

HERBALISM

Herbalism in Middle-earth for D&D 5

Add healing and poisonous herbs to your Middle-earth game using the D&D 5th edition rules with this material. These plants are either specifically mentioned in Tolkien's writings or are adaptations of real plants. Herbs found in other non-canonical materials are not included here.

GATHERING HERBS

When foraging for usable herbs in the wild make an Intelligence (Nature) check. If you have proficiency with the herbalism kit you may add your proficiency bonus.

Compare the result to the Foraging DC for herbs in the current terrain. If you meet or exceed one or more Foraging DCs and the conditions are right, the DM selects an herb from the list, and you gather enough of that herb to make a single dose.

PREPARING HERBS

Before an herb can be used it must be prepared. When you prepare an herb you must have the specified kit (herbalist or poisoner's) and spend the amount of time crafting that is listed for the herb.

After this time is spent you make an Intelligence check to prepare the dose; you may apply your proficiency bonus to this check if you have proficiency in the specified kit. If you fail the check, a single dose of the herb is ruined, spoiled, or made unusable or ineffective. If you succeed, you create a single dose of the herb in a usable form, which lasts until the expiration described.

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BROADLEAF FORESTS

Foraging DC	Herb
10	Alor
10	Ulmus
15	Brethil
15	Culumalda
15	Ereg
15	Lung lichen
20	Bear mushroom
20	Death cap
20	Elanor
25	Fuiyáru

ALOR

Poultice (contact), requires herbalism kit

Description: Bark from the alor (alder) tree taken during the late spring or early summer.

Crafting: 2 minutes, DC 10 Intelligence check, expires after 1 day

Effect: 2 minutes after applying the poultice to the creature's wounds, the creature regains 1 hit point. This herb has no effect when used again on the creature until the creature completes a short rest.



ULMUS

Infusion (ingested), requires herbalism kit

Description: Bark from the ulmus (elm) tree taken during the early spring.

Crafting: 10 minutes, DC 10 Intelligence check, expires after 1 week

Effect: When a creature drinks the infusion, at the beginning of their next turn they regain 2 (1d4) hit points. This herb has no effect when used again on the creature until the creature completes a short rest.



BRETHIL

Infusion (ingested), requires herbalism kit

Description: Bark from the brethil tree taken just before it begins to naturally pull away.

Crafting: 10 minutes, DC 10 Intelligence check, expires after 1 week

Effect: When a creature drinks the infusion, at the beginning of their next turn the *charmed* and *frightened* conditions are removed from them. For 4 turns the creature has resistance to psychic damage. This herb has no effect when used again on the creature until the creature completes a short rest.



CULUMALDA

Juice (contact), requires herbalism kit

Description: Bark from the culumalda, a tree with golden-red foliage most often found in North Ithilien.

Crafting: 30 minutes, DC 15 Intelligence check, expires after 1 month

Effect: When applied liberally to the skin and clothes, the creature takes on the mild scent of fresh earth. For 2 hours other creatures have disadvantage to detect the creature by scent.



EREG

Juice (ingested), requires poisoner's kit

Description: Red berries from the ereg (holly) tree, which can be found year-round.

Crafting: 30 minutes, DC 10 Intelligence check, expires after 1 month

Effect: A creature subjected to this poison must make a DC 10 Constitution saving throw at the beginning of their next turn. On a failed save, the creature takes 3 (1d4) poison damage and is *poisoned* for 4 (1d6) turns. On a successful save, the creature is *poisoned* for 1 turn.



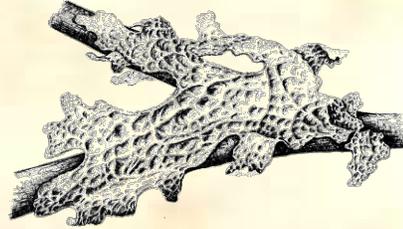
LUNG LICHEN

Infusion (ingested), requires herbalism kit

Description: A leaf-like lichen that is green and leathery and grows on broadleaf tree trunks.

Crafting: 10 minutes, DC 15 Intelligence check, expires after 1 week

Effect: When a creature drinks the infusion, at the beginning of their next turn they regain 4 (2d4) hit points. This herb has no effect when used again on the creature until the creature completes a long rest.



BEAR MUSHROOM

Juice (injury), requires poisoner's kit

Description: A mushroom with a white cap and a bright red stalk.

Crafting: 30 minutes, DC 15 Intelligence check, expires after 1 month

Effect: A creature subjected to this poison must make a DC 15 Constitution saving throw at the beginning of their next turn. On a failed save, the creature is *poisoned* for 2 (1d4) hours. The creature may attempt this saving throw again every 30 minutes and, if successful, the effect ends immediately.



DEATH CAP

Juice (injury), requires poisoner's kit

Description: An unassuming white mushroom which can be easily misidentified.

Crafting: 30 minutes, DC 15 Intelligence check, expires after 1 month

Effect: A creature subjected to this poison must make a DC 20 Constitution saving throw 2 (1d4) days later.

On a failed save, the creature takes poison damage equal to their maximum hit points. On a successful save, the creature is *poisoned* for 1 day. If the creature takes an *antitoxin* before the saving throw is required, the creature may take the saving throw immediately with advantage, but only once; on a failed save the effect continues as described above, and on a successful save the effect ends.



ELANOR

Syrup (contact), requires herbalism kit

Description: The stems from a golden, star-shaped flower usually found in the Lorien.

Crafting: 8 hours, DC 20 Intelligence check, expires after 1 year

Effect: This is used as an ink that is only visible when under moonlight to creatures with darkvision. A single dose is sufficient to write a single word. This ink only lasts for 1 week in the open air.



FUIYÁRU

Oil (contact), requires herbalism kit or poisoner's kit

Description: A deadly nightshade that is truly rare in Middle-earth.

Crafting: 8 hours, DC 15 Intelligence check, expires after 2 years

Effect: When applied as drops to a creature's eyes, at the beginning of their next turn, the creature gains darkvision for 15 (3d10) minutes, and the creature must make a DC 15 Constitution saving throw. On a failed save, the creature is *poisoned* for 15 (3d10) minutes. This herb has no effect when used again to gain darkvision on the same creature until the creature completes a short rest.



CONIFER FORESTS

Foraging DC	Herb
15	Niphredil
15	Winter cherry
20	Aeglos
20	Asphodel
20	Autumn skullcap
25	Simbelmynë

NIPHREDIL

Syrup (injury), requires poisoner's kit

Description: The stalks of a small, white flower.

Crafting: 8 hours, DC 20 Intelligence check, expires after 1 year

Effect: A creature subjected to this poison must make a DC 10 Constitution saving throw at the beginning of their next turn. On a failed save, the creature cannot speak, sing, or make any vocal sounds for 10 (2d10) turns. On a successful save, the creature has disadvantage to any checks involving speaking, singing, or making any vocal sounds for 10 (2d10) turns including spell attacks with a verbal component.



WINTER CHERRY

Juice (injury), poisoner's kit

Description: A shrub with small, green flowers and an orange-red fruit which can be toxic.

Crafting: 30 minutes, DC 15

Intelligence check, expires after 1 month

Effect: A creature subjected to this poison must make a DC 10

Constitution saving throw at the beginning of their next turn. On a failed save, the creature is *poisoned* for 3 (1d6) turns, and if

the creature is a beast it takes 8 (2d8) poison damage. On a successful save, if the creature is a beast it takes 4 (1d8) poison damage.



AEGLOS

Infusion (ingested), requires herbalism kit

Description: A tall, thorny plant with white, sweet-smelling flower; the roots are used as a stimulant.

Crafting: 10 minutes, DC 20 Intelligence check, expires after 1 week

Effect: When a creature drinks the infusion, at the beginning of their next turn they gain a +1 bonus to Armor Class if they are wearing no armor or light armor, which lasts for 10 rounds. This herb has no effect when used again on the creature until the creature completes a short rest.



ASPHODEL

Infusion (contact), requires herbalism kit or poisoner's kit

Description: The leaves from these yellow-and-white flowers usually found in Ithilien have a pungent odor.

Crafting: 10 minutes, DC 25 Intelligence check, expires after 1 week

Effect: After applying this to the skin or clothes, the creature takes on an odor for 1 hour which repels insects, vermin, and beasts with a good sense of smell, including bears, boars, felines, canines, and equestrians. Beasts of these types that approach within 15 feet of the creature must make a DC 15 Constitution check; on a failed save, they have the *frightened* condition. In addition, the creature has disadvantage to Wisdom (Animal Handling) checks with beasts of these types.



AUTUMN SKULLCAP

Juice (injury), requires poisoner's kit

Description: A small, brown-capped, poisonous mushroom with a white stalk.

Crafting: 30 minutes, DC 15 Intelligence check, expires after 1 month

Effect: A creature subjected to this poison must make a DC 20 Constitution saving throw after 2 (1d4) hours have passed. On a failed save, the creature loses all hit dice and takes 20 (2d20) poison damage. On a successful save, the creature loses 1 hit die.



SIMBELMYNĒ

Inhalant (inhaled), requires herbalism kit

Description: Leaves from a small, white flower that grows on the graves of Men that are dried and smoked in a pipe.

Crafting: 1 week, DC 20 Intelligence check, expires after 3 years

Effect: When smoked for five minutes the creature gains the effect of the *See Invisibility* spell which lasts for 30 minutes. This herb has no effect when used again on the same creature until the creature completes a long rest.



CULTIVATED LANDS

Foraging DC	Herb
10	Apple
10	Cabbage
10	Oat grass
10	Potato
10	Southlinch
10	Strawberry
10	Tomato
15	Longbottom Leaf
15	Old Toby
15	Southern Star

APPLE

Infusion (ingested), requires herbalism kit

Description: Bark from the apple tree taken in early spring.

Crafting: 10 minutes, DC 10 Intelligence check, expires in 1 week

Effect: After a creature ingests the infusion, at the beginning of their next turn they gain the effect of an *antitoxin* which lasts for 2 minutes. This herb has no effect when used again on the same creature until the creature completes a short rest.



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CABBAGE

Juice (ingested or contact), requires herbalism kit

Description: The young leaves of this tasty and nutritious treat.

Crafting Time: 30 minutes, DC 15 Intelligence check, expires after 1 month

Effect: When ingested, at the beginning of the creature's next turn they gain the effect of an *antitoxin* and a +1 bonus to Constitution saving throws against the effects of mushroom-based poisons for the next 5 minutes. When applied to the eyes, at the beginning of the creature's next turn the *blinded* condition is removed. This herb has no effect when used again on the same creature until the creature completes a long rest.



OAT GRASS

Infusion (ingested), requires herbalism kit

Description: Grass from the oat crop picked in the late summer or early autumn.

Crafting: 10 minutes, DC 15 Intelligence check, expires after 1 week

Effect: After ingesting the infusion, at the beginning of the creature's next turn they regain 1 point to their Constitution ability score. This herb has no effect when used again on the same creature until the creature completes a long rest.



POTATO

Infusion (ingested), requires poisoner's kit

Description: Sprouts and flowers from the potato plant.

Crafting: 10 minutes, DC 15 Intelligence check, expires after 1 week

Effect: After ingesting this infusion, at the beginning of the creature's next turn they must make a DC 5 Constitution saving throw. On a failed save the creature is *poisoned* for 1 turn. On a successful save the creature takes 1 poison damage.



SOUTHLINCH

Inhalant (inhaled), requires herbalism kit

Description: A pipeweed known for its inferior quality and usually grown near Bree.

Crafting: 1 week, DC 10 Intelligence check, expires after 3 years

Effect: After smoking for at least 1 minute, the creature gains nothing except the feeling that they paid too much for this smoke. This herb cannot be used again until the creature completes a short rest, thankfully.



STRAWBERRY

Infusion (ingested), requires herbalism kit

Description: Leaves from the strawberry plant taken just as the berries have turned from green to white, which can be used as a purifying tea.

Crafting: 10 minutes, DC 10 Intelligence check, expires after 1 week

Effect: After ingesting the infusion, at the beginning of the creature's next turn they gain the effect of taking an *antitoxin* which lasts for 2 minutes. This herb has no effect when used again on the same creature until the creature completes a short rest.



TOMATO

Infusion (ingested), requires poisoner's kit

Description: Leaves from the tomato plant picked in the summer season and are mildly poisonous.

Crafting: 10 minutes, DC 10 Intelligence check, expires after 1 week

Effect: A creature subjected to this poison must make a DC 5 Constitution saving throw at the beginning of their next turn. On a failed save the creature is *poisoned* for 1 turn and takes 1 poison damage.



LONGBOTTOM LEAF

Inhalant (inhaled), requires herbalism kit

Description: A well-known variety of pipeweed mostly grown in Southfarthing in the Shire which improves recall.

Crafting: 1 week, DC 20 Intelligence check, expires after 3 years

Effect: When smoked for at least five minutes, the creature gains a +1 bonus to Intelligence checks for 1 hour. This herb has no effect when used again on the same creature until the creature completes a short rest.



OLD TOBY

Inhalant (inhaled), requires herbalism kit

Description: A locally-known variety of pipeweed mostly grown in Southfarthing in the Shire which is popular for focusing the mind.

Crafting: 1 week, DC 20 Intelligence check, expires after 3 years

Effect: After smoking for at least five minutes, the creature gains a +1 bonus to Constitution checks for maintaining concentration. This effect lasts 1 hour. This herb has no effect when used again on the same creature until the creature completes a short rest.



SOUTHERN STAR

Inhalant (inhaled), requires herbalism kit

Description: A rare variety of pipeweed mostly grown in Southfarthing in the Shire.

Crafting: 1 week, DC 20 Intelligence check, expires after 3 years

Effect: After smoking for at least 1 minute, the creature gains a +1 bonus to all saving throws against spells and other magical effects. This effect lasts 1 hour. This herb has no effect when used again on the same creature until the creature completes a short rest.



DRYLANDS

Foraging DC	Herb
10	Marian
15	Coltsfoot
15	Lissuin
15	Red spire
20	Alfirin

MARIAN

Juice (ingested), requires herbalism kit

Description: Sap from a thistle plant with purple flowers and pale green leaves with white veins which is used to detoxify.

Crafting: 30 minutes, DC 15 Intelligence check, expires after 1 month

Effect: After ingesting this juice, at the beginning of the creature's next turn they gains the effect of drinking an *antitoxin* which lasts for 2 minutes. This herb has no effect when used again on the creature until the creature completes a long rest.



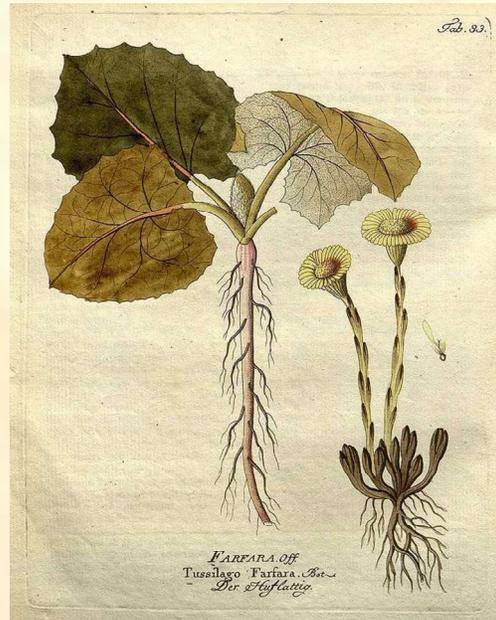
COLTSFOOT

Syrup (ingested), requires herbalism kit

Description: A small, flowering plant frequently found on roadsides.

Crafting: 8 hours, DC 20 Intelligence check, expires after 1 year

Effect: Ingesting this syrup requires the creature to take a Use an Object action. At the beginning of the creature's next turn they gain the effect of drinking an *antitoxin* which lasts for 2 minutes, gain advantage to all saving throws against disease for 1 hour, and restore 1 point to their Dexterity ability. This herb has no effect when used again on the creature until the creature completes a long rest.



LISSUIN

Infusion (ingested), requires herbalism kit

Description: Stems from a fragrant flower which are drank as tea to refresh the spirit.

Crafting: 10 minutes, DC 15 Intelligence check, expires after 1 week

Effect: At the beginning of the creature's next turn, the creature reduces their exhaustion by one level. This herb has no effect when used again on the creature until the creature completes a long rest.



RED SPIRE

Oil (injury), requires poisoner's kit

Description: Seeds from a reddish-hued leafy plant which are used for their poisonous oil.

Crafting: 8 hours, DC 20 Intelligence check, expires after 2 years

Effect: A creature subjected to this poison must make a DC 15 Constitution saving throw at the beginning of their next turn. On a failed save, the creature is *poisoned*, cannot regain lost hit points while poisoned, and takes 8 (2d8) poison damage. At the beginning of each of the creature's turns, the creature must repeat this saving throw with the same consequences for failure. If any saving throw succeeds, the effect ends.



ALFIRIN

Syrup (contact), requires herbalism kit or poisoner's kit

Description: Nectar from a bell-like flower of many colors that grows on the tombs of Men.

Crafting: 8 hours, DC 15 Intelligence check, expires after 1 year

Effect: Applying this syrup to a willing creature requires a Use an Object action. At the beginning of the creature's next turn, the creature gains resistance to force, lightning, and radiant damage which lasts for 1 hour. In addition, the creature must make a DC 10 Constitution saving throw. On a failed save the creature gains vulnerability to necrotic and psychic damage for 1 hour. This herb has no effect when used again on the creature until the creature completes a short rest.



GRASSLANDS

Foraging DC	Herb
10	Corncockle
15	Eglantine
15	Fumellar
15	Graveyard tree
15	Linquë súrisse
20	Amalion
20	Destroying angel
20	Mallos
20	Súriquessë

CORNCOCKLE

Oil (injury), requires poisoner's kit

Description: Seeds from these slender, pink flowers are poisonous.

Crafting: 8 hours, DC 15 Intelligence check, expires after 2 years

Effect: A creature subjected to this poison must make a DC 15 Constitution saving throw at the beginning of their next turn. On a failed save the creature takes 4 (1d8) poison damage and is *poisoned* for 2 (1d4) turns.



EGLANTINE

Infusion (ingested), requires herbalism kit

Description: Buds from a wild rose usually found in Ithilien and in the Shire which is used to heighten awareness.

Crafting: 10 minutes, DC 15 Intelligence check, expires after 1 week

Effect: After ingesting this infusion, at the beginning of the creature's next turn they gain a +1 bonus to initiative and a -1 penalty to all Intelligence checks which lasts for 30 minutes. This herb has no effect when used again on the creature until the creature completes a short rest.



FUMELLAR

Oil (ingested), requires herbalism kit or poisoner's kit

Description: Seeds from this red flower known as the "flowers of sleep".

Crafting: 8 hours, DC 15 Intelligence check, expires after 2 years

Effect: After ingesting the oil, at the beginning of the creature's next turn they regain 10 (2d10) hit points, and must make a DC 10 Constitution check. On a failed save, the creature falls *unconscious* for 2 (1d4) minutes. This herb has no effect when used again on the creature until the creature completes a short rest.



GRAVEYARD TREE

Oil (injury), requires poisoner's kit

Description: Poisonous seeds from a large spreading tree that usually grows alone on barrows.

Crafting: 8 hours, DC 15 Intelligence check, expires after 2 years

Effect: A creature subjected to this poison must make a DC 10 Constitution saving throw at the beginning of their next turn. On a failed save the creature is *poisoned* and takes 2 (1d4) poison damage. The creature must make this saving throw at the beginning of every turn. On a successful save, the effect ends.



LINQUÈ SÚRISSE

Infusion (ingested), requires herbalism kit

Description: Long grass known for its rippling waves when windy; drank as a tea to embolden warriors.

Crafting: 10 minutes, DC 15 Intelligence check, expires after 1 week

Effect: After ingesting the infusion, at the beginning of the creature's next turn the *frightened* condition is removed from the creature, and the creature gains advantage to all saving throws against being frightened for the next 30 minutes. This herb has no effect when used again on the creature until the creature completes a short rest.



AMALION

Powder (ingested), requires herbalism kit

Description: An elusive and rare tree with yellow-petaled blossoms and clusters of red berries.

Crafting: 1 week, DC 20 Intelligence check, never expires

Effect: After ingesting the powder, starting at the beginning of the creature's next turn, the creature's next spell cast requires spending one less hit dice (if using the variant rules in [Magic & Spellcasting in Middle-earth](#)

[<http://zerohitpoints.com/Middle-Earth-for-DnD-5/Magic>]). This effect lasts for 30 minutes. This herb has no effect when used again on the creature until the creature completes a long rest.



DESTROYING ANGEL

Juice (ingested or injury), requires poisoner's kit

Description: An all-white mushroom with a dark heart known for its deadly poison.

Crafting: 30 minutes, DC 15 Intelligence check, expires after 1 month

Effect: A creature subjected to this poison must make a DC 20 Constitution saving throw after 3 (1d6) hours. On a successful save the creature takes 3 (1d6) poison damage (this effect does not end). On a failed save the creature takes 5 (1d10) poison damage, and must make this saving throw at the beginning of every turn with the same consequences. *Antitoxin* ends this effect.



MALLOS

Powder (ingested), requires herbalism kit

Description: A golden bell flower usually found in Gondor which can be used for weakening the will.

Crafting: 1 week, DC 25 Intelligence check, never expires

Effect: After ingesting this powder, the creature must make a DC 10 Constitution saving throw. On a failed save the creature is affected for 10 minutes as if the spell *Suggestion* was cast on them. This herb has no effect when used again on the creature until the creature completes a short rest.



SÚRIQUESSË

Inhalant (inhaled), requires herbalism kit

Description: Grass with a feather-shaped blade which is dried and smoked for its stabilizing effect.

Crafting: 1 week, DC 20 Intelligence check, expires after 3 years

Effect: After smoking for five minutes, the creature's movement is unaffected by difficult terrain for 30 minutes. This herb has no effect when used again on the creature until the creature completes a short rest.



MOUNTAINS

Foraging DC	Herb
15	Wolfsbane
20	Seregon

WOLFSBANE

Juice (contact), requires poisoner's kit

Description: A tall plant with large, purple flowers.

Crafting: 30 minutes, DC 15 Intelligence check, expires after 1 month

Effect: A creature subjected to this poison must make a DC 15 Constitution saving throw at the beginning of their next turn. On a failed save the creature is *poisoned* for 2 (1d4) turns. If the creature is a beast, the creature takes 5 (1d10) poison damage.



SEREGON

Syrup (ingested), requires herbalism kit

Description: Blood-red flowers that grow in rocky soil.

Crafting: 8 hours, DC 15 Intelligence check, expires after 1 year

Effect: Ingesting this syrup requires a Use an Object action. At the beginning of the creature's next turn, the creature gains 6 (2d6) temporary hit points which last for 1 hour. This effect cannot be combined with any other effect that grants temporary hit points. This herb has no effect when used again on the creature until the creature completes a long rest.



SEACOAST

Foraging DC	Herb
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15	<i>Crisp chondrus</i>
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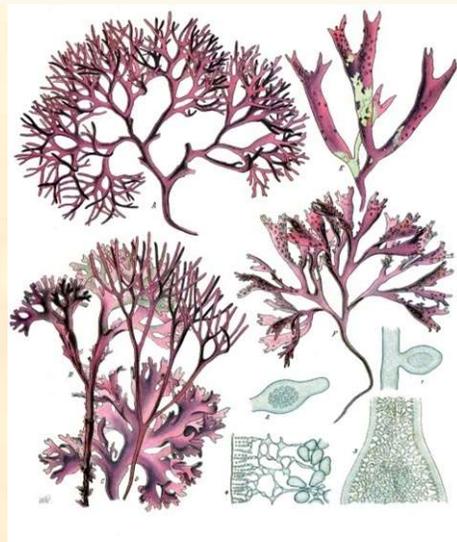
CRISP CHONDRUS

Infusion (ingested), requires herbalism kit or poisoner's kit

Description: Red algae with flattened branching fronds.

Crafting: 10 minutes, DC 15 Intelligence check, expires after 1 week

Effect: After ingesting this infusion, at the beginning of the creature's next turn they regain 5 (2d4) hit points and must make a DC 10 Constitution saving throw. On a failed save, the creature is *charmed* by the first creature that speaks to the creature in a language in which they are proficient. This herb has no effect when used again on the creature until the creature completes a long rest.



VOLCANIC

Foraging DC	Herb
15	Bramble of Mordor

BRAMBLE OF MORDOR

Infusion (ingested), requires herbalism kit or poisoner's kit

Description: Bramble with foot-long thorns and shriveled, brownish leaves.

Crafting: 10 minutes, DC 15 Intelligence check, expires after 1 week

Effect: After ingesting the infusion, at the beginning of the creature's next turn, the creature takes 10 (2d10) necrotic damage and gains resistance to poison damage for the same number of minutes. This herb has no effect when used again on the creature until the creature completes a short rest.



WETLANDS

Foraging DC	Herb
10	Willow
15	Athelas
15	Hogsbane
15	Flax
20	Knitbone
20	Pilinehtar
20	Snakeweed

WILLOW

Infusion (ingested), requires herbalism kit

Description: Bark from a tree with long drooping branches and small leaves that grows in wet ground.

Crafting: 10 minutes, DC 10 Intelligence check, expires after 1 week

Effect: After ingesting the infusion, at the beginning of the creature's next turn, the creature regains 5 (2d4) hit points. This herb has no effect when used again on the creature until the creature completes a long rest.



ATHELAS (INFUSION)

Infusion (ingested), requires herbalism kit

Description: A famous weed.

Crafting: 10 minutes, DC 10 Intelligence check, expires after 1 week

Effect: After ingesting the infusion, at the beginning of the creature's next turn, the *charmed*, *frightened*, and *stunned* conditions are removed from the creature. This herb has no effect when used again on the creature until the creature completes a long rest.



ATHELAS (INHALANT)

Inhalant (inhaled), requires herbalism kit

Description: A famous weed.

Crafting: 1 week, DC 15 Intelligence check, expires after 3 years

Effect: After smoking for five minutes, the creature gains 5 (1d10) temporary hit points which last for 30 minutes. This effect cannot be combined with any other effect that grants temporary hit points. This herb has no effect when used again on the creature until the creature completes a long rest.

ATHELAS (POULTICE)

Poultice (contact), requires herbalism kit; only elf, half-elf, or Dúnedain

Description: A famous weed.

Crafting: 2 minutes, DC 15 Intelligence check; elf, half-elf, or Dúnedain only, expires after 1 day

Effect: When prepared and applied by an elf, half-elf, or Dúnedain to a creature's wounds for 2 minutes, the creature has all poison effects neutralized, the *poisoned* condition is removed, all normal diseases are cured, all curses are removed, all spells affecting the creature are dispelled, all ability scores are restored, and the creature is restored to half their maximum hit points if they have less than that amount. This herb has no effect when used again on the creature until the creature completes a long rest.



HOGSBANE

Oil (contact), requires poisoner's kit

Description: Plant with stout stem and dark red stalks with sturdy bristles.

Crafting: 8 hours, DC 15 Intelligence check, expires after 2 years

Effect: Upon contact with skin the creature takes 4 (1d8) acid damage. On eye contact the creature is *blinded* for 5 (1d10) turns.



FLAX

Oil (injury), requires poisoner's kit

Description: Seeds from pale blue flower with five petals.

Crafting: 8 hours, DC 20 Intelligence check, expires after 2 years

Effect: A creature subjected to this poison must make a DC 10 Constitution saving throw at the beginning of their next turn. On a failed save the creature is *paralyzed* for (3) 1d4 minutes or until the creature makes a successful DC 10 Constitution saving throw which they may attempt each time their turn begins.



KNITBONE

Poultice (contact), requires herbalism kit

Description: A meter-tall plant with purple flowers and long, sharp leaves.

Crafting: 2 minutes, DC 15 Intelligence check, expires after 1 day

Effect: After applying the poultice to a creature's wounds for 2 minutes, the creature regains 1 hit die and 15 (3d10) hit points. This herb has no effect when used again on the creature until the creature completes a long rest.



PILINEHTAR

Infusion (ingested), requires herbalism kit

Description: A plant with stems shaped like arrows and spears which sharpens the senses.

Crafting: 10 minutes, DC 15 Intelligence check, expires after 1 week

Effect: After ingesting the infusion, at the beginning of the creature's next turn the creature gains a +1 bonus to Wisdom (Perception) checks for 30 minutes. This herb has no effect when used again on the creature until the creature completes a short rest.



SNAKEWEED

Juice (injury), requires poisoner's kit

Description: The root from this plant that has large flowers and is often found in swamps is poisonous.

Crafting: 30 minutes, DC 15 Intelligence check, expires after 1 month

Effect: A creature subjected to this poison must make a DC 10 Constitution saving throw. On a failed save the creature falls prone and is *incapacitated* for 5 (2d4) turns. On a successful save the creature is *poisoned* for 1 turn.

