*Mugwort, Yarrow, and Bog Myrtle have the most evidence to their use in gruit throughout history. **The Rise and Fall of Gruit

Always do some research before using herbs you are unfamiliar with! This list is not comprehensive, just notes from our own experiences.

If nothing is listed, default to one 6-inch sprig per gallon until standard addition is determined. Generally: bitterness at beginning of boil, aroma at end.

*if foraging, be sure you cross reference for identification

Common Name	Other names	Scientific Name	parts	WARNINGS	Reported side effects	Suggested amount and timing of addition (lb/bbl, oz/gal, or g/L)	Bittering/Flavor/Aroma contributed?	Characteristic Aroma	Where/When to harvest	Foraged or grown?	Fresh/dried	Antimicrobial?	Essential Oils
Alder	Amieiro	*Alnus spp.*	branches, sap										
Allspice	Pimenta, myrtle pepper da jamaica	*Pimenta dioica*	seed					peppery, spicy, woody					
Anise	Aniseed	*Pimpinella anisum*	seed					licorice					
Arrowleaf Balsamroot	Girassol	*Balsamorhiza sagittata*											
Balsam Fir	Bálsamo do Canadá												
Basil	Manjericão	*Ocimum basilicum*	Leaves, stems, flowers				bitterness, flavor, and aroma	herbal spice		grown		yes	nerol, geraniol, linalool, eugenol, limonene, humulene
Bee Balm	Oswego Tea, Bergamot	*Monarda spp. Bálsamo de abelha*	Leaves, stems			one 6-inch sprig per gallon, varying times in boil	Bitterness, Flavor and aroma	floral and herbal		grown	Fresh preferred		
Birch	bétula	*Betula spp.*	branches, sap (ramo, seiva)										
Bitter Orange peel	Curaçao Orange(Casca de laranja amarga)	*Citrus aurantium var. currassuviencis*	peel, zest, pith			1 tbsp / 5 gallons near flameout	bitterness, flavor, and aroma					yes	
Black Walnut	Noz preta	*Juglans nigra*	green fruit										
Blueberry	Bilberry Mirtilo	*Vaccinium myrtillus*	leaves, shot,			1g/L- 5g/L. 15min - 0min boil, whirlpool, dry herb	Soft bitterness, flavor, aroma	helbal, fruit,		foraged			
Bog Myrtle*/**	myrica Gale, sweet gale	*Myrica gale Murta de pântano, Myrica gale*				1/10 to 1/2 oz per gallon. later in the boil (2g/L at 20 inhibited lactobacillus souring!)	flavor and aroma	menthol, eucalyptus		both	dried	yes	α-pinene, cineole, germacrene, limonene
Bogbean	Buckbean, trèfle des marais, trèfle d'eau	*Menyanthes trifoliata*	beans, leaves	Not use when taking any anticoagulants, or having diharrea related problems, or blood problems, or being pregnant			Clean bittering, no aromas						
Burdock	Bardana-maior, Erva-dos-pegamassos, Pega-moço ou Orelha de gigante	*Arctium spp.*								foraged			
Calamus	Sweet flag (cálamo ou Açoro)	*Acorus calamus*	Roots and leaves	**Might cause hallucinations in high amounts**		0.3 g/L dried root end of boil	Aroma	Cinnamon, Candyrock					
Chaga		*Inonotus obliquus*	Mushroom (cogumelo chaga)			water extraction 100g -140g to 22L. (simmer 5L tea for 6-12hrs)	Flavor			foraged	Dried		
Chamomile	German Chamomile	*Matricaria chamomilla*	Flower heads (Camomila)			0.2oz/gallon near flameout (5min or later)		menthol floral		both			
Chicory		*Cichorium intybus*	roots					roasted roots - coffee		foraged			
Cinnamon/Cassia		*Cinnamomum verum*	bark	canela-aromática, canela-chinesa, cássia-chinesa ou simplesmente cássia									
Cleavers	Goosegrass, Catchweed	*Galium aparine*		amor-de-hortelão, erva-peganhosa, pegamaço, pegamassa, rapa-saias, raspa-lingua						foraged			
Common Mallow	Malva Comum	*Malva neglecta*											
Coriander	Cilantro, Chinese Parsley	*Coriandrum sativum*	leaves, seeds, roots	coentro		0.25 - 1oz/5 gallons, 5 minutes left in boil.	flavor and aroma	leaves-herbal seeds-citrus	leaves prior to flowering, seeds after drying	grown	fresh or dried		
Creeping Charlie/Jenny	Alehoof, Ground Ivy	*Glechoma hederacea*		Hera-de-canteiro, Glecoma, Hera-terrestre, Malvela, Sanguina, lotilã-do-mato, lera-terrestre, Erva-de-são-joão						foraged			
Damania		*Turnera diffusa*		damiana									
Dandelion	Dente De Leão	*Taraxacum spp.*	Flower Petals, roots	Dente-de-leão, radite-bravo, chicória-silvestre, chicória-louca, salada-de-toupeira		roots and leaves early in boil, flower petals at flameout	bitterness, flavor, and aroma			foraged	Fresh		
Dill	endro, aneto ou dill	*Anethum graveolens*	seeds, fronds							grown			
Elderflower	sabugueiro ou sabugueirinho	*Sambucus spp.*	flowers, berries	**Verify it is not Pokeweed, leaves and stems of the plant are toxic**		See method Raf Soef (Bokkereyder) add flowers late/flameout or in fermenter as "dry hop"	flavor and aroma		Harvest early morning. Remove twigs and branches	both	fresh or dried		
Fennel	Funcho	*Foeniculum vulgar*	flowers, stems, seeds			1 flower/5 gallons in secondary is sufficient for prominent licorice flavor		licorice		grown			
Fireweed		*Chamaenerion angustifolium*	flowers, leaves			add flowers to fermenter							
Ginger		*Zingiber officinale*	root			0.5 oz per gallon 30 minutes in boil (extracts more heat). can be added as "dry hop" at similar rate	Flavor and aroma	Spicy ginger bite					
Goldenrod		*Solidago spp*	flowers			ij				foraged			
Grains of paradise	Grãos do Paraíso	*Aframomum melegueta*	Seed	pimenta-da-guiné		0.1g/L - 0.5g/L	flavor, aroma, spicy	Peppery, forest-like aroma, with hints of citrus, cloves, cinnamon, cardamom					
Grape (vine/leaves)	folha de uva	*Vitis spp.*	vines and leaves										
Ground ivy	gill-over-the-ground, creeping charlie, alehoof, tunhoof, catsfoot, field balm, and run-away-robin	*Glechoma hederacea*	leaves, stems, flowers	Ground ivy contains pulegone, which is potentially toxic to the liver. This chemical compound may interact with pennyroyal, which also contains pulegone. Caution is advised.		17 gr/gal dried stems, leave and flowers at 60 minutes	Bitterness, flavor, aroma	basil and sage with minty undertones	spring	foraged	Fresh or Dried		limonene, menthone, flavonoids, triterpenes such as alpha and beta ursolic acids and oleanolic acid, Marrubiin which is a diterpene, and Polyphenolic acids such as
Hay/straw	several varieties available		stems and seedheads			in mash, typically as lautering aid	flavor?	grassy hay-flavor reported					
Heather	Common Heather, Ling	*Calluna vulgaris*	Flowers	Urze ou Queiró		0.5 oz per gallon, add at flameout				both?	Fresh preferred		
Horehound	white/common horehound	*Marrubium vulgare*	leaves, flowers	erva-virgem, incenso, marroio, marroio-branco, marroio-de-frança, marroio-vulgar ou marrolho		leaves are very bitter							
Hyssop	Hissopo	*Hyssopus officinalis*	flowers										
Juniper	Eastern Red Cedar	*Juniperus spp: J. communis, J. Virginiana*	branches and "berries"	Juniperus sabina is TOXIC!	Zimbro	berries or boughs, 0.1 oz/gal berries late boil	Bitterness? flavor, and aroma			both	dried	yes	pinene, sabinene, limonene, myrcene
Labrador Tea**	Marsh/Wild rosemary	*Rhododendron tomentosum/groenlandicum/neoglandulosum*	Leaves	**Poisonous in high doses**	"Mild stimulant"	0.05 - 0.2 oz per gallon fresh (less if dry)	strong bitterness, flavor, and aroma			foraged	Fresh or Dried	yes	
Laserwort**		*Laserpitium latifolium*											
Laurel Tree Berry**	Bay Laurel, Sweet Bay	*Laurus nobilis*	**berries,** leaves not trad.	Toxicity observed in California Laurel	louro								
Lavender	Lavanda	*Lavandula spp.*	Leaves, stems, flowers			One 6-inch sprig/gallon early in boil, later usage is floral, but may result in soapyness	bitterness and cinnamon-like spice, floral when later	spice and floral		grown	Fresh or Dried		
Lemon Balm	balm, balm mint	*Melissa officinalis*	Leaves	Erva-cidreira		0.2oz/gal at flameout/whirlpool		lemon?		grown			citral, citronellol, geraniol, caryophyllen, nerol
Lemongrass	capim limão	*Cymbopogon spp.*	blades			0.2oz/gal at flameout/whirlpool		lemon?		grown			
Lichen													
Maple	Sugar Maple	*Acer saccharum*	sap	Acer saccharum ou bordo-açucareiro é uma espécie de bordo, a principal fonte de seiva para produção de xarope de bordo									
Meadowsweet		*Filipendula ulmaria*	flowers, leaves	Filipêndula como também conhecida por ulmeira, erva-ulmeira, ulmária, olmeira, rainha-dos-prados- erva-das-abelhas, grinalda-de-noiva, aspirina vegetal e barba de bode		flameout/whirlpool or "dry hop"	contains tannins and quercetin; bitter	bitterness		foraged		yes	linalool
Mint	Menta	*Mentha spp.*	leaves, stems			early in boil (60min) and/or 1 tbsp/5 gallons at flameout	bitterness, flavor, and aroma	menthol		both		yes	piperitenone, caryophyllene, pulegone
Motherwort	Lion's tail	*Leonurus cardiaca*	Leaves, stems, flowers	orelha-de-leão e rabo-de-leão		leaves are very bitter, flowers can add aroma at flameout	Bitterness			foraged	Fresh preferred		
Mugwort*		*Artemisia vulgaris*	Flowers, Leaves	**Toxic in very high quantities!**	flor-de-são-joão, erva-de-são-joão	1-5 grams per gallon early in boil (30 or 60min) similar late for aroma	bitterness, flavor, and aroma	"aromatic", herbal, sage-like	Prior to, or just after flowering	both	Fresh or dried	yes	myrcene, cineol, camphor, thujone, pinene, chrysanthenyl, caryophyllene, humulene, farnesene
Mullein	velvet plant, Great Mullein	*Verbascum thapsus*	flowers, leaves	**Do NOT confuse with Foxglove**	vela-de-bruxa					foraged			
Nettle	Common/Stinging	*Urtica dioica*	leaves	**Will sting bare skin, formic acid**		7 g/l fresh leaves with stems, late boil	flavor and aroma	Herbal/grassy (pissy when young)		foraged			
Nutmeg	noz moscada	*Myristica spp.*	seed										
Oak	White, Red, etc	*Quercus spp.*	leaves, bark, wood										
Peppergrass	Virginia pepperweed	*Lepidium virginicum*	seedpods	**familha da mostarde**		black pepper taste, use like peppercorns?				foraged	fresh		
Pine**			Resin										
Pineapple weed	camomila selvagem erva de abacaxi	*Matricaria discoidea*	flowers							foraged			
Queen Anne's Lace	Wild Carrot (cenoura selvagem, ninho de pássaro, renda do bispo e rendas da Rainha Ana)	*Daucus carota carota*	flowers, roots, seeds	**Verify it is not Hemlock, wild Parsnip, or Giant Hogweed. any of these are HIGHLY DANGEROUS, DO NOT TOUCH**				carrot-like sweet		foraged* carefully			
Raspberry leaves/canes	Blackberry leaves/Canes	*Rubus spp.*	Leaves and stems			0.1oz/gallon leaves 10 min left in boil	flavor and aroma						
Rosemary	Alecrim	*Rosmarinus officinalis*	leaves			0.02 oz/gal early in boil	bitterness, aroma			grown	fresh or dried	yes	
Russian Sage	Sálvia da Rússia	*Perovskia atriplicifolia*	Leaves, stems, flowers			0.1oz/gal early and late boil	bitterness, flavor, and aroma	rich and herbal / spicy		grown	fresh	yes	
Saffron	açafrão	*Crocus sativus*	stigmas/threads										
Sage	Salvia spp	*Salvia officinalis/spp.*	Leaves, stems, flowers	Sálvia-comum	used often in early medicine	0.1-0.2oz/gal early and late boil	bitterness, flavor, and aroma	rich and herbal / spicy		grown	fresh	yes	camphor, cineole, thujone, veridiflorol
Sarsaparilla	Salsaparrilha	*Smilax ornata*	bark										
Sassafras	Sassafras albidum	*Sassafras albidum*	sticks, bark, roots	**Reported as carcinogenic**				vanilla/rootbeer		foraged			
Scotch Broom		*Cytisus scoparius*								foraged			
Southern Wormwood	lad's love	*Artesmisia abrotanum*	leaves			0,4 g/l in secondary.	bitter and aroma	Lemon, sage, pine, camphor, cola			fresh		
Sow thistle	Serralha;	*Sonchus oleraceus*	flowers, leaves			flower petals at flameout, leaves are bitter.				foraged			
Spruce		*Picea spp.*	Tips/new growth			~1oz/gal Late in boil/flameout	flavor/aroma citrusy pine	citrus and pine	Fresh spring growth, "spruce tips"	both		yes	
St. John's Wort	Erva-de-são-joão ou Hipérico ou Hiperição	*Hypericum perforatum*	Leaves, stems, flowers			1 sprig per gallon at beginning of boil				foraged		yes	
Sumac	Staghorn Sumac	*Rhus vernix*	Flowers/cones	**Poison Sumac has white flowers!**					Once fully deep red, after an extended dry period	foraged			
Sweet Orange peel	Navel, Mandarin, etc.	*Citrus × sinensis*	peel, zest, pith			1 tbsp / 5 gallons near flameout	bitterness, flavor, and aroma						
Tansy	Cow bitter	*Tanacetum vulgare*	blossoms and leaves	**Toxic in high quantities!**	cheiro-de-mulata, tanaceto, atanásia, erva-de-São-Marcos, Palminha	0.1 oz / gallon at 60 min. (less is more, highly bitter and contains thujone)	bitterness			foraged		yes	
Thai Basil	Manjericão-de-folha-larga	*Ocimum basilicum*	Flowers, leaves				bitterness, flavor, and aroma	spice and licorice, citrus		grown		yes	eugenol, bergamotene, limonene, patchoulene, camphor
Thyme	Tomilho	*Thymus vulgaris*	Leaves			early in boil (60min)				grown			thymol, eugenol, vinylguaiacol
Tumeric	Açafrão-da-terra	*Curcuma longa*	root										
Turkey Tail Mushroom													
Willow	Sallow, Osier	*Salix spp.*	bark (casca)										
Winter Savory		*Satureja montana*					bitterness, flavor, and aroma						
Wintergreen		*Gaultheria spp.*	Leaves			early in boil (60min) and at flameout/whirlpoolbs	bitterness, flavor, and aroma	"wintergreen" menthol		foraged			
Wood Sorrel		*Oxalis acetosella*	leaves and pods(vagem)					citrusy sour		foraged			
Woodruff	Aspérula odorífera	*Galium odoratum*											
Wormwood	absinto, também conhecido por losna, sintro, absinto-comum, absinto-grande, absinto-maior, alosna, artemísia, erva-santa e artemísia-absinto	*Artemisia absinthium*	leaves	**Can cause seizures in high doses**		~0.05 oz/gallon ... use sparingly, later in boil will minimize bitterness	extreme bitterness.			both		yes	β-thujone, camphor, chrysanthenol, myrcene, pinene, linalool
Yarrow*	milefólio, milenrama, erva-dos-carpinteiros, feiteirinha ou mil-folhas	*Achillea millefolium*	Flowers, leaves			flowers at flameout: dried 1.5 grams to 1/2 oz per gallon, or fresh 1 oz per gallon	bitterness, flavor, and aroma	herbal, eucalyptus/pine, acrid, bitter, tart		both		yes	eucalyptol, camphor, α-terpineol, β-pinene, borneol