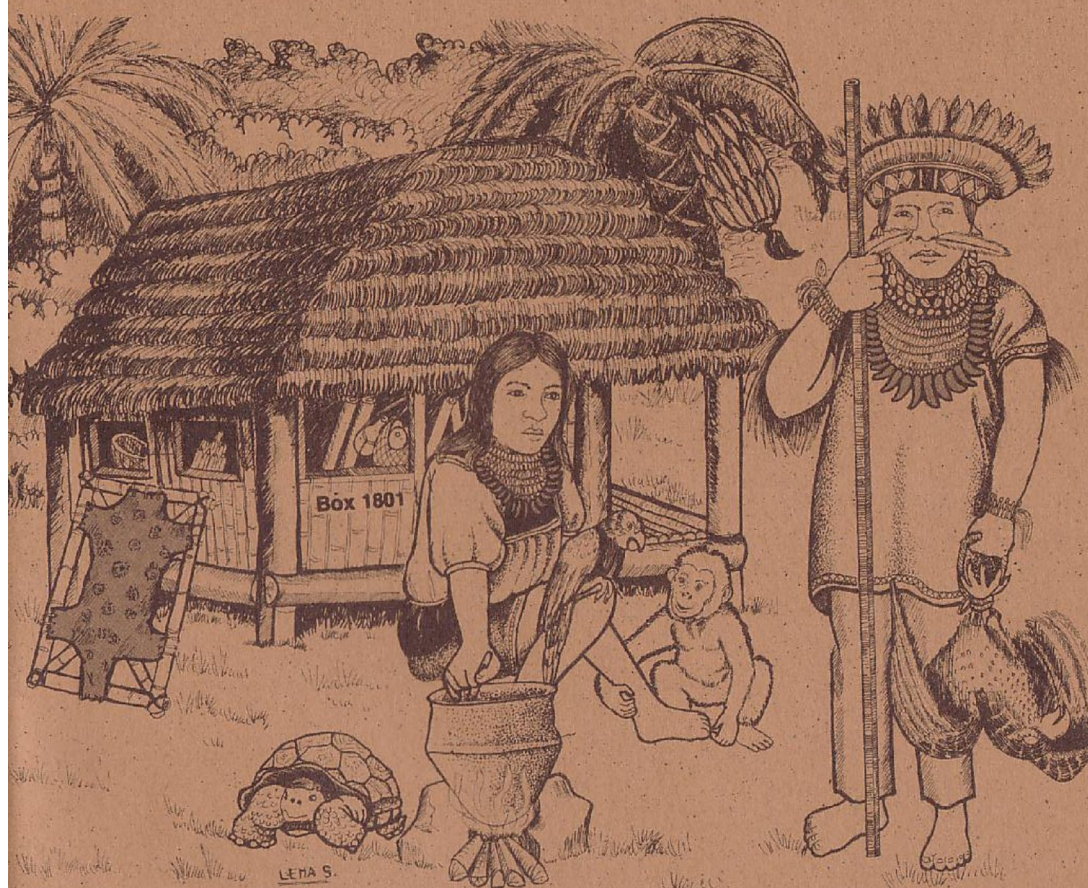


1993
CATALOG
exotic botanicals

\$ 2⁰⁰



...of the jungle
box 1801
sebastopol • california
95473



**Shuar Jivaro hunter
with traditional blowgun and quiver**

we are ...of the jungle

This catalog lists some favourite beneficial plants and botanical products from our personal botanical collection. We are not a big business, simply a devoted family team of plant lovers and researchers dedicated to preservation and propagation.

Bringing these things together has been part of many years travel along rainforest paths and garden paths, down archive corridors and neural corridors. As always, the plants remain the real teachers. They are heuristic by nature, enabling seekers of truth to find their own answers. Growing a plant can be a profound spiritual exchange. There is a complete encyclopedia of teachings being shown to us in the life-form symptoms we call a species.

An increasingly compelling sense of significance is growing around tropical plantlife as the wildly accelerating pace of rainforest devastation at the hand of puny humans continues. The extinction spectre seems to be stimulating a calling-out by the more sentient plant species toward influence in the lives of humans. It is in this spirit we serve this collection to you. Listen well for such callings, time is short. The song of the jungle is sometimes a scream...

This catalog represents part of our commitment to Direct Action in these urgent times. Those who have been involved with us over the years will know of the fruitful botanical projects sponsored by ...of the jungle. This year we are continuing to feature several new rainforest products in a direct venture with a group of native families as a way to increase prosperity for all. We thank everyone who has supported our efforts with their orders and encouragement.

The propagule units listed here are intended for cultivation as houseplants only. The data provided on folk uses is given for historical interest and can be found in ethnobotanical literature. We do not suggest or imply attempting such folk use, nor guarantee any such claims regarding medicinal or other attributes to be correct, for the original sources may be inaccurate or unfounded. We accept no responsibility for the outcome of use or misuse of anything we offer. Placing an order constitutes agreement to these terms.

Next catalog or supplement will list many more things now being readied for distribution. There is a steady stream of long-awaited plants, seeds, exotic herbs and products coming in regularly through our network of foreign collaborators, travelling friends as well as our own expeditions. We are all in this together and in that spirit we invite each of you to contribute your reports, observations, research findings and knowledge into the "otj" network. As we grow and change, every effort is taken to share the latest information and collective wisdom. Many of you write with questions that are not possible for us to address. For this reason we give a reading list to refer you to sources for such information. *Thank you!*

Most items are ready for immediate shipment upon ordering. Seeds and botanical products are available year-round. Live plants and cuttings will be supplied beginning Apr/May until Oct/Nov, depending on hardiness and destination. Most live plants are prepared and shipped in batches during the season and will generally be sent *separately* from other items in your order. We welcome orders from foreign friends, and will send anything *except* live plants abroad. Please add a little extra for foreign postage.

All items in our catalog are shipped First Class Priority Mail via the US Postal Service, *not* UPS. We handle orders efficiently and personally, a point of great importance to us. We put a lot of energy and attention into *rapid service* and fulfillment of your orders. Remember to check the box on the order form to indicate whether you prefer backorder, credit, substitute or refund if something is temporarily unavailable. We will ship any plants via Overnight Postal Express Mail (usually \$12.50 extra) upon request.

Postage and Handling Rates

For orders up to \$15 add \$3.50; orders \$16-\$50 add \$5
orders \$51-\$99 add \$8; over \$100 add \$10

EXOTIC BENEFICIAL PLANTS

Acacia complanata

Leguminosae. Lovely, rare species from southern Queensland, Australia. Adapted to most soils and conditions, drought and frost resistant. Semi-weeping growth habit, usually branched at base with branches arching downwards. Evergreen shrub to 12' tall and 9' across. Leaves and twigs found to possess toxins akin to *Peganum*, so grazing by livestock must be avoided, particularly where bark of *Acacia maidenii* may be also reached. This poisoning combination has been studied as the Australian 'acacia-huasca' complex. seeds 5/\$10

Acacia maidenii

Leguminosae. Exquisite, stately and hardy tree to 30' with magnificent reddish tint to stems and young foliage and twisted, coiled pods. Frost resistant but drought tender. Grows remarkably fast, even in small pots. One seedling reached over five feet in five months! Bark extremely high in the same compound found in *P. viridis*. This tree is a must! 12" treelet \$35; seed packet \$5

Acorus calamus 'Calamus Root'

Araceae. Iris-like semi-aquatic plant with aromatic, creeping rootstock. Hardy from Arizona to subarctic Canada. Calamus root has been used in traditional medicine of several cultures and is known in herbal commerce in the Near East for 4,000 years. The Cree chew a handful on long treks when they wish to hike above the ground. Ayurvedic use in India prescribes adding a small bit whenever herbal products are smoked, to neutralize undesirable side effects. European herbalists have recommended it to discourage tobacco habituation, as tobacco smoke acquires an unpleasant taste after calamus has been chewed. Root powder can be dusted or a solution sprayed as a very effective natural insecticide for the home or garden since the active principles sterilize female insects by preventing ovary development. plant \$10

Actinidia polygama 'Chinese Cat Powder'

Actinidiaceae. Relative of the Kiwi fruit, this plant indeed has small edible fruits. Use of its dried leaves by Asian zoos as a tranquilizer for large cats has raised interest in its therapeutic and recreational uses. Hardy in cold climates but take precautions to protect the plants from neighbourhood cats who seem to zero in on it from great distances. seed packet \$5

Alternanthera lehmannii

Amaranthaceae. One of the Amazonian *piri-piri* plants, used in some areas as an *ayahuasca* admixture. The plant is treated with great deference, special taboos are associated with handling and using it. Little is known of its ethnobotany or chemistry. Grows as a short, semi-woody herb to 2 feet. Stems and leaves are a beautiful red and it blooms with round globes of white flowers. Makes an excellent container specimen or grouped as a border in mild-winter areas. One of the easiest ethnobotanical specimens to grow as a houseplant, rare, showy and significant. plant \$25

Anadenanthera peregrina 'Yopo' 'Vilca'

Leguminosae. Graceful tree to 30', semi-hardy to a range of conditions. Best to protect from frost or chill when young, but said to be more cold tolerant when older. Does fine in pots as an indoors or greenhouse specimen. Prefers humid warmth and dappled shade. Excellent and relatively easy in frost-free areas. Native to Puerto Rico, the Caribbean and the Guiana Shield where the powdered seeds are still used as the source of the famous ritual snuff of the Yanomama. Since this tree has proven so difficult to raise from seeds, we have made arrangements to have batches of established young trees sent up from the tropics, beginning in late spring. Treelets we received in the autumn of '92 have wintered over well indoors and in the greenhouse. Get an early start and you will have a full season to establish your specimen. Sizes will range from 6" to 12" or more. treelet \$80

Anredera (species undetermined)

Basellaceae. Easily-grown edible vine producing heavy crops of crisp tubers and nutritious, tasty leaves. Very ornamental. Does well in pots. Full or part sun. Perennial if frost-protected. The Andean peoples no longer know this to be a food plant, although early records indicate the tubers were eaten in Peru and its name in Quechua implies the leaves were a food. 'Knowledge extinction' is an overlooked effect of cultural and biological disruption. Here is a forgotten food crop worth rediscovering. sprouted tubers 2 for \$5

Argyrea nervosa 'Hawaiian Baby Woodrose'

Convolvulaceae. Popular indoor flowering vine with rampant growth, tropical appearance. Has huge downy leaves and velvet-haired white stems. Flowers are exquisite. Lavender corolla with dark center. Seedpods dry into woody 'roses' valuable for florist trade. 11 seeds/\$2.50 or 100/\$10

Argemone glauca 'Pua-Kala'

Papaveraceae. Painkilling, sedative juice of this 5' poppy was once used in Hawaiian ethnopharmacology. White latex drips from cut parts, rich in complex non-opiate alkaloids. This rare non-spiny species is known only from Hawaii. Drought-hardy, large white petals. seed packet \$2.50

Argemone mexicana 'Chicalote'

Papaveraceae. Yellow flowers, spiny leaves. The latex of this species is used in Mexican hospitals as an official pharmaceutical preparation. Drought and heat tolerant. seed packet \$2.50

Argemone polyanthemus 'Chicalote'

Papaveraceae. Medicinal prickly poppy species from the southwest. Similar to *A. mexicana*, but we now favor this one. Very drought hardy annual herb with undulate leaves and spines, large white petals. All parts drip abundant quantities of potent latex, yellow when fresh but rapidly turns to black tar with a subtle, agreeable odor. Wild collected seeds. packet \$2.50

Arundo donax 'Giant Reed'

Graminae. This plant has been extensively studied to determine the types of compounds responsible for its widespread use in India's Ayurvedic medicine. It was with great surprise that chemists determined this huge grass to have relatively high concentrations of the same alkaloids found in *P. viridis* leaves, in all parts, particularly the rhizomes. It forms a dense clump to 20' with many bamboo-like canes, useful as beanpoles, fencing and fishing rods. Ideal as a quick windbreak for areas of low rainfall, although it thrives with watering. Hardy from Arizona to Washington. plant \$15

Atropa belladonna

Solanaceae. Hardy perennial herb to 4'. Important toxic medicinal plant, widely used since ancient times by many human cultures. Source of atropine and hyoscyamine. Fatal toxicity is possible, so the plant should be kept from casual contact, children especially should be informed. Seeds germinate best if soaked briefly (2-3 hours) in vinegar or alcohol right before sowing (rinse first). Full sun. We offer seeds collected in the wild from its native habitat in Germany. plant \$10; seed packet \$3

Banisteriopsis caapi 'Ayahuasca' 'Yajé vine'

Malpighiaceae. This is the visionary vine of Amazonian shamans. Extremely rare in cultivation, yet easily grown, attaining over 25' in a sunny window in one summer. Many who have purchased cuttings from us over the past years have found their container-grown vines to be very prolific, raising them outside on trellises, harvesting back the summer growth and bringing the mother tub plant indoors before frost. We are surprised at how well the plant handles winter nights as cold as 40°F, losing leaves but regrowing from even colder snaps. plant \$50



Elder Chief of the Secoyas

**His tribe numbers less than 250 survivors from a peak of 16,000 or more.
Their rainforest homeland near the Rio Aguarico/Napo confluence
has become clearcut for petroleum, lumber, agribusiness
and colonialization schemes = Ethnocide.**

***Brugmansia aurea* 'Borrachero' 'Tree Datura'**

Solanaceae. Beautiful flowering Angel Trumpet tree with medium-sized white flowers fragrant after dusk. This is the species made famous by Schultes as the progenitor of the bizarre, atrophied cultivars of the Kamsá shamans in the Sibundoy Valley. This clone was collected by the great ethnobotanist, Timothy Plowman near Inza, Colombia at 6500' elev. plant \$10

***Brugmansia* hybrid 'Tommie Earl Lockwood's Clone'**

Solanaceae. During the course of his Harvard PhD thesis (*A Taxonomic Revision of Brugmansia*) Lockwood travelled extensively collecting many species and rare varieties for exhaustive hybridization work. All of his new crosses and parent clones were tossed in the compost upon his untimely accidental death. Tim Plowman rescued this one survivor, label lost and forever a mystery. Blooms prolifically with huge, nodding, exceptionally fragrant pure white flowers. plant \$10

***Brugmansia x candida* 'Double White'**

Solanaceae. Pendant white flowers with double corollas fused together, one trumpet within another! plant \$10

***Brugmansia x insignis* 'Solid Gold'**

Solanaceae. Angel trumpet tree with huge nodding, bell-like corollas. Intensely scented at dusk with the most positively extra-terrestrial fragrance imaginable. Easy to grow, blooms quickly even in small pots. Tree to 10-15' in mild climates. plant \$10

***Brugmansia sanguinea* 'Tree Datura' 'Huanto'**

Solanaceae. Best chill-tolerant Angel Trumpet tree, also showiest with 6" corolla red at apex, yellow sides and green base. Will begin to bloom 5 months from seed, but this species can be difficult from cuttings. Sacramental ally of Quechuas, ancient admixture plant in San Pedro cactus brew. Seeds employed by Andean shamans for visions. Medicinal but all parts toxic. Very rare, very choice. Best growth in cool, moist weather. Grows into a small, branched tree laden virtually all year with the large colorful flowers. seed packet \$3

***Brugmansia* species 'Hairy Yellow Tree Datura'**

Solanaceae. During an expedition to Ecuador we discovered this undocumented *Brugmansia* which is intermediate between *B. sanguinea* and *B. vulcanicola* (a rare endangered Colombian sp.). The corollas are large, finely-haired, rich golden-yellow and have inflated, hairy calyxes and pubescent stems and foliage. The fruits are virtually identical to *B. vulcanicola* (large, flat-sided, velvety, greenish-white maturing with a corky surface). Members of an herbalist cult smoke the flowers for divination and seem to use the seeds and fruits as well. This is a high-elevation species which will do well where *B. sanguinea* thrives. Specimens of this unusual tree grow very broad and low to the ground rather than tall, bearing great masses of stunning, bright gold blooms. One in our garden grows well through normal frosts and survives repeated hard freezes, regrowing and flowering. seed packet \$5

***Brugmansia suaveolens* 'Huge Pink'**

Solanaceae. Very fragrant, very showy flowers with nodding corollas. Prolific, branching trees to 20'. Easy to grow. Bloom well in small pots. plant \$10

***Brugmansia versicolor* 'Salmon/Peach Tree Datura'**

Solanaceae. Beautiful Angel Trumpet tree to 15' laden year-round with 10" hanging trumpets opening white then fading to deep salmon/peach. Sweet aroma scents the early evening air. A showpiece for any ornamental or ethnobotanical collection. Does well in pots. Full sun. plant \$10

Brunfelsia australis

Solanaceae. Rare endemic of Paraguay's Rio Parana basin (once a sea during interglacial times). Excellent ornamental/medicinal shrub. 11/2" blue-violet, sweet-scented flowers. Adapted to indoor conditions. treelet \$12

Brunfelsia densifolia

Solanaceae. Highly endangered Puerto Rican species known from only one population in the wild. These seeds come from a specimen originally collected by Timothy Plowman on Christmas Day 1970. Bushy tree, very branched to 12' with long narrow foliage and flaring, tubular flowers, cream fading yellow. Very scented. Seeds scarce, a must for collections. 5 seeds/\$5

***Brunfelsia grandiflora* subspecies schultesii 'Chiricapi'**

Solanaceae. One of the major medicinal psychoactive plants of the Upper Amazon, widely known and cultivated by natives, who use the cold-water infusion of the bark or leaves. Employed by Quichua shamans to contact the spirits, mastery of which requires consuming this plant 12 times during apprenticeship. Used to cure fevers, arthritis, body pain and as a contraceptive. A weak infusion of the leaves is used by some tribes as a strengthening tonic. In Peru, it is an admixture to *ayahuasca*. The shrub is many-branched with the large purple corollas fading lavender, then white. It eventually will become a formidable tree, but generally is trimmed as a hedge or bush. Easy from seed, sown in sterile mix, kept warm and moist. May take several weeks. Blooms young in pots. seed packet \$5

Brunfelsia jamaicensis

Solanaceae. Endangered species from cloudforests of Jamaica's Blue Mountains. Long, tubular, cream-white corollas with narrow necks and wide, undulating edges. One of the most fragrant of all scents, exhaled in little breaths during the evening. Reminiscent of vanilla and clove. We have kept several in 1-gallon pots, rotating the ones in bloom into the bedroom for pleasure making. treelet \$15

Brunfelsia lactea

Solanaceae. Beautiful fragrant species with creamy white flowers scented at dusk with an overwhelming, deliciously sweet odour. We are fortunate to have a small supply of seeds harvested from a bush raised from seeds collected in the wild by Timothy Plowman, who noted it is 'known from one area in Lunquillo National Forest, Puerto Rico, which is slated to be logged (1976)'. It is likely extinct in nature now. 5 seeds/\$5

Brunfelsia pilosa

Solanaceae. One of the easiest and most vigorous *Brunfelsia* species. New growth characterized by fine hairs and purple tint. Blooms purple, showy. Hardy to light frost. seed pkt/\$5

***Calea zacatechichi* 'Dream Herb'**

Compositae. Low, branching shrub to 4 feet. Very hardy perennial, tolerant of drought and poor soil but should be protected from freezing. Thrives in good garden soil. Seeds should be barely covered, kept moist and in full sun. Native to a high altitude pine/oak zone in cloudforests of a limited area in the southern Mexico sierra. After repeated expeditions in search of this elusive wild plant, we were fortunate to finally encounter a small patch of it in seed this year, allowing us to introduce this fascinating medicinal species into cultivation for the first time. seed packet \$10

***Canavalia* sp.**

Leguminosae. Immature seedpods of this tropical beach vine have been appreciated by natives as the source of a euphoric smoking substance. This has been shown to be a not unfounded practice. Plant sprawls widely with leathery blue-green trifoliate leaves and broad, blunt seedpods bearing several large tan seeds. Prefers hot sun, but seems to survive low 50's at night. seeds 10/\$7.50

***Carica pubescens* 'Mountain Papaya'**

Caricaceae. Papaya lovers who have longed to grow their own, but live in temperate climates will be delighted to know about this close relative of tropical papayas. This high-elevation species native to the Andes grows where you can see your breath in the noon sun all year, but where freezes are rare. In mild-winter areas it can be grown outdoors, or kept in a cool greenhouse in pots or beds. The fruits are small 4" ovals but are steadily produced in unbelievable quantities, ringing the trunk by the hundred. Traditionally used for juice. Easy to germinate.

seed packet \$4

***Catha edulis* 'Khat'**

Celastraceae. Beautiful ornamental specimen plant with shiny foliage and majestic growth. Tolerant of an unusually broad range of conditions from extended drought and heat to frosts, shade, sun and humidity. Best in well-drained, rich soil. We offer this as a specimen plant only.

plant \$25

***Capsicum* species 'Ecuadorian All-Purple Dwarf Chile'**

Solanaceae. Amazing strain of hot pepper with entire plant (stems, leaves, flowers and fruits) tinted purple. Perennial bush to two feet, tolerant of chill, ideal in small pots. Fruits are jalapeño-sized, shiny eggplant-purple and rather hot. Growers as far north as Canada have reported excellent results raising them as winter houseplants, set outdoors in summer, same plants up to five years old! This strain was obtained in the Upper Pastaza valley of Ecuador.

seed packet \$5

***Capsicum* species 'Romanian White Gypsy Sweet Pepper'**

Solanaceae. Exotic heirloom vegetable from Romania bearing sweet peppers of a pale cream-white colour, several inches long.

seed packet \$3

***Capsicum* species 'Chile Habanero'**

Solanaceae. The hot pepper world has been recently acclaiming this to be the hottest known variety, and although it is exquisitely piquant, we know of hotter still. Fruits are chunky and orange, to 2", with good flavor. In Central America these are blended with carrots and a little vinegar to make intensely hot, non-tomato salsa. One of the best choices for the gourmet chile lover.

seed packet \$3

***Capsicum* species 'Sweet Cherry Pepper'**

Solanaceae. This is an unusual form of garden pepper with excellent fruits about the size and shape of large cherries. They are so dense and heavy that there is practically no hollow interior. The red flesh has a flavour which is sweet with a delicious fruity taste. Connoisseurs' choice.

seed packet \$3

***Capsicum pubescens* 'Rocoto Chile'**

Solanaceae. Rocotos are a separate species of *Capsicum* peppers with large violet flowers, hairy leaves and heavy, squat fruit. Thick sweet flavoured flesh, yet the seed core is mighty hot. We have seeds of an ancient Rocoto strain from Cuzco. Tolerant of light frost, becoming a thick-trunked prolific perennial tree over the years. Good in large tubs. Grows over 7' tall and as wide in a season, from seed!

seed packet \$3

Cestrum parqui

Solanaceae. Fine specimen plant for pharmacological collections. Related to *C. laevigatum*, said to be the maconha (*Cannabis*) substitute of southeastern Brazil. Becomes a branching shrub to 6' with clusters of potent night-scented, greenish yellow 1" flowers. Can be perennial in cold zones if roots are protected. Fast growing. Dense, willow-like foliage, attractive as trimmed shrubs. Contains a unique alkaloid solasoline and the saponins gitogenin and digetogenin.

plant \$15

***Chrysanthemum parthenium* 'Feverfew' 'Pyrethrum'**

Compositae. Compact, spreading perennial herb. Exquisite and very easily-grown ornamental/medicinal groundcover, sun or shade, any soils. Becoming one of the rising stars of herbal medicine as fever, migraine & flu remedy and in opium addiction treatment. Sow thinly on surface.

seed packet \$2

***Coriandrum sativum* 'Cilantro'**

Asteraceae. Salsa lovers will know how indispensable fresh cilantro leaves are in the secret flavor of authentic Mexican hot sauce. Gardener cooks will be delighted with this as a culinary herb, as easy as dill or parsley to grow for fresh cutting. South American cuisine relies heavily on cilantro for its unique savory taste in soups and sauces. Get to know this spice! We offer an heirloom ancestral strain obtained from the Zapotecs of Oaxaca.

seed packet \$2

***Coriaria thymifolia* 'Shanshi'**

Coriariaceae. Very attractive fern-like, sprawling bush with drooping sprays of flower clusters which leave behind great quantities of small purple berries. These fruits are known to be toxic to humans and animals, but in the high Andes of northern Ecuador there are certain people who eat them for intoxication. One such native explained the effects from consuming an unspecified amount of the delicious, blueberry-like fruits to involve a heavy body at the same time as experiencing 'flying just like a bird'. Grows at high elevations near the equator and is tolerant of near-frost temperatures and intense sun. We are introducing this for the first time to cultivation, so little is known yet of its growth. It should be quite easy to germinate and establish where other Andean species succeed (ie. *Brugmansia sanguinea*, *Trichocereus*, *Fuchsia*) however we suggest they be well watered, protected from hot, dry summers and below-freezing winters. Seed supply is scarce.

seed packet \$5

***Cyperus* species 'Piri-Piri Sedge'**

Cyperaceae. This is an ethnobotanical specimen of great significance. It is a grass-like sedge with 3' tubular reeds forming dense clumps with knotted, medicinal rhizomes. Indigenous tribes of Upper Amazonia cultivate various forms of *piri-piri* which have widely distinct properties: for liver problems, snakebite, given to dogs to develop good hunting skills, as *ayahuasca* admixtures and as contraceptives. The remedial effectiveness for such varying uses (between what are such morphologically similar types within just two species, *Cyperus prolixus* and *C. articulatus*) has been shown to be attributable to variations in the ergot-alkaloid-producing *Balansia cyperi* fungus, discovered to infect every cultivar. Easy, rapid and spectacular growth from divisions of this rare treasure. Prefers warmth, light and water.

plant \$45

***Cyphomandra betacea* 'wild Tree Tomato'**

Solanaceae. Collected on the land of a reknowned shaman in the Xalapa mountains, whose family use the fruits in exotic cooking. Very fast-growing tree to 8', bearing abundant crops of orange/red, 3" subacid fruits. Easy from seed, grows well in large pots in full sun with frost protection.

seed packet \$3

***Datura ceratocaula* 'Toma loco'**

Solanaceae. Aztec sacramental "sister of ololiuhqui" used as a ritual entheogen. This is a really bizarre plant! Although it is a true *Datura* species, it is quite unique. The plant itself is almost a vine, with hollow, succulent stalks needing support. Porcelain-white, 2" corollas and smooth, oblong pepper-like fruits which turn yellow on ripening. When mature, these capsules split open in a rapid contortion, explosively ejecting the seeds. Said to be semi-aquatic in the wild, but grows well in pots.

plant \$15

***Datura stramonium* 'Jimson weed'**

Solanaceae. Interesting specimen plant for medicinal gardens, source of toxic pharmaceutical alkaloids. Annual bush bearing erect trumpets, white or violet with spikey seedpods. All parts poisonous: grow out of reach of children.

seed packet \$1.50

Desmanthus illinoensis

Leguminosae. Native North American perennial shrub, excellent erosion control plant, nitrogen fixing, drought hardy, restoration species for disturbed wild habitats. Disease and pest resistant. Recent laboratory analyses have determined the roots contain tiny amounts of unusual indole alkaloids which inhibit growth of tomato and radish seedlings. There is a great potential for the development of a natural pre-emergent herbicide based on this root extract. The same study noted, incidentally, that although the seedling-inhibiting indoles occur in extremely trace quantities, the roots also contain a high percentage of the same alkaloid found in *P. viridis* leaves, an alkaloid devoid of the desired

herbicidal properties. The plant has a remarkably wide habitat diversity in nature, growing wild in northern areas with heavy winter snows as well as in the deep South. We know many people in virtually every area will be able (and eager) to cultivate this wonderful plant for its marvelous biochemical gifts. seed packet \$3; 7 grams \$10; ounce \$25

***Echinacea purpurea* 'Purple Coneflower'**

Compositae. Easiest species from seed, prolific bloomer. Good as a cut flower and as a non-specific stimulant to the immune system. Although native to North America, it is most popular in Europe, where there are more than 40 pharmaceutical preparations of *echinacea* root. So prized that it is fast becoming yet another wild herb threatened by overcollection. We urge all users to start growing it. Regrows from the severest winters. Grows well in shade or sun. Sow 1/4" deep, keep moist in sun. seed packet \$1.50

***Eschscholzia californica* 'California Poppy'**

Papaveraceae. Plant to 12", sprawling with branches from central crown. Satiny golden petals with ferny blue-green foliage. Naturalizes readily even in poor soils. Dried petals smoked for their euphoric effects, medicinal opiate-like alkaloids including protopine and allocryptine, with no morphine content. seed packet \$1.50

***Helminia salicifolia* 'Sinicuiche'**

Lythraceae. Aztec sacred herb once used for trance divination, auditory effects and odd, yellow-tinted vision. Called *Sun Opener*. Thin, branched habit, quite drought and cold-tolerant but protect from solid freezes. Good hedge plant or grouped in pots. Has lovely, intricate, yellow flowers. Easy from seed: scatter thinly on surface, filtered light, keep from drying out while sprouting. Transplant young. plant \$15; seed packet \$2.50

***Hieracium pilocella* 'Håret Høgeurt'**

Compositae. Low perennial groundcover plant with rosettes of hairy, hand-shaped leaves, spreading by above-ground runners in the manner of strawberries. We came upon references to this obscure Nordic/Russian psychoactive plant in an old, out-of-print Danish text, *Hallucinogenologi*. The author claims the plant to be the most potent in the Scandinavian flora. Various effects are given (based on case histories of experimenters smoking 0.5 to 1.2 grams of dried leaves) ranging from relaxation or stimulation to expanded consciousness without hallucinations. This batch is from a fresh crop. seed packet \$10

***Humulus lupulus* 'Hops'**

Cannabaceae. Hardy perennial vine grown for the bitter, sedative resinous flowers. Flavouring herb in beer, yet few realize that the mellow effect of beer is not merely from alcohol but is an herbal property of hop resins. Aggressive climber, goes root-dormant during winters. Seed will give a mix of male and female plants. Pre-treat seeds by chilling 2-3 weeks in refrigerator in a bag with moist moss or sterile mix. seed packet \$2.50

***Hydrocotyle asiatica* (=Centella asiatica) 'Gotu Kola'**

Umbelliferae. Tropical creeping herb famed as Chinese longevity and brain tonic. Adaptogenic and restorative for fatigue and stress, in large doses said to be stupefying and narcotic, producing giddiness. Good terrarium specimen or as groundcover for plants in containers. Spreads vigorously with warmth, sun or shade and moisture. Commercial Gotu Kola is dredged from open sewage ditches in India, so home-grown is highly recommended. Easy to grow. plant \$10

***Ilex paraguayensis* 'Yerba Maté'**

Aquifoliaceae. Powerful mental stimulant herb popular in South America. Branches are fire-roasted and dried to give the typical smoky taste of the herb tea. Good looking, low maintenance shrub seldom seen in medicinal collections. Tolerates light frost, drought, hot sun and neglect. Under greenhouse conditions it grows quickly enough to sustain harvests. treelet \$15

***Ipomoea* species 'Borrachero'**

Solanaceae. Scandent shrub with scarlet, tubular flower clusters. Elder shamans of Colombia's Sibundoy Valley will seldom speak of this sacred medicinal, yet they all have carefully tended bushes of a very similar species in their secret gardens. Outstanding specimen plant of significant ethnopharmacological status. Likes small pots. seed packet \$5

***Ipomoea carnea* (=I. fistulosa)**

Convolvulaceae. Beautiful perennial bush morning glory with large blue-green succulent leaves and clusters of 3" rose-coloured blooms. Much-branched shrub to 6', has done very well in pots in the greenhouse. Easy from seed. Native to the Santa Elena peninsula of coastal Ecuador, where it is theorized as the entheogenic plant which catalyzed the enigmatic Valdivia culture's mysterious flourishing (3,100 BC). seeds 10/\$5

***Ipomoea cf. hederacea* 'Woolly Mexican Morning Glory'**

Convolvulaceae. Discovered on a collecting expedition to the mountains of Jalapa, this beautiful high-elevation morning glory has performed ideally in its first year in cultivation, producing abundant small violet flowers with cream centres followed by 100% seed set, even on single plants without pollinators. The seeds test very positive for alkaloids. Entire plant is covered with hairs and the leaves are divided in three to five lobes, rarely heart-shaped. Is a long-lived perennial in its habitat and has grown through the winter in our unheated greenhouse. Highly recommended. seed packet \$5

***Ipomoea tricolor* (=I. violacea) 'Titiltitzen' 'Badoh Negro'**

Convolvulaceae. Popular flowering vine Morning Glory, usually grown as a garden annual but often goes perennial in frost-free areas. A colourful fence or trellis cover, fast and easy from seed. Soak in warm water until swollen, then sow 1/2" deep. Set out after frosts with supports. 'Heavenly Blue' (clear blue flowers) or 'Pearly Gates' (pure white flowers) 25 seeds/\$1.50

***Ipomoea tricolor* (=I. violacea) 'Flying Saucers'**

Convolvulaceae. This cultivar has been mentioned and illustrated in the literature on entheogenic varieties, but has nearly slipped into extinction and is not commercially available. One of our customers managed to secure a few heirloom seeds and raised this crop for those interested in preserving a beautiful and very exciting ethnomedicinal treasure. Flowers are huge, to 4" and vary in colour from blue with white streaks to white with many blue spots, very unusual and attractive. seed packet \$5

***Ipomoea tricolor* (=I. violacea) 'Zapotec Blue'**

Convolvulaceae. During a recent expedition into the Oaxacan sierra to visit with Zapotec mushroom healer friends, we were able to collect seeds of the original wild form of what has become the commercially popular 'Heavenly Blue' morning glory variety. This seed strain will be of great significance to researchers and gardeners alike, since it is the genetically pure, wild type from the original area of its traditional, ancient entheogenic use. The colour is an outstandingly beautiful blue. seed packet \$5

***Justicia pectoralis* var. stenophylla**

Acanthaceae. This plant's yellow-green leaves are indispensable as an admixture to the *Virola* and *Yopo* snuffs. During the past 20 years reports have been made implying it may be used as a psychoactive snuff alone, but only in 1990 did Schultes publish his definitive first-hand proof of this practice among indigenous people. So highly valued that it is planted at the doorstep of the shamans' huts across much of Amazonia. Low, spreading herb with intensely aromatic, coumarin-scented foliage. Shade-tolerant tropical groundcover, fast and heavy leaf production. We introduced this exotic plant in 1988 in its first release to non-indigenous cultivation. plant \$25

***Justicia pectoralis* 'Yacu Piri-Piri'**

Acanthaceae. We collected this rare, wild Upper Amazon plant along the confluence of the Rio Huayusayacu with the headwaters of the Rio Pusunu in the high rainforest of the remote Cerro Sumaco foothills. Local natives treat it with great respect, undertaking a lengthy fasting diet if they handle the live plant. It is likely the wild parent species from which the variety '*stenophylla*' was derived. It is a spreading groundcover shrub to 3' with very dark green foliage, also aromatic. The growth habit and flowers are identical to var. '*stenophylla*'. In nature it prefers open streambank sandy humus with plentiful water. Very limited amounts of this species are available this year. plant \$45

***Leonotis leonurus* 'Wilde-dagga'**

Labiatae. Rare South African plant with spikes of showy orange flowers. Hottentot tribes smoke the sticky aromatic leaves & flower tops as a preferred euphoriant. Fast, easy & spectacular. Perennial if kept from freezing. Good container plant. Full sun. Sow 1/4" deep, keep warm, moist and in sun. seed packet \$5

***Leonurus sibiricus* 'Siberian Motherwort' 'Marihuanilla'**

Labiatae. Fine medicinal herb with ornamental, divided foliage and tall spikes of purple flowers. Self-sows readily and is ever-blooming. Alkaloid-rich Malaysian perennial with folk uses as a potent, smokeable psychic herb. Very easy to grow. Many satisfied customers write us about their success with this plant. Barely cover seeds and keep moist. Full sun. seed packet \$5

***Mentha requienii* 'Creme de Menthe plant'**

Labiatae. Tiny leafed matting groundcover from which is extracted the flavouring used in Creme de Menthe liqueurs. Forms a thick, moss-like mat ideal planted along garden paths to release the scent when strolling by. Very easy and rewarding. plant \$5

***Mentha species* 'Chocolate Mint'**

Labiatae. Peppermint-like herb with distinct aroma of chocolate mint. Hardy to sun or shade, frost tolerant. plant \$5

***Mirabilis multiflora* 'So-ksi'**

Nyctaginaceae. Low, sprawling perennial bush from the high deserts of the southwest. Has clusters of magenta flowers, blooms first summer from seed if sown early. First-year roots have weighed to a pound each, becoming massive with age. Dislikes damp soil. Root chewed by Hopi shaman/healers for divination of illness. Chemical analysis is lacking. Rare. seeds 10/\$5

***Moringa oleifera* 'Horseradish Tree'**

Moringaceae. Excellent but little-known tropical edible tree. The leaves have the highest protein ratio of any plant on earth, taste like spinach when steamed. The seed furnishes a quality, multi-use oil and the root is similar to horseradish spice. The seeds can be sprouted in trays like wheatgrass for harvests of tender, nutritious greens. Considered to be an effective aphrodisiac/tonic in Nepal where it is called '*shobhanjan*'. seed packet \$3

***Nicotiana glauca* 'Tree Tobacco'**

Solanaceae. We are very happy to offer this rare tobacco species. Navajo elders prize this particular wild tobacco for ritual use during peyote prayer and other ceremonies, but say it has become very hard to find. We found a small grove of it up in the Sonora Mountains recently where its natural size and hardiness amazed us as much as its potency. It does not contain nicotine but is rich in the less-toxic *anabasine*. This is totally different from other tobacco species, being a perennial tree with a woody trunk and large, thick blue leaves. The site where we found it gets light snow and is without water much of the year. In cultivation it responds well to fertile soil and watering. Can produce heavy crops year-round for insecticide use (aphids) or as a flavourful smoke with intriguing properties. seed packet \$3

***Nicotiana attenuata* 'Coyote Tobacco'**

Solanaceae. California native tobacco used ritually by indigenous tribes, but exceptionally rare in modern times. Spends most of the season as a basal rosette until flowering, often to six feet. We find this species to have the very finest smoking qualities of any tobacco, by far. Tastes like crisp, citrus-sweet herb, with a mild, smooth effect. seed packet \$3

Nicotiana langsdorffii

Solanaceae. Rare wild tobacco species, a 4' annual. Ornamental pale green tubular flowers with lovely fringed, undulate bell-shaped flaring mouths. A delicate, unusual beauty for any collection. Potent leaves smoked as a sacred tobacco by the Huichols. seed packet \$4

***Nicotiana rustica* 'Picietl' 'Petún'**

Solanaceae. This is the tobacco species of choice among indigenous shamans, being the hardest and richest in narcotic properties. Eagerly spread tribe to tribe in pre-Colombian times from its presumed origin in Peru across the entire New World from the tropics to the margins of Canada and Chile. Still in wide use among most native peoples as the primary spiritual medicine plant. Huichol shamans blend it with *Tagetes lucida* to make a potent ritual smoke. seed packet \$2

***Nicotiana species* 'Yumbo native strain'**

Solanaceae. This is an heirloom ancestral strain of sacred tobacco from a family of respected *ayahuasca* healers of the Yumbo tribe in the Upper Amazon. We were very honoured to be given these seeds by one of the elders, who demonstrated various methods of preparation of tobacco for shamanic consumption as ceremonial smoke during *ayahuasca* sessions, for drinking as a visionary ritual initiation, and for using externally in healing skin infections, bites and cuts. seed packet \$5

***Nicotiana species* 'Mopan Maya strain'**

Solanaceae. Traditional smoking tobacco strain of the Mopan Maya, one of the last remaining communities of direct descendants of the ancient Mayas. This potent tobacco is likely the true genetic strain employed by their ancestors, kept growing all these generations: a living heirloom. seed packet \$3

Nicotiana sylvestris

Solanaceae. This tobacco species is perennial, hardy to light frost, blooms all year with outrageous sprays of large, fragrant burgundy/pink or cream flowers. Easy in pots. Big leaves act as sticky organic bugtraps in garden or greenhouse. Good smoke. Believed to be one of the parent species which gave rise to *N. tabacum* (the domestic tobacco) in the Bolivian Andes in ancient times. seed packet \$3

***Nicotiana tabacum* 'Tahuaco'**

Solanaceae. This is the most widely cultivated species of *Nicotiana*, and was developed as a home crop in ancient times by native peoples of the Amazon and Andes. By the time of contact and conquest it had been gradually spread into cultivation all across the New World as the most popular of sacraments. To this day it is one of the most valuable, and popular recreational drug crop species on Earth. Sow in pots or rows when soil is warm. Thin to 4' spacing. Pinch before blooming. seed packet \$2

Papaver species

Papaveraceae. This lovely annual poppy bears large, lavender-petalled blooms with black spots at their base. The ovary pods are of excellent size and quality, although often stained with the abundant, sticky latex. When dried these pods are valuable for use in flower arrangement. Sow seed thinly near the surface where plants will stay, as it doesn't transplant well. Will self-sow each year. Many people have written to comment on how nice this has been for them. Our highest recommendation goes with this much appreciated lavender poppy. seed packet \$5

Papaver peoniflorum

Papaveraceae. Stunning double-flowered poppy. Pink petals with fringed edges in large, double-petalled peony-like heads. Plants are easy and very robust. Exceptionally large pods with white seeds. Will reseed itself and become naturalized in most areas. Choice garden ornamental. The dried pods are ideal for use in flower arrangements. seed packet \$5

Passiflora incarnata

Passifloraceae. Native North American passion flower vine. Rampant growth, requires trellis or host bush. Very cold tolerant perennial, regrowing each spring from roots. Dried herb of great value in herbal medicine industry, fetching good prices in recent years. Beautiful ornamental flowering vine. Easily naturalized. Contains same compounds found in the *ayahuasca* vine.

Rooted cutting \$15; seed packet \$4

***Passiflora rubra* 'Dutchman's Laudanum'**

Passifloraceae. Lovely passionflower vine with small, intricate white flowers which leave behind attractive fuzzy white to pink fruits with red stripes. Quite an ornamental specimen. The name Dutchman's Laudanum had been given to this plant long ago and is an intriguing allusion to what is likely an exceptional alkaloid content in this as-yet unstudied species. seed packet \$5

Passiflora serratedigitata

Passifloraceae. Rare and beautiful wild species of passion flower collected in the mountainous forests in Puerto Rico. Fruit said to be delicious. First introduction into cultivation. seed packet \$5

***Peganum harmala* 'Syrian Rue' 'Harmel'**

Zygophyllaceae. At last we have secured a stable supply of seeds of this sought-after plant. Well known in Islamic medicine. Seeds produce the dye called Turkish Red, used for authentic Persian rugs. Powdered seeds are burned as an incense to ward off evil eye. David Flattery postulates this to be the Vedic Soma. Grows in desert conditions, needing drainage, occasional water, full sun. Seedlings need protection from sun the first year. Can survive cold winters if roots are lifted and kept dormant in dry sawdust till spring. Viable seeds cannot be shipped to California addresses, as it is restricted under Noxious Weed Control Act laws.

packet of viable seeds \$3

non-viable seeds (for dye use) ounce \$10; half-pound \$40

***Pernettya parvifolia* 'Taglli'**

Ericaceae. Beautiful but obscure entheogenic plant from the high Andes of Ecuador. Grows in cold, wet, open areas. From a distance, it appears as a fern, but the bushy branches are covered with small true leaves. When in bloom, it bears sprays of small, pure white lily-of-the-valley-like flowers all over the ends of the scendent branches, giving it a lovely aspect. This plant's fruits are known to produce *Datura*-like intoxication, although little is known of its folk use or chemistry. We were very happy to find this rare, legendary species on a recent expedition to the Andes and have a small stock of the seeds available. seed packet \$5

***Phalaris arundinacea* 'Killer strain'**

Gramineae. Very invasive grass spreading by runners, even in poor dry soil or under shade. We suggest monitoring this in containers unless there will be no problem with it taking over an area. Grazing sheep and cattle develop what are called the '*Phalaris Staggers*' due to high levels of the same alkaloids found in *P. viridis* leaves. This toxicity is most pronounced in the young shoot growth after cutting and is at its peak in seedlings eight days after germination. Has been successfully naturalized as far north as Canada. This new strain was selected for maximum alkaloid content, perhaps finding use as a biochemical 'fence' to keep grazing livestock from gardens. seed packet \$10

***Phalaris arundinacea* 'Turkey Red strain'**

Gramineae. This is a strain carefully selected for optimum, clean, stable alkaloid content when dried. plant \$25

***Phalaris arundinacea* 'Yugoslavian Fresh Cut strain'**

Gramineae. This variety has been developed for maximum yield when cut as fresh foliage. plant \$25

***Phalaris arundinacea* 'Variegated strain'**

Gramineae. This is a choice, rare pin-striped variegated form, brilliantly ornamental. plant \$15

***Physalis ixocarpa* 'Tomatillo'**

Tomatillos are a classic vegetable of Mexico, very easy to grow and bear outstanding quantities of the lemon-flavored tomato-like fruits. Used widely in green salsa and stews, the flavor sweetens with cooking. Seeds are sown 1/4" deep and ultimately raised 2' apart, finishing earlier than tomatoes. These particular strains are rare indigenous heirloom varieties from Oaxaca. The sizes and colors of these varieties are quite unknown outside of the native area and will impress anyone familiar with common tomatillos. Preserve, propagate and enjoy an ethnic heritage. Choose from these strains: Giant Green, Medium Yellow or Medium Purple. seed packet \$2

***Piper methysticum* cultivar 'Black Kava'**

Piperaceae. In the pre-conquest past of the Hawaiian islands, many cultivars of the sacred medicine "Ava" were grown. Sadly, many have been lost today, but one of the most potent strains is still secretly cultivated. The Black Kava has stems and veins of jet-purple/black and is several times the potency of commoner varieties. We found the leaves of this form to be as strong as roots of other types. We are able to ship rooted plants of this special cultivar in limited amounts again this year. We had in the past warned growers to expect this plant to require extremely tropical conditions, and although it thrives under high humidity, warmth and filtered light, it seems more adapted to normal houseplant conditions than we thought. Our strain is getting better adapted to pot culture also, and we feel it could be also successfully grown by many others. plant \$35

***Pogostemon heyneanus* 'Patchouli'**

Labiatae. Classic fragrance plant of India. Leaves are lime-green and curled, with beautiful purple undersides. Oil glands on the surfaces release the aroma. Grows well in containers, suitable plant for a sunny windowsill or greenhouse. Rewarding and beautiful but rare in collections. Recommended! plant \$12

.....
Please note: live plants are prepared & shipped in batches during the season & are generally sent separately from other items in your order

***Psychotria viridis* 'Chacruna' 'Amiruca panga'**

Rubiaceae. Finally we have a supply of seeds of this important South American medicinal plant. These were collected from a very old specimen up the headwaters of the Rio Pitayacu, in the medicinal garden of a man who said it belonged to his late father, who was a very respected *ayahuascero* of the region. This bush was about 30' tall and full, a magnificent sight. The leaves proved exceptional. It's very difficult to get good seeds and these require several days of tough rainforest hiking to secure. We've made arrangements to obtain consignments of fresh seeds during the season. Sow seeds 1/4" deep in sterile mix, flush soil with rinses of water periodically. Do not allow to dry out. Soil temp. should be maintained between 70° to 80°F, preferably with bottom heat. Medium bright light. Germination occurs uniformly after 3 to 6 months, so be patient. Seedlings bear glossy, coffee-like foliage and are relatively hardy in pots for many months if kept from chill. Can be maintained as a houseplant, making a beautiful bush. Treat as for indoor coffee specimens. 5 seeds \$10

***Rhynchosia* species 'Chucumullu'**

Leguminosae. These Amazonian tree seeds were gathered by the indigenous forest people of the Galeras Mountains in eastern Ecuador, where they are sought after as charms bringing good luck. It is customary among the tribe to carry a few of these beautiful red and black yin-yang patterned hard seeds at all times as protectors and helpers. They will also give someone they care about a couple seeds as a gift conveying wishes of fortune and prosperity. This is considered an extremely auspicious and beneficial gift to receive, and so we suggest you obtain some for yourself and for bestowing on those you love. They are also viable for germinating to grow in tropical conditions; nick or file the seed coat and soak till swollen. Please note that all *Rhynchosia*, *Oromosia* and *Erythrina* seeds are very poisonous and should be kept from children who could accidentally ingest any. 5 seeds/\$5

***Rivea corymbosa* (= *Turbina corymbosa*) 'Ololiuhqui'**

Convolvulaceae. Rare in cultivation outside of remote regions in the southern mountains of Mexico, where the seeds figure into religion as a divine life form. The plant is like a morning glory vine, but can become huge over many years. Needs trellis support. Has clusters of small white flowers which leave a single-seeded pod. Seed is very scarce. seeds 10/\$5

***Salvia divinorum* 'Pipiltzintzintli' (Wasson & Hofmann clone)**
Labiatae. Mysterious sacred plant known only from one small area of the Mazatec Sierra, where native legends claim it was introduced to them long ago from elsewhere. Grows only from cuttings, preferring humidity, shade, cool to warm temperature and moist, humus soil. Keep repotting as roots get crowded. Very rare. We find it is very happy in our unheated greenhouse in raised beds, where it flowers in the late fall on six-foot branches. Leaf production can be considerable. We suggest adding \$12.50 for shipment by Overnight Express Mail. plant \$35

***Salvia divinorum* 'Palatable clone' 'Ska Pastora'**

Labiatae. A collaborator and respected ethnobotanist who has been apprenticing with a Mazatec family for years (one of the few outsiders engaged in such firsthand research) using this enigmatic plant reports the local tradition of healing employs 7-10 or more fresh, chewed leaves (held in the mouth as a quid) to attain the dramatic curing episode. Because of the intense bitterness of *S. divinorum*, it was with great interest that he has discovered this special palatable strain in use there, with every bit of the activity (if not greater) present, although only very slightly bitter. Although *S. divinorum* itself is one of the world's rarest plants, this clone has been kept within a single family for untold generations high in the remote mountains. The vulnerability of the cultural heritage as well as the genetic material of indigenous medicines can not be more dramatically represented than in this living plant. We are grateful and excited to make this clone available for preservation and research. Available on a limited basis. Orders should be placed as soon as possible, first come, first served. plant \$75

***Solanandra* species 'Cup of Gold' 'Kiéri'**

Solanaceae. Huge, scented chalice-like flowers to 8" across on a stout lianoid, known to many native healers in the neotropics as a dangerous trance-inducer. A similar species is depicted on many of the famous Huichol yarn paintings: it is the tall plant always shown clinging to rocks with the large flower at the end of leafy stalks. Huichol shamans treat the plant with extreme reverence. An apprentice reports gradually being allowed to approach the wild plants closer each year of training, only allowed to have a leaf to take home after several years of such observance. An awesome ornamental ethnobotanical specimen plant. plant \$10

Solanum macrocarpon

Solanaceae. Exotic bushy plant, spreading 5' wide and 4' tall with large leaves. Native to the Mascarene Islands, where natives eat the cooked leaves as a vegetable and use the fruits (when very small) in cooking or eaten raw. This plant is virtually unknown outside of its native habitat and should be tried by all rare fruit enthusiasts. seed packet \$3

***Solanum sessiflorum* var. *sessiliflorum* 'Cocona Fruit'**

Solanaceae. Wild Amazonian fruit, prized in native markets. Tropical shrub to 6' with large velvet leaves. Bears early, continuous crops of tangerine-sized, sub-acid fruits with a long post-harvest shelf life, valued for juicing. This is one of the most typical (and delicious) fruits of the Upper Amazon rainforest peoples. The fruits are usually quartered and boiled, the pulpy juice strained and sweetened. It is so nourishing and tasty with the wild jungle as its flavour. Unknown outside Amazonia. seed packet \$3

***Tabernaemontana divaricata* 'Tagar'**

Apocynaceae. Glossy leaves and sweet scented white flowers, growing to a medium sized bush. Does very well in pots as an indoor plant, tolerant of shade. Rich in alkaloids, the very bitter medicinal roots are quick to develop even in small containers. Used in Ayurvedic medicine of India. plant \$15

***Tagetes erecta* 'Chempazuchil'**

Asteraceae. Gigantic ancestor of modern horticultural marigolds, becoming a six foot, branched bush, covered with tangerine blooms and heavily scented foliage. Something to shock your gardening friends with. A traffic stopper. Collected from a remote Zapotec village in the Oaxacan Sierra, where it is widely used in folk medicine and village ceremonies. seed packet \$2.50

***Tagetes lucida* 'Pericón'**

Asteraceae. Very strong scented wild medicinal marigold species with a chocolate licorice aroma when dried. Coumarin rich. Known as a winter tarragon substitute. Used in Zapotec purification rituals, and also as a Huichol shamanic trance 'tobacco' said to be of similar character to their main sacramental plant ally. Makes an excellent flavoring for any type of smoking blend. Easy to grow, short perennial clump. seed packet \$2.50

Tagetes species

Asteraceae. Upon our recent return, after fourteen years, to a Zapotec healer high in the remote Oaxacan sierra, we were intrigued to learn of another *Tagetes* species, quite similar to *T. lucida*, which has an overwhelmingly potent odor to the leaves and is said to provide one of the local medicinal herb sources. This one is a very dwarf plant, to 12" with almost pure purple leaves and tiny, clustered flowers. Those interested in *T. lucida* as an herb will really appreciate this species as well. packet \$3

Tagetes tubiflora

Asteraceae. Marigolds are often mentioned as companion plants for organic gardening to repel pests. Common 'French' or 'African' marigold species have no such properties. The research has proven this activity is only present to a practical degree in one species, *Tagetes tubiflora*. This plant grows to several feet, having a pungent odour and bears many, very tiny flowers. It is said to outgrow most weeds and has root secretions which inhibit certain bad weeds, pests and soil nematodes. Will naturalize in most areas, making it effective for orchard crops as an understory cover for mowing. seed packet \$2.50

***Tithonia mexicana* 'Mexican Sunflower'**

Compositae. Many branched bush to 5', bearing continual and abundant large blooms of a stunning orange-red color. The plant is happy in dry or poor soils. Many customers report it attracts swarms of Monarch butterflies. The flowers last well when cut and make excellent garlands. It has been one of the most commented-upon specimens in our gardens. Choice and easy.

seed packet \$1.50

***Taxodium mucronatum* 'Tulé Tree' 'Moctezuma Cypress'**

Taxodiaceae. This is an extremely graceful cypress-like tree, fast-growing when young, reaching 40' in 14 years with watering, eventually much taller. Partially deciduous in cold zones, otherwise evergreen. These seeds were collected from a sacred specimen in the Valley of Oaxaca: 126' tall, 42' diameter, 636 tons est. weight, over 2000 years old! Raising a directly-descendant daughter seedling of this individual is to be encouraged, linking the life experiences of a being growing through the past two millennia of changes with the coming era. Try starting seedlings ahead of time as an Earth Day resolution ritual celebration of dendritic consciousness for the fast-approaching Year 2000...

packet \$5

Voacanga africana

Apocynaceae. Graceful tropical tree with glossy foliage and highly fragrant blooms. Shamans and healers of the West African rain forests employ the rootbark of this tree as a cerebral stimulant for alertness and endurance during tribal celebrations, dances, ritual ceremonies and long hunting trips. Ibogoid-like alkaloids are present in substantial quantities in the rootbark as well as the seeds. Although the rootbark is employed in folk medicine as a stimulant and heart strengthener, the seeds themselves are reserved for visionary use among the elders. Unknown in cultivation outside its habitat, this is the first time seeds have been available. Grow as for *Tabernaemontana*, a close relative. seed packet \$10

***Withania somnifera* 'Ashvaganda' 'Kuthmithi'**

Solanaceae. Curious sprawling bush with incredible beneficial properties. It is one of the big crop species of Ayurvedic medicine in India, where the root is employed as a tranquilizing narcotic and ginseng-like tonic safe enough for use with children. In other tropical lands, the leaves are used to kill head lice and the entire herb is made into a painkilling tea. The chinese-lantern-like pods bear small orange berries from which a soap is made. Easy and fast from seed, producing a low bush laden with flowers and fruits. Fairly cold-hardy, regrowing from the extensive root system after winter dormancy.

seed packet \$2.50



RECOMMENDED READING LIST

Some of these are hard to find; try inter-library loan search and/or Rosetta Folios or J.Ott Books (addresses are inside back cover of this catalog)

A Modern Herbal by M.Grievies.
2 vol., 800 page classic reference.

Pharmacognosy
by E.Claus, V.Tyler & L.Brady.
Complete plant drug textbook.

Medicinal Plants of the Mountain West and Medicinal Plants of the Desert Southwest
by M.Moore
How to find, grow and prepare herbs. Witty & useful.

Yoga of Herbs by D.Frawley & V.Lad
How-to use Ayurvedic herbalism.

Pharmacotheon by J.Ott
Covers nearly *everything* about *every* known psychoactive plant; 2500+ citations. A must.

Food of the Gods by T.McKenna
New light on history and use of entheogenic plants.

Tobacco & Shamanism in South America
by J.Wilbert
Scholarly survey of native use of tobacco.

Medicinal Plants: A Peterson Field Guide
by S.Foster & J.Duke
Excellent photos plus good info. on uses.

Ayahuasca Analogs
Temperate-zone ayahuasca-substitute plant recipes. Avail spring 93 from J.Ott books.

Wizard of the Upper Amazon and Rio Tigre and Beyond by F.B.Lamb
Ayahuasca and jungle medicinals in the Amazon.

The Healing Forest
by R.E.Schultes & R.Raffauf
Encyclopedia of Amazonian medicinal plants.

Botany & Chemistry of Hallucinogens and Plants of the Gods
by R.E.Schultes & A.Hofmann
The best texts on psychoactive plants.

Plantas Alucinogenas by R.E.Schultes
Spanish edition of the Golden Guide to Hallucinogenic Plants, great illustrations, rare collectors item.

Ayahuasca Visions by E.Luna
Native visionary paintings with text detailing ayahuasca use.

Secrets of the Mind-Altering Plants of Mexico by R. Heffern
Pocketbook covering many obscure plant species.

Vibrational Medicine by R. Gerber, M.D.
Comprehensive text on alternative medicines, flower essences, homeopathy, ayurveda, etc.

Chocolate to Morphine by A. Weil
Written for youngsters, banned in Florida schools, new edition due soon.

Narcotic Plants by W. Emboden
One of the best ever, accurately covering even real obscure species.

Journals & Magazines

Economic Botany
\$30/4 issues; Box 368 Lawrence KS 66044
Leading ethnobotany journal, in most libraries

Journal of Ethnopharmacology
(Over \$600/4 issues, so its not too available)
This Swiss journal has the finest articles, many on psychoactive plant research. Well worth a long trip to a good campus library to browse the back volumes. Just what you need.

Journal of Ethnobiology
\$35/4 issues; c/o C. Fowler, Dept. of Anthro, Univ. of Nevada, Reno NV 89557
Scholarly articles on human uses of plants.

Integration: J. of Mind-Moving Plants
\$80/3 issues; Eschenau nr.29, 8729 Knetzgau, Germany. Mainly English articles of excellent scope and calibre, dealing with cutting-edge research reports on entheogenic plant uses.

Shaman's Drum
\$15/4 issues; P.O.Box 430, Willits CA 95490
Frequent articles on entheogenic plant use.

Whole Earth Review
\$20/4 issues; Box 38, Sausalito CA 94966
Always excellent. *We urge you to subscribe!*

Green Earth Observer
\$25/4 issues; Box 1119, Fairfax CA 94930
Newsletter and forum for Ralph Metzner's Gaia consciousness foundation, discussing ecology, shamanism, spirit/nature, mysticism.

Entheogen Review
\$20/4 issues; P.O.Box 778, El Rito NM 87530
Grassroots forum on practical neo-shamanism.

PlantWise
\$25/year; Box 807, Occidental CA 95465
Newsletter of Botanical Dimensions. Editor Kathleen Harrison McKenna profiles tropical medicinal plants and current ethnobotany projects in insightful, informed articles.

EXOTIC CACTUS SPECIES

Coryphantha macromeris

This is the famous 'dona ana' cactus of native Mexican ethnopharmacology. Clustering habit, forming large mounds of multiple heads. Endangered in the wild. 100/\$5

Echinocereus triglochidiatus

This comes with our strongest recommendation! Consider the following. This beautiful specimen forms clustered mounds to a maximum height of 2 feet, bears great quantities of brilliant scarlet red, cup shaped blooms. The fruits are edible, sweet and delicious with strawberry-like qualities, prized among lovers of exotic cactus fruit. The Tarahumara revere this as one of their false peyotes. Surprisingly, this is one of the only cacti which contains the same alkaloids found in *P. viridis* leaves. It grows in high mountainous areas and is very hardy to cold and drought. An interesting and versatile ethnobotanical cactus species and given its natural hardiness it has proven valuable to many growers. 100/\$5

Mammillaria heyderi

Ball-shaped cactus with geometrical rings of low triangular tubercles tipped with white spines. Blooms are brilliant red with iridescent centers. Rich in significant phenylethylamine alkaloids. Very easily maintained plant. 100/\$5

Neoraimondia macrostibas

South American tree-like cactus native to the high Andes, where it is known as an admixture to the San Pedro-based ritual sacramental brew, *Cimora*. 100/\$5

Pachycereus pecten-aboriginum 'Cawé'

Giant branching columnar cactus with short spines. Bears beautiful purple-edged blooms with white centers. Tarahumara natives in Northern Mexico treat this plant with sacred respect, employing it as a narcotic and hallucinogen. Exquisite specimen cactus. 100/\$5

Trichocereus spp of Ethnopharmacologic Interest

Each of these hardy *Trichocereus* species are excellent as grafting stock for smaller, slower, low-growing cacti. These are also the 'best' types in terms of their known properties for ethnopharmacological specimen collectors. *Trichocereus* are the fastest growing cacti, very easy from seed. Within 12-18 months quantities of vigorous stock can be raised to sizes which are the equivalent of beginning by vegetative cuttings, but in far less space and at considerable savings. Researchers should note that genetic variation between seedling individuals will give rise to interesting new characteristics (ie. rate of growth, hardiness, bioactivity) unobtainable from cloned populations or cuttings.

T. bridgesii (slender, columnar, fast)
T. macrogonus (huge, columnar)
T. pachanoi (very rapid, hardy, columnar)
T. peruvianus (very fast, huge, columnar)
T. peruvianus var. *trujilloensis* (new variety!)
T. santiaguensis (tall, wide, columnar)
T. scopulicola (similar to *T. peruvianus*, choice)
T. smrzianus (dwarf, clumping, red flowered)
T. spachianus (graceful, columnar)
T. terscheckii (gigantic, broad, columnar)
T. validus (dwarf, clumping, pink flowered)
T. werdermannianus (tall, columnar)

select one of above *Trichocereus* seeds 100/\$5

Trichocereus hybrids

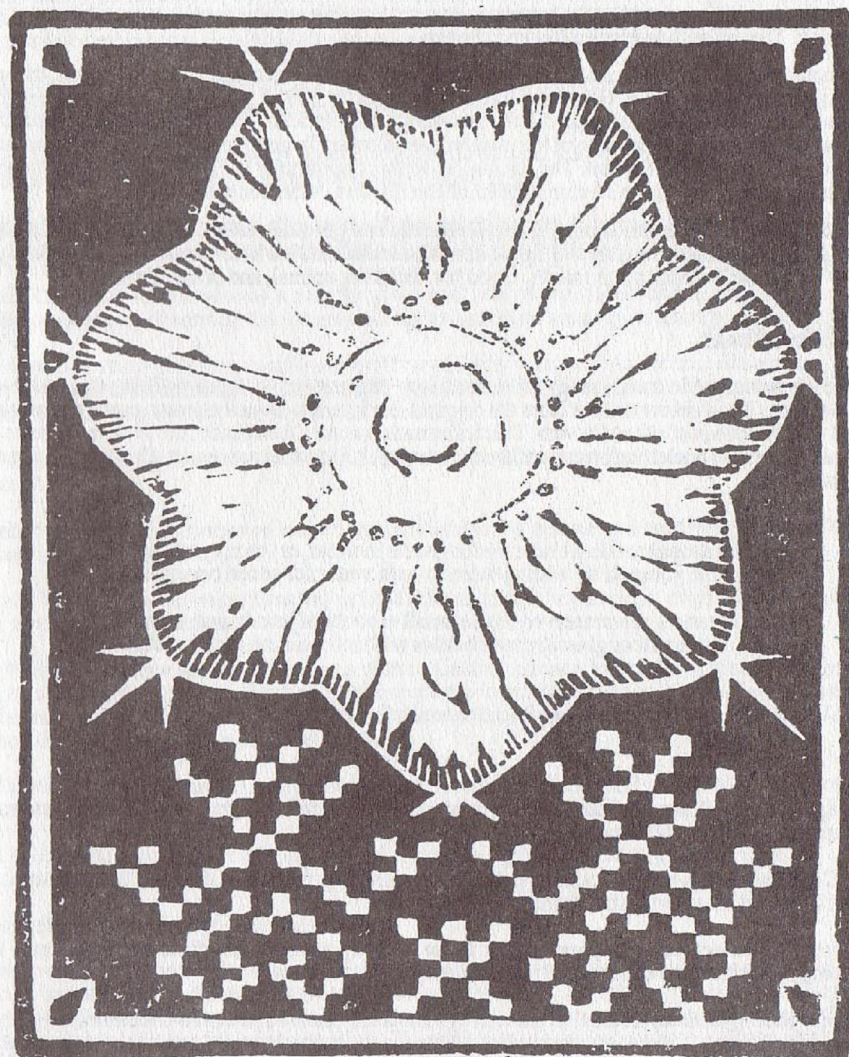
We had the opportunity to cross-pollinate some of the interesting *Trichocereus* species in our greenhouse and have good seed available. These represent completely new hybrids and will display a range of genetic expression never before seen. The parent species of each of these hybrids were dwarf, clumping *Trichocereus* species (and hybrids) in the *T. smrzianus* and *T. validus* complex. Flower color will range from crimson red to iridescent pink and magenta. These new hybrids are vigorous growers, forming a central, short column encircled with many smaller pups and will be very free-flowering at an early age. We have 2 different hybrids: choose #1 or #2... 50 seeds/\$5

Cacti are amazingly easy from seed. Many species will sprout within two weeks and grow rapidly into clean, healthy stock specimens. In some cases this is the only way to obtain rare species, as wild-collecting has threatened many with extinction. Many interesting cactus species have been listed under endangered plant laws, making it illegal to buy or sell any specimens which might have originated as wild stock.

Growing cactus seedlings is an easy, inexpensive way to have thousands of specimens of even the rarer kinds, which could not only protect them from extinction, but creates a living 'bank account' of very saleable specimens which increase in value with each year of age. We suggest you sow a cactus investment for your children to inherit. Here is how it's done...

Sow the seeds an inch apart on the surface of moist, shredded sphagnum moss or sterilized, moist, sifted cactus mix. Cover the tray or pot with a plastic bag, which must then be perfectly sealed. Tupperware sandwich boxes with translucent snap-lids are ideal, instead of pots. Place in bright, but indirect light at 65-85° F. No further watering is needed since the mini-greenhouse created by the bag can't evaporate moisture. Beware of extreme heat, which can cook the seedlings. Check to make sure the soil surface is staying moist. A fungicide may be needed.

Most cactus seeds will germinate in two weeks or so. They will look like little green bodies at first, but relatively quickly the characteristics of the species will show. The plastic bag or lid may be opened occasionally for airing and watering, and as soon as they are 3/4" or so (60-90 days) they may be potted up individually. Handle their roots very cautiously and try to sink the seedling lower into the soil to prevent shocking the transplant with drier surface conditions. Use a general cactus mix and water as needed during warm weather, much less if cool.



'la Luna de San Pedro'

JW '88

***Trichocereus pachanoi* 'San Pedro Cactus'**

San Pedro is a large columnar cactus of unusually rapid growth (12-18"/year) and is tolerant of a broad range of conditions. It is especially popular as a specimen because of its near lack of spines and its lovely, hypnotic, huge 10" night-blooming flowers which fill the air with their heavenly, quite unforgettable fragrance. Prefers rich, drained composted soil, abundant watering and full sun. Tolerant of frost. Does well indoors in pots. Easy to cultivate. We generally ship this hardy species year-round. Healthy, well-rooted 6"-10" specimens in vigorous growth.

\$15 per plant

FLOWER ESSENCES

in healing ourselves ...

Flower Essences are a unique form of vibrational healing, similar to homeopathics. They work by supplying a frequency of vibration that is needed by the human energy system. We are able to utilize them as a way to restore internal harmony. They stimulate inspiration and change.

These potent cosmic elixirs are thought to have originated during Atlantean and Lemurian times, though more recently through the guidance of Dr. Edward Bach, a very sensitive British physician. He spent years roaming the English countryside totally absorbed in Nature, working with particular flowers he was attracted to.

When plants reach their very highest state of expression, they flower. To prepare Flower Essences we put freshly picked flowers into pure water in the sun. The sun smiles on this opportunity to give of its healing properties and the water becomes charged with the Divine imprint of the flowers' vibrational signature.

Flower Essences effect complex emotional, spiritual, mental and physical realms of human consciousness and growth. They have been called 'tinctures of liquid consciousness' and are here to serve us. Completely safe to use, they help ease troubled hearts and minds. Good for children, animal, and plant friends.

Sweet Vibrations

We offer these Essences, made traditionally with much love and respect for those walking this path before us. Some of the Essences listed below are not from the original Bach series. Over the years, many researchers have experimented with hundreds of other flowers. This information comes from Bach, the Flower Essence Society and the Kevin Ryerson-channeled information found in the book *Flower Essences*, by Gurudas, and ourselves as we experiment.

A few drops are taken under the tongue or in water, or you may totally immerse yourself by adding them to bath water for added benefits.

All essences are preserved with a small amount of brandy and come in 1 ounce amber glass dropper bottles with information for \$6 each.

... we are pleased to offer ...

Borage (*Borago officinalis*) beautiful electric blue, star shaped flowers help lighten the heart and ease sorrow... increases courage and makes one happier.

Calendula (*Calendula officinalis*) a colourful friend whose help is mainly devoted to communication... bringing sensitivity and receptivity in listening to its user.

California Poppy (*Eschscholzia californica*) for those seeking external gratification (sometimes through drugs)... helping to balance and spiritualize inner development.

Comfrey (*Symphytum officinale*) a valuable nervous system tonic used as a potent re-educator for the body after heavy neurological damage... increases physical coordination by balancing right and left brain hemispheres... a memory enhancer, being invaluable to students, older folks and those involved with dreamwork.

Eucalyptus (*Eucalyptus globulus*) for the lungs, which in esoteric anatomy represent emotions... helps balance emotional turbulence and oxygenates the circulatory system.

Garlic (*Allium sativum*) carries most of its herbal properties thus cleansing internally... eases fear, paranoia and anger... a few drops in a glass of water makes an excellent insect repellent.

Impatiens (*Impatiens sp.*) as the name implies... for impatience, irritability, anger, intolerance. This essence was made on Maui with purest mountain spring water in a very special place.

Iris (*Iris species*) activates the right brain, inspiring creativity... helps frustrated artists and writers.

Khat (*Catha edulis*) the exotic, prized Ethiopian stimulant carrying its herbal properties.

Lemon (*Citrus limon*) powerful mental aid useful for clarity of thought... stimulates left brain hemisphere, activating computer, mathematical and language skills.

Lotus (*Nelumbo nucifera*) a most 'evolved' Flower Essence, has been called the philosophers stone for healing of this type... a powerful elixir, enhancing other essences.

... we help heal our planet

Morning Glory (*Ipomoea violacea*) used to break addictive habits... for restlessness and insomnia... an excellent essence to strengthen vitality while toning the nervous system... heightens sensitivity, useful for practitioners of acupressure, acupuncture and massage.

Mugwort (*Artemisia vulgaris*) useful as a telepathic tool... and more importantly as a neuron communicator in the brain. Mugwort is well-known as a dream herb.

Papaya (*Carica papaya*) comes from Hawaii... helps us connect with our 'higher selves', integrating cosmic intelligence into our daily lives... improves metaphysical skills

Pomegranate (*Punica granatum*) the spirit of the pomegranate flower is intensely female and stimulates consciousness for dealing with women's physical and emotional issues.

Redwood (*Sequoia sempervirens*) a mighty giant and one of the oldest living organisms on the planet... increases longevity... observing the majesty of this magnificent creation is some proof in itself.

Rescue Remedy a truly effective combination of five of Bach's original essences... as the name implies, Rescue Remedy eases physical or emotional shock and is an excellent first aid remedy... several drops in water or mist is useful for gardeners dealing with transplant shock.

Sage (*Salvia officinalis*) Extensively used in traditional North American medicine and for cleansing... awakens the heart chakra.

Selfheal (*Prunella vulgaris*) an excellent aid for spiritual fasting, releasing stored body nutrients for utilization... a self-healing process in itself.

St. John's Wort (*Hypericum perforatum*) guided release of fear or paranoia, even of unknown origin... a good ally for security and protection.

White Water Lily (*Nymphaea sp.*) during a visit to Lake Catemaco in Southern Mexico it rained most of the time. At the very end of the trip there was just enough sun to produce this essence... it has also been illuminated by the full Moon. Lake Catemaco is an annual pilgrimage spot for Mexican brujos, and *Nymphaea* species have been used there by the ancients as entheogens.

Yerba Maté (*Ilex paraguayensis*) plant essence found very useful when right/left brain imbalances cause mental 'problems'

Zinnia (*Zinnia elegans*) for the serious minded, bringing lightheartedness, joy and laughter.

Research Flower Essences

Listed below are essences which fall under the research category and are still in various stages of documentation. Preliminary use indicates the flower essences of these psychoactive plants have great potential for those involved with psychic exploration. The use of these particular essences may be an aid in determining whether or not these particular plants could be useful for you as allies. They are also viewed as a way to keep the spirit of these plants within. Please note that these are true Flower Essences (as above) made as vibratory tools and not liquid extracts of the plant material.

Cimora Potion (*T. pachanoi* + *Brugmansia sanguinea*) South American shamans prepare a vision-inducing potion using San Pedro Cactus mixed with a red/orange tree datura, used in all-night lunar healing rituals. We have combined the Flower Essences of these two ancient ally plants into a completely safe vibrational catalyst for psychic visionaries.

San Pedro Cactus (*Trichocereus pachanoi*) We prepared this essence on the equinox during a full moon. One essence was made with flowers exposed to the sun (solar, male, conscious mind) and another made under moonlight (lunar, female, subconscious mind). We have combined these two in this cosmically balanced potion.

Tobacco (*Nicotiana tabacum*) Tobacco has been used traditionally by many native cultures. Medicine people often employed it in their healing rituals using the smoke as a bridge between themselves and the spirit world and a catalyst for prayer. This particular form has small pink trumpet-shaped flowers which seem to reach upward toward the heavens.

Tsunami cactus (*Ariocarpus fissuratus*)

Sun Opener (*Heimia salicifolia*)

Pipiltzintzintli (*Salvia divinorum*)

BOTANICAL PRODUCTS

AMBER ESSENCE

This solid aromatic resin is compounded by a family of Ayurvedic alchemists from their fourth-generation secret formula. The sensual, exotic indescribable scent lingers when rubbed on the skin in tiny amounts. Biofeedback studies record the psychoactive effect is based on deepening of theta-wave brain states. Opens heart and consciousness, enhancing tantric pleasuring, acts as an ultimate body odourant both masculine and feminine compatible.

2 grams Amber in tiny carved rosewood box w/ hinged lid ...\$10
Bulk Rate Solid Amber Essence (refills) per gram ... \$2.50
Top-quality Amber Essence Incense (excellent!) ... \$3.50
Tantric Massage Oil (Amber in Almond Oil) An erotic offering especially suitable for the art of love-making. ... 4 oz./\$8

SANDAL ESSENCE

Semi-solid blend of Mysore Sandalwood oil in crystalline resin base. The sandalwood plantations are managed for sustainable yields, harvesting trees no earlier than 30 years of age, hence the rarity of this wondrous scent. Commonly used in India among tantric devotees as a male body fragrance, although both genders are driven to sensual arousal by it. per gram ...\$2.50
Sandal/Orange Body Oil Smooth sensual sandal combined with juicy citrus creates an exciting new blend. ... 4 oz./\$8

MOCTEZUMA'S SECRET

When the Spanish barbarian, Cortez burst into the 1520's Aztec court, he was shocked and intrigued to discover the aged Moctezuma reveling in the pastime of a royal harem. Upon learning that the basis for this royal pleasuring was an aphrodisiac brew forbidden to all but the court, Cortez kept the Aztec King alive only long enough to determine its ingredients and formula. With the rapid culture crash, use and knowledge of the original Royal Secret was forgotten. The Europeans brought one of the ingredients into world awareness, seed of the Cocoa Tree, now a household item. In the original erotic brew, cocoa was blended with unique medicinal herbs and spices to give a drink worlds apart from our familiar, puny chocolate.

Since resurrecting the lost recipe from obscure Vatican manuscripts we have been blending the herbal drink once more, immersed in the Business of Pleasure. The intense, pungent mix of bitter, stimulating cocoa seeds, fiery hot chilis, with the bioactive herbs *Damiana*, *Matico*, *Kola*, *Chamomile*, and *Mint*. This exotic beverage has become an underground sensation.

20-cup supply (4 oz) with instructions ... \$7

MOCTEZUMA'S LITE

We have had regular requests for custom batches of less-hot Moctezuma's Secret. For those who find their consumption of the herbally medicated chocolate brew is limited by the degree of hotness they are used to, or have friends who would love to be able to experience the brew's effects, but who have yet to grow tolerant of chilis, this is the answer. All of the exotic ingredients formulated according to the classic recipe, except for the hot peppers.

20-cup supply (4 oz) with instructions ... \$7

THE CACAHUATL EATER: Ruminations of an Unabashed Chocolate Addict by Jonathan Ott

Privately printed, limited edition by the brilliant scholar/chemist who has made a lifetime of historical, philosophical and practical research into natural psychoactive products. This superbly eloquent, entertaining and witty natural history of the 'food of the gods' lovingly treats the history, mystery and psychopharmacology of cocoa as the wonderful drug that it is. Masterfully elucidating the facts, he disproves chocolate as junk food and debunks reports of it as a cause of tooth decay, acne, obesity, migraine, allergies and benign breast disease, while demonstrating (for the first time) theobromine drug addiction. Illustrated by exotic archival engravings as well as rare photos of Ott with his field collaborators Richard Schultes and Albert Hofmann. This thorough and fascinating underground classic has never been publically circulated. We were given the author's permission to offer these last few remaining personal copies, destined to become prized collectors' items. softcover book \$10

GUARANÁ (*Paullinia cupana* var. *sorbillis*)

Famed tonic stimulant of the Brazilian Amazon. Natives insist their daily dose of *Guaraná* serves as far more than a powerful stimulant, claiming it acts as both an aphrodisiac as well as a treatment for headache, fever and cramps. The high content of tetra-methyl-xanthine, hypoxanthine, guaranine, theophylline and theobromine accounts for its intensely pleasurable stimulant effects which propel the mind and body for up to six hours. Prescribed as a replacement drug for those who cannot tolerate coffee and tea, but its unusual saponin content (timbonine) underlies the longterm tonic effect (ginseng owes its activity to saponins). Known as a healthy stimulant and perfect sustaining food substitute during fasts and diets, it's also fun! One of the few crops of Amazonia with positive ecological status: supports the peoples and habitats of the Amazon Rainforest.

Free report on all aspects of *Guaraná* w/ order... 4 oz/\$10; 1b/\$32

BETEL NUT CHEWING BLENDS

The world's most popular (per capita) stimulant is derived from the fruit of the graceful Betel Nut palm tree, *Areca catechu*, blended with a variety of spices and additives, and slowly chewed to activate the stimulant alkaloid mix. Arecoline has been clinically shown to improve serial learning and memory and counteracts intestinal parasites to boot. Very popular in India, Thailand, Indonesia and other Far Eastern cultures. Chewed by hundreds of millions daily, before breakfast, after lunch, at bedtime and every hour between. Virtually unknown in the West, but used by more humans than coffee and tobacco. In fact, those wishing to quit a cigarette habit would do well with this as a replacement plan. The base of Betel Nuts, *Acacia* resin and lime is elaborated in hundreds of ways using cardamom, cloves, tamarind, dates, fennel, turmeric and other flavours, each region having its favourite Ayurvedic blend. We are thrilled to introduce you to yet another exotic botanical pleasure-inducer! Not only that, but in several exquisite varieties ... the ones we have selected (and use daily) as our personal favourites are these:

Santoor: excellent easily-chewed blend of dry dates, betel nuts, *Areca catechu*, cardamom and shredded coconut, flavoured with sandal and menthol. Must be experienced to be appreciated: this is a blend most everyone raves about. Comes in an elegantly designed, reusable metal cylinder with 100 grams mix, only \$10
Supari: potent, tasty, not overwhelmingly aromatic. Very, very pleasant daily chew. Comes in sealed cylinders of 50 grams/\$5
Gutika: contains tobacco; very potent, slightly aromatic, choice mix with Supari or Chutki. Gold foil ziploc pouch. 20 grams/\$5
Chutki: sweet (dates) and very aromatic, perfect 'mouth freshener' apertif chew. Strip of five individual 3.5 g printed pouches 5/\$5

...we like to add some extra Betel Nut to the above blends once (or more!) during the day to enhance and extend the chew. Try:

Saffron-cured Betel: no other additives, very tasty, sweet, aromatic. Can be chewed straight, or mixed. 100 grams/\$5
Pure Betel Nuts: in bulk, evenly chipped for use. These pure, unflavoured Betel Nuts are also fine to chew straight. pound/\$30

GOLD ROOT (*Heliopsis longipes*)

Slowly chewing a matchstick-sized piece of *gold root* creates an intense tingling sensation on the lips and mouth, subsiding in a few minutes. These roots are harvested from wild plants in the high forests of tropical southern Mexico. Local herbalists use it for toothache (claimed to halt the pain almost immediately) and it is also used for oral cleansing, to clean and whiten the teeth. Experiments with the pleasant but dramatic skin tingling led us to use it erotically, as the sensation can be shared from the mouth onto other skin areas ... use your imagination! package/\$5

NEEM LEAVES

In India the Neem tree is a miracle plant, all parts of it are useful, primarily as medicine, externally for persistent skin diseases and internally as an anti-malarial, anti-parasitic and liver stimulant. Small amounts of leaves made into tea are sprayed on greenhouse plants as an unmatched natural pesticide. 25 grams leaves/\$3



Otavalo Woman
Ecuadorian Andes

GUAYUSA LEAF TEA (*Ilex guayusa*)

Known only from a small region along the eastern foothills of the Ecuadorian Andes at the headwaters of the Upper Amazon tributaries, this beautiful, glossy-leaved bush has been enjoyed by natives for millennia as the source of their drink. Wild specimens are virtually unknown, indicating a great age of semi-domestication by the ancestors of the Guayusa. Propagated by branch cuttings, it is planted at every village and hunting hut within its range. The tea is pale green, aromatic and delicately aromatic. Throughout the history of Guayusa tea are taken as a mental stimulant. An early analysis showed it to be a caffeine-containing (and a potent one), there is ample evidence that its effects remain to be discovered in it. For example, even the Guayusa who hosted us in the region uses it as an ayahuasca substitute, frequently as the sole ingredient added to the ayahuasca vine. One healer prescribes a blend of just Guayusa and *Psychotria viridis* as a drink to cure depression. Guayusa (or guayusa drink) is beloved by the people where it grows. They call it the 'green heart of the Amazon' and show great pleasure in making and drinking it. They were very happy to learn that we wanted to bring it back for people in our culture and provided us with a beginning amount to circulate among lovers of exotic tea. We hope to develop a larger appeal, so our native friends could cultivate more as an income crop from their rainforest gardens. Give it a try and let us know!

Sample packet (makes 10-12 cups) \$5; bulk (40-50 cups) \$15

COSMIC CAFFEINATOR (named by Dr. James Duke)

Jeanne Rose, the famous San Francisco herbalist, has blended for us this wild combination of stimulant herbs with an orientation to good taste. Contains maté, guaraná, specialty coffee beans, black tea, and other flavoring herbs. Her superb skills have resulted in this delectable brew which packs a kick that doesn't rattle the nerves but steadily unleashes cerebral and physical energy over hours. Jeanne says "a delicious drink which will surely wake you up, gently but seriously and keep you aware throughout the day. It will not make your heart pound as drinking coffee alone and it will act as a bronchial dilator as well as an endorphin producer. A nice combination!" It's like being centered in the eye of a potent whirlwind. You can get so much done without chaos by drinking this elixir. We are truly renewed in our awe of both the power of herbal excitement as well as the wisdom of this master herbalist. You'll love what it does for you! 4 oz/\$10; pound \$35

HERBAL STIMULANT SAMPLER

For those of us who love cerebral excitement in its many forms, we have put together a sampler of some of the most enjoyable herbal stimulants. Science has reduced our appreciation of these botanicals by labelling them 'caffeine-containing', but the qualitative differences between coffee and tea are obvious. In the same way chemical makeup does not explain the subjective differences between Thai and Afghani, the xanthine isomers of caffeine give widely distinct sensations. We invite you to compare the pleasures of these herbal xanthine plant teachers by trying this delightful sample package:

Kola Nut Powder from Africa, very arousing physically with spinal chakra rushes, scalp tingles and somatic/tantric skin sensitization.

Yerba Maté from Argentina makes a delicious, smoky tea activating a high, crisp, expanded consciousness with mental precision and endurance.

Cacao Seed Powder is the source of chocolate products, but ought to be learned as its own spirit. Nourishing and sustaining with a combination of cerebral sparkle and bodily ecstasy. Stimulates circulation and breathing.

Unfermented Green Tea from Japan is the unfermented 'herbal' form of common tea. It refreshes the entire spirit, clearing and accelerating the higher intellect with none of the digestive impact of black tea. An upper-forehead opener.

Herbal Stimulant Sampler 1 oz of each with instructions... \$10

KOLA NUT POWDER *Cola nitida* (= *Cola acuminata*)

Indigenous to coastal rainforests of West and Central Africa, the seeds of this beautiful tree have been prized for their powerful stimulant effects. This powder contains between 1% and 3.5% caffeine (usually about 2%). Theobromine is also present in amounts just under one percent.

The effects usually are first noticed as an increase in depth of breathing accompanied by spine tingling rushes of energy which begin in the lower back and swirl up to the base of the head, climaxing with a tightening of the scalp and a feeling of the hair standing on end. It can range from a quick flash up the spine to a full-on, one-by-one opening of the chakras as a kundalini-like mobilization of vital force rises to the crown of the head. Since the skin's pleasure receptors are especially effected, the sensation of touch becomes very pleasurable indeed. The combination of an alert, receptive state of mental stimulation with the sensitization of pleasure in touch make kola a delightful experience.

African Kola Nut powder 4 oz/\$5; pound \$17

YERBA MATÉ *Ilex paraguayensis*

This traditional Argentine beverage comes from the leaves of a bushy South American tree. The thick, shiny leaves are very rich in caffeine (to 2%) and vitamins. They have several volatile oils present which give the tea part of its distinctive aroma and taste. The best quality product comes from a process of fire roasting and curing the fresh branches to develop the characteristic smoky flavour prized by maté lovers. In Paraguay and Argentina it is the national beverage, consumed in vast quantities daily. Much of the supply comes from wild native trees which are perfectly suited to sustainable harvesting. The foraging industry depends on the preservation of intact forest habitat, so the protection of South American forests is in part made necessary by a strong market demand for such wild collected products. Drinking maté helps protect the planet's endangered habitats and supports simple forest people with a right livelihood.

The effects are relatively long lasting, inducing a type of mental clarity and expansion of thought processing capabilities. A feeling of enhanced memory and accelerated intellect is often experienced, however the racy edge of physical and mental stimulation is seldom noted. This state is especially suited to periods of intense study, calculation and cerebral activity requiring endurance to maintain continuous attention and precision focusing.

Yerba Maté leaf 4 oz/\$5; pound \$17

GREEN TEA *Camellia sinensis*

The Holy Sacrament of Zen has an ancient and noble history as a drug plant ally in the Far East. The scientific name, *Camellia* (=goddess) underscores the revered status of the plant from whose leaves tea is made. From emperor to peasant, mongol to priest, the brew has been the stimulant of choice for countless millions. Teism is perhaps one of the world's largest cults.

Most tea products and blends are from fermented leaves which are virtually composted in great heaps before being slowly roasted. These are the common black teas. We find the stimulant alkaloids and fragrant volatile oils are seriously degraded by this fermenting process. Green tea is an unfermented leaf product with quite distinct properties and flavour. It is made from only the finest grade of fresh leaves, dried rapidly in copper pans over low heat. Moderate consumption of this green tea is felt as an invigorating mental tonic. It refreshes a tired spirit, speeding up thought processes and opening the higher intellectual centres. We experience this as a psychic opening of the upper forehead.

Unfermented Green Tea 4 oz/\$5; pound \$17

BEEDI HERBAL CIGARETTES

From India. These are slender little, all-natural smokes rolled in a leaf wrapper. The herbal ingredients burn smooth, smell good and taste fantastic. There are many types of these hand-made beedies produced in India according to different Ayurvedic formulas. This blend is the finest tasting and most well-made we discovered in our search to bring you the Holy Smoke. Made by the Mangalore Ganesh Beedi Works and packaged in Ganesh logo (elephant-headed god) packs of 25 beedies ... only \$3

QUARARIBEA FUNEBRIS FLOWERS

The Spanish chroniclers of conquest times recorded the use of entheogenic chocolate beverages by Aztec priests in ritual, as well as by the public for celebration. The mystery has remained regarding the exact ingredients. Some scholars theorize a standard chocolate potion was the vehicle for ingestion of many medicaments as additives, such as the sacred mushrooms and *ololiuhqui* seeds. Others hold that there must be some part of the potion itself with such activity. Richard Schultes has published a series of articles implicating the dried flowers of *Quararibea funebris*. Chemists are currently investigating the activity of the alkaloid *funebrine*, and others. These flowers are exceptionally rare, as the trees are grown only in a small region and the supply barely meets local demand. They are still used by some native tribes in southern Mexico as an indispensable ingredient in a medicated cacao potion. We were recently able to visit this area, sample the intriguing brew, and obtain some of these peculiar-looking, aromatic flowers. One can prepare such a potion by making strong hot chocolate, thickened with some corn flour, spiced with hot peppers, cinnamon, almonds and a pinch of these flowers. This brew is then whipped till frothing. Or a tea may be made with *Quararibea funebris* flowers alone. 10 grams/\$5

YOHIMBE BARK (*Corynanthe yohimbe*)

Certified sustainably harvested Yohimbe Bark from the African Cameroons rainforest. Much sought after but scarce in this country. 4oz/\$25

YOHIMBE CONCENTRATE (*Corynanthe yohimbe*)

Same quality wild Cameroons Yohimbe Bark processed in highly concentrated liquid drops. 1 oz/\$15

CULTIVATION DETAILS FOR EXOTIC PLANTS

Thanks to your requests for more complete advice on starting seeds and growing the exotic plants we offer here, we have put together a little booklet full of useful details. Covers tricks and requirements to start and raise healthy specimens. Includes plans for propagation unit, terrarium and greenhouse, modeled after the inexpensive home-made ones we use here. Observations and advice on most of the species of seeds and plants listed in this catalog. Special seed treatments, soil mixes, optimal light, temperature and watering regimens, life cycle, growth rates, container size, native habitat and folklore. plant booklet \$5

SINICUICHE LEAF CONCENTRATE (*Heimia salicifolia*)

Alcohol extract of organically-grown leaves. 1 oz/\$15

GOTU KOLA TINCTURE (*Hydrocotyle asiatica*)

Since much of the medicinal value of Gotu Kola is lost upon drying, we would like to share our special preparation of freshly-picked leaves extracted into a tincture using natural acetic acid (vinegar) in place of alcohol. Excellent as a rejuvenative brain tonic. A few drops can be added into your favourite salad dressing to make daily use more convenient. 1 oz/\$5

REISHI MUSHROOM TINCTURE (*Ganoderma lucidum*)

Oriental medicine has since ancient times classified healing plants, but there have only been a handful considered as the Superior Medicines. The *Reishi* (or *Ling Chi*) mushroom is among these rare and prized medicinals which are said to give long life, assist all healing processes, are suited for all people, and combine with other medicines. *Reishi* is reputed to 'keep the body light and young and to lengthen life'. Current clinical studies reveal it to be an effective therapy for many major disease states and to confer 'nonspecific immunity' through longterm, low-dose regular use of its tincture. 1 oz/\$7

REISHI/SHIITAKE CONCENTRATE ('*ReiShiGen*'®)

The most potent strains of Reishi & Shiitake mushrooms have been expertly cultured to primordia stage (when all the compounds are at a peak without the bulk of the mushroom bodies as filler) then combined in equal parts into 600 mg capsules. 200/\$22

PAU D'ARCO BARK (*Tabebuia impetiginosa*) 'Tahebo'

Medicinal use of this rainforest tree bark has been spread from the jungle to the laboratories of international pharmaceutical firms in recent years as the anti-tumor action of *lapachol* and anti-candida properties of *xyloidione* were discovered. It has an apparent lack of toxicity. Highly prized as an immunostimulant and strengthening medicine for convalescents. We enjoy this as a tea because of its delicious taste and full body. A rich, aromatic brew is made by simmering small amounts of the rasped bark. This batch is imported from the preferred Argentine variety.

dried bark 4 oz/\$10; pound \$32

PAU D'ARCO TINCTURE Concentrated bark extract 1 oz/\$7

TRADITIONAL MUSIC OF GHANA

The living heritage of ancestral tropical Africa has been kept in an unbroken lineage preserved in the sacred drum rhythms. Some of these songs have been played in specific ceremonies at precise dates literally for tens of thousands of years, acquiring a morphic resonance which can be utterly compelling. Many rhythms are to the rainforest or sacred plants. Present lineage holder, the messiah/percussionist Kwaku Daddy has been invested with the responsibility for preserving these potent rhythms and legends of his ancestors. His impeccable mastery allows the tribal wisdom, feelings, significances and sonic medicine of the ancient songs to be experienced by any listener. These are very heavy traditional drum rhythms which can bring about incredible inner transformation. 'Hedzollah' cassette tape \$13

LEONURUS SIBIRICUS HERB

The dried herb of Siberian Motherwort is known as 'marihuaniila' in the West, although too little study has been done on its properties. The alkaloid, *leonurine*, may be responsible for the psychic effects when smoked. We offer imported *L. sibiricus* herb in dried form. 2 oz/\$10

SMOKING BLEND

Our own favourite neo-traditional mix for those who enjoy contemplative inspiration. Unlike some other herbal tobacco substitutes, this is a useful blend with substance and satisfaction. Each batch may vary a bit. Based on: Wild Lettuce, aged Scotch Broom tops, Tagetes, California Poppy, Wilde-dagga, Siberian Motherwort buds, Prickly Poppy, and Matico cured in hop resin and honey. Rolls properly, burns perfectly. Very popular. 1 oz/\$5

SMOKING BLEND with *Calea zacatechichi*

The same formulation as above, but with 30% *Calea zacatechichi* herb blended in for extra flavour and aroma. 1 oz/\$10

DEHYDRATED SALVIA DIVINORUM LEAVES

For pyrolytic assay. 7 grams (25+ leaves) \$25

SCOTCH BROOM TOPS (*Cytisus canariensis*)

Well-researched medicinal smoke of the tropics. Shamans of the Yaqui tribe have a special technique for activating the flowering tops of Scotch Broom for smoking use, burying the dried tops for 10 days in a glass jar. 100% wild-collected material. 1 oz/\$5

ASFAHANA TOMBAC (Natural Tobacco Leaves from India)

High quality, whole, uncured tobacco leaves pressed into mini-bricks for smoking or ceremonial offering. This golden tobacco is produced in India for hookah smoking, but is ideal for use as natural tobacco in pipes or cigarettes, and is perfect as an offering tobacco in traditional ceremonies. 100 grams/\$5

HAPPINESS STUFF

This is kind of hard to describe but it's interesting and effective. It is an Ayurvedic blend of natural herbs, seeds, bark and oils which, in India is always burned on a brazier during festivities such as weddings and births. It is said to induce peace, prosperity and happiness. Sprinkled on a woodstove or charcoal, it indeed conditions the air and vibes with, well, happiness...it does sound odd, but what more can be said, it works! 50grams/\$4



**Taupou prepares the Kava drink
Western Samoa**

She strains the potion into the tanoa bowl using a bark fiber strainer.

KAVA-KAVA ROOT (*Piper methysticum*)

Pacific Island cultures from New Guinea east to Hawaii make the famed Kava beverage from the rhizomes of this sacred plant. This is a recreational and ceremonial tranquilizer whose rising popularity cannot be underestimated. Traditional methods of its preparation protect the oxidizable lactone resins, bringing them into an absorbable emulsion. This year we have an entirely new source, from the island of Tavéuni, known to produce the finest kava. We've made arrangements with farmers growing it way up in the rich soils of an extinct crater. These natives planted this batch several years ago and agreed to begin harvesting it to share the medicine. We've been able to bring back a supply direct from the source for you. This kind of quality has never been available outside of the village. This is an excellent prescription for our stressed-out society, should it ever catch on here... We offer this potent Fiji strain along with complete instructions for making kava in the ancient way, as well as other connoisseur methods. It is extremely pleasurable and works!

Tavéuni Kava Root w/instructions 8oz/\$15

KAVA EXTRACT in liquid drops

Modern research has led to the use of Kava Extract in clinical psychiatry as an electroshock therapy pre-treatment, proven to reduce mental disorganization at a cellular level. We do hope you never need to use it this way, but we have prepared a special extract of the potent resins which gives beneficial and pleasant effects. Moderate use is said to reduce stress without unclarity and relax the body like an inner massage. Vivid dreamlife is often reported.

1 oz concentrated drops/\$10

KAVA MASSAGE OIL (with Dandelion Flower Essence)

The active ingredients (kawaine, yagonine and methysticin) in the tranquilizing resins of Kava Root are soluble in our quality almond oil. The skin is the largest organ of the human body and readily absorbs the healing virtues of medicated massage oil. The profound physical stress releasing and muscle-relaxing properties of Kava Resin combined with Dandelion Flower Essence make this an invaluable and effective bodyworking tool.

4 oz/\$7

AYAHUASCA VINE (*Banisteriopsis caapi*)

We are offering dried sections of the rare Amazonian vine in limited quantities. We hope to continue this offer, but suggest you secure adequate supplies against the future possibility of interrupted stock. This package of whole, dried stem sections represents a typical unit (4 1/2 to 5 feet of 1/4" to 3/4" diameters) of vine cuttings. package of dried ayahuasca vine sections \$35

CALAMUS ROOT (*Acorus calamus*)

Not FDA-approved for internal use. Nice in sachets. 8 oz/\$10

WILD LETTUCE EXTRACT (*Lactuca virosa*)

Our special preparation from premium-grade medicinal Wild Lettuce imported from France. A solid extract (*Lactucarium* or *Lettuce Opium*) was once an official item in medicine. This is a highly-concentrated liquid formulation.

1 oz/\$10

WHOLE CACAO SEEDS (for roasting chocolate at home)

Nothing compares with the taste of freshly-roasted cacao beans! Just heat a frying pan and keep turning these seeds until they all are evenly well-toasted on both sides. Shuck off the flaky outer husk and eat just as they are, or if you must, grind them to a paste and mix with honey or sugar. This is fabulous spread with peanut butter or used like chocolate for eating or brewed.

8 oz/\$5

UNROASTED GREEN COFFEE BEANS

Spread these on a pan in a medium-hot oven (or frying pan) and keep turned until toasted brown. Darker roasts (like French) are stronger tasting but have less caffeine due to the longer roasting. Lighter brown roasts preserve the stimulant kick and are milder in flavour. You'll love making your own style of coffee. 8 oz/\$5

CALEA ZACATECHICHI: the Dream Herb

The Chontal people of Chiapas know the endemic *Calea zacatechichi* herb to be useful as a divinatory medicine. They claim that a tea made from this plant induces a state of sleep during which very brief, intense dream sequences reveal the answers to matters of village problems, lost objects, personal difficulties and inspired messages from the astral plane. Strangely, the extract of *zacatechichi* was studied in a fully controlled clinical setting by authoritative scientists to determine its pharmacologic effects. The result of this objective research revealed that the plant extract indeed produces a state of drowsiness, followed by peculiarly intense but short episodes of cat-naps in which a set of dream sequences invariably were reported by the subjects, who stated them to be unusually lucid and of profound meaning. In this careful clinical study, control groups receiving placebos, barbiturates, tranquilizers or alcohol had (naturally) no such experiences. We have been seeking this obscure herb for over ten years, finally encountering it in the remote mountains of southern Mexico, in order to offer it to interested researchers.

2 oz (60 grams) dried herb \$25

CALEA ZACATECHICHI 'Dream Drops'

The whole herb in concentrated liquid form.

1 oz/\$15

SANGRE DE DRAGO: the Liquid Bandage

Medicinal jungle tree latex from South America, famed as a healing cure-all. Internal use for ulcers, cirrhosis and hemorrhage has not been clinically approved in this country, but its usefulness as an external remedy is certain. We wouldn't be without it in the jungle or the kitchen as a firstaid remedy for wounds... a drop will seal the skin, drying into an antiseptic 'liquid bandage' for speedy wound healing. Perfect for areas like the fingers where cuts keep opening and no bandage seems to stay put. Antimicrobial, antibacterial, antiviral, antifungal, accelerates healing. A few drops in water are 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). It works *really* well for acne. An extract is being developed by the drug firm Shaman Pharmaceuticals as a treatment for influenza and herpes viruses. We have set up an arrangement with a family of *ayahuascerol curanderos* in a remote area where these *alaniqui* trees grow, working with them to market their miracle medicine so they can benefit directly from a good income. When you buy this product you are supporting cultural survival of these rainforest people, supporting rainforest conservation (by adding an economic power to intact habitat harvesting) and making an ecological choice in purchasing a natural medicine with no environmental detriments. Please support this pilot project by incorporating *sangre de drago* (Dragon's Blood) into your daily life. It makes an excellent gift as well. Highly recommended. Limited supply. Please note: Amazonian *sangre de drago* has nothing in common with "dragons blood" of European herbalism, which is dried resin from the Old World *Dracena draco* tree.

half ounce bottle/\$5

ST. JOHN'S WORT OIL

St. John's Wort is commonly known as an anodyne or pain-reliever. The herb used to create this fine oil was gathered in a lovely meadow above an ancient redwood reserve. It is put fresh into oil and allowed to steep until the oil turns deep red and extremely aromatic. St. John's Wort herb is quickly gaining interest pharmaceutically and therapeutically as *hypericin*, a principal active ingredient, is being experimented with as an antiviral agent in AIDS research. This oil makes an excellent anointment and has been used at many home births!

4 oz/\$8

SANDAL INCENSE (in silk gift box with holder)

This is an exquisite gift. Packaged in a brocaded silk box with 50 sticks of the absolutely finest Mysore Sandal incense complete with a clay holder for burning them. The scent is delicate and truly the finest of sandal and has none of the cloying, choking smokiness produced by most burning incenses

50-stick box only \$5

CHIGRA Amazonian Pita Fiber Net Bag

The *chigra* is a universal jungle carry-all, expertly woven from durable *pita* fibers by indigenous women of the Upper Amazon. The laborious process of rendering the *pita* plant fibers into string, then dying, weaving and tying the string into the elaborate net bag is done in a simple, low-tech way entirely by hand over a course of several days. This string-net *chigra* is lightweight and small (folds into a pocket), yet is amazingly strong and expandable. Natives carry large, heavy loads in these *chigras*, which last years even under rainforest conditions. While working with a Quichua family recently, we initiated a project to directly market their handcrafted *chigras* in order to bring them a decent income based on traditional culture. We are very hopeful that you will welcome this opportunity to direct your purchasing power to support such a good cause while at the same time having the chance to obtain these practical and beautiful handmade tribal rainforest products. Excellent for shopping, laundry, schoolbooks, etc, they make useful and colorful gifts for friends. Amazonian Chigra \$15

MATICO LINAMENT (*Piper angustifolium*)

Matico is a South American medicinal herb used by native people in the Amazon Basin. It is known as an aphrodisiac and tonic tea and is also widely used externally against skin fungus and infected wounds. Ethnobotanist Wade Davis once contracted a truly disgusting fungus which caused the soles of his feet to peel off, immobilizing him, which no pharmaceutical medicines had any effect upon. The dramatic and complete cure was brought about by applications of the *matico* herb by a native healer. This linament is in rubbing alcohol for external use only. 4 oz/\$7

TSICTA CONCENTRATE (*Tabernaemontana sananho*)

Among the most powerful medicines in the South American shamans' plant pharmacy is the bark of the *Tsicta* tree. In parts of Amazonian Peru and Colombia this is known as *sanango*, a word meaning panacea. Schultes states it is 'given to old people who are slow and forgetful' and is an admixture to *ayahuasca*. It is reported to induce lucid dreaming at night. Afterwards all the senses are sharpened with strength and endurance greatly enhanced. These effects are said to last for months. It is poured in the nostrils of hunting dogs the day before going out, to make them fearless. The latex-rich bark mixed with tobacco is used as a plaster for various skin wounds and infections. This *tsicta* bark is collected for us by an elder *ayahuasero* in the Ecuadorian Amazon. Supply is limited. concentrated liquid extract 1 oz/\$22

VOACANGA TINCTURE

The root bark of *Voacanga africana* has been known since prehistory in tropical West Africa as a ritual sacrament. Hunters, drummers and shamans use it when requiring endurance and alertness of marathon duration. The indigenous healers who collect this material for us prefer *Voacanga* to the other more famous African sacred plant ally. Medicinally valued as a heart strengthener and 'cerebral sports tonic'. We are very honoured to offer this rare rootbark extracted into a highly concentrated tincture. 1 oz/\$22

DESMANTHUS ILLINOENSIS ROOTS

Because of the interest generated by the recent discovery of this plant's roots having seedling-inhibiting alkaloids in very favorable proportions, we are offering this wild-collected dried material. These whole roots have been professionally shade-dried at low temperatures in order to preserve the highest quality. Independent lab analyses on this batch confirms the original published studies. This material is offered for botanical research and analysis only.

Whole roots (in season) 4 oz/\$15; one pound \$50

ASHVAGANDHA (*Withania somnifera*)

Frawley & Lad, in *The Yoga of Herbs*, say "*ashvagandha* holds a place in the Ayurvedic pharmacology similar to ginseng in Chinese medicine, yet it is far less expensive. It is the best rejuvenative herb ... in all conditions of weakness and tissue deficiency in children, the elderly, those debilitated by chronic diseases, those suffering from overwork, lack of sleep or nervous exhaustion ... inhibits aging and catalyzes the anabolic processes ... one of the best herbs for the mind upon which it is nurturing and clarifying. It is calming and promotes deep, dreamless sleep." imported jar of root powder 40 grams/\$10

ASHWAGANDHA EXTRACT (in capsules)

This is an Ayurvedic pharmaceutical product from the 100-year-old Dabur Company of India. Each soft capsule contains 300 mg of Extract of Ashwagandha. Very good. bottle of 30 capsules/\$10

CEREBROTONIC COMBINATION

Formulated as a balanced brain tonic and cerebral stimulant containing liquid concentrates of guaraná seed, kola nut, chinese ephedra herb, gotu kola leaves, ginkgo leaves, passiflora herb, siberian ginseng root and schizandra berries. tincture 1 oz/\$7

SEDATIVE COMBINATION

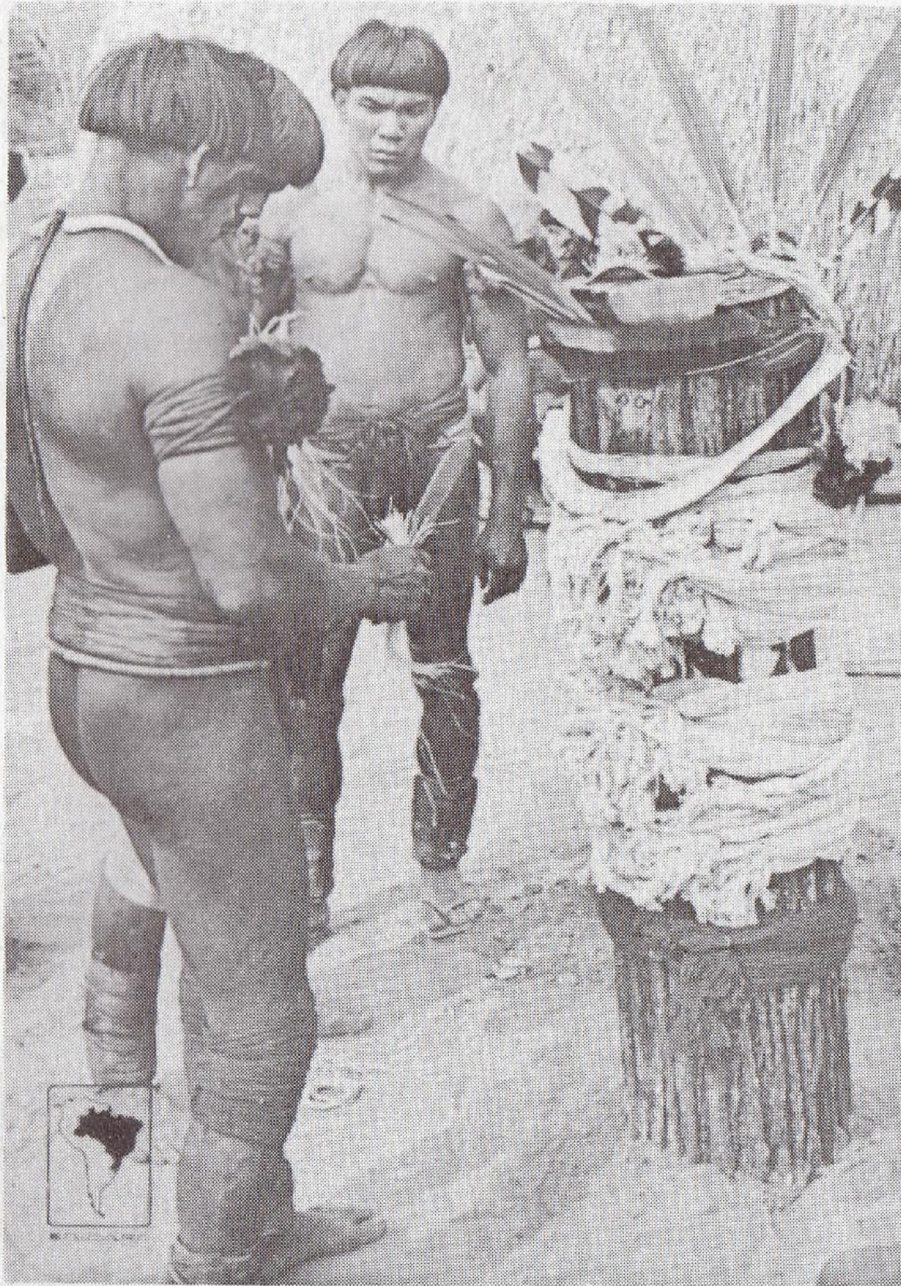
Mellows stressed nerves, promoting relaxation, mental calm and a state of serene psychic tranquility. Contains concentrated kava, valerian, hops, passiflora, scullcap, vervain, catnip, hawthorne and feverfew in liquid drops. 1 oz/\$7

IMMUNOTONIC COMBINATION

Made with concentrates of herbs traditionally used to strengthen and fortify the immune system to enhance the body's defenses while preventing and recovering from infections and diseases. Extracts of echinacea root, reishi mushroom, chuchuhuasa bark, pau d'arco bark, siberian ginseng root, schizandra berries, condurango bark, muira puama root and goldenseal root. 1 oz/\$7

STEVIA HERB

Once again we have secured a supply of this legendary herb of South America. The active steviolides are 200 times the sweetness of sugar and have become a leading natural, non-caloric, nutritive sweetener in many Japanese food products. A pinch of the herb will sweeten at least a quart of tea or juice. The FDA has not yet cleared the way for its use here but has lifted a year-long embargo banning its importation. This is sold strictly as a material for research and is not for internal use. 2 oz herb/\$5



Upper Xingu - Kamayura Tribe
Preparation of a Stem for the Kuarup Ceremony
Amazonian Brazil

photographs and counsel courtesy of Dr. Timothy Plowman (1944-1989)

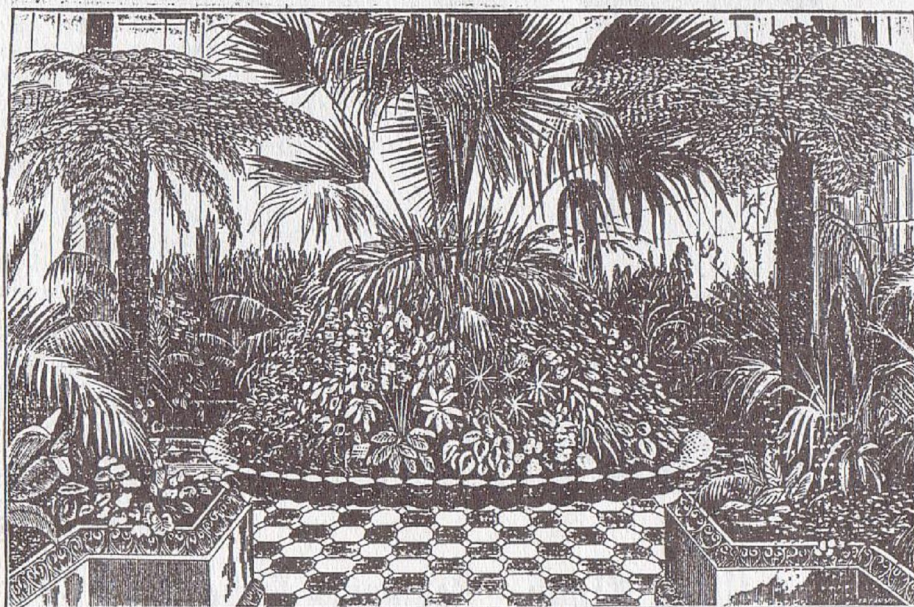
Support your local Botanical Garden

We all love our planet and its plant life and each of us have a great responsibility in this threatening era of final extinction. There are many things individuals may do to offset the momentum of the vast disruption of the last natural habitats, particularly in tropical regions.

We recommend a visit to your local botanical garden (closer than you might realize) for direct contact with plant beings and the great works of their human friends. Strolling along the park-like plantings of labelled collections is an accessible way to absorb much unwritten information presented in a beautiful living textbook authored by divine Nature.

Botanical gardens and arboretums have suddenly become thrust into the forefront as preservers of our vanishing floras. These are the centres where living specimens from many regions are preserved and propagated. Increasingly, these repositories become the safest habitat, albeit foreign, for many endangered species. In the past, botanical gardens were private parks for the leisure of royalty or strictly proving grounds for crops of past empires. The modern concept is toward documented collections for scientific research, but both the public and the scientists now realize much of our hope for saving rare species from extinction lies in the fate of our botanical gardens.

Most communities have formal botanical gardens of varying size and focus. There are a few truly great botanical gardens, and the world needs many more. If we, as plant-inspired souls, can find a way to serve our botanical friends then perhaps there will be hope. Check out the local botanical garden, you will discover some of the most dedicated human friends a plant could dream for, actively involved in positive research. If you have been looking for contact with knowledgeable plant people, get involved in every way you can. The botanical heritage of our planet is at stake and it is up to all of us who care to start doing something fast. You don't need to be an expert to make a difference, so find a way to support your local botanical garden.



The Palm House - Central Group

Botanic Garden, Adelaide, South Australia

circa 1878

RECOMMENDED CONTACTS AND RESOURCES

ROSETTA FOLIOS & BOOKS

P.O.Box 4611, Berkeley CA 94704

Very extensive selection of articles, obscure books, magazines, journals and reprints related to ethnobotany, psychoactive plants, native uses, preparation & effects. Many of these books and articles are essential to accurate understanding of these topics and are quite difficult to obtain anywhere. This is an invaluable service and deserves your support. They also sell great t-shirts with exotic images on these themes, such as the Aztec Smoking God; an ayahuasca shaman; the classic San Pedro Cactus deity; an African mushroom carving; as well as art prints and several excellent herbal tea blends. We highly recommend this valuable service.

Send them \$2 for the new extended list.

RAINFOREST ACTION NETWORK

300 Broadway, San Francisco CA 94133

Education, activism, contacts. Excellent newsletter. Subscription \$15/yr

BOTANICAL DIMENSIONS

P.O.Box 807, Occidental CA 95465

Private botanical garden in Hawaii of rare ethnopharmacological species. Focus on sacramental plants and lore. Fascinating newsletter \$25/yr.

SOCIETY FOR ECONOMIC BOTANY

P.O.Box 368, Lawrence KS 66044

Publishes the incomparable scientific journal, *Economic Botany*. Browse the volumes at a good campus library. Membership (incl. 4 issues) \$30

WAIMEA ARBORETUM AND BOTANICAL GARDEN

59864 Kanehameha Hwy, Haleiwa HI 96712

1,800-acre collection of tropical species. Privately run, visitor-friendly, excellent direction and long-term vision with active preservation programs.

REAL GOODS

966 Mazzoni St, Ukiah CA 95482 (or call toll free 1-800-762-7325)

Lots of solar, hydro, wind & 12-volt stuff, household products for energy conservation, efficient heating, cooling & lighting. Great catalog!

THE CHILDRENS' RAINFOREST

P.O.Box 936, Lewiston ME 04240

For every \$50 sent in, one acre of cloudforest is added to the fragile Monteverde Reserve in Costa Rica. Do it now, for and with your children.

FUNGI PERFECTI

P.O.Box 7634, Olympia WA 98507

Everything imaginable for mushroom growers: kits, cultures, spawn, lab equipment, growrooms, books and workshops. 80-page catalog is \$3.

AMERICAN ASSOCIATION OF BOTANICAL GARDENS

P.O. Box 206, Swarthmore PA 19081

One AABG booklet (\$2) lists summer jobs & internships at many botanical institutions.

BOTANICAL PRESERVATION CORPS

Box 1368, Sebastopol CA 95473

Network of travellers volunteering to collect plants and data for preservation in botanical gardens. Ethnobotanical fieldwork training sessions held in Hawaii, Mexico, Ecuador and SF Bay area, with a focus on ethnopharmacology of entheogens. A rare opportunity to learn techniques of practical botanical chemistry, extraction and isolation of medicinal factors, in the context of field spot testing and medicinal plant collecting methods. Send SASE and donation with brief biography for application for coming sessions and field manual. August 1993 seminar on Maui with Albert Hofmann, Andrew Weil, Dennis McKenna, Jonathan Ott and other speakers. Jan '94 fieldcourse in Mexico with Terence McKenna & Ott. Excellent audio tapes of McKenna, Ott and instructors on the last BPC courses (Ethnobotany & Chemistry of Entheogens) are available.

BELIZE AGROFORESTRY RESEARCH CENTER

14 North Court St., Suite 301, Athens OH 45701

New center for tropical ethnobotany and permaculture field studies. Botanical garden, large jungle preserve, experimental plantings, ongoing seminars and apprenticeships. Very competent, visionary folks. Membership brings informative newsletter, \$25/year.

JONATHAN OTT BOOKS

Box 1251, Occidental CA 95465

Selling his new magnum opus, *Pharmacotheca* (\$25 ppd), a book which will change history and provide any student of psychoactive plants with more information than ever before assembled in such a book, along with a bibliography of over 2,500 references. He also has copies of R. Gordon Wasson's out-of-print rare books and other related material.

JATUN SACHA BIOLOGICAL STATION

Casilla 17-12-867, Quito, Ecuador

500 acres in Upper Amazon climax rainforest managed by expert ethnobotanists. Field research station available for student groups. New medicinal plant garden has positions for internship. Write Dr. David Neill.

SEEDS OF CHANGE

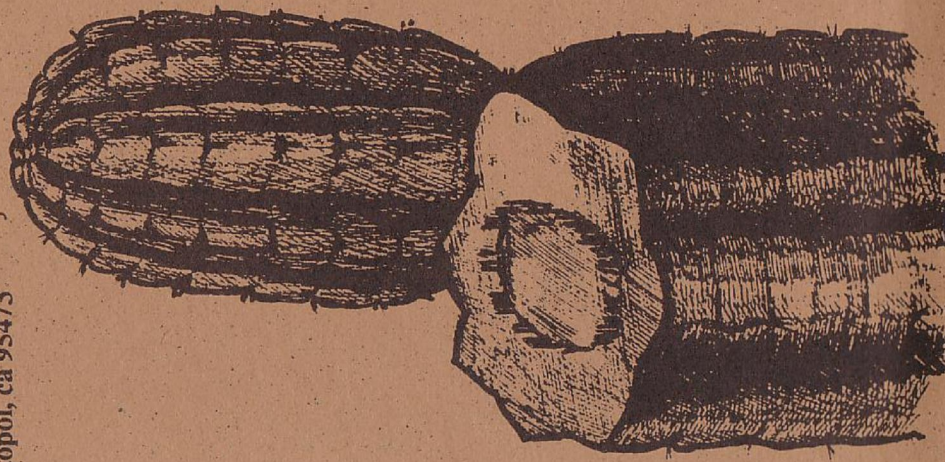
1364 Rufina Circle #5, Santa Fe NM 87501-2927

You may wonder why we'd review another seed catalog here, but they are no ordinary company. The seeds are rare ethnic heirloom strains mostly and the catalog itself is full of compelling articles about biodiversity and brilliant strategies for re-greening our world. The big catalog is \$3.



smiling little face, Totonaca Culture

...of the jungle
p.o.box 1801
sebastopol, ca 95473



BULK RATE
U. S. POSTAGE
PAID
Permit No. 1
Point Arena, CA

ADDRESS CORRECTION REQUESTED
FORWARDING POSTAGE
GUARANTEED