

Biboon Mshkiki Resource List

I offer this list to support your own personal education on plants, herbs and medicine. Start slowly and simply, and learn from the plants themselves as well. As you meet these herbalists, you will see that they are connected to many other herbalists that you can also learn from. I encourage you all to go on plant walk classes in your area, and seek out Indigenous elders in your bio-region as well, and learn from them. Please always practice proper harvest protocols, and be honorable to our Rooted Relatives. *Please do not pick any plants unless you are sure of their identity.* Know the plants around them also- knowing poison plants will prevent you from getting poison ivy or worse!!!

This list is only a small sample of all the books out there. Enjoy the journey, and don't rush!

Books and Publications

A Weedwife's Remedy, By Kiva Rose Hardin, Plant Healer Press

The Plant Healer's Path, By Jesse Wolf Hardin (with Kiva Rose, and others)

The Practice of Herbalism By Jesse Wolf Hardin, Plant Healer Press, PlantHealer.org

Plant Healer's Herbal Clinician, By editors and contributors to Plant Healer Magazine, PlantHealer.org

Natural Healing Wisdom and Know-How, Compiled by Amy Rost

Healing Wise By Susun Weed, Ash Tree Publishing, New York

Plants Have So Much To Give Us, All We Have To Do Is Ask By Mary Siisip Geniusz

Cedar Songs By Keewaydinoquay Peschel

Puhpohwee For The People, By Keewadinoquay Peschel, LEPS Press

Herbal Remedies From the Wild By Corinne Martin, The Countryman Press, Woodstock, Vermont

Braiding Sweetgrass, Robin Wall Kimmerer

Medicinal Plants Coloring Book, Ilil Arbel, Dover Publications, New York

Herbs Coloring Book, Stefan Bernath, Dover Publications, New York

Common Weeds Coloring Book, Stefan Bernath, Dover Publications, New York

The Earthwise Herbal Repertory, Matthew Wood.

Herbalists and Mentors

- Jim McDonald, Herbalist. Herbcraft.org, jim@herbcraft.org, Herbcraft.podia.com, Facebook,

YouTube, Instagram

- Susun Weed, Herbalist. Books, blog, facebook group, Wise Woman Herbal on YouTube, Website: susunweed.com
- Joseph Pitawanakwat, Anishinaabe Herbalist. CreatorsGardenMarket.ca ; creatorsGarden.blogspot.com; Creator's Garden Facebook; Creator's Garden Patreon www.patreon.com/creatorsGarden; creator's.garden instagram; Creators Garden YouTube
- Jesse Wolf Hardin, Kiva Rose Hardin, Planthealer.org
- Matthew Wood Institute of Herbalism; matthewwoodinstituteofherbalism.com, YouTube, Instagram, Facebook

Herbal Gatherings and Organizations

Great Lakes Herb Faire; GreatLakesHerbFaire.org

International Herbal Symposium; internationalherbalsymposium.com

United Plant Savers; unitedplantsavers.org

My Own Personal Mentors

Colleen K. Dodt, Author: Essential Oils Book, Natural Baby Care.

Herbal And Plant Suppliers

Mountain Rose Herbs - Bulk medicinal, culinary, and tea herbs. Videos, education, featured herbalist instructors and teachers.

Frontier Co-op: Bulk medicinal, culinary, teas, among many other clean and environmentally safe cleaning, body-care, and household products.

Strictly Medicinal Seeds, strictlymedicalseeds.com -seeds, plants, seedlings, bare root stock, books by Richo Cech, who is founder and runs Strictly Medicinal Seed Farm in Oregon.

Richter's Herbs, richters.com -supplier of medicinal, culinary, vegetable seeds plant starts, bulbs and bare root stock, as well as other gardening supplies and plant products. Ontario, Canada.