

2022 Great Lakes Herb Faire Schedule

Friday Morning Intensives

	<i>Event/Class</i>	<i>Teacher</i>	<i>Location</i>
9:00am-1:00 pm	<i>Botany Intensive</i>	<i>Cal Janae Wolfpack</i>	<i>Forest Edge Tent</i>
9:00am-1:00 pm	<i>The Joy and Curse of Reading the Body</i>	<i>Margi Flint</i>	<i>Pavilion</i>

Main Faire

Friday

	<i>Event/Class</i>	<i>Teacher</i>	<i>Location</i>
1:00pm-4:15pm	<i>Registration</i>	<i>n/a</i>	<i>Registration table Outside Mess Hall</i>
3:00pm	<i>Marketplace open</i>	<i>n/a</i>	<i>Marketplace</i>
4:00pm-4:15pm	<i>Announcements</i>	<i>n/a</i>	<i>Pavilion</i>
4:15-5:15	<i>Opening Ceremony</i>		<i>Pavilion</i>
5:15pm-6:00pm	<i>Keynote: The Way Forward, Community Healing for Our Time</i>	<i>Olatokunboh Obasi</i>	<i>Pavilion</i>
6:30pm-7:45pm	<i>Dinner Marketplace</i>	<i>n/a</i>	<i>Dining Tent Marketplace</i>
8:00pm-9:30pm	<i>Fun with Cordials</i>	<i>Lynn Zukowski</i>	<i>Pavilion</i>
8:00pm-9:30pm	<i>Spirit Walk with Plants</i>	<i>Stacey Quade</i>	<i>Forest Edge Tent</i>
8:00pm-9:30pm	<i>Plant Myths</i>	<i>Lindsey Feldpausch</i>	<i>Arts and Crafts Tent</i>
NOTICE: 7:30pm-9:30pm	<i>Walking the Edge: Exploring Liminal Space through Herbal Practice</i>	<i>Celena Chavez and Leah Wolfe</i>	<i>Amphitheater/Glow Worm tent (Teachers Choice)</i>
8:00pm-9:30pm			<i>Kids Tent</i>

8:00pm-9:30pm	BANG, SNIFF, GRAB- The Story of Your Senses at Night	Chad and Lexi O’Kulich	Tweens
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Saturday

	Event/Class	Teacher	Location
7:30am-8:15am	Early Morning Plant Study	Kristine Brown	Pavilion/Fire pit
7:30am-8:15am	Sunrise Yoga and Meditation	Colleen Donahoe	Meet at the Lake View Tent
7:30am-8:45am	Breakfast Marketplace	<i>n/a</i>	Dining Tent Marketplace
9:00am-9:15am	Announcements	<i>n/a</i>	Pavilion
9:15am-10:15am	Keynote: Confessions of a Radical Herbalist	Catherine Hunziker	Pavilion
10:15am-11:00am	Marketplace/ Silent auction/Mingling	<i>n/a</i>	Marketplace

Session 1

Opening Ceremony for the Kids tent begins at 10:50am-11:00am at the Kids Tent

11:00am-12:30pm	Indigenous Wisdom in Plant Wisdom All Levels	Olatokunboh Obasi	Pavilion
11:00am-12:30pm	Herbal Care for Abortion Beginner to Advanced	Alex Rae Crofoot	Forest Edge Tent
11:00am-12:30pm	Wildcrafting Cough Syrup Beginner/intermediate	Greg Monzel	Arts and Crafts Tent
11:00am-12:30pm	Herbs to Clear the Mind Beginner	Shana Weddington	Amphitheater/Glow Worm Tent (Teachers Choice)
11:00am-12:30pm	Herbalism as an Alchemical Journey All levels	Erika Galentin	Lake View Tent
11:00am-12:30pm	Herb Walk Intermediate	jim mcdonald	Meet at the Mess Hall

<i>10:50am-11:00am</i>	<i>Opening Ceremony for Kids</i>	<i>Tricia and Angela</i>	<i>Kids Tent All Ages Together</i>
<i>11:00am-11:40am</i>	<i>Twigloo</i>	<i>Deanne Bednar</i>	<i>Kids Tent All Ages Together</i>
<i>11:50am-12:30pm</i>	<i>Our First Herbal</i>	<i>Leslie Alexander</i>	<i>Kids Tent All Ages Together</i>
<i>12:45pm-2:15pm</i>	<i>Lunch Marketplace</i>		<i>Dining Tent Marketplace</i>

Session 2

<i>2:45pm-4:15pm</i>	<i>Michigan Mushroom Medicine</i>	<i>Nathan Wright</i>	<i>Pavilion</i>
<i>2:45pm-4:15pm</i>	<i>Designing Medicinal Plant Guilds in Your Garden All levels</i>	<i>Jared</i>	<i>Forest Edge Tent</i>
<i>2:45pm-4:15pm</i>	<i>Part #1 Ecology Within and Without Beginner/Intermediate</i>	<i>Geo Edwards</i>	<i>Arts and Crafts Tent</i>
<i>2:45pm-4:15pm</i>	<i>Grief through a Polynesian Lens All levels</i>	<i>Schantell Puameole Taylor</i>	<i>Amphitheater/Glow Worm Tent (Teachers Choice)</i>
<i>2:45pm-4:15pm</i>	<i>Stories of Clinical Practice All levels</i>	<i>Margi Flint</i>	<i>Lake View Tent</i>
<i>2:45pm-4:15pm</i>	<i>Part 1# Tree medicine herb walk, learning to see the medicine of trees All levels</i>	<i>Leslie Williams</i>	<i>Meet at Mess Hall</i>
<i>2:45pm-3:25pm</i>	<i>Camouflage and Stalking (Scout Skills)</i>	<i>Asher McLaughlin</i>	<i>Kids Tent</i>
<i>3:35pm-4:15pm</i>	<i>Herbal Syrups and Sodas</i>	<i>Lea Pfeifer, John and Cici</i>	<i>Kids Tent</i>
<i>2:45pm-4:15pm</i>	<i>Send Some Herbal Love to Ukrainian Refugees</i>	<i>Janice Prelesnik</i>	<i>Tweens</i>

Session 3

<i>4:45pm-6:15pm</i>	<i>Power of the Mind Beginner to intermediate</i>	<i>Yuma "Docta Yew" Bellomee</i>	<i>Pavilion</i>
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<i>4:45pm-6:15pm</i>	<i>Herbal Safety in Pregnancy Intermediate</i>	<i>Cal Janae Wolfpack</i>	<i>Forest Edge Tent</i>
<i>4:45pm-6:15pm</i>	<i>Part #2 Making Medicine from Trees All levels</i>	<i>Leslie Williams</i>	<i>Arts and Crafts Tent</i>
<i>4:45pm-6:15pm</i>	<i>Heartfelt Herbcraft</i>	<i>jim mcdonald</i>	<i>Lake View Tent</i>
<i>4:45pm-6:15pm</i>	<i>The Art of Effective Formulation Intermediate/Advanced</i>	<i>Catherine Hunziker</i>	<i>Amphitheater/Glow Worm Tent (Teachers Choice)</i>
<i>4:45pm-6:15pm</i>	<i>#2 Ecology Within and Without Plant Walk Beginner/Intermediate</i>	<i>Geo Edwards</i>	<i>Meet at the Mess Hall</i>
<i>4:45pm-5:25pm</i>	<i>Herbal Recess</i>	<i>Kristine Brown</i>	<i>Kids Tent</i>
<i>5:35pm-6:15pm</i>	<i>Honor Mother Nature with Drum and Chant</i>	<i>Janice Prelesnik</i>	<i>Kids Tent</i>
<i>4:45pm-6:15pm</i>	<i>Sacred Order of Survival- Primitive Skills Workshop</i>	<i>Chad and Lexi O’Kulich</i>	<i>Tweens</i>
<i>6:30pm-8:00pm</i>	<i>Dinner Marketplace</i>		<i>Dining Tent Marketplace</i>
<i>8:30pm-10:00pm</i>	<i>Music by Kroon</i>		<i>Pavilion</i>
<i>Sunday</i>			
	<i>Event/Class</i>	<i>Teacher</i>	<i>Location</i>
<i>7:30am-8:15am</i>	<i>Early Morning Plant Study</i>	<i>Kristine Brown</i>	<i>Pavilion</i>
	<i>Sunrise Yoga and Meditation</i>	<i>Colleen Donahoe</i>	<i>Meet at the Lake View Tent</i>
<i>7:30am-8:45am</i>	<i>Breakfast Marketplace</i>	<i>n/a</i>	<i>Dining Tent Marketplace</i>
<i>Session 4</i>			
<i>9:00am-10:30am</i>	<i>Returning to the Grandmother’s Cave</i>	<i>Esstin Niganobe</i>	<i>Pavilion</i>

	<i>Traditional Approaches to Healing; Maintaining the Spirit All levels</i>		
<i>9:00am-10:30am</i>	<i>Herbal Care for Birth Workers All levels</i>	<i>Olatokunboh Obasi</i>	<i>Forest Edge Tent</i>
<i>9:00am-10:30am</i>	<i>Highlighting Women in Herbal History All levels</i>	<i>Lindsey Feldpaush</i>	<i>Arts and Crafts Tent</i>
<i>9:00am-10:30am</i>	<i>Herb Harvest, Drying, and Storage All levels</i>	<i>Sarah Williams</i>	<i>Lake View Tent</i>
<i>9:00am-10:30am</i>	<i>Protection with Herbal Friends All levels</i>	<i>Margi Flint</i>	<i>Amphitheater/Glow Worm Tent (Teachers Choice)</i>
<i>9:00am-10:30am</i>	<i>The Wonders of Wayside Weeds Advanced</i>	<i>jim mcdonald</i>	<i>Meet at the Mess Hall</i>
<i>9:00am-10:30am</i>	<i>Herbal Art: Painting with Nature's Palate</i>	<i>Joan Jach</i>	<i>Kids Tent</i>
<i>9:00am-10:30am</i>	<i>Medicine Burn Bowls</i>	<i>Asher McLaughlin</i>	<i>Tweens</i>

Session 5

<i>11:00am-12:30pm</i>	<i>Shame, Inflammation, and our herbal Allies: Unlocking the Inner Pillory All levels</i>	<i>Eida Galentin</i>	<i>Pavilion</i>
<i>11:00am-12:30pm</i>	<i>Ka-ton-ka All levels</i>	<i>Leslie Alexander</i>	<i>Forest Edge Tent</i>
<i>11:00am-12:30pm</i>	<i>Pine Pitch Salve Beginner/Intermediate</i>	<i>Greg Monzel</i>	<i>Arts and Crafts Tent</i>
<i>11:00am-12:30pm</i>	<i>Clients in Crisis All levels</i>	<i>Mary Colvin</i>	<i>Lake View Tent</i>
<i>11:00am-12:30pm</i>	<i>Plant Communication and Meditation All levels</i>	<i>Coleen Donahoe</i>	<i>Amphitheater/Glow Worm Tent (Teachers Choice)</i>

<i>11:00am-12:30pm</i>	<i>Mushroom Walk All levels</i>	<i>Rachel Mifsud</i>	<i>Meet at the Mess Hall</i>
<i>11:00am-11:400pm</i>	<i>Our 8 Senses</i>	<i>Breezy Barcelo</i>	<i>Kids Tent</i>
<i>11:45am-12:35pm</i>	<i>Hula/Hawaiian Medicine</i>	<i>Schantell Puameole Taylor</i>	<i>Kids Tent</i>
<i>11:00am-11:40pm</i>	<i>Herbalism for the Young Woman</i>	<i>Abigaile Ruby</i>	<i>Tweens</i>
<i>12:45pm-2:00pm</i>	<i>Lunch Marketplace</i>		<i>Dining Tent Marketplace</i>
Session 6			
<i>2:15pm-3:45 pm</i>	<i>Detox and Herbal Support Beginner/Intermediate</i>	<i>Yuma "Docta Yew" Bellomee</i>	<i>Pavilion</i>
<i>2:15pm-3:45 pm</i>	<i>Anishinaabek Forest Teas</i>	<i>Nathan Wright</i>	<i>Forest Edge Tent</i>
<i>2:15pm-3:45 pm</i>	<i>Making Lotions and Creams with a focus on Oils and Butters Intermediate</i>	<i>Kara Flowers</i>	<i>Arts and Crafts Tent</i>
<i>2:15pm-3:45 pm</i>	<i>Herbs and Fertility All levels</i>	<i>Abigail Ruby</i>	<i>Lake View Tent</i>
<i>2:15pm-3:45 pm</i>	<i>Ask me about Nervines Intermediate</i>	<i>jim mcdonald</i>	<i>Amphitheater/Glow Worm Tent (Teachers Choice)</i>
<i>2:15pm-3:45 pm</i>	<i>Field to Forest Walk Beginner</i>	<i>Sarah Williams</i>	<i>Meet at the Mess Hall</i>
<i>2:15pm-3:45pm</i>	<i>Green Basket Weaving (Family)</i>	<i>Greg Monzel</i>	<i>Kids Tent All Kid Ages</i>
<i>3:50 pm-4:00</i>	<i>Closing Circle for Kids</i>	<i>Tricia and Angela</i>	<i>Kids Tent</i>
<i>4:00 pm – 4:30 pm</i>	<i>Closing Ceremony for All</i>		<i>Pavilion</i>

Intensives

Botany Intensive

Cal Janae Wolfpack

Botany is the scientific study of plants and has many different facets that can be of benefit to herbalists of all skill levels. The skills and perspectives of Botany provide herbalists with a deeper insight into understanding plants, working with plants and what they have to offer in terms of food and medicine. This class will provide a broad look at many botanical ideas including plant evolution & naming, anatomy & physiology, terminology, plant identification basics, major groupings of plants & recognition of common plant families important to herbal medicine. It is understood that botany is a challenging topic full of technical jargon & endless details. This class is taught in a manner that seeks to make botany accessible and understandable with practical application. Attendees will have the opportunity to key out plants using the Field Manual of Michigan Flora. Several plant specimens will be provided and identified throughout the class. These plant specimens along with their identities will be kept on display throughout the Faire in order that Faire attendees can observe & learn these plants. Time and weather permitting this class will include a plant walk to put concepts & skills learned in class to the test.

The Joy and Curse of Reading the Body

Margi Flint

Humans! We are so easy to read. The Indications: Lines, Colors, Locations on the face and tongue which correspond to organs, the Fingernail ridges, spots and clouds, the Tongue coatings and crevasses, the famous B12 deficiencies are worn for all to see. Come learn the generalities of all those faces we get to see unmasked. Do I need to say “No make up or fingernail polish” to you?

Main Faire Adult Classes

Friday Evening Through Sunday

Friday Evening Keynote

The Way Forward: Community Healing For Our Time

Olatokunboh Obasi

Plants, people and politics converge in a time of climate change, where life on the planet is threatened by drastic changes and shifts. Politics tries to answer and debate these changes as if there is time to do so, cycles of time continue regardless, based on our actions. Various

plants including foods will be impacted during this time as well. Diseases will arise as temperatures and climates change many unfamiliar or peculiar to various regions. The hope we have is understanding that there is no other time than now to honor the word community. The unity of coexistence and cohabitation. This will be a message about the necessity of community healing, suggesting healing practices and methods and creating these kind of spaces to pave the way for the future inheritors of the earth.

Main Conference Classes

(Listed Alphabetically by Teachers First Name (Friday night classes listed by time)

Plant Walk Classes Are Listed At The Bottom Of The Adult Classes Segment

Friday Evening Classes

Friday evenings we have historically held a session of classes that have some fun and flare to them and people have really enjoyed them. We plan to continue this tradition in 2019. Below you will find some classes that are a bit witchy, or spiritual or fun. We hope you enjoy them!

Plants and Myths

Lindsey Feldpausch

Join us for a glimpse into the world of plants in story and mythology. This class will entail a discussion of the importance of myths and stories, with a focus on common plant allies in our materia medica. Story telling will bring these tales alive, bringing you closer to the plants through connection to myths.

Spirit Walk with Plants

Stacey Quade

Included in this experience will be a voice guided meditation; a recording of plants singing; interactive experiencing of our individual and group bio-fields; and practicing with sensing different individual plant bio-fields.

Fun with Cordials

Lynn Zukowski

Cordials originated in 14 th century Europe and were brought to America by the early settlers. They are creative medicinals that are a lot of fun and can be delicious. They are alcohol infused beverages often used as digestive aids, sleep remedies and tonics of various kinds. We will talk about their interesting history and the variety of herbs, alcohols and sweeteners that you can use to make your own cordials. There are endless possibilities. You will have the opportunity to try 4 different cordials during the presentation and recipes will be shared.

Walking the Edge: Exploring Liminal Space through Herbal Practice **Celena Chavez and Leah Wolfe**

Edgewalkers are beings who walk the edge between two worlds, visiting both worlds but always returning to that edge. In the old stories, the edge is often a shoreline between Earth and Water: Earth being the world of the day-to-day living and Water being the Underworld. The edge is the liminal space where unusual things can happen: evolution, revolution, revitalization, transformation, and sometimes moments of insanity. Edgewalkers seek the mystical experiences of the Underworld, hoping for inspiration and transformation with the desire to bring the mysterious into the daily Earth life.

Folklore speaks of many trees who dig their roots in both worlds, those Water Seekers standing at the edge. Mighty Cottonwood, wispy Willow, and ardent Alder are some that stand along the edge of the Great Lakes. Old tales of these trees and personal stories from herbalists, Celena Chavez and Leah Wolfe will weave together an experience of liminal understanding and how they walk the edge even when it seems like the drudgeries of daily life loom larger than life itself.

Saturday and Sunday Classes

Saturday Morning Keynote

Confessions of a Radical Herbalist **Catherine Hunziker**

Share in the motivating stories, insights, philosophy and formulating strategy of an activist turned herbalist, turned entrepreneur, turned activist again. Herbalism has come a long way in the years since the beginning of the herbal renaissance in the 70's & 80's. Take a fresh look at the difference between pharmaceuticals and 'whole herb' extracts, and why that matters. Help people rediscover the formidable strength, safety and beauty of whole plant medicine as it contributes towards a more sustainable future for generations to come.

Saturday and Sunday Classes

Ka-Ton-Ka: The Oregon Indian Medicine Company **Leslie Alexander**

Near the shores of Presque Isle Bay of Lake Erie, in the wee town of Corry, Ka-Ton-Ka: The Oregon Indian Medicine Company thrived. From pills to elixirs to oils, these medicines brought about "miracles". In this workshop we'll discuss the history of Ka-Ton-Ka of course and then take a look at formulation ingredients, therapeutic actions and more.

Detox & Herbal Support **Yuma "Dr. Yew" Bellomee**

Detox! Many of us hear this term, but what does it mean, and how do we do it? In this

presentation, we will explore the detoxification process(es) from a holistic standpoint; their associations, benefits, and expectations; along with supportive herbs and how they may assist for overall well being.

Power of the Mind

Yuma "Dr. Yew" Bellomee

This presentation is a holistic wellness-centered approach to the lifestyle factors, foods, and practices that can affect healthy brain function, and how that translates to how we may feel on a practical level.

Designing Medicinal Plant Guilds in Your Garden

Jared Bogdanov-Hanna

Permaculture is a design methodology and philosophy that emphasizes positive, beneficial relationships. This philosophy can be applied to you, your kitchen, your garden, your business and your community. In this class, Jared Bogdanov-Hanna will apply the permaculture system to designing edible and medicinal landscapes that benefit life in all its forms. The hands-on gardening class will demonstrate the permaculture principles of design and show you how to arrange plants in a variety of landscapes (plant guilds) to maximize beneficial relationships, reducing the time, labor and expenses needed to maintain a healthy, holistic ecosystem. We will be using live potted plants to arrange throughout the immediate landscape.

Clients in Crisis

Mary Colvin

How to determine your client is in a mental health crisis and valuable resources for them. This class will step the clinician/herbalist through a series of questions for the client to determine if they are currently in a mental health crisis and what to do if they are. I will use different mental health situations to demonstrate how each should be handled and offer additional resources.

Herbal Care for Abortion and Pregnancy Loss

Alex Crofoot

In this class we will focus on how to support people with herbs through an abortion or pregnancy loss. This class will not discuss herbal abortifacients. We will cover a wide range of points including but not limited to: Abortion statistics, current abortion options, trauma informed care, a herbalists role, herbs used pre, and post abortion.

Plant Communication & Meditation

Colleen Donahoe

I will open with a presentation on the science around how and why plants communicate with each other through chemical and electrical signals. Then we will discuss what this means for the relationships between humans and plants and transition into a meditative practice with a plant. I will offer time for a closing discussion on how we may continue this practice to enhance our experience as herbalists.

Ecology Within and Without

Geoffrey Edwards (Geo)

In this class we focus on the ecology of the location/region where the class is taught and explore the connection between the local plants and landscape with human anatomy and physiology. We will explore how the outer landscape can teach us valuable lessons about the inner workings of body, mind and spirit. Students will be also introduced to concepts of the 4/5 Elements, their related emotions, and what these elements reveal to us about the nature of ourselves as living reflections of the plants, land, weather, and seasons in our environment. This class has a Part 2 which is an Herb Walk- See below for more information- in the Herb Walk section.

Highlighting Women in Herbal History

Lindsey Feldpausch

A highlight of select women in herbal history who have impacted the Field of plant medicine. Who they were, what they contributed and why we should carry them with us in today's herbalism.

How to Make Your Own Herbal Lotions and Creams, with a Focus on Oils & Butters

Kara Flowers

An often overlooked area of home bodycare are lotions and creams because they are a bit tricky and have some pitfalls. This class will teach in a hands-on way about the characteristics of different oils and butters and how to use them to your advantage in your products. We will cover the different herbal infusion methods and which herbs are best for each kind. The student will walk away with recipes for lotions and creams, a demonstration, an ingredient sourcing list, and the knowledge to be able to adapt their recipes to suit their needs and herbs.

Stories of Clinical Practice

Margie Flint

Let me wander through the years with anecdotes, some good practice ideas and a hefty dose of laughter. Bring your questions!

Protection with Herbal Friends

Margie Flint

Herbs offer us abundant ways to protect our skin, mucous membranes, and, well, our entire human package. In the era of the ever machanging virus, learn which forms and applications of herbal formulas might support you and yours best.

Herbalism as an Alchemical Journey

Erika Galentin

"We could say, without too much exaggeration, that a good half of every treatment that probes at all deeply consists in the doctor's examining himself, for only what he can put right in himself can he hope to put right in the patient...it is his own hurt that gives the measure of his power to heal. This, and nothing else, is the meaning of the Greek myth of the wounded physician." Carl Jung

Join clinical herbalist, Erika Galentin, MNIMH, RH (AHG) of Sovereignty Herbs for a thought-

provoking and self-reflective class on the alchemical journey of the herbalist as the wounded healer. The three principles of alchemy, salt, mercury, and sulfur, will be used to explore herbalism as a journey to embodiment, humility, and Self. This class will provide a framework for deep self-reflection in your clinical work, your formulating, and/or product making, as well as provide inspiration for creating authenticity and demonstrating ethics in your work as an herbalist.

Shame, Inflammation, and our herbal Allies: Unlocking the Inner Pillory

Erika Galentin

Join Clinical Herbalist, Erika Galentin MNIMH, RH (AHG) of Sovereignty Herbs for a research-based exploration of the physiology of shame, what is known about its proinflammatory influence over physical wellbeing, and herbs and aromatics that may support honoring shame and its often treacherous terrain. In this class we will take a brief tour through the historical context of shame within a Western European centered worldview whilst framing the emotions and experiences of shame within the context of one's perceptions of physical health & wellbeing. We will also explore what is known about the physiology of shame and its proinflammatory influence over the human body including a discussion on the relationship between inflammation & common health problems. Lastly, will learn more about herbs and aromatics as tools to support the physical body, psyche, and spiritual needs of those who are navigating shame.

The Art of Effective Formulation

Catherine Hunziker

Take your medicine making game to the next level! In this class, master herbalist Catherine Hunziker will share her decades of wisdom on the art & science of tincture formulation. When Catherine bought WishGarden Herbs in 1987, her mission was to introduce herbal remedies to a mainstream audience. In order to convince people to use plants as their first line of defense, she knew her tinctures had to be safe and they had to WORK. Effective formulation goes beyond just knowing general categories or basic functionality; we must take into consideration the way plants complement each other and interact with our unique human physiology. Join us for a fun and functional experience that will invigorate your tincture making.

Returning to the Grandmother's Cave

Traditional Approaches to Healing; Maintaining the Spirit

Esstin Niganobe

In accordance with the Traditional approaches for the Medicine Wheel teachings, we consist of four individual entities, spiritual, mental, emotional, and physical. Traditional approaches to healing the spirit, using personal smudging, and plant base remedies we can journey through life's adversity and restore our personal balance. Balance at times is very difficult to attain, "Returning to the Cave of the Grandmothers," will assist with restoring positive connections to self, reclaiming self-direction and revitalizing our role as healers, counsellors, storytellers, and Spiritualists.

Storytelling and guided meditation will assist the individual to searching out self-awareness to understanding their role as teacher, mother, grandmother, and healer. "Returning to the Grandmother's Cave," will create a personal awareness of who we are with instructions to understanding the importance of our journey.

Ask Me About Nervines!

jim mcdonald

Aside from being an issue in and of itself, in so many of the health challenges we face stress is a major factor. The use of nervines, plants that calm, stimulate and/or support our nervous systems, is always an important consideration. These plants, though, are poorly classified as mild, moderate or strong in effect; each has specific indication and presentations for when it is most appropriate. Ask jim anything you want about nervines in general, or specific nervines you want to know more about.

heartfelt herbcraft

jim mcdonald

Healthy hearts are essential for healthy lives. jim mcdonald will discuss important herbs and nutrition to nourish and support cardiovascular wellness and resilience

Wildcrafting Cough Syrup

Greg Monzel

As the seasons change toward cooler weather, herbalists and our clients alike need support for immunity and respiratory health. We will work together to gather wild herbs and barks and make a honey-based infused syrup for this purpose. Participants will each take home a bottle of their own, as well as knowledge of the ingredients and their uses.

Pine Pitch Salve

Greg Monzel

Pine pitch has a multitude of uses from drawing out splinters to opening the respiratory passages. While the raw pitch itself is sticky and messy, the salve we will make is clean, aromatic, and easy to use. Ethical harvesting is an important consideration and will be addressed; attendees also get to take home their own tin of pine pitch salve.

Indigenous Wisdom in Plant Wisdom

Olatokunboh Obasi

Plants have been on the planet evolving and transforming microorganisms in nature for millions of years. They are directors of the founding elements of all life supplying food, medicine, shelter and nurturance. With this knowing and this wisdom, plants are truly indigenous to the planet. They are essentially our ancestors, and they teach us the wisdom of the earth and life. Indigenous Wisdom in Plant Wisdom is an opportunity to look at specific plants that allow us to peer into the root of truth so we can find ourselves, ground ourselves and remember ourselves during a time of change.

Herbal Care for Birthworkers

Olatokunboh Obasi

Birthing is a sacred act of life carrying and life giving. We all would not be here without being birthed into existence. Space holders during this sacred time are also important to the journey of birth. Supporting and facilitating the path with ease and with empowerment. As a result, supporting these folks is fundamental. We want to ensure strong healthy guides at the door of birth; our doulas and midwives deserve to be cared for. This class will share herbal care that have

been useful to birth workers from an experienced birth worker.

Herbs and Fertility

Abigale Ruby

In this workshop I talk about the very important topic of fertility. More and more people are struggling to get pregnant, and we will cover this, but fertility is about more than pregnancy. Fertility is a sign of overall health. In this workshop we will dive into the signs of a healthy cycle and cover ways to support it through an herbalist's lens.

Grief through a Polynesian Lens

Schantell Puameole Taylor

Let's explore the way the Polynesians hold grief through connection to ancestors, ceremony and ritual, and grieving in community. We'll talk about the year of grieving, kapa cloth made from the wauke (paper mulberry) tree, lau hala baskets to assist in transition, and other herbs and rituals that are part of the grieving process.

Herbs to Clear the Mind

Shana Weddington

Brain fog is real. This common symptom can occur for multiple reasons and can drastically affect one's quality of life. You might hear someone describe this experience as feeling, mentally sluggish, at a loss for words, cloudy or foggy thinking, or simply poor concentration and memory recall. We will discuss some of the most common underlying causes of brain fog, simple life hacks to combat brain fog and herbs that can help to clear the mind.

Making Medicine from Trees

Leslie Williams

We will peel bark (I will bring cut branches for each herbalist to practice on). We will demonstrate trimming twigs and leaves responsibly. We will discuss the abundance of medicine in landscape plants and orchards of the Great Lakes bioregion and specific descriptions of how to use them. This will focus on the forgotten tree medicines – alder, hornbeam, viburnums, ornamental cherry, apple bark, mulberry leaf and so many more! Mention of constituents – tannins, alkaloids, nutrition and how to best honor the worth of trees.

Herbal Safety for Pregnancy

Cal Janae Wolfpack

One of the basic safety considerations most asked by herbalists is the question of herbal safety for pregnant folks. The class will look at 3 different approaches to the question of herbal safety in pregnancy. Students will leave class with an understanding of herbs that they can use during pregnancy as well as understanding when to consider using herbs that may carry some risk and what these risks entail. Focus will be on herbs commonly used by midwives, birth workers & pregnant folks as well as herbs used for common discomforts and issues that arise during pregnancy.

Anishinaabek Forest Teas
Nathan Wright

Michigan Mushroom Medicine
Nathan Wright

Plant Walks

Ecology Within and Without: Herb Walk

Geoffrey Edwards (Geo)

This plant walk is part 2 of the class Ecology Within and Without noted above. It is a plant walk geared to ground concepts covered in the first class with the opportunity to fully engage our senses in nature with related qigong exercises and meditations.

Herb Walk

jim mcdonald

join herbalist jim mcdonald in a walk 'round the woods and fields to discover the myriad plants (and their myriad virtues) that grow all around us. We'll explore their history, actions and use through a blend of common sense, humor and practical experience.

Intermediate

the wonders of wayside weeds

jim mcdonald

Common weedy plants are the foundation of most herbalists' repertoires, and for good reason. We'll take a deeper look at the specific indications and the surprising and overlooked uses of some of our most beloved medicinal plants.

Advanced

Mushroom Walk

Rachel Mifsud

We will walk the site looking for mushrooms. Common mushrooms will be identified and their edible and medicinal properties discussed. Less common mushrooms will be used to teach about the anatomical features that are used in mushroom ID and to discuss the proper use of field guides to assist with mushroom ID, along with pitfalls that may make ID difficult.

Tree Medicine Walk: Learning to See the Medicine of Trees

Leslie Williams

Tips for accurate tree identification, discussion of traditions and uses, history, how to harvest responsibly and sustainably, parts most useful and actions, solvents, plus a bit of magic and non-

boring contemporary research. Native trees, non-native and invasive – and the properties of each. We will talk a few minutes before the walk begins. (I will preview the area to best utilize our time and see common, safe, medicinal trees.) When appropriate we will taste and touch trees.

Field to Forest Walk

Sarah Williams

Many species of medicinal plants thrive in sunny fields, shaded woods, and perhaps especially, the places where one becomes the other. We'll search out these herbs, and discuss the identifying characteristics, harvesting, properties, and lore of some of our abundant autumn allies.

Sunrise Classes

Sunrise Yoga & Meditation

Colleen Donahoe

Early Morning Plant Study

Kristine Brown

Start your day learning about plants through meditation, sensory exploration, and drawing. In this early morning session we will practice sitting with a plant while reflecting on its energy, learn to listen for details while drawing a plant, and spend time focusing on each plant's botanical uniqueness.