

**Tentative Schedule (brief descriptions):**

(This schedule is subject to change based on the number of students in the class, and as time allows, some subject matter may be moved to different class days. Plant walks and gardening session will be dependent on the weather as well. I reserve the right to make these changes as needed. Classes will build on each other.)

January 15, 2016

Introduction, history, herbal terminology, legal considerations. Orientation, Ground rules and basic information. Hands-on: harvesting and drying herbs, plant walk in the garden.

January 29, 2016

Detoxification, nutrition & herbs, assimilation, elimination, herbs for digestion. Hands-on: making teas, honey infusions and fermented foods. Plant walk for the wild winter herbs, plant identification.

February 12, 2016

Herbs for the Urinary and Reproductive systems. Continuation of Liver health & safety precautions with herbs. Hands on: making tinctures, teas, aphrodisiac elixirs.

February 26, 2016

Herbs for skin and integumentary system. Internal and external. Hands on: infused oils, salves, lotion and skin care.

March 11, 2016

Circulatory and Endocrine Herbs and the effects of stress on the body. Hands on: making mushroom extracts & double infusions and time in the garden, growing without chemicals, growing herbs and vegetables- basics.

March 25, 2016 (Good Friday) ?

Skeletal Muscular System herbs, nutrition & minerals and body pH. Essential oils, how they are made and safe use. Hands on: liniments, compresses, poultices. Simple exercise for health. Measuring body pH.

April 8, 2016

Respiratory and Immune system herbs. Hands on: making syrups, cough drops, oxymels, Fire cider. Breathing exercises, more time in garden and propagation of plants.

April 22, 2016

Nervine herbs for brain and emotional health. Hands on: making tinctures, teas, flower essences. How to use Bach flower remedies. Other tools.

May 6, 2016

TBA (If we need more time on any of the areas covered, it will spill over into this class; we could also add something new, like wild edibles, rainwater collection, chickens, bees etc. depending on interest.)

May 20, 2016

Finish up anything that needs finishing. Presentations and Graduation celebration and blessing. Tincture swap (optional).

**Outside of Class requirements:**

**Required Book/Reading List:**

Medicine Maker's Handbook (James Green)

**Student presentations (Pick one)**

1. Make an herbal remedy and explain what you made and why and how you made it. Bring it to show and tell about.
2. Create your own presentation about your favorite herb and why; include how you would grow it, harvest it and how you would use it.
3. Write a report to present about a wise herbalist that you admire and have learned a lot from through their writings or presentations.

**Home Project Assignment/ Class Discussion**

Put together a list of the herbal remedies you want to keep in your personal home apothecary and why. (This could also be a first aid kit.) To be done throughout the class on your own and discussed in class near the end of the course.

**Materia Medica homework assigned each class**