



Best Practices for Using Botanical Names in Academic Writing





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Section 1

Latin Names

Section 1

Latin Names

Latin names are written following an internationally accepted binomial nomenclature code that dates back to the Swedish naturalist, Carl Linnaeus 1707-1728.¹

You may be thinking, "do I really need to learn Latin names"? The short answer is yes. You should get into the habit of using the Latin binomial or scientific name for each essential oil or herb that you use. Let's explore why.



Why Do We Need to Know Latin?

To Ensure You Have The Correct Plant

You need to know the Latin binomial to ensure that the oil or herb you purchase has been produced from the correct plant or botanical. You must know the specific plant, and in some cases, the part of the plant that was used.

Knowing the correct botanical, boosts your confidence that an essential oil or herb will have a typical constituent profile and may produce specific physiological and psychological support. For example, lavender essential oil is made from many varieties of the species *Lavandula*. Within the species is a wide range of plants with varying chemical constituents. If the oil is made from the hybrid lavandin *Lavandula intermedia* (Emeric ex Loisel.) plant, the oil will not have the

¹Wille-Muller, S. (2021, January 7). *Carolus Linnaeus: Swedish botanist*. Britannica. <https://www.britannica.com/biography/Carolus-Linnaeus>

relaxing qualities of the true lavender *Lavandula angustifolia* (Mill.).

Lavandula intermedia is high in camphor and camphor is a stimulant. Although the two plants look very similar and closely related, they have quite different levels of individual constituents, so they affect us differently. *Lavandula intermedia* plants produce a higher volume of oil, so lavandin oil is cheaper to produce. Oil from lavandin *Lavandula intermedia* plants are often mislabeled "lavender" essential oil, so it is vital to obtain the Latin binomial name.

Latin names are also essential in herbal medicine. A great example is the herb skullcap *Scutellaria lateriflora* (L.) which is native to eastern North America. This herb is an excellent nervine and has a long history in Western herbal medicine. It has been confused and mixed with another herb in the mint family, also called skullcap. The flower is similar and it is found in the same environment. This skullcap is also called American germander *Teucrium canadense* (L.), which contains potentially hepatotoxic diterpenes. The herb *T. canadense* has been found in the past to be a contaminant in dried *S. lateriflora*. Understanding the Latin names can keep potentially serious misidentification from happening.

Common Names Are Not Reliable

Common names alone are not reliable. As mentioned above, lavender is frequently used to describe any of the *Lavandula* species. There are many other examples. Anise oil is distilled from *Pimpinella anisum* (L.) and *Illicium verum* (Hook.f.). Both are commonly called anise; however, *I. verum* has a very different constituent profile and has numerous contraindications and safety issues. Estragole and safrole in *I. verum* indicate it is potentially carcinogenic and a reproductive hormone modulator. It may also inhibit blood clotting.²

² M. Yoshioka, T.T. Tamada: Aromatic factors of anti-platelet aggregation in fennel oil. *Biogenic Amines*. 19, 2005, 89–96.

Checking Latin Binomials

If you are not sure of the Latin name of an essential oil or herb, do not hesitate to refer to your reference books. As you unpack your course lab kits of essential oils and herbs, check the common name and the Latin name.

Tips for learning Latin Names

It seems that everyone is challenged by trying to learn the Latin names of the plants. Using some simple study methods you will soon master both the Latin names and the correct format to use when you refer to Latin names and nomenclature in academic writing.

Here are three tips to help you along:

1. Make flashcards. You can get as creative as you want. Use paper or digital flash cards. There are [many flashcard Apps - click to check out this great blog](#). Make sure you can access your flashcards wherever you go, so you can review them when you get a minute.
2. Start to use both the common and Latin name when writing up your class assignments from day one of your class.
3. When you are using your essential oils or herbs from your kit, say both the common name and the Latin name out loud 3 times.



Guidelines for Using Latin Names with Botanist Initial in your ACHS Academic Writing

- Herbs and essential oils should be referred to by their common and Latin names in all research papers, blog articles, product labels, and case study reports.
- The first time the Latin name appears, include the full Latin name (with the genus (the first word) capitalized and the species (the second word) lower case), and then the botanist's initial - i.e., *Arnica montana* (L.). Note that the common name is also lower case. Example:
lavender *Lavandula angustifolia* (Mill.) If it is the first word in the sentence, it should be written like this *Lavandula angustifolia* (Mill.) lavender. It is not necessary to add the botanist's initial after the first mention.
- Within the same document, the second, third, fourth,(and so on), time the Latin name appears, include in abbreviated form (i.e., the first letter of first part of Latin name and second part in full — e.g., lavender *L. angustifolia* NOT lavender *Lavandula angustifolia*
- Latin names always appear in italics; if this is not possible, underline them.
- Latin names for bacteria, fungi, and insects, follow the same formatting rules as Latin names for herbs and essential oils.



- Latin names DO NOT appear in parenthesis OR between commas — they should directly follow the common name (e.g., lavender *Lavandula angustifolia* is especially effective for ...).
- A Latin name should not appear by itself (i.e., always the common name should be followed by the Latin name) UNLESS it is used as the first word(s) in the sentence. In that case, it should appear in full (e.g., *Lavandula angustifolia*).
- Specify in your papers what part of the botanical you refer to - for example Lavender *Lavandula angustifolia* (Mill.) essential oil or Arnica *Arnica montana* (L.) flowers.

If you are not able to locate a botanist for an essential oil, herb or fungi, check these databases:

- [U.S. National Plant Germplasm System GRIN-GlobalUSDA Plants Database](#)
- [USDA Plants Database](#)
- [U.S. National Fungus Collections Specimen Database](#)

Section 2

List of Botanical Names

List of Botanical Names

The following list is the herbs and essential oils used in ACHS courses.

Please note, we have listed the botanicals in alphabetical order according to their common name. The formatting guideline above will give you more guidance when you are including botanical names in your academic writing and other documents:

acerola	<i>Malpigia emarginata</i> (DC)
acerola	<i>Malpighia glabra</i> (L.)
Alexandrian senna	<i>Senna alexandrina</i> (Mill.)
alfalfa	<i>Medicago sativa</i> (L.)
allspice	<i>Pimenta dioica</i> (L. ex Merrill)
almond	<i>Prunus amygdalus</i> (Batsch)
aloe	<i>Aloe barbadensis</i> (Mill.)
American elder	<i>Sambucus canadensis</i> (L.)
American ginseng	<i>Panax quinquefolium</i> (C.A Mey)
American pennyroyal	<i>Hedeoma pulegioides</i> (Pers.)
angelica	<i>Angelica archangelica</i> (L.)
angelica	<i>Angelica archangelica</i> (L.)
anise	<i>Illicium verum</i> (Hook.f.) star
anise	<i>Pimpinella anisum</i> (L.)
anise	<i>Pimpinella anisum</i> (L.)
apple.geranium	<i>Pelargonium odoratissimum</i> (Soland.)
apricot	<i>Prunus armeniaca</i> (L.)
arnica	<i>Arnica montana</i> (L.)
asafetida	<i>Ferula assafoetida</i> (L.)

arnica	<i>Arnica montana</i> (L.)
asafetida	<i>Ferula assafoetida</i> (L.)
Atlas cedarwood	<i>Cedrus atlantica</i> (G.Manetti)
avocado	<i>Persea gratissima</i> (C.F. Gaertn.)
balsam fir	<i>Abies balsamea</i> (L.)
balsam of Peru	<i>Myroxylon balsamum</i> (Harms)
barberry	<i>Berberis vulgaris</i> (L.)
barley	<i>Hordeum vulgare</i> (L.)
basil	<i>Ocimum basilicum</i> (L.)
basil	<i>Ocimum gratissimum</i> (L.)
bay	<i>Laurus nobilis</i> (L.)
benzoin	<i>Styrax benzoin</i> (Dryand.)
bergamot	<i>Citrus aurantium</i> (L.) var. <i>bergamia</i>
birch	<i>Betula alba</i> (L.)
bitter orange	<i>Citrus aurantium</i> (L.) var. <i>amara</i>
black cohosh	<i>Actaea racemosa</i> (L.)
black currant	<i>Ribes nigrum</i> (L.)
black elder	<i>Sambucus nigra</i> (L.)
black pepper	<i>Piper nigrum</i> (L.)
black tea	<i>Camellia sinensis</i> (L.)
black walnut	<i>Juglans nigra</i> (L.)
blackberry	<i>Rubus fruticosus</i> (L.)
bladderwrack	<i>Fucus vesiculosus</i> (Linn.)
blood orange	<i>Citrus sinensis</i> (Osbeck)
blue cohosh	<i>Caulophyllum thalictroides</i> (L.) Michx.
bog bean	<i>Menyanthes trifoliata</i> (L.)
borage	<i>Borago officinalis</i> (L.)
Brazil cherry	<i>Eugenia uniflora</i> (L.)

Brazilian rosewood	<i>Aniba rosaeodora</i> (Ducke)
britton	<i>Aloysia triphylla</i> (L'Her.)
broadleaf dock	<i>Rumex obtusifolius</i> (L.)
broadleaf wild leek	<i>Allium ampeloprasum</i> (L.)
broom or broomtops	<i>Cytisus scoparius</i> (L.)
brown mustard	<i>Brassica juncea</i> (L.) Czern.
buchu	<i>Barosma betulina</i> (Bartl. & H.L.Wendl.)
buckthorn	<i>Rhamnus purshiana</i> (DC.)
buckwheat	<i>Fagopyrum esculentum</i> (Moench)
buckwheat	<i>Fagopyrum esculentum</i> (Moench)
burdock	<i>Arctium lappa</i> (L.)
cajuput	<i>Melaleuca leucadendron</i> (L.)
calamus	<i>Acorus calamus</i> (L.)
calendula	<i>Calendula officinalis</i> (L.)
camphor	<i>Cinnamomum camphora</i> (L.)
candeia tree	<i>Eremanthus erythropappus</i> (DC.)
candlenut	<i>Aleurites moluccana</i> (L.)
candlewood, West Indian rosewood	<i>Amyris balsamifera</i> (L.).
caraway	<i>Carum carvi</i> (L.)
cardamom	<i>Elettaria cardamomum</i> (L.)
carrot	<i>Daucus carota</i> (L.)
catnip	<i>Nepeta cataria</i> (L.)
cayenne	<i>Capsicum annuum</i> (L.)
celandine	<i>Chelidonium majus</i> (L.)
celery	<i>Apium graveolens</i> (L.)
chamomile, German	<i>Matricaria recutita</i> (L.)
chamomile, maroc	<i>Ormenis multicaulis</i> (BraunBlanq. & Maire)
chamomile, roman	<i>Chamaemelum nobile</i> (L.) All.

chervil	<i>Anthriscus cerefolium</i> (Hoffm.)
chia	<i>Salvia hispanica</i> (L.)
chickweed	<i>Stellaria media</i> (L.)
chicory	<i>Cichorium intybus</i> (L.)
Chinese angelica or dong quai	<i>Angelica sinensis</i> (Oliv.) Diels
Chinese cinnamon	<i>Cinnamomum cassia</i> (L.)
chives	<i>Allium schoenoprasum</i> (L.)
cinnamon	<i>Cinnamomum zeylanicum</i> (Blume)
cistus	<i>Cistus ladaniferus</i> (L.)
citronella	<i>Cymbopogon nardus</i> (L.)
clary sage	<i>Salvia sclarea</i> (L.)
cleavers	<i>Galium aparine</i> (L.)
clove	<i>Eugenia caryophyllata</i> (Thunb.)
clove	<i>Syzygium aromaticum</i> (L.)
coltsfoot	<i>Tussilago farfara</i> (L.)
comfrey or boneset	<i>Symphytum officinale</i> (L.)
common briar rose or dog rose	<i>Rosa canina</i> (L.)
common camellia	<i>Camellia japonica</i> (L.)
common thyme	<i>Thymus vulgaris</i> (L.)
coriander or cilantro	<i>Coriandrum sativum</i> (L.)
corn	<i>Zea mays</i> (L.)
costus	<i>Saussurea lappa</i> (Decne.)
couch grass	<i>Elytrigia repens</i> (L.)
cranberry	<i>Vaccinium vitisidaea</i> (L.)
cumin	<i>Cuminum cyminum</i> (L.)
curly dock	<i>Rumex crispus</i> (L.)
cypress	<i>Cupressus sempervirens</i> (L.)

dandelion	<i>Taraxacum officinale</i> (F.H.Wigg.)
devil's claw	<i>Harpagophytum procumbens</i> (Burch.)
dill	<i>Anethum graveolens</i> (L.)
dwarf nettle	<i>Urtica urens</i> (L.)
elecampane	<i>Inula helenium</i> (L.)
elemi	<i>Canarium luzonicum</i> (Miq.)
eleuthero	<i>Eleutherococcus senticosus</i> (Rupr. & Maxim.) Maxim.
eucalyptus	<i>Eucalyptus dives</i> (Schauer)
eucalyptus	<i>Eucalyptus australiana</i> (R.T.Baker & H.G.Sm.)
eucalyptus	<i>Eucalyptus citriodora</i> (Hook.)
eucalyptus	<i>Eucalyptus globulus</i> (Labill.)
eucalyptus	<i>Eucalyptus smithii</i> (R.T.Baker)
European mistletoe	<i>Viscum album</i> (L.)
evening primrose	<i>Oenothera biennis</i> (L.)
fennel	<i>Foeniculum vulgare</i> (Hill)
fenugreek	<i>Trigonella foenumgraecum</i> (L.)
feverfew	<i>Tanacetum parthenium</i> (L.)
filbert or hazelnut	<i>Corylus avellana</i> (L.)
flax	<i>Linum usitatissimum</i> (L.)
frankincense	<i>Boswellia carterii</i> (Birdw.)
gardenia	<i>Gardenia jasminoides</i> (J.Ellis)
garlic	<i>Allium sativum</i> (L.)
gentian	<i>Gentiana lutea</i> (L.)
geranium	<i>Pelargonium graveolens</i> (L'Her.)
ginger	<i>Zingiber officinale</i> (Roscoe)
ginkgo	<i>Ginkgo biloba</i> (L.)
goldenseal	<i>Hydrastis canadensis</i> (L.)

grape	<i>Vitis vinifera</i> (L.)
grapefruit	<i>Citrus paradisi</i> (Macfad.)
guar	<i>Cyamopsis tetragonoloba</i> (L.) Taub.
gymnema	<i>Gymnema sylvestre</i> (Retz.) Schult.
hawthorn	<i>Crataegus laevigata</i> (Poir.) DC.
hemlock spruce	<i>Abies canadensis</i> (L.)
hemp	<i>Cannabis sativa</i> (L.)
hollyhock	<i>Althaea rosea</i> (Cav.)
hops	<i>Humulus lupulus</i> (L.)
horseradish	<i>Armoracia rusticana</i> (G.Gaertn., B.Mey. & Scherb.)
horseradish	<i>Cochlearia armoracia</i> (L.)
horsetail	<i>Equisetum arvense</i> (L.)
hyssop	<i>Hyssopus officinalis</i> (L.)
immortelle	<i>Helichrysum angustifolium</i> (Pers.)
immortelle,Italian	<i>Helichrysum italicum</i> (Roth)
Indian tobacco	<i>Lobelia inflata</i> (L.)
iris	<i>Iris germanica</i> (L.)
Irish moss	<i>Chondrus crispus</i> (Stackh.)
jaborandi or Indian hemp	<i>Pilocarpus jaborandi</i> (Holmes)
jasmine	<i>Jasminum officinale</i> (L.)
jasmine	<i>Jasminum grandiflorum</i> (L.)
jojoba	<i>Simmondsia chinensis</i> (C. K. Schneid)
juniper	<i>Juniperus communis</i> (L.)
kaffir lime	<i>Citrus hystrix</i> (DC)
key lime	<i>Citrus aurantiifolia</i> (Christm.)
lamb's quarters or fathen	<i>Chenopodium album</i> (L.)
larch	<i>Larix decidua</i> (Mill.)
lavandin	<i>Lavandula intermedia</i> (Emeric ex Loisel.)

lavender	<i>Lavandula angustifolia</i> (Mill.)
lavender	<i>Lavandula officinalis</i> (Chaix.)
lavender	<i>Lavandula vera</i> (DC.)
leek	<i>Allium porrum</i> (L.)
lemon	<i>Citrus limonum</i> (Risso)
lemon scented gum	<i>Corymbia citriodora</i> (Hook.)
lemon verbena	<i>Aloysia citriodora</i> (Ortega ex Pers.)
lemongrass	<i>Cymbopogon citratus</i> (Stapf)
licorice	<i>Glycyrrhiza glabra</i> (L.)
lily of the valley	<i>Convallaria majalis</i> (L.)
Linden or common lime	<i>Tilia europaea</i> (Linn.)
lovage	<i>Levisticum officinale</i> (W.D.J.Koch)
macadamia nut	<i>Macadamia tetraphylla</i> (L.A.S.Johnson)
mandarin	<i>Citrus reticulata</i> (Blanco)
manuka or New Zealand tea tree	<i>Leptospermum scoparium</i> (Forst.)
marjoram	<i>Origanum majorana</i> (L.)
marshmallow	<i>Althea officinalis</i> (L.)
meadowsweet	<i>Filipendula ulmaria</i> (L.) Maxim.
melissa or lemon balm	<i>Melissa officinalis</i> (L.)
milk thistle	<i>Silybum marianum</i> (L.) Gaertn.
mimosa	<i>Acacia dealbata</i> (Link)
mojito mint	<i>Mentha villosa</i> (Huds.)
motherwort	<i>Leonurus cardiaca</i> (L.)
mountain flax	<i>Linum catharticum</i> (L.)
mountain pine	<i>Pinus pumilio</i> (Haenke)
mugwort	<i>Artemisia vulgaris</i> (L.)
mullein	<i>Verbascum thapsus</i> (L.)

mustard	<i>Brassica nigra</i> (L.) W.D.J.Koch
myrrh	<i>Commiphora myrrha</i> (Engl.)
narrow leaf echinacea	<i>Echinacea angustifolia</i> (DC)
nettle, stinging	<i>Urtica dioica</i> (L.)
niaouli	<i>Melaleuca quinquenervia</i> (Cav.)
nutmeg	<i>Myristica fragrans</i> (Houtt.)
nutmeg scented geranium	<i>Pelargonium fragrans</i> (Willd.)
oakmoss	<i>Evernia prunastri</i> (L.)
oat	<i>Avena sativa</i> (L.)
olive leaf	<i>Olea europaea</i> (L.)
onion	<i>Allium cepa</i> (L.)
oregano	<i>Origanum vulgare</i> (L.)
Pacific red cedar	<i>Thuja plicata</i> (Donn.)
pale echinacea	<i>Echinacea pallida</i> (Nutt.) Nutt.
palmarosa	<i>Cymbopogon martini</i> (Roxb.)
parsley	<i>Carum petroselinum</i> (L.)
parsley	<i>Petroselinum crispum</i> (Mill.)
passionflower	<i>Passiflora incarnata</i> (L.)
patchouli	<i>Pogostemon cablin</i> (Benth.)
peanut	<i>Arachis hypogaea</i> (L.)
pennyroyal	<i>Mentha pulegium</i> (L.) var. <i>electa</i>
peppermint	<i>Mentha piperita</i> (L.)
petitgrain	<i>Citrus aurantium</i> (L.)
pine	<i>Pinus palustris</i> (Mill.)
plantain	<i>Plantago major</i> (L.)
pleurisy root or butterfly milkweed	<i>Asclepias tuberosa</i> (L.)
pokeroot	<i>Phytolacca americana</i> (L.)
prickly ash	<i>Zanthoxylum americanum</i> (Mill.)

purple coneflower	<i>Echinacea purpurea</i> (L.) Moench
ravensara	<i>Cryptocarya agathophylla</i> (van der Werff) (formerly <i>Ravensara aromatica</i> (Sonn.))
red clover	<i>Trifolium pratense</i> (L.)
red raspberry	<i>Rubus idaeus</i> (L.)
rose or cabbage rose	<i>Rosa centifolia</i> (L.)
rose or Damask rose	<i>Rosa damascena</i> (Mill.)
rose or red rose	<i>Rosa gallica</i> (L.)
rosemary	<i>Rosmarinus officinalis</i> (L.)
roseroot	<i>Rhodiola rosea</i> (L.)
rue	<i>Ruta graveolens</i> (L.)
sabina	<i>Juniperus sabina</i> (L.)
saffron	<i>Carthamus tinctorius</i> (L.)
sage	<i>Salvia officinalis</i> (L.)
sandalwood	<i>Santalum album</i> (L.)
sassafras	<i>Sassafras albidum</i> (Nutt.)
sassafras	<i>Sassafras officinale</i> (L.)
savin	<i>Sabina cacumina</i> (Linn.)
savory	<i>Satureja hortensis</i> (L.)
savory	<i>Satureja montana</i> (L.)
scotch pine	<i>Pinus sylvestris</i> (L.)
selfheal	<i>Prunella vulgaris</i> (L.)
sesame	<i>Sesamum indicum</i> (L.)
shepherd's purse	<i>Capsella bursapastoris</i> (L.)
Siam benzoin	<i>Styrax tonkinensis</i> (Craib ex Hartwich)
skullcap	<i>Scutellaria lateriflora</i> (L.)
slippery elm	<i>Ulmus fulva</i> (Michx.)
slippery elm	<i>Ulmus rubra</i> (Muhl.)
Small echinacea	<i>Echinacea tennesseensis</i> (Beadle)

soft downy rose	<i>Rosa mollis</i> (Sm.)
sorrel	<i>Rumex acetosa</i> (L.)
soybean	<i>Glycine max</i> (L.) Merr.
Spanish lavender	<i>Lavandula stoechas</i> (L.)
Spanish oregano	<i>Thymus capitatus</i> (Hoffmanns. & Link)
spearmint	<i>Mentha spicata</i> (L.)
spike lavender	<i>Lavandula latifolia</i> (Medik.)
St. John's wort	<i>Hypericum perforatum</i> (L.)
stevia	<i>Stevia rebaudiana</i> (Bertoni)
stillingia	<i>Stillingia sylvatica</i> (L.)
Sumatra benzoin	<i>Styrax paralleloneurum</i> (Perk.)
sunflower	<i>Helianthus annuus</i> (L.)
sweetbrier rose	<i>Rosa rubiginosa</i> (L.)
tangerine	<i>Citrus tangerina</i> (L.)
tansy	<i>Tanacetum vulgare</i> (L.)
tea tree, Australia	<i>Melaleuca alternifolia</i> (Cheel)
thuja	<i>Thuja occidentalis</i> (L.)
thymol or carvacrol	
thyme chemotype	<i>Thymus vulgaris</i> (L.) ct
tuberose	<i>Polianthes tuberosa</i> (L.)
turmeric	<i>Curcuma longa</i> (L.)
uva ursi or bearberry	<i>Arctostaphylos uva ursi</i> (L.)
valerian	<i>Valeriana officinalis</i> (L.)
vanilla	<i>Vanilla planifolia</i> (Andrews)
verbena	<i>Lippia citriodora</i> (Lam.)

verbena	<i>Verbena officinalis</i> (L.)
vetiver	<i>Vetiveria zizanioides</i> (Nash)
violet	<i>Viola odorata</i> (L.)
Virginia cedarwood	<i>Juniperus virginiana</i> (L.)
watercress	<i>Nasturtium officinale</i> (W.T. Aiton)
West Australian sandalwood	<i>Eucarya spicata</i> (R. Br.) Sprague & Summerh.
West Indian bay	<i>Pimenta racemosa</i> (Mill.) J. W. Moore
Western juniper	<i>Juniperus occidentalis</i> (Hook.)
wheat	<i>Triticum aestivum</i> (L.)
wild garlic	<i>Allium vineale</i> (L.)
wild ginger	<i>Zingiber zerumbet</i> (L.) Sm.
wild yam	<i>Dioscorea villosa</i> (L.)
wintergreen	<i>Gaultheria procumbens</i> (L.)
witch hazel	<i>Hamamelis virginiana</i> (L.)
wormseed	<i>Chenopodium anthelminticum</i> (L.)
wormwood	<i>Artemisia absinthium</i> (L.)
yarrow	<i>Achillea millefolium</i> (L.)
ylang ylang	<i>Cananga odorata</i> (Lam.) var. <i>genuina</i>

Additional Resources

How to Write Latin Names of Species

<https://abacus.bates.edu/~ganderso/biology/resources/writing/HTWlatin.html>

How to Write Scientific Names of Plant and Animal Species in Journal Manuscripts (Part 1)

<https://www.enago.com/academy/how-to-write-scientific-names-in-a-research-paper-animals-plants/>

An Open-access, Web-based Compendium of the World's Plant Species

<http://www.worldfloraonline.org/>

Section 3

About the Authors

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Dorene Petersen

BA, Dip.NT, Dip.Acu, RH (AHG)

Dorene is a New Zealand-trained Naturopath and aromatherapy, herbalism, and holistic wellness expert with decades of experience. She founded the American College of Healthcare Sciences (ACHS) in 1978.



Amanda Lattin

BA, MAT, DIP. AROMA., MH, RA

Amanda is a professor and the Aromatherapy Program Chair at ACHS. She has had a passion for growing and using nutritional and medicinal plants since she planted her first garden at age six.

About the Authors



Glen Nagel

ND, RH (AHG)

Glen is the Herbal Department Program Chair at ACHS. He is a practicing herbalist and licensed Naturopathic physician. He has a lifelong interest in plants and nature and believes in teaching with humor and hands-on experience.



Jacqui McGrath

ND

Jacqui is a naturopathic physician and professor at ACHS. She considers it her mission to help her patients and students reconnect to their true nature so that they can be instruments for the change they want to see in the world.



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