



Book and Resource List

7Song, Director
Northeast School of Botanical Medicine
P.O. Box 6626 Ithaca, NY 14851
607-539-7172 www.7Song.com

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Below are some of the required and recommended books for the program. There are only **four books required** for class, one highly suggested, some I think are very useful and then many personal favorites. This is far from a complete list of either books or web sources. It is sporadically updated, so you may want to occasionally re-check it.

I sometimes write book reviews (mostly of botanical field guides) and post them on my website, you can see [here](#). You can also read book reviews on Amazon and other websites, though I would suggest going to bookstores and looking at un-required books for yourself if you can. At the end of the booklist is a number of useful websites including herbal and medical information, places to see plant photos and other resources.

If you are coming to the program, I suggest scouring used bookstores (online and at stores) right away, as good buys may appear suddenly. While there are many places to find used books online, I find that [Amazon](#) often has the best prices. For rarer books it can be helpful to look at other sites such as [Fetchbook.com](#), [Alibris.com](#), and [eBay](#). Make sure to look at the shipping price before ordering.

In the realm of botany and herbal medicine, editions are important. With some books, especially plant field guides, the newer editions are more pertinent (i.e. *Manual of the Vascular Plants of the Northeastern United States*). With other types of books older editions may be useful, particularly some of the older herbals with materia medicas such as the National Dispensatories. For books you are bringing into the field with you (think dirt and water), a hardcover copy may be preferable.

Required for Class

1. ***Human Physiology-An Integrated Approach***- Silverthorn—any edition from the third onwards \$20-\$155
2. ***How to Identify Plants*** – H.D. Harrington \$20
3. ***Newcomb's Wildflower Field Guide*** – L. Newcomb \$18 (paperback) or \$25 (hardcover)
4. ***Manual of the Vascular Plants of the Northeastern United States and Adjacent Canada, 2nd edition*** 1991 **or 2nd edition revised.**
NOT the first edition– Gleason and Cronquist \$70

Very Recommended

1. ***The Illustrated Companion to Gleason and Cronquist's Manual*** – Holmgren \$125
 - This is the companion book to the required *Manual of the Vascular Plants of the Northeastern United States and Adjacent Canada*. While the required book is all text; this book has excellent black and white illustrations that accompany it. It is very helpful, the only reason it is not required is due to cost.

Recommended

1. ***Herbal Medicine 1st edition***–Weiss \$55 (**Not** the 2nd edition)
2. ***Photographic Atlas of Botany and Guide to Plant Identification***-Castner
3. ***The Book of Field and Roadside/Forest and Thicket/Swamp and Bog***-Eastman-These are 3 separate books of a series
4. ***The Human Body***–Clayman
5. ***The Shrub Identification Book***–Symonds
6. ***Wildflowers in the Field and Forest***-A Field Guide to the Northeastern United States-Clemants and Gracie-This book is sort of like Newcomb's but with color photographs.

Field and Nature Guides- Emphasis on Northeastern plants. For field guides, look for the most recent edition

1. **Botany in a Day** 4th edition–Elpel
2. **Common Weeds of the United States** –USDA
3. **Common Wildflowers of the Northeastern United States**–NY Botanical Gardens
4. **Ferns of NE and Central N. America** 2nd ed.- (Peterson Field Guide)–Cobb
5. **Flora of N. America**-many volumes done, more to come. See-www.fna.org
6. **Flora of the Cayuga Lake Basin** (1925) –Weigand and Eames
7. **Flora of the Northeast**-Magee and Ahles
8. **Flora of West Virginia** (2nd ed.) Strausbaugh and Core
9. **Flowering Plant Families** – Zomlefer
10. **Fruit and Twig Key**–Harlow
11. **How to Identify Grasses and Grasslike Plants**–Harrington
12. **Lichens of N. America**- Brodo, Sharnoff
13. **Manual of Cultivated Plants** (1924) –Bailey
14. **Mushrooms Demystified**–Arora
15. **North Wood Wildflowers**-A Falcon Guide-Ladd
16. **Reading the Forested Landscape**-Wessels
17. **Season of Promise: Wild Plants in Winter**–Roberts
18. **The Book of Field and Roadside**- Eastman
19. **The Book of Forest and Thicke**-Eastman

20. **The Book of Swamp and Bog**-Eastman
21. **The Forest Carpet**-Malcolm
22. **The Plants of Pennsylvania**-Rhoads and Block
23. **The Student's Guide to Flowering Plants**-Wood
24. **The Tree Identification Book**-Symonds
25. **Weeds**-Muenscher
26. **Weeds of the Northeast**-Uva, Neal, DiTomaso

Medical Reference-for these look for the most recent edition

1. **A Primer of Drug Action**-Julien
2. **Harrison's Principles of Internal Medicine**
3. **Medical Dictionary**-many good ones available, including online
4. **Merck Manual: Home Edition**
5. **Textbook of Medical Physiology**-Guyton and Hall
6. **The Merck Manual**-current
7. **Why Zebras Don't Get Ulcers**-Sapolsky
8. **Eat, Drink and Be Healthy**-Willet

Herbal Reference

1. **American Dispensatory** (1859)-J. King
2. **A Modern Herbal**-M. Grieve (2 volumes)
3. **Eclectic or Physio-Medicalist books** (any)-by any of the following authors: J. King, J. Scudder, Felter, Ellingwood, W. Cook, Culbreth, J.U. Lloyd
4. **Edible Wild Plants of the Prairie**-Kindscher
5. **Herbal Medicine**-Blumenthal et al
6. **Herbal Medicine Past and Present, Vol. II**-Crellin/Philpott
7. **Herbal Repertory in Clinical Practice**-Moore
8. **Herbal Therapeutics**-Hoffman
9. **Herbs, Nutrient and Drug Interactions**-Stargrove, Treasure, McKee
10. **King's American Dispensatory**-Felter and Lloyd (2 volumes)
11. **Medicinal Mushrooms**-Hobbs
12. **Medicinal Plants...** (of many regions)-Moore
13. **National or U.S. Dispensatory**-any prior to 1926
14. **Native American Ethnobotany**-Moerman
15. **Pharmacognosy, Phytochemistry, Medicinal Plants** 2nd edition-Bruneton
16. **Pharmacopoeia's or National Formularies**-prior to 1918
17. **Principles and Practice of Phytotherapy**-Mills and Bone
18. **Remington's Practice of Pharmacy** (pre-1926)-Remington
19. **Specific Diagnosis** (1874)-Scudder
20. **The Essential Book of Herbal Medicine**-Mills
21. **The New Holistic Herbal**-Hoffman
22. **Women's Hormones and the Menstrual Cycle**-Trickey

Other Useful Books

1. **Gazetteers**-for New York and other states we will be traveling in

Websites

Organizations

American Herbalists Guild- www.americanherbalistsguild.com

United Plant Savers- www.plantsavers.org/

Information

Henriette's Herbal Homepage-henriettesherbal.com

Herb Research Foundation- www.herbs.org/index.html

Herbal Hall website- www.herb.com/herbal.htm

Jim Duke's Database - www.ars-grin.gov/duke

Medical Herbalism journal website-www.medherb.com/

Plant Photos

Alabama Plants-alabamaplants.com

California Photo's- elib.cs.berkeley.edu/photos/

Flora of Florida-florida.plantatlas.usf.edu

Flora of New York-newyork.plantatlas.usf.edu

Flora of the Southeast-<http://www.herbarium.unc.edu/seflora/firstviewer.htm>

Missouri Plants-missouriplants.com

USDA Plants of US Database-plants.usda.gov

Vascular Plant Image Gallery- www.csd.tamu.edu/FLORA/gallery.htm

Wayne's Word-waynesword.palomar.edu

Medical Websites

Drugs.com

Mayo Clinic-mayoclinic.com

Medline plus-Herb and Supplement-nlm.nih.gov/medlineplus/druginformation

Herbal Blogs

Jim McDonald-herbcraft.org

Kiva Rose-animahealingarts.org