

AN HERBAL REQUEST

With great respect

The plants are asking for our help.
They wish to help us help them.

‘The times they are a’ changing’. . . .needless to say for some of us. Especially those that work close to the earth and the waters. The plants are alive with the memory of what it was like when the topsoil was fertile, when the crops had more minerals and vitamins inside of them. The conversation is lively, as the time is ripe for listening.

We in the Northwest and possibly any more so on this Peninsula have an abundance of record keepers, plants with memory. This is the time to listen to them. Learn of their medicines; learn the wealth of their vast variety.

I moved here and the first weeks I walked some of these trails and got to my knees in front of a stand of nettles, devils club, vanilla leaf, trillium, wild ginger, salmon berry, at this one spot on the path. . . . and I asked if I could please be accepted in their school? Would they accept me as a student? Would they have me? Would they, could they find me an acceptable student?

I started my first garden. . . .that now appears as a jungle of color and shapes. . . .from a small yard I have enough plant to make most of the medicine I need for myself and others. without even touching so much more. I can wild craft and supplement what is not here and that which probably should never be domesticated. Such fertile, forgiving, For-giving these Northwest plants are. I am so grateful to be their student.

Plants have been my teacher since a very young child. My Grandparents and community always gardened and used wild greens and bark for food and medicine. It is a lineage that all people share, if they travel back far enough regardless of what culture or country they have originated.

I have studied with many fine herbalists, nutritionists, healing modalities over the past 40 years. I am currently studying with Michael Moore, the renowned herbalist in New Mexico, the Director of the Southwest School of Botanical Studies. I spent many years studying with Rosemary Gladstar, the founder of the California School of Herbal Studies.

I have a vision of creating a study program here on the Peninsula for deeper knowledge of the plants. To make tinctures, salves, teas, cosmetics. To learn to utilize our food as our cohesive medicine, regardless of any other protocol we may be engaged

I would like to bring each year many fine teachers from around this area and country to teach parts of the curriculum. Since I have been actively in the healing arts field for 40 years I have known many masterful folks I would like to share with you.

Once a month April thru September in the field, in the gardens, gathering, making oils, vinegars, tinctures. Learning Plant Identification. Flower essences. Roots, bark, leaf, flower.

Each month in the active growing season we would work with the plants that are abundant and ready.

SoundNutrition Training Course

Classes on food preparation

Medicine making

Nutritional classes

Physiology classes

Seasonal cooking

Medicine for the seasons

Garden Arts

Kitchen medicine

First-aid Kits

Widcrafting