produce, and herb products and craft items. Covers how to grow (the basics) and how and where to market, with numerous creative suggestions. Each topic is supplemented with a lengthy bibliography for further reading, plus useful resource information. Includes an index. (273,278)

129.


A common-sense guide for the small farmer interested in herbs as an alternative crop venture. Includes basics on growing, processing, and marketing herbs, plus useful information on specific herbs. Includes a section on resources which is generally useful, although some of the specific listings are outdated, plus an index. Reprinted from original 1985 edition (Kansas City, MO: Acres U.S.A.) with NAL call no. SB351.H5M5. (273,278,293)

130.

3. **Resource Guides**

The following publications are sourcebooks or similar guides for locating herb plants and seeds, herbal products, publications on herbs, resource and membership organizations, and other herb-related products or services. This section includes several publications available in computer-readable format, or via the Internet.

131.


A selected listing of over 47,000 garden plants commercially available from mail-order suppliers in North America, with over 400 sources represented. Coverage of flowers, vegetables, trees, and shrubs encompasses many plants popularly, or less commonly, known as "herbs." Information in this edition (first published in 1987 and revised in 1989) is derived from 1990-1992 catalogs. Plants are listed by scientific name and cross-referenced by common name. An excellent source for locating hard-to-find herb plants and seeds. The new 4th edition with 59,000 plant and seed entries was released in 1996. Available from the publisher (Andersen Horticultural Library, Minnesota Landscape Arboretum, P.O. Box 39, Chanhassen, MN 55317-0039).

132.


An authoritative horticultural reference work presenting the diversity of food plants available to home gardeners, professional horticulturists, and others. Offers botanical listings of over 3000 species of plants, including herbs, heirloom vegetables, fruit trees, and wild edibles, with selected cultivar listings for popular food plants. Entries are fully annotated and cross-referenced, with literature references. Includes a listing of 1300 plant sources in the U.S. and abroad; in addition to commercial seed and plant suppliers, these include non-commercial sources and suppliers of a number of preserved plant food products. Supplemented with indexes and an
133. NAL RS164.D57 1994
An annotated listing of herbally-oriented educational opportunities in the U.S. and Canada. Entries include various programs offering on-site or correspondence courses, workshops, and apprenticeships. While medical herbalism is emphasized, instructional programs in herb crafting, wild edibles, herbal botany, and herb production are included also. Descriptions provide contact information, and in some cases, fee information. The guide is supplemented with a listing of graduate and undergraduate programs in ethnomedicine. Includes an index to programs and subjects. (For availability, contact Intra-American Specialties, 3014 N 400 West, West Lafayette, IN 47906-5231.)

From the publisher of the periodical index, Garden Literature (described in Section 8), this annotated listing available on the Internet is depicted as "a compilation of sources for the serious gardener." Citations include “essential directories,” other sourcebooks and plant finders, mail-order book sellers, book and periodical indexes, and other information for gardeners, a good deal of which herb enthusiasts may find useful. The listings duplicate some of the publications and sources mentioned in this publication, but include some additional sources as well.

135. NAL SB450.943.U6B37 1994
"Everything for the garden and gardener" this annotated directory of mail-order resources for North American gardeners includes seed companies and nurseries, garden suppliers, books and other publications, horticultural organizations, and libraries. The material is well-organized, with much to interest herb gardeners. Includes indexes to plant and seed sources (by name and location), products and services, societies, and periodicals. (271)

136. NAL SB351.H5M353 1992
An invaluable guide to thousands of mail-order sources for all things herbal. Offers annotated descriptions of sources for plants and seeds, supplies for cooking, crafts, and health, publications, educational opportunities, public herb gardens, and more, plus a calendar of herb festivals and other events. Focus is on the U.S., with a more limited selection of Canadian and British sources. Indexes to the herbal businesses and public gardens mentioned in the text are included. (268, 271)

137. NAL SB351.H5H3714
A directory of herbal products and services, organized by the following topics: publishers and book dealers, associations, information services, educational programs, botanical gardens, garden suppliers, and more. Contains 4000 annotated listings, arranged alphabetically by business name, with emphasis mainly on the U.S., and secondarily on Canada and elsewhere. Includes indexes by geographic location, contact person, and product category. (This 4th annual directory is one of the services offered from the Herb Growing and Marketing Network see the organization's listing in Section 10 to inquire about availability.)

138. NAL RM666.H33I54 1994
A guide to current information on Western herbal medicine and herbal pharmacology by a well-known British herbalist. Consists of an overview of herbalism in the modern world, guidance in searching the scientific literature of orthodox medicine, and an extensive listing of sources and library resources concerning phytotherapeutic practice. Includes the "on-line herbalist" how to find information available electronically, plus a glossary of medical terms and information on plant names and Latin derivations. Approximately 60 pages of the book consist of copies of bibliographic citations from the medical database, MEDLINE, for a selection of well-known medicinal herbs. (267, 293)

139. NAL SB351.H5O4
Contains descriptive listings of herbal resources, covering commercial suppliers of plants, seeds, and herbal products, educational organizations, information and design services, and libraries. Entries (1165 in all) are grouped by state (or country) and indexed according to type of business and products or services offered, business name, and geographic location, and cross-referenced by state. Focus is on the U.S., with a few dozen entries from Canada and Australia, and fewer numbers from other locations. This publication, which has been updated every two years, began as a "Resource Guide" series in 1983 and acquired its current form in the 1990-91 edition. (The 1996 edition, also in database format on diskette, is available from the publisher see Section 11 for contact information.)
This directory of institutions, businesses, and individuals in the U.S. and Canada with significant collections of nursery and seed catalogs is a useful resource for herbally-oriented horticulturists, botanists, and agricultural historians. Entries are grouped by U.S. state or Canadian province, then listed alphabetically. Each entry (including the National Agricultural Library's preeminent collection) lists the collection location with dates of coverage, approximate numbers of catalogs in each collection, and other notes. Includes an index. Revised from the original 1985 edition. Currently in print.

4. Proceedings of the National Herb Growing and Marketing Conferences

Published proceedings from the yearly conferences have been available since 1986. Although presentation topics focus on the commercial herb industry, the Proceedings contain much information to interest the home gardener and "nonprofit" herbal enthusiast. Presentation topics over the years have addressed business and marketing aspects, as well as herb production and processing, new scientific findings, history, botanical medicine, decorative uses, and related subjects. NAL availability varies, as do titles and call numbers, as indicated.

Proceedings from the 1991-1995 conferences are available from one of the co-sponsors, the International Herb Growers and Marketers Association (known currently as the International Herb Association or IHA). Audio tapes for some presentations are available also. Refer to Section 10 of this publication for additional information on IHA. The 1986 and 1987 Proceedings are available from Purdue University, Office of Publications, South Campus Courts - D, Purdue University, West Lafayette, IN 47907, telephone 317-494-2040.
5. Videos

149. NAL Videocassette no. 600
From a classroom demonstration on growing herbs, this is an informally-produced video on growing herbs for home use or small-scale commercial production, emphasizing organic methods. Consists of unedited footage from a workshop held at the annual summer conference of the Natural Organic Farmers Association (a growers group still known as NOFA, but renamed the Northeast Organic Farmers Association), yet with useful information from an experienced grower. (For availability, contact NOFA, 411 Sheldon Rd., Barre, MA 01005-9252, telephone 508-355-2853.)

150. NAL Videocassette no. 170
How to Grow and Cook Fresh Herbs with Jeff Ball Indianapolis, IN: Kartes Video Communications, 1986. VHS, 60 min.
Straight talk on herb gardening from Jeff Ball, the prolific garden writer (on "60 minute" gardening, for instance) and video producer. Covers growing plants from seeds, and garden planting and care, and offers ideas and convenient ways to use fresh and preserved herbs in the kitchen year-round. From the series Yardening. Endorsed by the National Gardening Association, and sponsored by W. Atlee Burpee Company, Mantis Manufacturing Company, and Four Seasons Greenhouses.

151. NAL Videocassette no. 2134
For home gardeners, an informative, high-quality production from herb specialists at the Herbfarm, a commercial herb nursery in Washington state. The presentation is based on herb workshops held at the farm, and considers basic gardening methods and considerations for growing various popular herbs, including soil, sun, and moisture factors, and advice for using particular fresh and dried herbs in foods and beverages. Current and historic uses and garden aspects of "favorite herbs" are highlighted and attractively photographed. From the series Cultivating the Good Life. (Contact information for the Herbfarm is listed in Section 11.)

152. NAL Videocassette no. 1774
This video from Extension specialists demonstrates production methods for sweet basil, a potential alternative crop for small commercial growers. Topics include seeding, transplanting, irrigating, weed and pest control, and harvesting; marketing options and concerns are also addressed. From the Extension-produced Ways to Grow Series.

6. Bibliographies

General Aspects of Herbs

153. ARB Z6665.H47A5
NAL Z6665.H47A5
Lists 749 publications with descriptions and reviews. Part 1 covers general reference sources, including bibliographies and indexes,
handbooks, encyclopedias, periodicals, and more. Part 2 covers source materials from 17 different subject areas (including herb growing, herb cookery, medicinal plants, poisonous plants, "natural" foods, wild plants, and spices). Covers historical and scientific works, as well as popular books, focusing on the "best" books for the latter category. Appendices list organizations, with author, title, and subject indexes. Not currently in print.

154. NAL Z5996.A1D3
An annotated bibliography of 2300 books on gardening, selected to interest the “average” gardener rather than one with highly specialized interests. Includes classic works and the author’s “personal favorites,” but otherwise emphasizes titles from the last 15 years. Subjects include “the personal side of gardening” (Part I); practical aspects of gardening and particular garden plants (Parts II, III); regional gardening (Part IV); and miscellaneous topics (Part VI). Book lists include a one-line description for most, except when titles are self-explanatory. Subject cross-references are included. According to Allen Lacy, this guide is "an informed and intelligent survey of the world of books on gardening." Includes a group of herb books (including a number of titles not listed in this publication), and related titles grouped under topics such as fragrant gardens. With indexes to authors and subjects. (271)

155. ARB Z5996.H37 S56
NAL Z5996.H37 S56
A comprehensive bibliography covering "the major commercially significant herbs of the temperate zone," including more than 80 herb species. Consists of a narrative description of each herb and lists reference sources nearly 8000 citations in all. With subject and author indexes, plus an extensive listing of additional references, including books, conference reports, and other sources. Intended primarily for scientists or those with a commercial or technical interest in herbs. Not currently in print.

156. NAL Z5996.H37H64 1985
Covers identification, cultivation, and use of herbs. Selected citations, to put the reader "on target," are grouped under the following topics: general works, herbals and histories, cooking with herbs, herb gardens and gardening, herbal cosmetics, dyes and dyeing, and specialized publications, plus encyclopedias, dictionaries, field guides, bibliographies, abstracting and indexing services, journals, and representative journal articles. Includes appropriate Library of Congress subject headings. Updates TB 75-1.

157. NAL HD1667.I615
Lists "a few representative materials that cover a wide range of topics related to herbs and medicinal plants." Includes general reference sources, herbals, histories, biblical plants, and periodicals; 63 citations offer descriptions of both popular and scientific works. (See Section 4 for availability information from the publisher.)

158. NAL Z675.T3S342
Following a brief introduction to the literature, uses, and economic value of herbs, the authors identify some difficulties in identifying and accessing the herbal literature. Following are descriptions of selected books by subject, audience, or format (e.g., horticultural, phytochemical, and economic aspects; applications, floras, field guides, and popular books), plus important journals, conference proceedings, bibliographies and bibliographic databases, government publications, computer databases, and other information sources. Includes a chart depicting important events in herbal history and notable publications, covering 2700 BC to 1986. Intended to assist librarians in developing a scientific literature collection to support research on herbs, but may offer insights to others with herbal research interests.

159. NAL SB351.H5N3 1989
Addresses how to find relevant, quality information on herbs, with discussion of various forms of the literature available, and how to gain access to the broad scope of information on herbs. Focus is on the scientific, technical literature. (Consult Section 4 for availability information.)

_Herb Gardens and Gardening_

 Publications in this section are bibliographies in NAL’s _Quick Bibliography (QB)_ series, which are compilations prepared from searches through bibliographic databases, journals, books, and other information sources.
of the Library’s AGRICOLA database. Several NAL QBs (also with NAL call no. AZ5071.N3) are included among the bibliographies in the following two sections also. Contact the Library concerning the availability of specific QB titles in printed or electronic format. (See also Section 9 for more information on AGRICOLA.)

160. NAL aZ5071.N3

161. NAL aZ5071.N3

162. NAL aZ5071.N3

163. NAL aZ5071.N3

164. NAL aZ5071.N3

165. NAL aZ5071.N3

166. NAL a5071.N3

167. NAL a5071.N3

168. NAL aZ5071.N3

169. NAL aZ5071.N3

170. NAL SB293.M43

An especially thorough guide to the scientific and technical literature on medicinal plants, covering mainly research periodicals, indexing and abstracting services, book source information, databases, and sources for trade, statistical, and patent data. With international scope, and including sources in languages other than English. Lists 200 scientific and technical journals that report on medicinal plants, and the important abstracting and indexing publications. Currently in print.

171. NAL aZ5071.N3

172. NAL aZ5071.N3

Medicinal Herbs, Herbal Botany and Medicine

173. NAL aZ5071.N3

174. NAL aZ5071.N3

175. NAL Z5354.M42R63 1991
Intended to put the reader "on target" in locating information in the collections of the Library of Congress (LC) and to aid in further study. Includes brief introductory articles; LC subject headings; basic texts; specialized titles (including medicinal plant usage by native Americans); selected titles from the international literature; handbooks, encyclopedias, and dictionaries; conference proceedings; government publications; dissertation sources and selected dissertations; abstracting and indexing sources; online databases; selected journals; and representative journal articles. Also lists library and government information sources. Emphasizes publications since 1980, but covers some of the older literature as well. Updates TB 72-19 and TB 81-2.

176. NAL aQK98.4 A1M45 1993
A selective bibliography on native American agricultural practices and wild and domesticated plants used for food, and "herbs" used for medicine and other purposes. Includes a listing of germplasm and data sources, seed banks or exchanges, and commercial sources of native plants, plus author index.

Other Special Topics

177. NAL aZ5071.N3

178. NAL Z5351.P6
Lists and provides brief descriptions of 62 publications on dye plants and dyeing, including those dealing with the broader aspects, or specific dyes and plants. Most are North American works from the 1960s and 1970s, plus a few earlier publications; both books and magazine articles are included. The bibliography covers natural dyeing with both wild and cultivated plants, thus augmenting the selected books listed in Section 2J of this publication, which focus on garden plants as dye sources.

7. Current Periodicals

This section lists current periodicals concerned with either broad or more specialized herbal topics. Included are general gardening, and culinary and food magazines that provide regular coverage of herbs and herb usage. Subscription and contact information is included in each entry. Many of the periodicals listed can be found at public or horticultural libraries.

Additional herbally-oriented periodicals, including newsletters or magazines with a regional focus, and also scientific and professional journals or trade magazines covering medicinal plants, ethno-botany, and related topics, can be found by referring to the publications described in Section 3, "Resource Guides," and in Section 6, "Bibliographies."

The names of particular publications or services that offer subject indexing for each of the following periodicals are included with each description. This is a selective listing of indexes to the gardening, agricultural, and consumer-oriented health literature, as well as the more widely available indexing tools that cover broader subject areas. Indexes that emphasize the more research- oriented, or professional or technical literature, are not included. (To identify these indexes, refer to the publications in Section 3, "Resource Guides," and Section 6, "Bibliographies.") For more information on the indexes that are most useful to home gardeners and herb enthusiasts, see Section 8, "Indexing Sources."
Section 9

Note: The indexing information that is provided denotes current indexing status and does not reflect changes that may have occurred over time.

Go to: Author Index | Book Title Index | Top of Document | Contents

7A. Early American Plant Usage and Heirloom Gardens

179. The Historical Gardener
1910 North 35th Place, Mount Vernon, WA 98723-8981
telephone 360-424-3154
Kathleen McCllelland, publisher/editor
ISSN 1067-5973
quarterly, subscriptions U.S. $14/yr, Canada $14/yr, elsewhere $20/yr (all U.S. funds) indexed in Garden Literature
"Plants and garden practices of the past" are the subjects of this newsletter that reports on recreated gardens and ongoing research at historic sites in North America. Provides sources for historical plant material and archival information for historians, plus notices and reviews of useful publications on heirloom plants and gardens. Issues are typically 12 pages, with black-and-white illustrations and photographs. Since 1992.

180. Seed Savers Exchange
Seed Savers Exchange (SSE)
3076 North Winn Rd., Decorah, IA 52101
telephone/fax 319-382-5872
Kent Whealy, editor
three annual eds. (see below), subscription included with membership (U.S. $25/yr, Canada $30/yr) indexed in Garden Literature
SSE is a nonprofit network of individuals who work locally and internationally to save endangered crop varieties from extinction. Members receive three publications yearly. Seed Savers Yearbook is an annual listing of more than 10,000 unique seed varieties available for exchange (herbs are included, although most listings are vegetables and fruits). Seed Savers Exchange Summer Edition (issued July-August), and Winter Edition (October-November) consist of original articles, book excerpts and reviews, reports from the annual membership gathering, and related features. Content focuses on various aspects of the preservation of agricultural crop diversity (from seed-saving methods to politics and economics), and includes articles on ethnobotany and specific heirloom plants and varieties. The two latter publications each typically exceed 150 pages in length. SSE was founded in 1975 and its publications first issued in 1976.

Go to: Author Index | Book Title Index | Top of Document | Contents

7B. General Aspects of Herbs

181. Botanical & Herb Reviews
P.O. Box 1343, Fayetteville, AR 72702
telephone 501-521-5887, fax 501-521-6369
e-mail Echinacea1@AOL.COM
Steven Foster, editor
ISSN 1047-000X
quarterly, subscriptions U.S., Canada $10/yr; sample issue $3; elsewhere $15/yr (all U.S funds) indexed in Garden Literature
Contains reviews of books, periodicals, and computer tools for both popular and professional audiences, on herbs and herb gardening, medicinal plants, economic botany, ethnobotany, plant taxonomy, and related topics. On average, issues contain 16 reviews and are 4 pages in length.

182. The Herb Companion
NAL SB351.H5H47
Interweave Press
201 East Fourth St., Loveland, CO 80537-5655
telephone 970-669-7672 or 800-272-2193 (to subscribe)
Kathleen Halloran, editor
ISSN 1040-581X
bimonthly, subscriptions U.S. $24/yr, elsewhere $31/yr (U.S. funds only, surface delivery) indexed in Garden Literature
An informative periodical "in celebration of the useful plants," for the general reader as well as herb professional. Introduced in 1989, it covers herb gardening, crafts, history, and culinary topics. Feature articles are supplemented with book reviews, a recipe section, calendar of national events, and commercial ads. Issues are illustrated lavishly with color drawings and photos. Recent issues have contained the supplement "Herbs for Health," an educational service from the American Botanic Council and the Herb Research Foundation (see Section 10 for information on these organizations). Includes an annual subject index.

183. The Herb Quarterly
NAL SB351.H5H357
Long Mountain Press
223 San Anselmo Ave., Suite 7, San Anselmo, CA 94960
telephone 800-371-HERB (editorial 415-455-9540, fax 415-455-9541; advertising 510-548-1680, fax 510-548-3374)
e-mail HerbQuart@aol.com
Linda Sparrowe, editor-in-chief
ISSN 0163-9900
quarterly, subscriptions U.S. $24/yr, $45/2 yrs; elsewhere add $7/yr for surface postage (U.S. funds only)
indexed in Garden Literature

184. The Herbarist
NAL 80 H41
Herb Society of America (HSA)
9019 Kirtland Chardon Rd., Mentor, OH 44094
telephone 216-256-0514, fax 216-256-0541
e-mail herbsociet@aol.com
Janet M. Oberliesen, editor
ISSN 0740-5979
annual, subscription included with membership dues ($35/yr) indexed in AGRICOLA, Garden Literature
The Society's official publication seeks to "further knowledge and use of herbs," with articles on diverse herbal topics, emphasizing herb gardening, herbal history, and nonmedical usage. Articles are typically referenced. Also with book reviews, Society news and information, and commercial advertising. Supplemented with black-and-white photos and drawings. Since 1935. (For additional information on HSA, see Section 10.)

7C. Home Gardening with Focus on Herbs
185. American Horticulturist
NAL 80 N216
American Horticultural Society (AHS)
7931 East Boulevard Dr., Alexandria, VA 22308-1300
telephone 800-777-7931 (voice mail) or 703-768-5700
e-mail GardenAHS@aol.com
WWW site URL: http://email.com/ahs/ahs5.html (AHS membership and other information)
Kathleen Fisher, editor
ISSN 0096-4417
monthly, subscription included with membership
($45/yr) indexed in Biological and Agricultural Index, Garden Literature, Garden Literature (Sprout), Uncover
The official magazine from AHS, a nonprofit organization that "seeks to promote and recognize excellence in horticulture across America." Articles on diverse aspects of gardens and garden plants are supplemented with book reviews, a gardeners' information service, and other features, with classified advertising. Recent issues contained articles on growing herbs and heirloom plants, and information on the Society's seed exchange program, which includes herbs. Regular full-color magazine issues alternate with the American Horticulturist News Edition. (As of the May 1996 issue, this publication has been renamed The American Gardener. The new publication is issued bimonthly and incorporates the regular and news editions. See also the entry for AHS Horticultural Book Service in Section 11.)

186. Flower & Garden
NAL SB403.F5
KC Publishing
A popular general gardening magazine for home gardeners interested in growing ornamentals and vegetables. Contents include feature articles and regular departments, including regional garden news in the U.S. and profiles of readers' gardens and gardens to visit. The publication frequently considers gardening with and using herbs and fragrant plants, and growing heirlooms. The February-March 1996 issue centered on herb gardening, with several articles on growing herbs both indoors and out. Includes source information for plants and products, plus commercial advertising. (A subject index for March 1994 - January 1996 was contained in the December-January 1996 issue.) Since 1957.

187. **HortIdeas**

NAL SB317.5 H67

HortIdeas

460 Black Lick Rd., Gravel Switch, KY 40328

telephone/fax 606-332-7606

Gregory and Patricia Williams, editor and publisher

ISSN 0742-8219

monthly, subscriptions U.S. $20/yr ($22/yr first class); Canada, Mexico $26/yr (first class); elsewhere $30/yr (surface), $35/yr (airmail), all U.S. funds, back issues available indexed in Garden Literature

A monthly digest "reporting on the latest research, methods, tools, plants, books, etc. for vegetable, fruit, and flower gardeners, gathered from hundreds of popular and technical sources, worldwide." Gleanings within each 12-page issue include news summaries and source information for herb gardeners and heirloom plant enthusiasts. Recent issues highlighted new herb publications, upcoming conferences and gardens to visit, media events, and new herb cultivars, with advice on proper herb processing and storage. Supplemented with a twice-yearly subject index. (An electronic version of HortIdeas is available on floppy disks contact the publishers for subscription rates.) Since 1984.

188. **Kitchen Garden**

Taunton Press

P.O. Box 5506, 63 South Main St., Newtown, CT 06470-5506

telephone 800-283-7252 or 800-888-8266 (to subscribe), fax 203-426-3434 Suzanne Roman, managing editor

ISSN 1083-3072

bimonthly, subscriptions U.S. $24/yr, elsewhere $30/yr (U.S. funds)

First issued in January/February 1996, this is a new magazine from Taunton Press, publisher of Fine Gardening magazine. Subtitled, "The Art of Growing Fine Food," this full-color bimonthly publication combines the pleasures of vegetable gardening and cooking from the garden. The premier issues offered articles and other features on herbs in the kitchen garden, and tips and recipes for herb cookery. Issues include recipe nutritional analysis, a gardeners' glossary, and other departments, with classified advertising.

189. **Minnesota Horticulturist**

NAL 81 M66

Minnesota State Horticultural Society

1755 Prior Ave. North, Falcon Heights, MN 55113

telephone 612-643-3601 (Twin Cities metro area) or 800-676-MSHS, fax 612-643-3638

Lynn M. Steiner, editor

ISSN 0026-5500

9/yr, subscription included with membership dues ($25/yr)

indexed in Garden Literature

"The Magazine of Northern Gardening," from the Minnesota State Horticultural Society, a nonprofit educational organization established in 1866. The full-color publication covers ornamental, landscape, and kitchen gardens and gardening, with feature articles book reviews, membership and other news, product information, and classified advertising. Information on herbs and herb gardening is often included, including an irregular column, "Herbs from Garden to Table," each profiling a particular herb suited to the region, with cooking advice and recipes. Since 1873.

190. **Mother Earth News**

NAL AP2.M6

Sussex Publishers

49 E. 21st St., 11th Floor, New York, NY 10010

telephone 212-260-7210/7323, fax 212-260-7566

(subscriptions: Mother Earth News, P.O. Box 56302, Boulder, CO 80322-6302, telephone 800-234-3368)
bimonthly, subscriptions U.S. $8/yr, Canada $25/yr, elsewhere $30/yr; back issues $5 each (all U.S. funds)

Since 1970, "Mother" has featured do-it-yourself living, home gardening via organic methods, living with nature, efficient energy and resource use, and country skills and lore. Issues often include practical advice and information on gardening with herbs and using herbs in cooking, for health, and for other uses in the home. Readers can participate in a garden seed swap. Full-color issues of this bimonthly magazine include commercial advertising.

191.
Plants & Gardens, Brooklyn Botanic Garden Record
NAL 450 P694
Brooklyn Botanic Garden (BBG)
1000 Washington Ave., Brooklyn, NY 11225-1099
television 718-622-4433 ext. 274
e-mail 102035.3410@compuserve.com
WWW site URL: http://www.gardenweb.com/bbg/
quarterly, subscription included with membership dues ($25/yr)
ISSN 0362-5850
indexed in Biological & Agricultural Index, Garden Literature, Garden Literature (Sprout), Uncover

Each issue of this series, continually issued since 1945, consists of a concise, well-illustrated manual covering a specific horticultural topic in depth. Books on subjects of interest to the herb gardener, crafter, or cook are frequently offered. Recent titles have included Dyes from Nature (handbook no. 124, 1990), Herbs & Cooking (no. 122, Winter 1990), Perennials: A Nursery Source Manual (no. 118, Winter 1988/89), Gardening for Fragrance (no. 121, Fall 1989), and Culinary Herbs (no. 98, Summer 1982). More recent issues are in full-color; older ones have black-and-white photos. Handbooks can also be purchased individually (see Section 11 for details). General and membership information is currently available at BBG's Web site, provided above. Members also receive a quarterly newsletter, Plants & Gardens News. (Since 1993, the series has been continued by BBG's Twenty-First Century Gardening Series.)

7D. Cooking with Herbs and Spices

192.
Bon Appetit
Condic Nast Publications
6300 Wilshire Blvd., Los Angeles, CA 90048
television 213-965-3600
(subscriptions: Bon Appetit, P.O. Box 59191, Boulder, CO 80322, telephone 800-765-9419 (U.S.) or 303-666-7000 (elsewhere)
William J. Garry, editor-in-chief
ISSN 0006-6990
WWW site URL: http://www.epicurious.com
monthly, subscriptions U.S. $18/yr, Canada $30/yr (includes GST), elsewhere $30/yr (all U.S. funds)
indexed in Magazine Index, Reader's Guide to Periodical Literature, Uncover.

Bon Appetit is a full-color magazine covering food, entertaining, restaurants, and travel, with feature articles and regular departments such as "flavors of the world," a column on healthful cooking, and recipes from readers or favorite restaurants. Issues are often thematic, centering on a particular cuisine or other culinary topic. With commercial advertising. Although herb cookery per se is seldom more than an occasional topic, herb enthusiasts may want to note the hundred- or-so recipes in each issue, many of them featuring interesting or unusual seasonings. Ready access to each recipe is provided by the index that groups each by subject and notes the prominent herbs or other flavorings that enhance each dish. (The Web site listed above provides detailed subscription information and outlines the magazine's features.) Since 1955.

193.
Vegetarian Times
NAL TX392.A1V44
Vegetarian Times
4 High Ridge Park, Stamford, CT 06905
television 800-829-3340 (U.S., Canada), 904-446-6914 (elsewhere), for subscriptions; 708-848-8100 (editorial)
e-mail 74651.215@compuserve.com
Toni Apgar, editorial director
ISSN 0164-8497
monthly, subscriptions U.S. $29.95/yr, Canada $41.95/yr, elsewhere $54.91/yr (all U.S. funds) indexed in Consumer Health & Nutrition Index, Health Index, Magazine Index, Uncover

A popular, full-color magazine covering vegetarian health and nutrition topics, as well as related concerns, including consumer choice, environmental, and animal welfare issues. With feature articles, current news, recipes, and restaurant guides, plus resource and product information, a recipe index, and classified ads. Contents often include articles on culinary herbs and using herbs to enhance and safeguard health; featured also is a regular column, "The Herbalist." Vegetarian Times maintains an editorial advisory board of respected
individuals in the health and nutrition fields, and was recently honored as recipient of the James Beard Foundation's award in "Magazine Writing on Diet, Nutrition & Health." Since 1974.

Go to: Author Index | Book Title Index | Top of Document | Contents

7E. Medicinal Herbs and Health

194. NAL SB351.H5H57
HerbalGram
American Botanical Council (ABC)
P.O. Box 201660, Austin, TX 78720-1660
telephone 512-331-8868 or 800-373-7105, fax 512-331-1924
e-mail custserv@herbalgram.org (subscription information) or AmeBotCncl@aol.com (general information)
WWW site URL: http://www.herbalgram.org/abc_herbalgram.html
Mark Blumenthal, editor
ISSN 0899-5648
quarterly, subscriptions U.S. $25/yr, $45/2 yr; elsewhere add $10 per year indexed in AGRICOLA, Garden Literature, Uncover
An informative publication offering current information on herbal phytotherapy, for the professional as well as more zealous general reader. Primary emphasis is on medicinal herbs, covering pharmacology, ethnobotany, clinical usage, and business aspects. Includes reviews and feature articles, research news, market and media reports, a conference and events calendar, and book reviews. Offers an international perspective, with focus on marketing and legislative aspects in the U.S. Supplemented with full-color photos and illustrations. The quarterly issues advertise books available by mail from ABC (see Section 11 for contact information, and also Section 10 for more information on ABC and HerbalGram's co-publisher, the Herb Research Foundation.) HerbalGram Cumulative Index for 1983-1991 (NAL call no. SB351.H5H57) is available from the publisher; ABC's Web site likewise offers a subject index to articles, and selected book reviews. Since 1983.

195. Environmental Nutrition
NAL TX341.E5
Environmental Nutrition
52 Riverside Dr., New York, NY 10024-6599
telephone 212-362-2066
fax 212-362-2066
e-mail 76521.2250@compuserve.com
(subscriptions: Environmental Nutrition, P.O. Box 420451, Palm Coast, FL 32142-0451, telephone 800-829-5384)
Denise Webb, editor
ISSN 0893-4452
monthly, subscriptions U.S.$30/yr, Canada $38/yr, sample issue $4 (all U.S. funds) indexed in AGRICOLA, Consumer Health & Nutrition Index
"The Newsletter of Diet, Nutrition and Health," featuring reliable, news summaries and other current information on healthier eating and related topics for general readers. The monthly publication is staffed and advised by health professionals and regularly covers the health and safety aspects of dietary supplements, herbal products, and "pharmaceutical foods." With source information, and reviews of new publications. Issues are typically eight pages in length. Includes an annual subject index. First published in 1977.

196. NCAHF Newsletter
NAL R730.N37
National Council Against Health Fraud (NCAHF)
P.O. Box 1276, Loma Linda, CA 92354-9983
telephone 909-824-4690, fax 909-824-4838
Web site URL: http://www.primenet.com/~ncahf
William T. Jarvis, editor
ISSN 0890-3417
bimonthly, subscriptions $15/yr/individuals, $18/yr/libraries (nonmembers); included with membership ($20/regular plus additional categories); back issues $2.50 each indexed in Consumer Health & Nutrition Index, Health Index
NCAHF is a member-supported, nonprofit organization dedicated to promoting "quality in the health marketplace" by "enhancing freedom of choice through reliable information." The organization views the use of many health products and services that fall under the rubric of "alternative medicine" (including many herbal products) as unsound and potentially doing more harm than good to one's health; consequently, the promotion of such products is seen as unfounded and misguided, or downright fraudulent. News summaries, excerpts and citations from the published literature, and commentary are often concerned with the scientifically-proven health and safety aspects (as well as consumer costs) of herbs and nutritional supplements. Typically 4 pages in length. Since 1977. The full-texts of 1995 and 1996 newsletter issues are available at the Web site listed above, along with additional information on NCAHF. (Editor Jarvis is coauthor of Reader's Guide to Alternative Health Methods, Section 2K.)

197. Prevention
A popular magazine offering current news and information on health topics for general readers, stressing "natural" nutrition and cuisine, and healthful lifestyles. The compact monthly often covers the benefits and cautions relating to use of herbal medications, nutritional supplements, and "pharmaceutical foods." Information sources are typically cited. Includes commercial advertising. Supplemental yearly subject indexes are available. Prevention's editorial advisory board includes the respected pharmacognosists, Drs. Varro Tyler and Ara Der Marderosian, and other health and nutritional professionals. Since 1950.

7F. Marketing Herbs

198. The Business of Herbs
NAL SB351.H5.B8
Northwind Farm Publications
Route 2, Box 246, Shevlin, MN 56676-9535
television 218-657-2478
e-mail doliver@minerva.polaristel.net
Paula Oliver, editor/publisher
ISSN 0736-9050
bimonthly, subscriptions U.S. $24/yr, $42/2 yr; Canada, Mexico add $6 postage; elsewhere add $12 postage (U.S. funds only) indexed in Garden Literature
Provides abundant news and resource information for herb businesses. Contents include feature articles and regular columns, plus business profiles, conference reports, regional news, reviews and notices of new publications and products, a calendar of "herb happenings" around the U.S., and more. Includes commercial advertising. Issues are typically 48-52 pages. Since 1983.

Growing for Market
Fairplain Publications
P.O. Box 3747, Lawrence, KS 66046
television/fax 913-841-2559, also telephone 800-307-8949
Lynn Byczynski, editor/publisher
ISSN 1060-9296
bimonthly, subscriptions U.S. $26/yr, Canada $30/yr, elsewhere $36/yr (U.S. funds only)
A bimonthly newsletter offering "News and Ideas for Market Gardeners." Although the focus is not strictly on herbs, this publication is still a good source for technical and business information for the small commercial grower. Subjects include specialty produce, dried and cut flowers, and herbs; organic methods are emphasized. Feature articles are supplemented with resource information, commercial advertising, and an annual buyers guide to sources and suppliers. Typically 12-16 pages per issue. Since 1992.

200. The Herb, Spice, and Medicinal Plant Digest
NAL SB351.H5H365 Dept. of Plant and Soil Sciences
12 Stockbridge Hall, University of Massachusetts, Amherst, MA 01003-2910 telephone 413-545-2347, fax 413-545-3958
e-mail herbdig@oitunix.oit.umass.edu
WWW site URL: http://www-unix.oit.umass.edu/~herbdig/
Lyle E. Craker, editor
ISSN 1048-3160
quarterly, subscriptions U.S. $12/yr, elsewhere $18/yr; $2.50 single issue indexed in AGRICOLA, Garden Literature
A newsletter offering review articles, herb marketing information, profiles of herbalists, an events calendar, and in most issues an update summary of recent herbal literature. Scientific emphasis, with focus on herb production, chemistry, and marketing, for growers, business people, and others. Typically eight pages in length, with black-and-white drawings. First issued in 1983. The newsletter's table of contents and other information can be accessed electronically at the Web site provided above.

201. IHA Newsletter
International Herb Association (IHA)
1202 Allanson Rd., Mundelein, IL 60060
television 708-949-4372 (-HERB), fax 708-566-4580
David Merrill, editor
8. Selected Articles in Periodicals

These are recent articles on various aspects of herbs, selected mostly from the periodicals listed above. For aid in finding information on specific herbal topics, as well as information on herbs from more general-interest magazines and newspapers, consult one of the indexes or databases described in Section 9.

Go to: Author Index | Book Title Index | Top of Document | Contents

Citation no.: 1, 10, 20, 30, 40, 50, 60, 70, 80, 90, 100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260, 270, 280, 290

8A. Early American Plant Usage and Heirloom Gardens

202. NAL 80 N216
On restoration work at Monticello being carried out by the Thomas Jefferson Center for Historic Plants, which offers visitors some 400 heirloom plant varieties and sells seeds by mail. (For additional information, contact the Center c/o Monticello, P.O. Box 316, Charlottesville, VA 22902, telephone 804-984-9822.)

The author's experience, and sources consulted, in recreating Shaker-style vegetable gardens at the Genesee Country Museum, a living-history museum in Mumford, New York. Includes heirloom varieties used and commercial sources.

204. NAL AP2 M6
The benefits of seed-saving, including preservation of heirloom crops, with advice suited to a variety of specific open-pollinated garden crops, and seed-handling techniques.

205. NAL SB403.F5
The Heritage Farm in Decorah, Iowa, is home-base for Seed Savers Exchange (SSE), a national grassroots organization of home gardeners who are saving old-time fruit and vegetable varieties from extinction. (See Section 7 for description of SSE's publication series and contact information.)

Go to: Author Index | Book Title Index | Top of Document | Contents

8B. History of Herbs

206. NAL SB351.H5H57
The beginnings of the Lloyd Library and Museum in Cincinnati, Ohio, which grew from the work of the leading Eclectic physician, John Uri Lloyd and his book-loving younger brother, Curtis Lloyd. Highlights the rare herbals and other influential works on medicinal plants and phytomedicine in the Library's collection.

207. NAL SB351.H5H357
An inventory of the herbs most esteemed for seasoning, ceremony, and healing in ancient Rome, with three recipes adapted from an old Roman cookbook.
On "the joys of collecting" (or studying) the early herbals and stillroom books. Examples of interesting works are noted, with advice for finding old books. With a chronology of important older herbals and 20th Century works.

A chronicle of garden rue (or "herb of grace") in Britain and early America its garden and medicinal history and lore, including abundant literary associations. Includes bibliographic references.

A walk through a 16th-Century English garden, accompanied by a listing of Shakespearean garden sites in the U.S. With a chart portraying 30 flowers and herbs mentioned in the Bard of Avon's plays, and references.

An introduction to the morphology or outward appearance of herb plants, important in accurate identification as well as the aesthetic qualities of plants.

An overview of the types of chemical constituents that are responsible for the specific aromas, flavors, and medicinal properties of herb and spice plants. With a brief reference list.

Some new basil varieties and the most popular culinary basils are discussed, along with culture basics, harvest, and storage.

Tells of the author's enlightenment gained from study of and trials with *Nepeta* (catmint and catnip) varieties, and the best (catmint) types for flower borders. Includes nursery and seed sources.

Suggestions and considerations for an herb garden that suits one's needs, with a listing of three dozen culinary herbs and their garden aspects.

Basics on site selection and preparation and garden design, with a list of suitable plants and their characteristics, plus source list and literature references.

The author describes her favorite perennial and biennial herbs for early-, mid-summer, and late-summer bloom, plants all tough enough to withstand the climate extremes of her Nova Scotia garden. With source information.

218.
NAL SB450.9.G37

How to grow the authors' favorite aromatic herbs, chosen for their range of fragrances (making them good potpourri candidates), good looks, and ease of indoor culture.

219.
NAL SB351.H5H47

Considers herb gardening under shady conditions, with two garden designs and a listing of 50-plus recommended plants and their sources.

220.
NAL S605.5.O74

Discusses the garden attributes and uses of 13 popular mints (the title alluding to the 600 versions of Mentha held at the National Clonal Germplasm Repository in Corvallis, Oregon).

221.
NAL S605.5.O74

How to grow and harvest your own tea ingredients, covering the classics (mints, lemon verbena, chamomile) and a handful of others. Includes source information for seeds and plants.

222.
NAL SB351.H5H47

Getting started on, or enhancing a lawn that mixes select herbs and grasses, with suggested plants and "making a chamomile mini-lawn." Includes source list.

223.
NAL SB351.H5H357

The fundamentals, plus specific suggestions for using herbs as ornamental plants, from a landscape designer.

224.
NAL SB351.H5H47

The most useful and reliable cooking herbs for indoor culture, plus practical information on soil mixes, fertilizers, plant care, and pest control.

225.
NAL SB351.H5.B8

Practical information on seed physiology for successful seed-starting, with propagation details for 20-odd herbs and sources for further reading. (See March/April 1993, p. 36-39, for the author's companion article, "Multiplying herbs using vegetative propagation.")

Go to: [Author Index] | [Book Title Index] | [Top of Document] | [Contents]

8E. Herb Gardening, Regional Aspects

226.
NAL SB450.9.G37

An herb businesswoman offers advice for growing 22 perennial herbs in northern climes.

227.
NAL SB351.H5H47

Highlights the herbs grown at the Burden Research Plantation in Baton Rouge, with tips on cultivation and specific types and varieties that thrive in this setting.
8F. Herb Gardens to Visit in the U.S. and Canada

228. NAL SB351.H5H357
A portrait of the herb garden established in 1980 by the Oatlands Herb Guild within the 200-year-old walled garden at Oatlands in Leesburg, Virginia. Includes a colorful, two-page planting diagram of the garden's culinary, fragrant, medicinal, and dye plants.

229. NAL 81 M66
Briefly highlights the Florence Bakken Medicinal Garden in Minneapolis, a collection of medicinal plants incorporated into a pre-existing perennial garden in 1994 on the grounds of The Bakken Museum of Electricity.

230. NAL SB351.H5H47
Portrays the National Herb Garden at the U.S. National Arboretum in Washington, D.C., a popular formal herb garden established in 1980 through the inspiration and efforts of Society members.

8G. Cooking with Herbs and Spices

231. NAL TX392.A1V44
Advice for selecting and storing culinary herbs, to "add zest" and reduce salt or fat content in recipes. Popular herb combinations used in ethnic cooking are discussed, with several meatless recipes and suggested reading list.

232. NAL SB351.H5H47
Garden aspects and culinary uses of six Mexican herbs, including lesser known and heat-tolerant types, with seed and plant sources listed.

8H. Fragrant and Dye Plants and Gardens, Including Herb Crafting

234. NAL SB351.H5H47
Explores the origins of herbal scents and the incense-like modern perfumes they have spawned. Includes potpourri recipes based on ancient texts, plus lists of sources and references.

235. NAL SB351.H5H357
An overview of important garden plant sources, past and present, for natural dyes and plant-derived fibers.

236. NAL SB351.H5H357
How to capture herbal scents in potpourris and sachets, with recipes and suggestions for a dozen plants to grow, plus a list of mail-order suppliers.
"Natural dyes: the development of plant-based dyes led to the founding of two countries." Wayne P. Armstrong. *HerbalGram* 32: 30-34 (Fall 1994).

Tells of the botanical dyes that were especially important in the Middle Ages, (including annatto, indigo, and saffron, plus lichen-derived dyes, and dyes from brasilwood and logwood, the latter two from woody South American plants).

238.

NAL SB351.H5H47


How-to-make fragrant soaps at home is the subject of this article, with back-ground on historical soap-making, general instructions, and nine recipes. Supplemented with a source list for soap-making supplies.

8I. Medicinal Herbs and Health

239.

NAL SB453.P53


An overview of the popularity of herbal medicine, and guidelines for safe use of herbal products, based on self-education and reliable information sources. With a brief reading list.

240.

NAL 80 N216


On plant-derived medicines their significance in modern pharmacology, in traditional medicines, and the U.S. market and regulatory climate regarding botanicals. Highlights recent research on eight herbs used currently in Europe, and on potentially healthful properties of several herbs and common edibles.

241.

NAL SB351.H5H57


A brief review of the significant role of plant-derived drugs in the past and the present, and some current issues concerning phytomedicinals.

242.

NAL RA773.I52


Discusses the popularity of herbal medicine and the regulatory climate in the U.S., plus the uses and efficacies of, and safety considerations for, a number of popular botanicals that have been better studied.

243.

NAL SB351.H5H57


Highlights potential problems from a product safety viewpoint, with discussion of types of herbal medicines and their relative potentials for side effects or toxic reactions. Includes literature references.

244.

NAL TX341.E5

"Respect grows for botanicals, but can you trust the herbs you buy?" Elizabeth M. Ward. *Environmental Nutrition* 18(5): 1, 6 (May 1995).

An overview of the health benefits and safety aspects of botanical medications, with recommendations for consumers, and a chart depicting characteristics of the top ten botanical sellers.

8J. Marketing Herbs

245.

NAL SB351.H5H365


Reviews financial planning and manage-ment for launching an herb enterprise.

A three-part series on the production and marketing aspects of growing herbs to enhance the small farmer's income. Part I: "Deciding on markets"; Part II: "Deciding what to grow"; Part III "Raised-bed herb gardening."


For newcomers to herb and spice plant production, an overview of marketing options, including festivals, farmers' markets, mail-order, supermarkets and other retail outlets, and pharmaceutical companies.

Go to: Author Index | Book Title Index | Top of Document | Contents

Citation no.: 1, 10, 20, 30, 40, 50, 60, 70, 80, 90, 100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260, 270, 280, 290

9. Indexing and Abstracting Publications and Services

Gardens and Gardening

The indexes in this section are either single-volume publications or multi-volume serials that provide access to the gardening literature on herbs. They are available at libraries or for purchase, and are generally priced within the reach of individuals for home use.

248.
NAL (in process)

Garden Literature: An Index to Periodical Articles and Book Reviews
Garden Literature Press
398 Columbus Ave., Suite 181, Boston, MA 02116
telephone 617-424-1784, fax 617-424-1712
WWW site URL: http://trine.com/GardenNet/GardenLiterature/
Sally Williams, editor/publisher
ISSN 1061-3722
annual, U.S. $75/yr/institutions, $50/yr/individuals, plus $5 shipping; $24.95 plus $3 shipping for Sprout (contact publisher for foreign rates)

Author and subject index to articles and book reviews from 150 English-language periodicals on horticulture, garden plants, garden history, landscape design, and related topics. Offering indexing by plant name as well as general and specific topics, this is an excellent source for locating information on herbs and herb gardening from current magazines and newsletters, including popular as well as more technical and professional journals. Established in 1992 and published yearly. Garden Literature Sprout, first available in 1994, is a smaller, lower cost edition for home gardeners and small libraries that indexes 13 periodicals suited to general readers. More information can be found at the Web site above. (Contact the publisher for details on editions available and prices.)

249.
NAL SB450.97.G37

Gardener's Index
Compudex Press
P.O. Box 27041, Kansas City, MO 64110-7041
telephone 816-931-1334
Joy McCann, editor
ISSN 0897-5175
irregular (see below), subscriptions $18/yr

A subject index to five gardening magazines, including American Horticulturist, Fine Gardening, Horticulture, National Gardening, and Organic Gardening, issued serially and covering single or multiple years. Citations are organized broadly by plant type (such as annuals, perennials, fruits, herbs, vegetables, and others), as well as by specific entries (such as herbs, heirloom plants, medicinal plants). Provides access to the subject content of articles, as well as letters, book reviews, and columns. (The index covers 1986-1994; NAL owns the 1986-1990, 1991-1992, and 1993 issues.)

250.
NAL Z5996.A1C66 1993


A single-volume subject index to information on specific garden plants from 105 garden books and encyclopedias. Most sources are standard, recent works likely to be found in public and other libraries, and include nine listed in this guide. Lists 10,000 plant species by botanical name, with codes to guide the reader to the bibliographic sources and complete cross-referencing to the appropriate entry in the body of the book. Includes also a brief index to particular types of plants, such as those to attract birds or aquarium plants. A good source for finding authoritative information on herb plants, since many of the species included are "herbs" in the broad sense. Appended with a bibliography providing full information on the sources used. Currently in print.
Agriculture, Consumer Health, and General Subjects

Indexing publications and databases in this section cover broader subject areas, including agriculture and consumer health. These are available in libraries of one type or another, and are generally priced out-of-reach of the individual subscriber. As indicated, several are available in more than one format, including traditional print indexes, microform indexes, and electronic databases, the latter available to libraries in several formats, including CD-ROM products. Several correspond to online databases available from commercial vendors.

Dates of coverage and updating frequency may differ for each version available; specific information is provided for the products available at NAL. Contact your library for information on on-site availability, or remote access via the Internet.

251. AGRICOLA
NAL Z699.5 A5A37
Beltsville, MD: National Agricultural Library (NAL).

NAL's bibliographic database, consisting of citations to the worldwide literature of agriculture and related subjects, and also serving as a locator for materials in NAL's collection. Subject coverage includes related areas such as food and nutrition, energy, forestry, biotechnology, economics, and public health. The database contains references to published information on herbal topics (including production, economics, and applications), consisting of articles in professional and scientific journals, and horticultural trade and gardening magazines, plus Cooperative Extension Service publications, books, conference proceedings, audiovisual materials, and other media. AGRICOLA, which stands for AGRICultural OnLine Access, is a useful tool for subject access to the herbal literature, especially the more technical and research-oriented portion. Corresponds to the printed index, Bibliography of Agriculture, published by Oryx Press, Phoenix, Arizona. Several electronic formats are available.

Availability: Print and/or electronic versions are available in academic and horticultural libraries.

NAL formats and years covered:

(AGRICOLA's more recent indexing records are available from NAL by remote access over the Internet; contact the Library for current information. For general information and link to NAL, refer to WWW site URL: http://agricola.nal.usda.gov)

Printed index: Bibliography of Agriculture, 1942 to present, updated monthly with annual cumulations, ISSN 0006-1530, NAL call no. 1.916 B471.

252. Biological & Agricultural Index
NAL Z699.5 B53856

An electronic database (and also printed index with the same name) covering periodicals in biology, agriculture, and related sciences. Citations provide subject access to articles and book reviews in more than 200 English language publications. Scope is international; some are general interest type, while most are specialist publications, including professional and trade horticultural journals. Includes publishing information for the periodicals indexed. Herb coverage consists mostly of citations relating to medical and economic botany and professional horticultural aspects, with lesser focus on home gardening. Several electronic formats are available.

Availability: Print and/or electronic products are available in academic libraries, as well as agricultural or horticultural libraries.

NAL formats and years covered:
Electronic product: CD-ROM product (Wilsondisc), 1983 to present, updated monthly.

Printed index: Biological & Agricultural Index, 1916 to present, updated monthly with quarterly and annual cumulations, ISSN 0006-3177, NAL call no. 241 AG8.

253. Books-in-Print (BIP) Plus
NAL Z1215.B67

An electronic, bibliographic database (with print counterpart) containing citations and ordering information for the nearly two million books currently in print and available from U.S. publishers, and soon-to-be-published books, as well as those declared out of print (July 1979 or after). Corresponds to the printed eight-volume set, Books in Print, and Subject Guide to Books in Print. Covers popular and scholarly books on all subjects, and includes numerous books on herbs, herb gardening, and related subjects. Certain types of publications and publishers are not covered, such as government publications and books from some small publishers. Includes contact information for publishers. The database is also available in other formats, including Books-in-Print Online from commercial vendors.

Availability: The electronic database is available in public, academic, and other libraries. The printed index is available in most libraries and bookstores. (For access to Reed's Books Out-of-Print, WWW site URL: http://www.reedref.com/boop.html, e-mail bopadmin@reedref.com)

NAL formats:
254. Consumer Health & Nutrition Index (CNHI)
NAL RA421.C62
Phoeniz, AZ: Oryx Press.
CNHI is a printed index intended "to provide subject access to authoritative health information of interest to medical consumers." An electronic version includes CNHI as well as Consumers Index, a database consisting of citations from the periodical literature on consumer-oriented product information and evaluations, and available as Consumers Reference Disc, (National Information Services Corporation, Baltimore, MD). CNHI covers 71 health-oriented, English-language periodicals, including many that are readily available in libraries; titles include both popular and professional magazines and newsletters, as well as Time and Newsweek magazines, The Wall Street Journal, and The New York Times. Several electronic formats are available. CNHI includes citations to articles on the health and safety aspects of herbal therapies.

Availability: The printed index or its electronic counterpart are available in university and health sciences libraries, and some public libraries.

NAL formats and years covered:
Printed index: 1985 to present, updated quarterly and cumulated annually, ISSN 0883-1963.

255. Health Index
Foster City, CA: Information Access Company (IAC).
An electronic database that provides bibliographic access to articles and other features from consumer health magazines and newsletters, as well as health-related articles from popular magazines, business and academic journals, and newspapers from the U.S. and Canada. Duplicates some of the coverage found in other IAC databases, including Magazine Index (described below). Some articles are available in full-text. Useful for tapping the consumer-oriented literature for information on the health, nutrition, and safety aspects of herbs. Years of coverage depend on the particular electronic format (full coverage extends to 1985; the CD-ROM disc product is updated monthly). Corresponds in part to Health Periodicals Database (HPD) available from online vendors.

Availability: Public and other libraries.

256. Magazine Index
NAL A1 M34
Foster City, CA: Information Access Company (IAC).
A bibliographic database that indexes the content of more than 400 general interest and consumer magazines from the U.S. and Canada, plus The New York Times. Contains citations and abstracts to articles, book and audiovisual reviews, and other features; some articles are provided in full-text. Provides subject access to information on herbs and related topics from gardening, health, and other general or special interest magazines. Academic and public libraries may offer different versions to reflect the different types of periodicals typically found in either type of library. Years of coverage also vary with the particular electronic product available. One of a family of databases from IAC (known as Infotrac 2000), this product may be known alternatively as Magazine Index Plus, or Magazine Index/ASAP, depending on its specific content and electronic format. It corresponds to the online version, Magazine Index, available from online vendors.

Availability: Public, academic, and other libraries.

NAL formats and years covered:
Electronic product: CD-ROM disc, coverage 1980 to present, updated monthly. (NAL’s product is a subset of General Periodicals Index, public library version.)

257. Reader's Guide to Periodical Literature
NAL Z699.A1R4
An electronic database (and also traditional printed index) covering 240 general interest periodicals from the U.S. and Canada. Consists of citations for articles, book reviews, editorials, and other content features. The printed index, which has been an old standby in public libraries, provides coverage back to the turn of the century, by author name and subject, so is especially useful for accessing the older literature. Also contains publishing information for the periodicals indexed. Herb coverage includes gardening, cooking, and health aspects. Several electronic formats are available.

Availability: The printed index is typically available in small- medium public libraries and academic libraries. Larger public libraries may offer the electronic product (or an analogous product, such as Magazine Index.)

NAL formats and years covered:

Printed index: Reader's Guide to Periodical Literature, 1900 to present, updated twice monthly with quarterly and annual cumulations,
10. Membership and Resource Organizations and Services

Contact these organizations directly for more complete and up-to-date information. For additional membership and resource organizations and services, consult the publications described in Section 3, "Resource Guides." Refer also to Herbal Treasures (Section 2B) for a listing of state and regional herb groups, and to issues of herb periodicals (such as The Herb Companion, Section 7B) for contact information.

Membership Organizations

259. American Botanical Council (ABC)
P.O. Box 201660, Austin, TX 78720-1660
technique 512-331-8868, fax 512-331-1924
e-mail custserv@herbalgram.org
Mark Blumenthal, executive director
membership dues: $25/yr
A nonprofit organization concerned with herbs and medicinal plant research and education, its goals to disseminate accurate scientific information, enhance public and professional awareness, contribute to the literature, and provide educational materials. Membership includes subscription to the quarterly journal, HerbalGram (described in Section 7), published in conjunction with the Herb Research Foundation (see below for description). Additional educational materials include reprints from the scientific literature, an herbal education catalog, and home study course for pharmacists, "Herbs and Phytomedicines." Founded 1983, incorporated 1988.

260. American Herb Association (AHA)
P.O. Box 1673, Nevada City, CA 95959-1673
telephone 916-265-9552
Kathi Keville, director/editor
membership dues: U.S. $20/yr; Canada, Mexico $24/yr; elsewhere $28/yr (all U.S. funds); sample newsletter issue $4
AHA is a research and education organization dedicated to increasing public awareness of herbs and herbal products. The organization, whose emphasis is on medicinal herbs and the healing arts, informs members of the latest developments on these topics. Members receive AHA Quarterly, 4 issues/yr, plus additional benefits and access to publications. Publications include a listing of herb schools and courses, plus an herb products directory. (Send SASE for informational brochure.) Founded 1981.

261. Herb Society of America (HSA)
9019 Kirtland Chardon Rd., Kirtland, OH 44094
telephone 216-256-0514, fax 216-256-0541
e-mail herbsociet@aol.com
David L. Pauer, executive director
membership dues: $35/yr
A national membership organization dedicated to furthering knowledge and use of herbs. Horticulturally-oriented, HSA focuses on herb gardening, household and economic uses, and herbal history, rather than medicinals. HSA sponsorship established the Herb Garden at the U.S. National Arboretum in Washington, DC; currently the group sponsors conventions, exhibits, tours, and other events. The Society has recently dropped its requirement that prospective members be sponsored by a current HSA member. Members receive The Herbarist (described in Section 7) and HSA Newsletter, plus other benefits, and may participate in one of 35 regional or state chapters. Herb books and gift items are available by mail (ask for "Garden Gallery Gift List"). Founded 1933.
Herb Growing and Marketing Network (HGMN)
P.O. Box 245, Silver Spring, PA 17575
telephone 717-393-3295, fax 717-393-9261
e-mail herbworld@aol.com
WWW site URL: http://www.newmarket-forum.com/ASN/HGMN/ (for general information, events calendar)
Maureen Rogers, contact person
membership dues: $60/yr
A service network for herb businesses, rather than a membership organization per se. Network participants receive a bimonthly newsletter, The Herbal Connection ($38/yr, sample issue $6), plus an annual resource guide, The Herbal Green Pages ($25/yr); additional benefits include access to various informational resources, and a yearly national conference and several regional conferences. HGMN has recently set up "HerbNet," a computer bulletin board for commercial exchange contact the Network for details.

Herb Research Foundation (HRF)
1007 Pearl St., Suite 200, Boulder, CO 80302
telephone 303-449-2265, fax 303-449-7849
e-mail rmccaleb@herbs.org or erbal@netcom.com (or info@herbs.org for HRF information packet)
WWW site URL: http://suncite.unc.edu/herbs/
FTP (for document retrieval):
ftp://sunsite.unc.edu/pub/academic/medicine/alternative-healthcare/Herb-Research-Foundation/
Rob McCaleb, president
membership dues: starting at $35/yr
A nonprofit educational and research organization providing members, the public, and the media with information about herbs and herbal products, with focus on medicinals. HRF Members receive the quarterly journal, HerbalGram (see Section 7 for description), which is co-published by HRF and the American Botanical Council, and the quarterly newsletter, Herb Research News. HRF offers a list of recommended books on herbs. The Foundation's Web page provides more information on HRF activities and membership benefits, as well as links to other Internet sources of botanical information.

International Herb Association (IHA)
1202 Allanson Rd., Mundelein, IL 60060
telephone 708-949-4372 (-HERB), fax 708-566-4580
membership dues: contact organization (rates vary with business size and member status)
A networking organization "uniting herb professionals for growth through promotion and education." IHA sponsors a yearly herb conference with herbal workshops and trade show. Members receive the bimonthly IHA Newsletter, plus other benefits. Known until 1994 as International Herb Growers and Marketers Association (IHGMA), founded in 1986. (See also Section 4 for a detailed listing of proceedings from the annual conference and availability. IHA Newsletter is described further in Section 7.)

Other Services

PENPages
Pennsylvania State University - College of Agricultural Sciences Computer Services, 405 Agricultural Administration Bldg., University Park, PA 16802 telephone 814-863-3449, fax 814-863-7209 Diann Hunsinger, contact person
e-mail Support@psupen.psu.edu (or to obtain user guide, ppmenu@penpages.psu.edu)
An electronic agricultural information service, encompassing also related topics such as human health and nutrition, and community and consumer issues. Technically a gopher server, PENPages offers (as full-text) several thousand reports, newsletters, fact sheets, and bibliographies from the Penn State College of Agricultural Sciences, Pennsylvania Dept. of Agriculture, U.S. Dept. of Agriculture, and other sources. A recent search of the gopher index on the keyword "herbs" yielded 35 documents, mostly on herb gardening and home usage.
Availability: Electronic access is via telnet service, gopher client software, the World Wide Web, or by direct dial-up. For Telnet access, telnet to psupen.psu.edu ; Gopher: gopher://psupen.psu.edu70; Web site URL: http://www.cas.psu.edu/docs/CASSERVERS/Penpages.html. Public access to telnet service is also available by dialing 814-863-4820 (to log on, type pmosaic).

Indiana Center for New Crops and Plant Products
Purdue University, 1165 Horticulture Bldg., West Lafayette, IN 47907-1165 telephone 317-494-1329, fax 317-494-0391
e-mail jimsimon@hort.purdue.edu or jjanick@hort.purdue.edu
WWW site URL: http://newcrop.hort.purdue.edu/hort/newcrops/newCrops.html
The New Crops Center, as it is also known, researches development of new crops and new crop products, with activities in several areas. Of particular interest to herb growers and marketers is the Center's work on aromatic and medicinal plants, including varietal development and improvement. Among its services the Center offers NewCROP (New Crop Resources Online Program) at its Web site, with links to research reports, an events calendar, NewCrops listserv and electronic bulletin board, cropSearch (a database of hundreds of world crops), and cropREFERENCE (a book list on new crops, including herbs and medicinal plants). The Center, which was
established in 1990, posts also at its Web site the full-text of its twice-yearly publication (since 1991), New Crops Newsletter, available also as hard-copy by mail.

Go to: Author Index | Book Title Index | Top of Document | Contents

Citation no.: 10, 20, 30, 40, 50, 60, 70, 80, 90, 100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260, 270, 280, 290

11. Mail-Order Suppliers

Herb Books (and More)

The following commercial booksellers or nonprofit organizations offer books on herbs and herb gardening; some also sell herbal videos, software, and other products. For additional listings of new book publishers or distributors, as well as sources for out-of-print or used books, see McRae's The Herb Companion Wishbook and Resource Guide, or Barton's Gardening by Mail (both listed in Section 3). Several of the seed and plant suppliers listed in the following section also sell herb publications and other herbal products. (Note: The entry numbers in this section correspond to the keyed numbers that follow the descriptions of a number of the publications listed in Section 2, 3, 4, and 6 that are currently in print.)

267. ABC Bookstore
c/o American Botanical Council, P.O. Box 201660, Austin, TX 78720-1660 telephone 800-373-7105 (automated) or 512-331-8868, fax 512-331-1924 e-mail custserv@herbalgram.org (for orders) WWW site URL: http://www2.outer.net/herbalgram/bookstore.html catalog $2.50

ABC offers an excellent selection of publications on medicinal plants, phytotherapy, and ethnobotany, emphasizing scientific and technical works and including international titles. Also a more limited selection of audio, video, and software products, plus a booklet series, "classical botanical reprints," and information packets. ABC's book titles are listed in the 32-page "Herbal Education Catalog," and also in HerbalGram issues (see Section 7 for description). See ABC's Web pages for a selection of books available and brief descriptions.

268. agAccess
P.O. Box 2008, Davis, CA 95617
telephone 800-235-7177 (orders) or 916-756-7177, fax 916-756-7188 WWW site URL: http://www.mother.com/agaccess/ e-mail agAccess@davis.com

Free catalog

Books on all agricultural and horticultural subjects, including herb production and business aspects, and books for home gardeners. Services include an out-of-print book search. Additional information, including a book selection and links to numerous agricultural information sources, is available at agAccess' Web site listed above.

269. AHS Horticultural Book Service
7931 East Boulevard Dr., Alexandria, VA 22308-1300
telephone 800-777-7931 (for orders or questions)
WWW site URL: http://emall.com/ahs/ahs3.html

AHS offers a wide selection of books on horticultural topics, including herb gardening, available to both members and the general public. Books are listed periodically in American Horticulturist (see Section 7) and as a separate list, and are available as long as books are in print. The service will also attempt to locate books not listed.

270. Brooklyn Botanic Garden (BBG)
1000 Washington Ave., Brooklyn, NY 1125-1099
telephone 718-622-4433, ext. 274

Free brochure

More than 40 gardening topics, from enviro-mental gardening to easy-care roses, vegetable gardening, and more, are covered in handbooks from BBG’s series, Plants & Gardens, Brooklyn Botanic Garden Record, and Twenty-First Century Gardening. Each compact issue, available in a choice of three inexpensive softcover formats, consists of a collection of articles by subject experts. Includes books on herb gardening and herb usage (refer to Section 7 for specific titles and topics). A brief selection of gardening videos is also available.

271. Capability's Books
2379 Highway 46, Deer Park, WI 54007-7506
telephone 800-247-8154 (orders) or 715-269-5346, fax 715-269-5531 free catalog

Hundreds of gardening books on all aspects of gardens, garden making, and garden makers, and including a selection of publications on herb gardening, fragrant plants, and herb-oriented businesses.
Dover republishes out-of-print books as high-quality, inexpensively priced paperbacks. The publisher offers several thousand books, covering virtually all subject areas, including a number of classic titles on herb gardening, herb cookery, and medicinal plants. Mention specific interests when requesting a catalog, since several different ones are available.

Good Earth Publications
P.O. Box 160, Columbus, NC 28722
telephone/fax 800-499-3201 (orders only) or 704-863-2288
e-mail goodearth@igc.apc.org
free catalog
Publications on self-reliant living, including books on farming and gardening, small business, country living, renewable energy, eco-building, and other environmental, health, and "simple living" themes. Includes a selection of books on herbs and related topics.

Herb Garden Bookstore
c/o Greenfield Herb Garden, P.O. Box 9, Shipshewana, IN 46565
telephone 800-831-0504
catalog $2 (refundable with first order)
An extensive assortment of gardening books (over 600 titles), the vast majority on herbs, herb gardening, and related subjects.

Interweave Press
201 East Fourth St., Loveland, CO 80537-5655
telephone 800-645-3675 or 970-669-7672, fax 970-667-8317
free brochure
Features books and magazines on textile arts and crafts and basketry, plus a selection of books on dye plants and natural dyeing, and also growing and using culinary herbs.

NWF Publications
c/o Northwind Farms, Rte. 2 , Box 246, Shevlin, MN 56676
telephone 218-657-2478
e-mail doliver@minerva.polaristel.net
catalog $1
Books on growing and marketing herbs, related business and marketing topics, herb and flower crafts, medicinal plants and healing herbs, general herbal reference, culinary herbs and cooking, and directories and resource books. Retail only. Book titles only are listed in Business of Herbs issues (see Section 7 for description).

Rodale Press
33 E. Minor St.
Emmaus, PA 18098
telephone 800-848-4735 (orders), 215-967-171
free brochure
Books on gardening and health, including herb gardening and herb usage. (The brief book list available from Rodale does not include all titles currently available call or write to order or inquire.)

Storey Communications
Dept. 84, P.O. Box 38, Pownal, VT 05261-9989
telephone 800-441-5700, fax 413-664-4066
free catalog
"How-to books for country living...that encourage personal independence in harmony with nature and the environment." Storey's catalog offers books and "country wisdom bulletins" on herb gardening, cooking, and crafting, plus home gardening, country living skills and crafts, small business, and more.

Timber Press
133 SW Second Ave., Suite 450, Portland, OR 97204-3527
telephone 800-327-5680 or 503-227-2878, fax 503-227-3070
e-mail orders@timber-press.com (for orders)
WWW site URL: http://www.timberpress.com/
free catalog
Books for horticulturists, gardeners, and botanists, including a selection of herb books. Book titles are listed at the Web home page above, along with links to other Web sites of interest to gardeners.
Herb Plants and Seeds

This partial listing of suppliers of herb and heirloom plants and seeds is furnished for your information, with the understanding that no guarantee of reliability is implied. Contact the dealers directly for further information.

KEY: S-seed, P-plants, R-retail, W-wholesale, HB-herb books, HP-herbal products

280. Companion Plants
7246 N. Coolville Ridge Rd., Athens, OH 45701
telephone 614-592-4643
catalog $3; minimum order $6.25 seeds, $15 plants
An excellent selection of culinary, ornamental, and medicinal herbs, and everlasting is available. Established 1981. (P/S/R/W)

281. Fox Hill Farm Herbs
444 W. Michigan Ave., Parma, MI 49269
telephone/fax 517-531-3179
Over 400 varieties of herb plants, specializing in basil. Established 1975. (S/P/R/W)

282. Fox Hollow Herb & Heirloom Seed Co.
P.O. Box 148, McGrann, PA 16236
telephone/fax 412-548-7333 (-SEED)
catalog $1
Herbs and heirloom vegetables, mostly traditional open-pollinated varieties and untreated seeds. Herb seed offered in standard-size and sampler packets. Established 1987. (S/R)

283. The Fragrant Path
P.O. Box 328, Fort Calhoun, NE 68023
catalog $2, minimum order $5
Offers "seeds for fragrant, rare and old-fashioned plants." Catalog lists some 600 varieties of fragrant annuals, perennials, wildflowers, herbs, vines, shrubs, and trees, plus a few exotics. Established 1982. (S/R)

284. George W. Park Seed Company
P.O. Box 46, Cokesbury Rd., Greenwood, SC 29648-0046
telephone 800-845-3369 (for orders), 864-223-7333, fax 864-941-4206 catalog free
The all-purpose garden supplier offers seeds for more than 150 herbs and everlasting flowers, plus a selection of perennial herb plants. Ask for their comprehensive, 100-page, full-color catalog. Established 1868. (P/S/R/W)

285. Goodwin Creek Gardens
P.O. Box 83, Williams, OR 97544
telephone/fax 503-846-7357
catalog $1
Plants and seeds for 500 herbs, including everlasting, dye plants, medicinals, and scented geraniums, are available. Established 1977. (P/S/R)

286. The Herbfarm
32804 Issaquah-Fall City Rd., Fall City, WA 98024
telephone 206-784-2222, fax 206-789-2279
catalog free
Catalog lists over 600 herbs and related plants, plus seeds for a number of culinary herbs and edible flowers. Established 1978. (P/S/R/HP)

287. J.L. Hudson, Seedsman
Star Route 2, Box 337, La Honda, CA 94020
(no phone orders accepted; send catalog requests to: P.O. Box 1058, Redwood City, CA 94064)
catalog $1
Specializes in unusual and hard-to-find varieties of flowers, herbs, and vegetables (all of them open-pollinated types), among these a good selection of culinary, fragrant, dye, and medicinal herbs. An informative catalog lists hundreds of plant varieties, plus a book selection. Since 1911. (S/R/W/HB)
288. Johnny's Selected Seeds
Foss Hill Rd., Albion, ME 04910-9731
technology 207-437-4301 (orders), 207-437-4357 (customer service), fax 207-437-2165
e-mail jscat@pipeline.com
WWW site URL: http://www.covesoft.com/seeds/
catalog free
Vegetable, herb, and flower seeds, plus farm and specialty seeds, books, tools, and equipment are available. The herb selection includes culinary and fragrant types, everlastings, and edible flowers, with an expanded grouping of medicinals in the informative, full-color 1996 catalog. Established 1973. (S/R/W/HB)

289. Lily of the Valley Herb Farm
3969 Fox Ave., Minerva, OH 44657
technology 216-862-3920
plant list free (ask about cost of larger catalog), $10 minimum order

290. Nichols Garden Nursery
1190 N. Pacific Highway NE, Albany, OR 97321-4580
technology 541-928-9280, fax 541-967-8406
e-mail nichols@pacificharbor.com
WWW site URL: http://www.pacificharbor.com/nichols/ngncon.htm catalog free
Vegetables, herbs, and flowers are offered, including a large selection of herb seeds and plants. Established 1950. (P/S/R/W/HB/HP)

291. Rasland Farm
NC82 at US 13, Godwin, NC 28344-9712
technology 910-567-2705
WWW site URL: http://www.alcasoft.com/rasland/index.html
catalog $3
A good selection of herbs, scented geraniums, and everlasting, plus various herbal products and books are available. Since 1981. (P/R/HB/HP)

292. Redwood City Seed Company
P.O. Box 361, Redwood City, CA 94064
technology 415-325-7333
Specializes in the traditional varieties of "useful plants" from many countries and cultures, including a good herb assortment. Established 1971. (S/R/W)

293. Richters
357 Highway 47, Goodwood, Ontario, L0C 1A0 Canada
technology 905-640-6677, fax 905-640-6641
e-mail orderdesk@richters.com (orders) or info@richters.com
WWW site URL: http://www.richters.com/
catalog free
Offers one of the largest selections of seeds, plants, and dried herbs in North America, including culinary, medicinal, and ornamental herbs, wildflowers, and everlasting. Richters' catalog includes a generous selection of herb books and unusual dried herbs. Established 1971. (P/S/R/W/HB/HP)

294. The Rosemary House
120 S. Market St., Mechanicsburg, PA 17055
technology 717-697-5111
catalog $3 (wholesale price list free)
A large assortment of herb seeds, plants, books, and other products is offered. Established 1968. (P/S/R/W/HB/HP)

295. Sandy Mush Herb Nursery
316 Surratt Cove Rd., Leicester, NC 28748-9622
technology 704-683-2014
catalog $4 (deductable from first order), price list free
for instance), and a smaller selection of herb seeds. Encyclopedic catalog offers descriptions, recipes, growing tips, garden guide and designs, and a selection of books on herb gardening and crafting. Established 1976. (P/S/R/HB)

296. Sunnybrook Farms Nursery
P.O. Box 6, Chesterland, OH 44026
telephone 216-729-7232
Offers a broad selection of herbs, perennials, and ivies, with abundant varieties of thymes, mints, and rosemaries. Since 1928. (P/R)

297. Tinmouth Channel Farm
RR1, Box 428B, Town Hwy. 19, Tinmouth, VT 05773
telephone 802-446-2812
catalog $2
Catalog lists 120-plus varieties and also several herb plant and seed collections, all Vermont-certified organic. Unable to ship plants to CA, OR, WA, or Canada. Established 1985. (P/S/R)

298. Well-Sweep Herb Farm
205 Mt. Bethel Rd., Port Murray, NJ 07865
telephone 908-852-5390
catalog $2
Offers an extensive collection of culinary, medicinal, and fragrant herbs and everlastings. Established 1976. (P/S/R/HP)

299. Wrenwood of Berkeley Springs
Route 4, Box 361, Berkeley Springs, WV 25411
telephone 304-258-3071
catalog $2.50 (send SASE for wholesale list)
Offers an excellent selection of herbs, including uncommon varieties, plus perennials, sedums, and rock garden plants. Established 1981. (P/R/W)
McClelland, Kathleen 179
McNair, James K. 14
McRae, Bobbi A. 114, 169
Mead, Chris 35
Meil, Joanne 176
Meltzer, Sol 80
Merrill, David 201
Michalak, Patricia S. 33
Miller, Amy Bess 10
Miller, Richard Allan 130
Miloradovich, Milo 23
Moldenke, Alma L. 61
Moldenke, Harold N. 61
Morawetz, Dorina 229
Morris, Karen S.C. 83
Muenscher, Minnie Worthen 100
Muenscher, Walter C. 48

Newdick, Jane 112

Oberliesen, Janet M. 184
Ohrbach, Barbara Milo 113
Oliver, David 139, 225
Oliver, Paula 139, 198
Olson, Kay M. 186
Ortiz, Elizabeth Lambert 94
Oster, Maggie 97, 102, 233

Paterson, Alan 36
Peterson, Carol R. 39
Poncavage, Joanna 221
Powell, Eileen 85
Preus, Mary 78

Rady, Virginia B. 72
Raphael, Sandra 56
Reppert, Bertha P. 8, 127
Rice, Myron A 48
Rinzler, Carol Ann 118
Robinson, Judith 175
Robinson, Trevor 212
Rogers, Barbara Radcliffe 22
Rogers, Jean 91
Rogers, Maureen 137
Rohde, Eleanour Sinclair 59
Roman, Suzanne 188
Rombough, Lon J. 220
Root, Waverly 98

Sands, Dave 81
Sanecki, Kay N. 54
Scanlon, Matthew 190
Schofield, Eileen K. 178
Sharman, Fay 13
Shaudys, Phyllis V. 30
Sheehan, Larry 73
Sheldon, Elizabeth 214, 219
Shimuzu, Holly H. 216
Simmons, Adelma Grenier 88
Simon, James E., 141, 142, 144, 145, 146, 147, 148, 155, 157
Singh, Gian 170
Skelly, Carole J. 93
Smith, Keith Vincent 55
Sparrowe, Linda 183
Squire, David 112
Stapley, Christina 235
Stearn, William T. 65