



ohlone
herbal
center

NEWS LETTER

August/September 2018

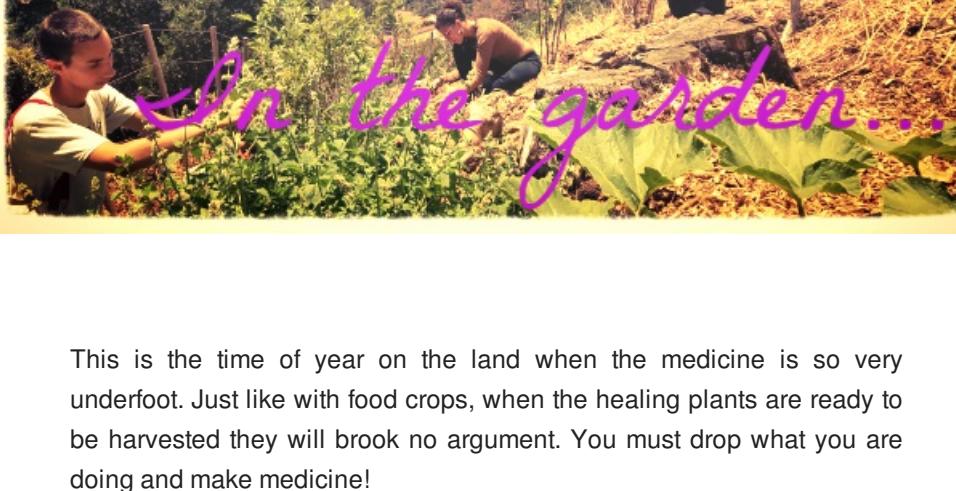
Greetings,

Summer blessings to you. As the summer sun is at its peak, we are busy planning next year's schedule of classes. It is a busy time that has required more staff to manage all our activity. Our staff are all so full of promise, as we work to collectively transform healthcare. It is also a time of reflection and evaluation. We are looking ahead to next steps for Ohlone Herbal Center, to increase service to our students and community.

As many of you may know, our classroom is getting rather crowded with all the activities we are up to. We are currently working on negotiating an additional 1600 square feet of work space just behind our clinic rooms. This additional space will be used to create a stand-alone herbal medicine making lab, where everyone will have room to work on their personal formulas, as well as fulfilling the need for a commercial kitchen space that will allow students to market their food-grade items commercially. In a sense, this space would serve as a womb to collectively grow small business in our village. It is something we have been envisioning for the last 3 years. With the space currently vacant, the time has come.

Berkeley rents are high, but we feel that we can manage this piece. What will be costly is putting in the commercial kitchen and outfitting the space. We are creatively working at finding resources for this. Please keep us in your thoughts as we dance into the next stage of development, and if you are so moved, consider donating to this project!

Pam Fischer
Founder and President



This is the time of year on the land when the medicine is so very underfoot. Just like with food crops, when the healing plants are ready to be harvested they will brook no argument. You must drop what you are doing and make medicine!

In our gardens we are harvesting every week at this time of year—Skullcap, Mimosa, Motherwort, Holy Basil, Comfrey, Self Heal, Mugwort, Chamomile, Calendula, Hyssop, Sweet Leaf, Vervain, Rose, Elderflower, and the list goes on and on. On a recent trip to Mount Lassen with our Apprenticeship students, we harvested St. John's Wort, Mullein, Juniper berries, and Cedar tips. We also got to sit with Grindelia, Burdock, and a couple different Artemisias.

After a month-long break from being in our Golden Garden, we resumed last week with a vigorous discussion about how to manage guests and pests—all of those insects, birds, rodents, etcetera with whom we share the land. This is the beginning of the big hurrah before the sap begins to return to the earth and the land readies itself for slumber. So, I encourage all of you to avail yourself of some of the most potent medicine around—stop and smell the roses!

PLANT OF THE MONTH

unique and captivating sight and the a

wherever it grows. The entire plant can be used medicinally, from the roots up to the flowers, however, the leaves and flowers are most commonly used. Known as a vulnerary, the leaves and flowers are antiseptic, antibacterial, and styptic; meaning they can slow or stop profuse bleeding and can help prevent and heal infections. For colds and flus, the flowers of Yarrow work as a diaphoretic, supporting the body in opening up the pores of the skin to promote sweating and thereby releasing

A simple yet beautiful way to incorporate this plant and the energetic medicine it carries is through a flower essence. Yarrow flower essence works particularly well for those who practice any kind of healing art, as it gently but firmly protects one's boundaries while not allowing them to absorb the energy of those around them. In this way, Yarrow supports compassionate boundaries, reminding us first of the importance of caring for ourselves and of being mindful of what we are letting in so that we may then care for others.

A clear glass bowl filled with a variety of small, delicate flowers, including white and pink blossoms, arranged in a loose, natural style.



- Small glass bowl

- Find a patch of Yarrow in your garden or in the wild, being sure to identify plants that are found in

disturbed air
blossoms. W

2. Fill your bowl with water and pick a few blossoms. Let them sit on the surface of the water and leave your bowl in the sun for a few hours.



4. To make a daughter essence to be used for consumption, add 3-9 drops of your mother essence into another bottle with 40% water and 60% brandy. Flower essences are energetic medicine and do not need to be

by our resident medicine maker, Whitney Staeb. Make sure to consult with a qualified healthcare professional before taking any supplement. If you have any conditions or are pregnant or nursing. None of these products are meant to treat, diagnose, cure or prevent any disease.

Using Plants



Using herbs to better your emotional and physical health is a time-honored tradition that spans cultures and crosses countries. What may not be as well-known, is the use of herbs to connect to the goddess on a deeper level.

Coeus and Phoebe—was prohibited from giving birth on any land by Hera, Zeus' wife. Hera was incensed that Zeus had a relationship with the beautiful Leto that resulted in twins Artemis and Apollo. Leto finally found an island that was not attached to the ocean floor so it was no considered land and gave birth first to Artemis in what now is present day Ortygia, Sicily. A day later, Leto crossed the strait into Delos, where

Artemis is known—in later incarnations—as Queen of the witches. She is the goddess of the moon, the herbalist, the midwife, the birthing woman, bringer of disease, death and the hunter. Artemis is an untamed wild woman who runs free with the deer, the hounds and the wolves. She is "Mother of all Creatures." She is owned by no man, and thus she is "Forever Virgin." And the plants named after her share her qualities^[ii].

and like her goddess, is strong and resilient. These perennials that are tolerant of drought, poor soil, and extremes of heat and cold.

For an offering to Artemis, take bundles of three stalks and bind the ends with a silver colored string. There is no "right-way" to do this, don't worry about the technique, worry about the intention. It is important to wrap while the plant is still flexible to avoid the crumbling that occurs after drying. Artemisia can also be smoked inducing a trance state that helps ease into meditation with the goddess.

In addition to altar offerings, Artemisia can energetically clear space, ground and center through burning. This is an ecological alternative to the overharvested sage. In late summer, her blooms and leaves can be dried and used as dream pillows to cross into the dream state. As there is no guarantee that only good dreams will come, be clear as to what you would like to work on in this realm. Another form of ritual practice involves the use of flower essence. Artemisia flower essence helps to harmonize psychic potential within the soul, especially the ability to bring more consciousness and cohesion between one's daytime awareness and the nighttime experiences of dreaming[iv]

Bathing is a goddess ritual of self-love. Fresh or dried mugwort with Epsom salts can be added to a warm, relaxing bath surrounded by candles. End with an oil of cypress, vanilla, and/or rosemary to anoint yourself into the temple of Artemis.

As you deepen your connection to Artemis, remember that there is no one way to honor the goddess. She is in you and is yearning to be cultivated like the long, luscious Artemisia stalks that shine in the moonlight.

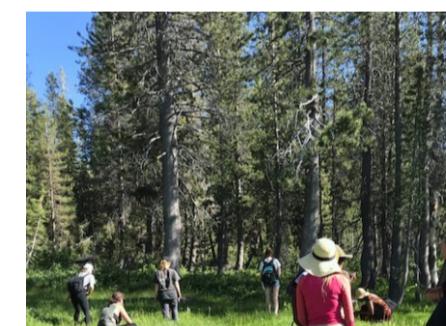
[i] The Myth of Artemis. http://www.ephesus.us/ephesus/mythology_of_artemis.htm

[ii] Weed, Susun. Healing Wise ...Herbal Adventures "The Artemisia genus" http://www.susunweed.com/herbal_ezine/April09/healingwise.htm

[iii] Valles, J. and Garnatje, T. [Biology, Genome Evolution, Biotechnological Issues and Research Including Applied Perspectives in Artemisia \(Asteraceae\).](https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/artemisia-genus) <https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/artemisia-genus>

[iv] Mugwort: Grounded Bodily Awareness and Expansion of Consciousness. FES. <http://www.fesflowers.com/blog/mugwort-grounded-bodily-awareness-and-expansion-consciousness>

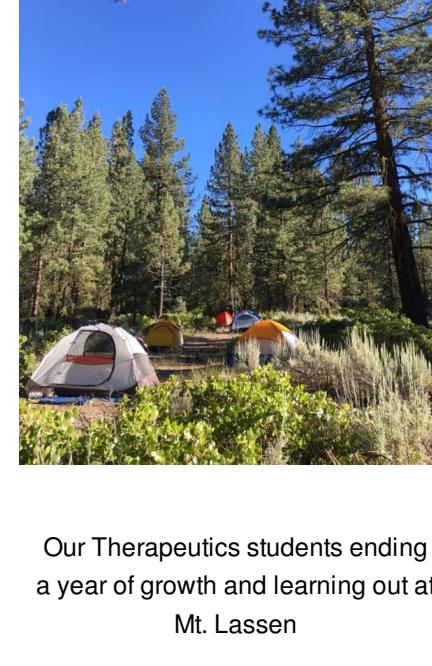
WHAT'S BLOSSOMING AT OHC



Students from our Foundations program enjoying their final camping trip at Lakes Basin before graduating



Our Apprenticeship students giving thanks for the harvest from the garden



Our Therapeutics students ending
a year of growth and learning out at

Mt. Lassen



Congratulations to the newest group
of graduates from our Therapeutics
program!

UPCOMING COURSES & EVENTS

The Turning Wheel: Practical Family Herbalism for the Seasons (Fall Module):

Tuesdays, 9/11 - 11/13, 6:30 - 9:00 pm (in Pleasant Hill)

The Illustrated Herbiary: A Book Reading and Sensory Exploration with Author,

Maia Toll: Tuesday 9/18, 7:00 - 8:30 pm

Fall Medicine Show: Friday 10/12, 2:00 - 8:00 pm

We're Walking on Medicine.

WHEN

WHO

Full Moon

26 August 10a-1p

Meet in front of Lake Chalet

Wear walking shoes. Bring water,
a snack, and maybe a notebook & pen.

\$5-15 requested donation

No one turned away

Come learn some of the
invaluable Medicinal Virtues
of the plants that surround this lake.

with Clinical Herbalist Alexandra Hudson

BIPOC & LGBTQ very welcome



REGISTER HERE!



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