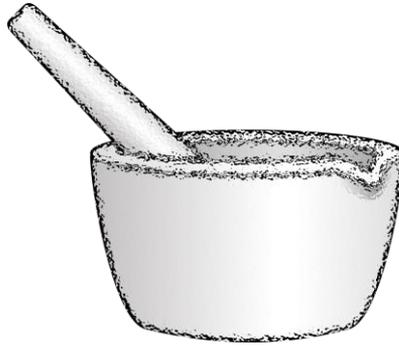


Herbology Compendium

with Basic Alchemy Ingredient Primer

Compiled by Carey Wells



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Alder Bark (PT) Common

****Handle With Caution****

The bark of the alder tree, a type of birch, when soaked in or ground and mixed with water is known to have antibacterial and astringent properties. The bark is also a remedy for GI upset including diarrhea when boiled down into a tea. However, fresh alder bark can also be toxic if it is not neutralized by soaking in water; fresh, raw bark should only be handled with gloves to avoid severe skin irritation. The heavy, dense wood of the alder ranges from a light ashen color to a deep red. Said to embody the power of fire, dried alder wood burns slowly, making it the best choice for the hottest coals; it is the preferred wood of weapon smiths for the forging of magically imbued swords.



Blight Seed (PT) Common

****Some Varieties are Poisonous****

Blight seeds are fairly abundant but can be difficult to find. “Blight” in this context does not elude to the byproduct of necromancy, but instead refers to fairly common fungal infections of plant seeds. Blight, when appearing as a white powdery substance on dark, decomposing tree seeds and nuts such as chestnuts and acorns can be gently scraped and refined for use as an antibiotic when ingested. However, the stubborn purple blight most commonly seen on most domestic soybeans and maize creates an actual discoloration of the seed casing which cannot be scraped off. In concentrated doses, purple seed stain is highly toxic when ingested. It is because of this that most farmers immediately destroy blighted crops before they ever go to seed, making it sometimes difficult to obtain for herbologists.

Blood Vine (T) Common

****Handle With Caution****

Blood Vine is a beautiful plant which would appear to be of the creeping ivy family. Dark reddish colored vines are adorned with stems of three shiny deep purple leaves veined in red. “Leaves three, leave it be,” applies not only to poison ivy but to the Blood Vine as well. It's shiny leaves are highly toxic, causing rashes, generalized swelling, pain and itching. In late summer, Blood Vine produces clusters of bright red trumpet flowers, a favorite delicacy of migrating nectar loving birds and bees. Every other part of this plant is highly toxic, including the vines

themselves, which are not only sweetly aromatic and tasty, but poisonous to warm blooded mammals. The vines may be dried and ground, then mixed with liquid to form cakes to poison farm pests such as rats, mice, and moles.



Borage Leaves (PT)

Uncommon/Rare

Also known as starflower, bee bush, bee bread, and bugloss, borage is traditionally relied on as a medicinal plant with edible flowers and leaves.

Though the plant attracts bees and other pollinating insects, it also repels garden

pests such as hornworms, grubs, and destructive beetles; for this reason that gardeners and herbalists welcome borage into their gardens.

Extremely high in vitamins, nutrients, and Omega-3 oils, borage leaves are highly sought after for teas and remedies against aging, arthritis, and for whole body cleansing. The leaves of the borage plant are also rumored to have stress-reducing and even mood-altering effects.

Burdock Root (PT) *Common*

Burdock is generally considered a weed and is abundant in most environments. Standing as high as 9 feet tall, robust stalks hold purple thistle-like flowers and are also heavily burdened with burrs. Though the entire burdock plant is edible, the roots are the part of the plant most sought after by



herbalists and extend as a carrot-like taproot from the base of the plant itself. The roots are usually about an inch wide but can extend as deep as three feet underground, which can make harvesting burdock root especially challenging. Valued for its cleansing and skin smoothing properties, roots may be prepared as powder/paste or boiled to change its energetic properties and make it easier to digest.



Chervil Root (T) *Uncommon/Rare*
****Poisonous Unless Boiled First****

An upright, extremely hardy annual that readily reseeds itself and spreads rapidly, the chervil plant stands approximately two feet high and is from the same family as parsley. It produces white flowers on flat heads, and its parsley-like leaves are often used in cooking; it has an anise/licorice aroma and taste. The root, when boiled and strained to make tea, is said to be a blood purifier. However, chervil root is considered poisonous unless boiled at least until softened.

Heart Seed (P) *Common*

Also known as “Love-in-a-Puff” or Balloon Vine, the Heart Seed plant is named for the unique seed pod it produces; the pods resemble a three-sided green balloon that turns brown and remains inflated.

Inside are three small seeds, each having a perfect white heart at the place where it was attached to the pod. The entire plant is useful in herbal medicine

with diaphoretic, diuretic, emetic, emmenagogue, laxative, refrigerant, rubefacient, stomachic and sudorific properties. It is used in the treatment of

rheumatism, nervous diseases, stiffness of the limbs and snakebite. The leaves are rubefacient, and are applied as a poultice in the treatment of rheumatism. A tea made from them is used in the treatment of itchy skin. Salted leaves are used as a poultice to reduce swelling. The leaf juice has been used as a treatment for earache.



Heather Nectar (PT) *Uncommon*

Nectar harvested from these bright blue bell-shaped flowers is commonly used to make swallowing easier and to sweeten mixtures. Heather Nectar is also an antiseptic, astringent, vasoconstrictor, expectorant, and mild sedative. Though

heather is fairly common all over the region, the number of plants needed to extract enough nectar for recipes can make this ingredient difficult to come by, especially when the flowers are not in season.

Jasmine Root (T) *Rare* ****Poisonous****

Of the many varieties of jasmine, there is only one type sought after by herbalists for its roots: Caroline Jasmine, more commonly known as yellow jasmine. Ironically, Caroline Jasmine is not related at all to the true jasmine family despite its fragrant, jasmine-like flowers but is instead a climbing plant known to botanists as Gelsemium. The roots, when dried and ground into a powder, are tasteless, colorless, and odorless. Gelsemium root acts as a powerful spinal depressant which, when ingested, causes respiratory paralysis usually resulting in death in less than ten minutes. In extremely small doses, it can be used as a short acting tranquilizer.



Juniper Berry (P) *Uncommon*

The juniper bush is small, standing only 4-6 feet in height, and widely dispersed throughout the area, especially around rocky areas where limestone is present. Though the bushes are common, juniper berries can take 2-3 years to ripen and are in great demand. Green, unripened berries are extremely bitter and should not be picked, but the blue, ripe berries are highly desirable. Birds and wildlife are fond of the ripened berries, and they are also sought after by brewers for the distilling of gin. Herbalists have learned that ripened berries are also highly effective in the detoxification of the body - when they are lucky enough to happen upon them.



Mallow Leaves (P) *Rare*

An annual or biannual that reproduces by seed, mallow emerges from a short, straight taproot. With stems of about a foot long, the heart-shaped leaves are flat and broad and velvety on both sides. Most commonly used in herbal medicine for its anti-inflammatory and expectorant properties, tea brewed from mallow leaves is believed to provide protection against witchcraft.

Mandrake Root (T) *Rare* ****Poisonous****

Mandrake has a thick dark brown root which extends about 2-3' underground; immediately rising from the crown of the root are several large, deep green leaves which can be up to several feet long and fan out upon the ground around the base. The mandrake also emits an unpleasant odor. The plant is rumored to grow beneath the gallows where murderers have hanged, and it is said that it's deadly to dig them up. They emit a torturous scream "which none might hear and live." The roots, once extracted, resemble the shapes of men, and when boiled down are said to prevent demonic possession, though dosing can be extremely difficult as too much mandrake root is lethal.



Nettle Leaf (T) *Rare*
****Handle With Caution****

Commonly known as Stinging Nettle, Nettle is also referred to as Devil's Leaf in some places. Difficult to find outside of the Wild Plains, it is said to mark territories claimed

by wood elves. Rumored to enhance fertility, aid in pregnancy and childbirth, and support lactation, it may also be grown and cultivated by herbalists. Please note that the fragile tiny hairs which coat Nettle Leaves break off easy into the skin to inject a venom which causes extreme irritation, stinging, itching, and infection. The spines can penetrate light clothing and cotton gloves - the plant should only be handled with heavy gloves. It is also interesting to note that Nettle doesn't seem to effect grazing animals such as horses, goats, and cows and is sometimes planted in the grazing lands of cows to enhance milk production.

Pine Needle (PT) *Common*

Pines are common throughout the region, and nearly all are safe to handle and consume (with the exception of the ponderosa pine), but it is important to distinguish between pines and other conifers, many of which are toxic/poisonous such as the yew tree. The needles are the key to proper identification, which are bundled in clumps of 1-6 (most commonly 2-5). Pine needles are used in nutrient rich teas, cookies, syrup, vinegar, salves, and cleaners. The crisp, refreshing scent is also said to clear one's senses and bronchioles.

Ragwort Leaf (P) *Rare*

This hearty plant stands about 2-3' tall with glossy, deep green leaves which are irregularly divided and toothed along the outer edges. Also known as ragweed, a common allergen for people with hay fever, this plant has been all but eradicated in most populated parts of the continent because, while harmless to people, is toxic when ingested by ruminants (horses, cattle, etc.). Farmers and ranchers have gone to great lengths to eliminate it from their fields and pastures. The leaves can be used to create a rich green dye and the flowers produce a vibrant yellow dye. In herbal medicine, leaves applied as a poultice to painful joints reduce inflammation and swelling, and ragwort is also attributed to the prevention of infection.



Redwood Seed (PT) *Common*

A staggeringly tall (more than 350' tall!) and long-lived evergreen tree, the redwood tree is pleasantly aromatic and bears millions of seeds each fall which are bound in flat, round pine cones. Lightweight with rounded edges, the seeds are commonly used as fill for pillows; they are also highly flammable, so they are sometimes collected

as tinder for fires during the wet season. Perhaps the only thing redwood seeds are not good for is growing other Redwood trees – over 95% of all Redwood seeds are not viable. Redwood seeds are also said to strengthen a person's constitution when allowed to ferment and consumed as an elixir.

Shaded Acorn (PT) *Common*

The "shaded" (black) acorn is a readily available nut found throughout the continent where black oak trees are common. Though not often consumed by humans because of their bitter taste, acorns are actually fairly safe to consume and help build strong bones, aid in healing, growth and repair, regulate blood sugar levels, and soothe inflammation. It is warned though that people should limit their intake of shaded acorns – due to their high tannin content, they can cause stomach upset, nausea, and general muscle



weakness. Boiling acorns can neutralize the tannins, but destroys the medical benefits they offer.

Sherry Root (P) *Uncommon*

A relative of the gooseberry, sherry is a type of wild currant, which is a deep red sweet-tart berry used in jellies, jams, preserves, wines, and sherries. The roots and berries are said to boost the immune system, prevent epileptic seizures, and detoxify the body. This author highly recommends a daily glass of sherry currant wine – for the health benefits, of course.



Sorrel Leaf (P) *Uncommon/Rare*

Recognizable for its bright green leaves with contrasting red veins, the sorrel is something of a miracle plant in herbal medicine for its multiple uses. Its leaves are highly nutritious and have a sharp tangy taste. However, it should be noted that sorrel intake should be regulated because it is, to a small extent, toxic. Sorrel's medicinal benefits include

preventing wasting disease, improving eyesight, improving circulations and energy, and boosting the immune system.

Sweet Sage (T) *Uncommon/Rare*

Sage is a perennial, evergreen subshrub of the mint family with woody stems, grayish leaves, and blue to purplish flowers. Sweet sage is one of the more uncommon varieties because of its mild taste; common sage has more potent flavors for cooking and seasoning. Also called desert sage, sweet sage is said to improve brain function, even offering aid to elderly dementia patients. It is also worth mentioning that sweet sage interacts unkindly with some otherwise innocuous compounds and may trigger seizures or hallucinations when allowed to freely mix with them.



Willow Root (PT) *Common/Uncommon*

Willow bark has been used for centuries as an anti-inflammatory, fever reducer, and pain reliever, as well as a highly effective headache medicine. Willow root can be dried, ground, and compounded with other elements as an intensifying agent.



Yarrow Root (P) *Common*

Yarrow is generally regarded as a weed and grows everywhere. It's stem is angular and rough with alternating leaves attached close to the base to give a feathery appearance. The flowers are like minute daisies arranged on loosely round flattened heads.

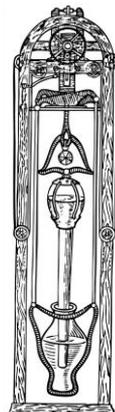
Yarrow is best known for its uses as a tonic, an astringent, a blood purifier, and a detoxifying agent.

Yellowwood Bark (P) *Uncommon*

Growing 30-50 feet in height, the Yellowwood tree's branches start low to the ground, only about 5' up, and stretch upwards to form a full and broad rounded crown. The Yellowwood blooms in late May or early June with fragrant, 8-14-inch terminal panicles of white, pea-like flowers. It flowers heavily in alternate years or every third year, cloaking the tree from top to bottom with draping wisteria-like blooms. The bark of the tree is smooth and grey, similar to beech trees, and the underlying heartwood is a deep rich yellow. Little is known about this uncommon tree except that it provides beauty and is rumored to bring those who rest in its shade good fortune.

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Black Powder

Black powder is a highly combustible mixture of saltpeter (75%), coal (15%), and sulfur (10%) tumbled with graphite dust for stability. Ancient people once used saltpeter and sulfur for medicinal purposes, but it was observed that saltpeter burns with a purple flame when ignited, distinguishing it from other inorganic salts. This gave alchemists a means by which to evaluate and compare purification techniques. Black powder now is used in alchemy, mining, and fireworks.

Black Tar

A black carbon mixture derived from a variety of organic materials through destructive distillation, black tar is a flammable, but slow burning substance. Black tar is also used for waterproofing boat, sails, roofs, and other wooden materials and structures, and has been used to control dandruff and skin ailments. It is also considered a general disinfectant and bacterial growth inhibitor.

Blood of a Wolf

Wolves are among the most difficult animals to hunt; they are extremely smart and very cunning. Coming by the blood of a wolf is not an easy task to be undertaken lightly, and tales have been told of entire packs of the animals tracking the scent of a slain packmate to exact revenge for their comrade's death. Most alchemists prefer to pay an experienced hunter/trapper to procure this ingredient for them.

Corrosive Saliva

Specific beasts possess corrosive spit, usually used to aid in digestion though some may use their acidic spit for defensive purposes, making some of these creatures more dangerous to handle than others. Hydra, trolls, giant salamanders, and some



species of snakes are just a few of the sources of this unique and often feared saliva.

Diamond

Difficult to come by, this clear, hard stone is made mostly of carbon which crystallized under extreme pressure heat and pressure. Found only in the deepest mines, dwarven miners may regard diamond as a nuisance because of its innate hardness and close proximity to where other more useful metal ores and coal may be mined. Diamonds are the hardest natural substance there is – the only way to cut a diamond is to use another diamond. Good luck breaking this down, alchemists!



Ever-Frost Icicle

These rare icicles are not simply hydrogen and oxygen, but also contain sodium and other concentrated minerals which make them almost impossible to completely melt away. Found only in the coldest regions of the continent, often in deep underground caves, Ever-Frost ice

is bluish in hue and milky in appearance and tastes of salt (though it should be noted that licking an Ever-Frost Icicle is not advised).



Geode

Found mainly in basaltic lavas or limestone, these round, hollow rocks may be split to reveal colorful crystal layers of quartz (silicates) or calcite (calcium carbonate) inside. The color of the crystals inside of a geode are determined by the trace elements they contain, as well as by the amount of heat they were exposed to.

For example, trace elements of magnesium will color the crystals pink, and iron will tint them amethyst, and amethyst crystals exposed to intense heat will lose its purple color and become a pale yellow which becomes more vivid the longer it's exposed to heat.

Magnesium

This shiny grey solid substance, despite its abundance, is found only in combination with other elements; it is never found in nature in pure form. Free metal (magnesium chloride) may be extracted from ocean

brine by mysterious processes known only to master alchemists. It is highly volatile and burns with an extremely bright white light when ignited.

Napalm

Napalm is a mixture of petroleum fuel and naphthemic/palmitic acid gel. Also commonly referred to as Greek Fire, with “Greek” being kobald for “sticky.” Napalm or Greek Fire is rumored to have been first created by kobalds, but alchemists vehemently deny this possibility, insisting that the common name of kobald origin only exists because it has been used for centuries to eradicate kobalds, and it’s the last thing bombers would hear before the screaming began. This readily flammable substance is gooey, clinging to any surface it comes into contact with (including skin), and can be very hard to remove. Napalm is slow burning, sometimes taking days to burn itself out, burns extremely hot and is difficult to extinguish. It is also said that Napalm strips oxygen from the air where it burns. *Alchemists be warned: possession of napalm is illegal all known lands.*

Neutralized Oil

Alchemists like fancy names, but let’s not complicate this: Neutralized Oil is really just distilled cooking oil. Typically made from corn, rice, soybean, legumes, or animal fat, it must be distilled several times – until it becomes clear and colorless – to remove contaminants, making Neutralized Oil the most pure oil known to alchemy. Though flammable under extreme heat, it will tolerate fairly high temperatures before igniting, and once ignited, is slow burning. Neutralized oil is considered a neutral dispersant.

Nitric Swamp Tar

Found only in the inhospitable murky swamps beyond the jungles of Lazora, nitric swamp tar pits lie beneath a shallow layer of fetid water, making these bogs dangerous to navigate. Nitric Swamp Tar contains Spirit of Niter (nitric acid), which causes the swamps where it’s found to emit a constant fog of either white or red noxious smelling fumes. Tar collected from the swamps will emit these fumes when exposed to oxygen. Through alchemical processes, the tar can be broken down to produce nitro, which is a highly unstable thermal- and shock-sensitive explosive element. Student alchemists are also told tales of an infamous master alchemist who discovered a way to turn Nitric Swamp Tar into

gold, but he and his secret vanished into the swamp and were never heard of again....



Stabilized Elemental Paste

This clear, colorless paste is made from naturally occurring hydrocarbons, which is a combination of hydrogen and carbon, both of which are extremely flammable and combustible elements. When combined, however, the molecules bond and become surprisingly stable until they are combined with other elements which may alter the bond. The paste is usually made from petroleum; it should be stored in air- and water-tight containers away from light.



Troll's Blood

Trolls are prolific regenerators, and with their impossibly thick, keratinous hides, they are extremely difficult to kill or even injure. Fortunately, unless a mated pair, they are usually solitary creatures; it is believed that they form monogamous pairs and mate for life. There is no record of trolls organizing to attack or raid, they seem to have no known language, and are highly territorial and aggressive, so it is widely agreed that they are low-minded, but they have been

known to use crudely-made weapons. Once widely dispersed throughout the entirety of the region, colonization of other races and over-hunting has decimated the troll population, driving the remaining beasts to the furthest reaches of the Wild Plains.