GAIA’S GARDEN: A Guide to Homescare Permaculture
by Toby Hemenway foreword by John Todd
Expanded 2nd edition by our late friend. One of the best organic horticulture book we’ve come across and an excellent introduction to permaculture concepts. Hemenways offers up a gardening system that combines features of wildlife habitat, edible/medicinal landscapes, and conventional flower/vegetable gardens into a self renewing low maintenance backyard ecosystem that balances the needs of humans and nature. Really everything you need to know to have an ecologically vibrant vegetable garden and yard. An excellent guide to incorporating many of the interesting and unusual edible and medicinal plants that we offer into your landscape. Just one copy left.  
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GRAFTING GUIDE
by Ben Kamm
Grafting of a slower growing species onto a faster growing stock increases plant growth significantly. It is a viable means of quickly producing mature specimens for seed production and vegetative propagation. This illustrated guide covers all aspects of grafting, from week old seedlings to mature specimens. Includes tricks we have learned over the years that help make this valuable conservation technique accessible and practical. Focuses mainly on Cactaceae but coverage is given to Euphorbiaceae, Apocynaceae and other succulent families.

THE MEDICINAL HERB GROWER: A Guide to Cultivating Plants that Heal
by Richo Cech illustrations by Sena Cech
Brand new book from master plantsman Richo Cech, sure to become a classic. Draws on the author’s 25+ years cultivating and living with an amazing diversity of medicinal plants. Pretty much everything you need to know about natural organic gardening techniques, from seed to harvest, for a great diversity of medicinal plants. Pretty much everything you need to know about natural organic gardening techniques, from seed to harvest, for a great diversity of medicinal plants. Pretty much everything you need to know about natural organic gardening techniques, from seed to harvest, for a great diversity of medicinal plants. Pretty much everything you need to know about natural organic gardening techniques, from seed to harvest, for a great diversity of medicinal plants. Pretty much everything you need to know about natural organic gardening techniques, from seed to harvest, for a great diversity of medicinal plants. 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by Ben-Erik van Wyk and Michael Wink
Comprehensive and easy to use reference guide to more than 320 of the most important medicinal plants and their close relatives. Each plant is documented through several striking color photographs along with description, geographical origin, therapeutic category, historical and modern uses, active constituents and pharmacological effects. This excellent book also contains overviews of the various healing cultures of the world, ailments and their treatments, the pharmacology of active compounds, and a quick guide to 900 of the most well known medicinal plants of the world. With over 800 color photos, this book is an instant classic! Just a couple copies left.  
Softcover, black and white illustrations, 159 pages $19.95 (1 lbs)

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by Rainer W. Bussman and Douglas Sharon
A guide to 510 plants used in the medicine and shamanic practices of northern Peru. The herbalism of the region is a rich legacy that dates back at least 2000 years. Having survived 500 years of colonial persecution it now confronts the threat of losing many important medicines due to deforestation and mining in the Andes along with the erosion of cultural knowledge that faces many traditions in this age of global capitalism. This book is a major conservation effort for preserving botanical wisdom. Each plant has an entry with common and scientific names, detailed uses, administration and preparations along with a black and white photo of the dried or fresh plant as it is commonly found in the Peruvian herbal markets. One of the only books in English to thoroughly document plants used in Andean herbalism, serving as an important repository of unique plant knowledge. Though the focus is northern coastal and the adjacent highlands of Peru, many of these plants are utilized throughout the Andes. We have found this an invaluable reference for our own Andean studies. The entire text is bilingual English/Spanish.  
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PLANTS USED BY AMAZON SHAMANS IN THE AYAHUASCA DRINK
by Luis Alberto Lopez Vinata
This hard to find little book covers over 120 plants that are known to be used in the Ayahuasca potions of Peru. Lists the scientific name of each plant, plant family it belongs to, common and indigenous names, geographical distribution, chemical composition, herbariums where voucher specimens are deposited, and its reported effect as an additive to the brew. Introduction and a brief overview of the ayahuasca phenomenon in Spanish. A good hard to find reference source.  
Softcover, 80 pages $12.50 (8 oz) SALE PRICE! $9.50

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Acclaimed historian and author of Remarkable Trees of the World, devotes an entire volume to one of the most impressive life forms on our planet, the fantastical Baobab tree. 8 years in the making, the author traveled the world in search of the most striking Baobabs, this book is a photographic and literary ode to these gargantuan trees. Covers the ecology, mythology, religious impact, value as food, medicine, and shelter. An informative and entertaining read, packed full of spectacular and bizarre color photographs. Just a couple copies left.  
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by M. Kat Anderson  
The most significant and impacting book we’ve read in the last few years. A thorough and unparalleled account of the profound interrelationship Native Americans had with the California landscapes and how this influenced the evolution of plant and animal communities over millennia. Plenty of insight into how we might begin to use indigenous knowledge in our own conservation efforts, how we can rekindle the human-nature relationship through restoring and rehabinating our neglected and damaged lands. The author presents a wealth of information on native land management practices gleaned from interviews with indigenous Californian elders and an extensive survey of historical records. The complex picture that emerges from this explodes the myth of Native Californians as “hunter-gatherers” or “foragers.” What early European explorers and settlers mistook as pristine untouched wilderness was in fact a vast intimately managed “garden.” This volume carefully illuminates the variety of ways early Californians purposefully tended their environment and how these practices gave rise to California’s unique habitats, increased biodiversity and sustained benefical vegetation types. Through annual controlled burning, coppicing and harvesting, California’s once majestic woodlands, sweeping grasslands, dazzling wildflower meadows, and expansive wetlands were shaped and maintained. This provided an abundance of food and material goods for what was one of the most dense and diverse native populations in North America. The astounding loss of biological and cultural diversity, the extreme and drastic changes brought on by European colonization, the far ranging affect of the decline of California tribes and suppression of their land management practices is hard to fully grasp today, but the author does an excellent job presenting this history. She helps to reshape our understanding of native cultures and environments, not just in California, but around the world. We come to see indigenous people as active agents of environmental change and stewardship. This volume offers a view of human beings as full participants in the natural world, a much needed remedial middle ground to the modern polarity between the industrial overexploitation of nature and the preservationists’ hands off approach. Traditional ecological knowledge is vital to developing a meaningful sustainable life in our modern global age, this work offers much practical wisdom. It has radically altered the way we look and relate to the ecosystems around us. We consider this book required reading for anyone living in California and recommend it widely to everyone interested in deepening their relations with nature.

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“Could there ever be a more damning indictment of the spiritual bankruptcy of our vaunted western civilization... than the fact that it has transubstantiated the sacred fruit of the Tree of Life, the veritable well-spring of all culture... into scurvy contraband... made the truth a secret... the Logos a dirty word...?”

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Botanical Products

GOLD ROOT *Heliopsis longipes*
Composite endemic to the mountains of central Mexico up to 8,000’. The fleshy lateral roots produce a very intense tingling sensation in the lips and mouth when chewed, much stronger than *Echinacea* or *Spilanthes* which have similar properties. Traditionally used for toothache (very effective!) and oral health. Rich in alkaloids with impressive analgesic, antiinflammatory, antibacterial, antifungal, insecticidal and immune boosting effects. Demand for its insecticidal activity nearly lead to its extinction during World War 2. The pleasant tingling effect from the chewed root can be transferred to other areas of the body and has been used as topical anesthetic and for interesting erotic purposes. Wildcrafted in Mexico.

Packet of dried roots $5 (count as a seed packet for shipping) / 5 packets of dried root $20
Limited bulk offer— Normally only available in very tiny amounts, here is your chance to stock up! 1 oz dried roots $48

MUNA ESSENTIAL OIL. *Minthostachys andina* or *setosa*
One of the signature scents of the Andes comes from this mint relative. This lovely plant is sometimes used as a flavoring in soups and is a popular digestive aid, nervine, cold remedy and antiasthmatic. Also reported as an aphrodisiac. The essential oil is best used externally and is said to help with altitude, skin fungus, sore muscles, repel insects and to “cleanse negativity”. Steam distilled in small batches by a friend in Peru.

1/8 oz bottle $10 (1 oz for shipping) / $30/ 1/2 oz bottle (4 oz for shipping) / $50/ 1 oz (6 oz for shipping) / $78/ 2 oz (1 lb for shipping)

SANGRE DE DRAGO *Croton lechleri* “The Liquid Bandage”
Medicinal jungle tree sap from South America, famed as a healing cure all and emerging as one of the most versatile and important rain forest medicines. Recent research has revealed Sangre de Drago to be high in antioxidant proanthocyanidens (pycnogenol) and a host of alkaloids with antitumor properties. It is traditionally used internally for ulcers, cirrhosis, cancer, hemorrhage, to treat diarrhea, as a blood cleanser and as a general tonic. 5–10 drops diluted in water or juice is drunk once a day. Its usefulness as an external remedy is unsurpassed. We wouldn’t be without it in the jungle, in the garden or the kitchen as a first aid remedy for wounds. A drop is applied directly or rubbed into a froth that will seal the skin, drying into an antiseptic “liquid bandage” for speedy wound healing. Perfect for areas like fingers where cuts seem to keep opening and no bandage will seem to stay put. Antimicrobial, antibacterial, antiviral, antifungal, a topical painkiller and antiinflammatory. Excellent for insect bites, rashes, acne, all forms of skin disease and hemorrhoids. The phenanthrene alkaloid taspine and the lignan dimethylcedrusine is thought partially responsible for Sangre de Drago’s amazing ability to accelerate wound healing 10–20 times! A few drops in water is also used as a mouthwash which is claimed to be very beneficial to the teeth and gums (the natives who told us this had impeccable teeth). We find it an effective safeguard against digestive disturbances and other maladies when traveling. Modern studies have confirmed nearly all traditional applications and shown Sangre de Drago to have benefits for colds and flus, hepatitis A and B and HIV. Pure undiluted latex carefully wildcrafted in Peru. Very limited stock available!  sold out

Frankincense
Dried tears of sap from the bizarre *Boswellia sacra/carteri* (Burseraceae) trees of Somalia. An ancient incense widely revered since the dawn of civilization, often in combination with myrrh. At one time worth more than its weight in gold! It has a powerfully rich fragrance that produces a calm meditative state, heightening mental perception. It has very strong anti-inflammatory, antiseptic, antibacterial and antifungal properties.

1 ounce $5 / 8 ounces $24 / 1 pound (16 oz) $40

Myrrh
Dried pieces of sap from *Commiphora molmol/myrrha* (Burseraceae) trees of northeast Africa. Utilized for thousands of years as a precious medicine, sacred incense, perfume and ointment. A powerful antifungal, antibacterial and broad spectrum antiseptic for treating wounds. Powdered or dissolved in alcohol it can be made into a mouth wash. Taken internally as an expectorant, it can help treat colds, boost the immune system, aid digestion, and may even reduce cholesterol. Produces a heavenly aroma when burned, said to revitalize the spirit.

1 ounce $5 / 8 ounces $26 / 1 pound (16 oz) $45

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