



Louisiana Herb Journal

Healing on Home Ground

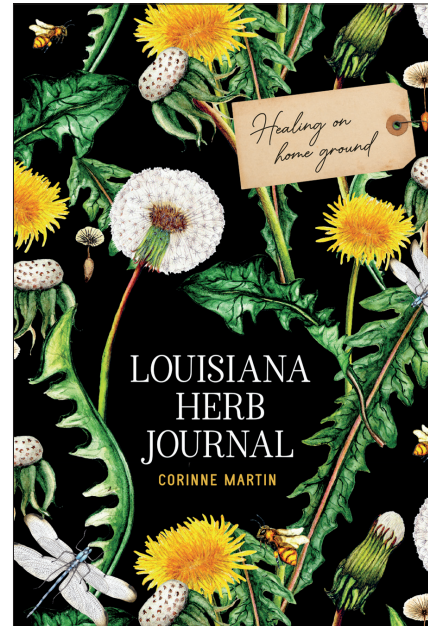
CORINNE MARTIN

In a world of constant change and crisis, the relationship between humans and their environment has never been more vital. *Louisiana Herb Journal* invites readers into the world of medicinal herbs, introducing fifty herbs found in Louisiana, with details on identification, habitat, distribution, healing properties, and traditional uses, including instruction on popular preparation methods such as tinctures and teas.

Interspersed with these practical details are stories from herbalist Corinne Martin that foster a true connection between readers and the world around them, from tales of childhood cherry picking to harvest mishaps to folklife traditions passed down through the generations. Accessible to experienced and rookie herbalists alike, *Louisiana Herb Journal* offers a new way of looking at the natural world, getting to know one's "home ground" through a lens of healing and participation.

Family connections, an intimate knowledge of the surrounding lands and waters, strong community bonds, an irrepressible resilience, and a great capacity for celebrating life despite hardships are part and parcel of what it means to be from Louisiana. A celebration of the state and the cultures of those who live there, *Louisiana Herb Journal* reflects on the value of medicinal herbs in promoting personal healing and addressing current challenges to the state's environmental and economic stability. Readers will gain a deeper recognition of the natural wealth Louisiana enjoys and the ways that our stewardship of wild plants can impact our personal health as well as the state's ecological future.

A certified clinical herbalist and amateur naturalist, **CORINNE MARTIN** has practiced as an herbalist for more than thirty years. She recently retired from teaching holistic and integrative health at the University of Southern Maine Nursing School. She now divides her time between Louisiana and Maine



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Herbal Studies

Beautyberry and the Boardwalk
Beggar's Ticks and the Big Virus
Black Cherry and the Bounce
Blackberry and the Brambly Fields
Blue Vervain and the Mandalay Nature Trail
Boneset and the Whistling Ducks
Chickweed and the Gardens
Cleavers and the Messy Yard
Cottonwood and Coming to Ground
Dandelion and the Spring Tonics
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Fig Trees and Family
Fleabane and the Ferry Landing
Giant Ragweed and Jara's Horses
Goldenrod and the Wastelands
Greenbrier and the Cajun Navy
Henbit and the Mowing Crew

Hibiscus and the Big Heat
Honeysuckle, Summer Nights,
and My Cousin the Witch
Horsetail and the River's Edge
Iris and the Dollar Store
Live Oak and the Names of Things
Lizard's Tails and the Swamp
Longleaf Pine and the Fine Balance
Loquat and the Fleet Captain
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Mulberry and the Tiny Tornado
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Partridgeberry and Native Wisdom
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Red Clover and Tante Fafitte's Field
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Sow Thistle and Tasting the Yard
Spiderwort and My Grandma's House
Sweet Clovers and the Bayou Fleet
Sycamore and the Broken Land
Thistle and Lessons from My Dad
Violet and the Bunnies and the Fox
White Clover and Rusty's Bees
Wild Lettuce and the Sculpture Garden
Willow and the Water's Edge
Witch Hazel and the Autumn Woods
Yellow Dock and the Midwives

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Praise for Louisiana Herb Journal:

“There is nothing quite like this book in the field of herbalism today. This book is as lush as Louisiana itself. Martin’s connection to the land, the people, and the plants of her home state fills every page. Gorgeously written and vastly informative, it is filled with passionate commitment to the place she loves. It will make you want to walk your land, learn the healing plants, and cherish your own home ground.”

—Margaret Riordan, Green Shawl Herbals

“Clinical herbalist Corinne Martin has written a stunning book on herbs that grow in her home state of Louisiana, and the book is a labor of love. Her remembrances from childhood of family, encounters in nature, and the healing plants that have informed her life touch the heart. Fifty herbs are illustrated with beautiful photographs and highlighted in depth—parts used, medicinal properties, and natural history.”

—Mary Elizabeth Wakefield,
author of *Constitutional Facial Acupuncture* and coauthor of *Vibrational Acupuncture: Integrating Tuning Forks with Needles*

“*Louisiana Herb Journal* is a work of love and brilliance. It is a journey into the spirit of the land, past and present. With beautiful attention to detail, layers of history, ethnobotany, natural science, and modern herbalism, it provides a unique perspective into the lives of the state’s people and plants, and the resilience and fragility of Louisiana’s complex, ever-changing ecosystem.”

—Kathi Bonnabel, master herbalist and natural health specialist

“Corinne Martin, author, herbalist, and teacher, lives her job. Her family roots in the Delta propel a wonderful blend of practicality, storytelling, and science. A fun and informative read.”

—Bob Bittenbender, retired property manager of the Maine Audubon Society

“Corinne Martin is a skilled herbalist and teacher and knows Louisiana deeply. She was raised here and her family ties run strong. Her love for its natural beauty and its healing plants is present in each page of this book. She teaches about the herbs, covering their medicinal benefits as well as potential risks. This book is well researched and can be a guide to learning about the flora of Louisiana, whether you are new to plant medicine or continuing on a journey of learning.”

—Maureen Harpell, family nurse practitioner

“*Louisiana Herb Journal* is the most readable and interesting herbal I have ever seen. Corinne Martin delivers her herbalist experience from a rich historical, academic, and folklorist perspective. Each chapter is a wealth of information and details about the plants and herbs that everyone has access to in Louisiana, but also contains medical usage, instructions on harvest and preparation, and stories from her life living in nature. Her writing style is fresh and delightful, and her discussion of the environmental challenges facing Louisiana is factual and well researched. This book will become my primary book on herbalism in Louisiana. What a joy to read!”

—Elie Barnes, herbalist and gardener

“*Louisiana Herb Journal* will be an important book for many generations to come. Martin’s book is an amazing resource highlighting fifty important, easily identified medicinal herbs found in Louisiana and most southern states. It is an easy-to-understand, comprehensive guide that incorporates scientific information with medicinal uses of the herbs. Martin describes how plants were used historically by Cajun healers, various local tribes, and settlers. She also includes personal stories relating to the herbs and their current uses. Her beautiful photographs and detailed descriptions help readers identify herbs in their natural habitat. This is a must-have book for anyone interested in herbal medicine.”

—Johnny Bordelon, founder of the “Louisiana Wild Edibles” Facebook group