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OHLONE
HERBAL
CENTER



NEWS LETTER

May 2019

It has been a busy Spring at Ohlone Herbal Center. Winter rains have broken the years of drought. The wild plants are thriving. The show of flowers on our hillside and parks have been amazing. Many plants not seen in years are up and blooming. Our trip to the desert this year was incredible, fields of flowers colored the hillsides.

We are preparing our late Spring and Summer programs at both our Berkeley site and Pleasant Hill locations. It is an exciting time of new course offerings and transformation for us. In the next few months we will be trying on a new name and revising the future. In August we will let go of our 113 suite. This suite has served us for many years with multiple functions. We have outgrown this lovely space. We will concentrate our classes, administrative offices, medicine making operations and clinic services into our newly acquired suites of G, H and I at the same location. We now have a separate building located along Strawberry Creek. If you have not been to our location it is a rare portal transporting one out of a city environment into a wild oasis.

We'd like to invite you to our Open house on Thursday, May 16 from 7-8:30 to see our new set up and to hear about our upcoming classes. Please email and let us know you will be attending.

Applications for our Foundation course is June 15th. If you are planning on applying please mark your calendar, and set up an interview with Francisca.

Happy Spring,

Pamela Fischer
President and Founder



GREETINGS FROM THE GARDEN & THE MEDICINE MAKING LAB

As the wheel of the seasons turns, vibrant greens burst up from the gentle earth and captivating blooms work their way up towards the sun. So too, a new medicine making season has begun, springing forth new ideas, new creativity, and an abundance of fresh plants to tincture for the apothecary.



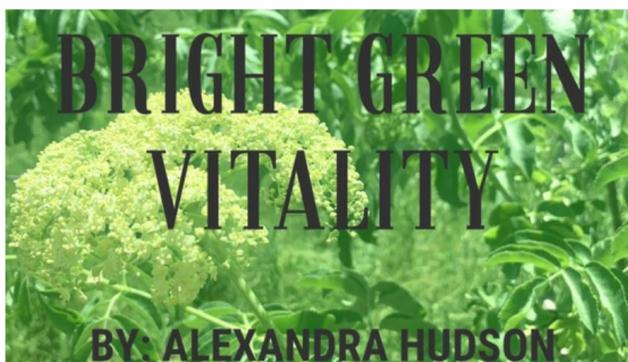
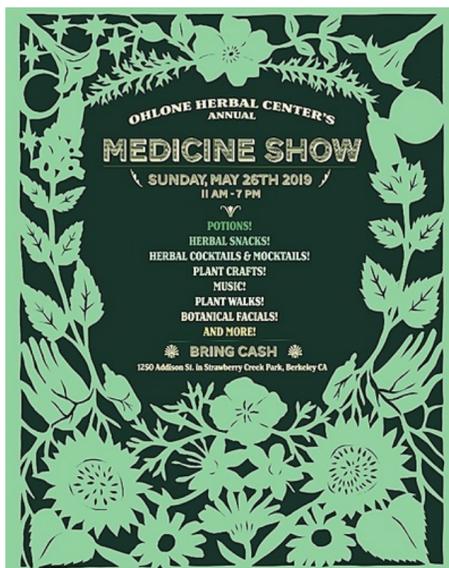
Now is the time to preserve our precious springtime medicines to last us throughout the year. We have been working with Cleavers, Chickweed, Nettles, California Poppy, and a plethora of fresh greens from the garden.

Newest spring additions to the medicine making lab are Ashley Campos & Genna Verderame, two graduates of the Herbal Apprenticeship program with a passion for the innumerable creative possibilities of making potent and intentional plant medicine. We look forward to expanding, organizing, and growing our herbal pharmacy over the next couple of months.

Additionally, the therapeutics students have been busy bees working on their product lines for their annual **Medicine Show**. We invite everyone to come celebrate and admire all of their hard work over the course of the year. There will be hand crafted herbal products, herbal snacks & libations, herb walks, botanical facials, and more! We invite everyone to come out **May 26th from 11:00 am - 7:00 pm** as we celebrate the abundance of spring with wonderful handmade medicines.

Spring Blessings,

Ashley Campos

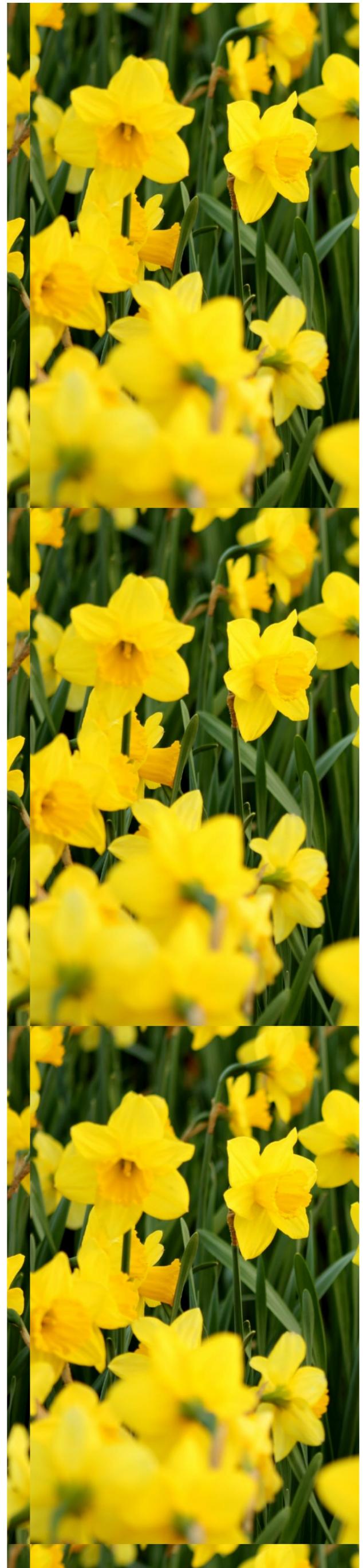


When springtime calls and our bodies are ready to heed, there is no more joyful feeling than relishing in the rebirth of the world, both within and throughout. Conversely, when our bodies have not yet shaken off the doldrums of the winter, the rousing invitations of spring can evoke dread and sorrow. Fortunately, mother nature —as usual— provides precisely the medicine we need to be well, at exactly the right time! Wild greens are one of the major sources of springtime nutrition, and daily consumption of their tender leaves will bring delightful vitality to most any body. How joyfully simple to synch one's diet and lifestyle with the surrounding ecosystem and remember how we are so integrally and lovingly related with the world around us.

A practice to discern which plants hold the key to vitality in any particular season is to note which plants —and which parts of those plants— are growing at the time. In the spring into summer-season, we work largely with the leaf and flower of plants for our seasonal medicine. At this time, more-untended areas offer an abundance of miner's lettuce, watercress, chervil, chickweed, nettles, fennel, plantain, dandelion, wild onion, oxalis/yellow wood sorrel, mallow, and dock.

In cultivated gardens, medicinals such as lemon balm, self-heal, calendula, comfrey, yarrow, sage, thyme, mustard, parsley, chicory, nasturtium, and so many others are growing their way into medicinal potency. Inclusion of a range of these plants in dishes from pesto, soup, vinegar-infusions, salads, sauces, baked goods, and more, will vitalize any meal and offer a flavor palate and nutrition panel that is largely unavailable in store-bought foods.

If we consider our internal ecosystem akin to a vegetation-rich landscape, the inclusion of many different wild and cultivated greens in the diet means increased biodiversity within the gut. In the nutrient dense kitchen, we further enhance our body's palate of nutrition by preparing our foods in a wide variety of ways using food processing techniques ranging from



fermentation, dehydration, decoction/long-simmering, quick-infusions, baking. These different food preparation techniques change the structure of the plant to provide access to a range of nutrients that make the nutrition of the prepared plant distinct from its original, raw form. These techniques give our foods depth, culture, and character. They unite us with those who have made these foods for millinea, who have worked with these plants since antiquity, and simultaneously ground us in what is happening right here and now in our own gardens. Preparing nourishing food with the plants growing Right Now is one of the most meaningful, simple daily rituals we can undertake!

We note the many tastes of these bright spring greens and the range of physiological responses they stimulate - from sour stimulating the secretion of bile and breakdown of fats, to bitter stimulating the production of juices in the digestive and reproductive tracts, and so much more; the taste of food is a high indicator for its effect on the body. So please, take a walk around your garden and through your neighborhood and nibble! Take a few ID books with you and —upon asking the plant and receiving a Yes that it's ok to do a little harvest— see how the plants taste. See what they evoke and consider how you might want to engage with them culinarily as nourishment. Being in nourishing relationship with our surroundings is one of the biggest gifts we can give ourselves. So go ahead, let's invite Spring to take root in our bodies!

Written by Alexandra Hudson, Clinical Herbalist



Recipe for Springtime Pesto:

- 2 cups packed spring greens (include any of the greens or flowers listed above)
- 1 cup toasted nuts
- 1/2 teaspoon salt
- 1 Tablespoon miso of your choice
- 1/2 cup olive oil
- 1/2 cup butter (or olive oil for a vegan dish)

Blend in blender till creamy. Season to taste. Pack into 4-8oz jars. Label with the day's date and freeze for future use.



May day is here and we have reached the climax of Spring and now we begin to reach for Summer's blazing intensity. Beltane, traditionally celebrated on April 31st or May 1st, has been a long celebrated day that honors the peak of Spring- the ripening of the Maiden and the juicy fertility that surrounds us during this time of year. Flowers have blossomed, pollen has danced in spirals through the sky and verdant leaves have emerged from the once sleeping branches. Possibility is infinite here and the sensual mystery allures the innocent behind every fallen log and glorious river bend. The plants call out, "smell me, adore me, touch my petals and watch me open". Yes, this is fertility where the seduction of the true inner essence of plants leads to the creation and birth of the next generation.

The natural world serves as a mirror for our inner psyche and when we sync our personal soul work with the seasons we tap into a portal which allows us to obtain our goals with more ease, as we too are seasonal, and we too are nature. The Spring season of the soul is a time for creativity, adornment, expression of your true inner self and a time to celebrate the coming of your abundant harvest. You have planted your seeds, they have sprouted with success and now we watch as they take root. Let the joy and passion within you multiple and express itself!

The crescendo of passion is upon us- feel your energy buzzing, swirling and building. How sweet the path is when we take time to feel into the joy that comes during each moment- the excitement is building the heat is getting hotter. And so we dance- dance for our tiny successes and dance

our prayers to ensure the continued success of our future harvest. The fire season is upon us and we sway in the transition as our tendrils reach for the sun.

Blessings to you all and may you give yourself full permission to sink into the pleasure, passion, and joy this month.

Carissa Rose

Clinical Herbalist



UPCOMING COURSES & EVENTS

An Introduction to Herbalism - Fri. 5/10, 5/17, 5/24, 5/31 6:30 pm - 9:30 pm, Herb Walk: Sun 5/26 10:00 am - 1:00pm

OHC Open House - Thurs. 5/16, 7:00 pm - 8:30 pm

Kitchen Alchemy: Working with Medicinal Herbs as Food - Sun. 5/19, 2:00 pm - 6:00 pm

Herbal Allies for Energetic Hygiene- 3 part series by Francisca Santibanez - Tues. 5/21, 5/28, 6/4 6:30 pm - 9:30 pm

Herbal Medicine Fair (Handmade Herbal Products) - Sun. 5/26 11:00am - 7:00 pm

Fertility Success & Magick- 2 part series by Antoinette Cabral- Thurs 6/6 & 6/13 6:30pm- 9:00pm

Courting the Muse: Herbal Wisdom and Practical Magic for Summertime (a 5 part series by Alexandra Hudson) - Mon.7/8, 7/15, 7/29, 8/5, 8/12 6:30 pm - 9:30 pm

An Introduction to Herbalism: July Series- Thurs. 7/11, 7/19, 7/26, 8/1, 6:30pm - 9:30 pm, Herb Walk: Sun 7/28 10:00am - 1:00 pm

An Introduction to Herbalism: August Series - Thurs. 8/8, 8/15, 8/22, 8/29 6:30 pm - 9:30 pm, Herb Walk: Sun 8/25 10:00 am - 1:00 pm

Botanical Beauty: Herbal Potions for the Skin and Soul - (at our Pleasant Hill location) Tuesday 8/27, 9/3, 9/10 from 6:00 pm - 9:00 pm

REGISTER HERE!



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