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Structure of class:

1. In 2026 we are starting in June and ending in December. In 2027, we hope to do the entire wheel of the year activities for farming and foraging January-December. You are welcome to repeat this class, as we will likely plant different herbs from year to year, forage in new spots, and learn different things. If, at the end of this class, you are interested in apothecary or clinical intensives, let Lily know.
2. About 1/4 of the class is check ins (Q & A about last month's work, sharing homework and projects, announcements) and the rest is hands-on activities and learning.
3. After each class, you will do some homework! Sometimes this is research and reporting, sometimes this is making a project and sharing with the class the following month.

Outcomes for this class:

1. We will plant, tend, and harvest a garden plot of medicine. This will teach what a plant looks like, and what ki¹ needs and can do at different life stages.
2. Students will learn botanical materia medica of what we grow and harvest, and how to make kin² into effective medicines.
3. Students will be introduced to the medical actions and energetics of plants and begin to understand how human constitutions and plants need to be paired in order to select the appropriate plant for the right person.
4. We will wildcraft, forage, and do plant ID walks on the grounds to help build knowledge of plants in the wild, their habitats and ecosystems, and what that can tell us about their medicine (doctrine of signatures).
5. Types, techniques, and beginning formulation will be taught in medicine making. Students will make herbal formulas themselves and watch still others made by their teacher. They will gain an understanding of when to choose one type of preparation over another (Tincture or tea? Syrup or salve?) as well as key ideas that go into formulating both mass-market items and custom formulations.
6. Students will learn to identify native/invasive and cultivated bioregional medicinals, cultivate and harvest them, and process them for medicine making. We will learn about bioregional herbalism and philosophy.
7. This class is run in a cohort. It is deliberate to create community bonds of future healers. Most students stay in touch with their cohort members long after the class ends and often do work, business, volunteerism, or projects together. This class is a beginning!

Location of class:

We will be meeting at the Franciscan Earth Literacy Center (FELC) 194 St. Francis Avenue, Tiffin, OH 44883. Turn into the drive and follow it past a couple stop signs. There is a gravel parking lot on the far side of the FELC building for students.

Since we meet monthly, this is do-able as a commute class for many. We are 2 hours from Ann Arbor, 1 hour from Toledo, 1.5 hours from Cleveland and Columbus.

This class will have a channel in the Haven Herbs' Student Community. This is an online forum and gathering space. We will have a channel just for this class that serves as a way to communicate, share links and resources, and coordinate ourselves in between meetings. You will also have access to other channels about herbalism and wellness topics! Please remember to join the server! It can be accessed on laptops AND mobile (with an app download). Please ask Lily about that!

COVID (and other plague) concerns:

COVID is real. Most people are not taking adequate precautions to keep themselves and others safe. Together, as people concerned about holistic and community health, we will do what is necessary. Together, we can keep one another safe.

This class is open to individuals who follow safety rules. You will be required to report exposures, symptoms, test results (if necessary) and illnesses prior to class time. If sick, we can possibly make a Zoom for part of the class so you can still participate. The online community makes chatting in between classes easier.

¹ "ki" is the pronoun for an earth being that does not "otherize" like "it".

² The plural of ki is kin. Kudos to Robin Wall Kimmerer for introducing people like me to this pronoun for living beings that does not "otherize" them.

What to bring to class:

Always bring a dedicated notebook where you take notes in class, a pen, and your homework. Bring snacks and a water bottle and a camera phone (for taking pics of plants and projects).

Many classes will be outdoors when the weather and temperatures permit. Please dress appropriately for outdoor weather and work: long pants, hat for sun, work gloves, waterproof boots that are fine getting muddy, and a jacket for cooler temperatures. Other tools for plant work will be recommended as needed: gloves, plant shears, hori hori or trowel, etc.

Please feel free to bring your own food/snacks/beverages to class (or some to share, if you so desire!). We need to nourish our bodies as well as our minds! ***Once I hear from students, I will let folks know of allergy issues we need to be aware of, in case folks like the idea of a potluck.***

Class dates: (Fourth Sundays, 4-6 PM minimum (sometimes we go over))

June 28, July 19, August 23, September 27, October 25, November 22, and December 27. If December's class interferes with winter travel, let's discuss in the first meeting and reschedule with everyone present.

Please note the dates before committing to the class. While absences are fine, it should never be a surprise when a class is this far in advance! Make personal plans accordingly!

Missing Class:

If you are not going to make a class, please give as much notice as possible to Lily by texting her directly (419) 933-9662 (best for day-of issues) or email lily@havenherbs.com (if you know in advance). Your cohort and your teacher worry if you are a no-call, no-show! It is a waste of resources preparing materials for a student that will not be there. We can also possibly make a Zoom for you if we know in advance and that will work out.

If you miss a class, it is up to you to get lecture notes from a classmate. The student community online makes this very easy!

Ongoing Work Done By Students:

Presentations: *You will be assigned a plant to research. [This Canva template](#) has everything you need to include.*

Formulations:

In many months, you will be asked to make a type of herbal medicine and bring it for Show and Tell the following month. Please bring the formula, recipe, and be prepared to discuss your technique. You will allow others to sample your work and get feedback from the cohort and your teacher.

Tech Used for Class:

A **computer or smart phone** of some sort, connected to the **internet**. We use a **camera** on plant ID walks, and many students download ID apps and other app. (Optional, but helpful) You will get **digital updates:** Lily will post work done and homework assignments in the student community.

On any connected device, you can access **Quizlet** (digital app that acts like flashcards). I have created one on herbal actions for you. You could also just make your own analog flashcards.

Canva: I will provide you with a [monograph template here](#) if you wish to use it. I also share course materials through links in the student community.

Zoom: I can make many of the classes available on Zoom if you are unable to attend because of illness or travel. Just let me know!

Plant ID apps like PlantNet or Seek are great when hiking (if you have a connection)!

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Associated class costs:

1. Tuition: \$250 for June-December, or \$40 drop-in rate (available if there are less than 20 students enrolled). Scholarships are generously provided by FELC if you are taking the whole course.

2. Recommended books:

Petersen's Field Guide to Medicinal Plants,
Herbal Medicine Maker's Handbook by James Green
The Language of Plants by Julia Graves,
Matthew Wood's Earthwise Herbals Vols 1-3,

3. Cost of packaging, ingredients, etc for your formulas (varies).

4. There are other things you may want as you learn (specialty tools, additional books), but these are optional. (See below)

Additional resources you may want to buy (optional, but good investments):

Books:

The Modern Herbal (Vols 1-2) by Maude Grieve,
Botany in a Day by Thomas Elpel,
Sunset National Garden Book.

Support small booksellers and use biblio.com or bookshop.org instead of Amazon!

Equipment for medicine making: In addition to regular kitchen items, you may want to invest in: Canning jars (pint and quart size- new, not vintage), Norpro jelly strainer bags, stainless regular size funnels and canning funnels, graduated cylinder, Silpat mats.

Packaging: Tincture bottles, syrup bottles, smaller canning jars (jelly sizes), tins for salves.

Plant Shears and Hack Saw

Work Gloves: leather or rubberized cloth are best.

Wildcrafting bag: Check out listings on Etsy! You want a place to collect and keep your hands free!

Technology: Computer or laptop to make monographs, access email, and receive drive documents, smart phone with camera for apps (Discord, Quizlet, Plant Net) and to take pictures on plant walks.

Office Supplies: Index cards, sharpie, and clear packing tape (for specimens), 3" wide 3 ring binder with section separators (for handouts, resources, and monographs).

Payment information:

Tuition is non-refundable. I reserve space for each student, and often create a waitlist. Accepting one student may mean declining another.

Month-by-month agenda (all classes are 4-6 PM on the 4th Sunday of the month):

June 28, 2026:

Business: Intro to class, each other, the grounds, and the rules

Activities:

Getting seedlings into ground

Talk about privacy, HIPAA, and share holistic healing experiences and what brings us to herbalism and this class.

We'll make a tea and learn to use our senses to determine what a plant might offer. Look at the Taste Wheel and other charts and compare/taste herbs.

Look at herbs from distributors and locally grown for differences. Talk about how to determine the quality of an herb.

Learn about plants: Tulsi, Anise Hyssop, and Echinacea

Learn about: bioregional herbalism, sensory assessment

Homework: Fill out the bioregional quiz and ring it back to discuss.

July 19, 2026:

Business: Homework reports, Water and assess garden

Activities:

Intro to a foraging kit and foraging ethics. A talk on sustainability and bioregional sourcing- in combination to wildcrafting ethics and cultivation as strategies.

Plant walk, attempt at plant communication, learn about plant intelligence. We'll discuss the element of fire in plants and our bodies.

Learn about plants: Horehound, Lemon Balm, Marshmallow

Learn about: plant ally ship and communication, foraging ethically, assembling a kit

Homework: Spend time outdoors and garner info from plants near you. Document your process and results. Use Petersen's Guide to walk on your own. Pick a plant near your home: using senses, determine what herb may be good for. Bring your report and herb to class next month.

August 23, 2026:

Business: Homework reports, Water and assess garden: anything to harvest?

Activities:

Formulation philosophy

Plant sampling

Learn about phytochemicals and their actions.

Learn about plant energetics.

Learn about plants: Cayenne, Toothache Plant, Stinging Nettle

Learn about: Plant anatomy, formulation, actions and energetics

Homework: Forage for 5 plants and take specimens. Write the habitat you found them in, and tell us of your experience.

September 27, 2026:

Business: Homework reports, Water and assess garden: anything to harvest?

Activities:

Drying and processing begins!

The elements in our bodies mirroring the seasons

The matchmaking between people and plants

Learn about plants: Blue Vervain, Mugwort, Sage

Learn about: Using fresh vs dried botanicals in medicines

Homework: Create a salve or a tisane to share next month! Indicate what its purpose is.

October 25, 2026:

Business: Homework reports, Water and assess garden: anything to harvest?

Activities:

Harvesting herbs and learning to process them. Learn about making medicine from fresh vs. dry plants.

Introduction to garbling.

Learn about plants: St. John's Wort, Poppy, Yarrow

Learn about:

Homework: Each of you will be assigned a plant to make a monograph and present it to class next month.

November 22:

Business: Homework reports, Water and assess garden: final harvest and putting the garden to bed

Activities:

Learning about and making oxymels, electuaries, honeys, elixirs, and syrups.

We'll discuss the element of earth in plants and our bodies.

Constitutional quiz

Check on plants drying, garbling

Learn about plants: Calendula, Mint, Thyme

Learn about: Sweet remedies and how to make them, constitutional medicine

Homework: Make a sweet remedy to bring to class and share. Bring a potluck item, too!

December 27:

Business: Potluck class! Let's enjoy our final class together!

Activities:

Learn about baths, washes, and steams. Do a foot bath.

Learn about tinctures and make some to take home.

Energetic vitalist remedies discussion. Learn about Flower Essences and Homeopathy.

Final garbling of medicine & distribute bounty

Learn about plants: Feverfew, Rosemary, Valerian

Learn about: Preserving your harvest, garbling methods, future opportunities

Possibilities for optional field trips:

1. United Plant Savers Sanctuary & Companion Plants Medicinal Nursery

This is an all day trip. Drive is 3+ hours each way, so we would leave by 8:30 AM, and arrive back in Tiffin after 7 PM.

2. Trillium Center and Red Beet Row (Both in Ashtabula county, Ohio.) This would be a weekend trip to meet another herbalist, see a plant sanctuary, meet medicinal plant growers, and learn some skills. We would need to spend on an Air B & B and pay for classes with both entities.

4. Blue Rock Station (Muskingum county, Ohio) to meet growers with Earthship, livestock, cultivated and wild plants.

5. Lloyd Library, Cincinnati (Plan for an all day trip! This is a pharmaceutical library and archive. Prior to 1986, most pharma was sourced from plants. It wasn't until then that a marketing campaign against botanical medicine was waged fully.)

Other recommendations as voted upon.

When you have completed this class:

There are so many ways for you to put herbalism in your life. Some people only wanted the knowledge to treat friends and family. This class and many others are suitable for that base-level knowledge (although consulting a clinician if you are stuck is always wise).

Still others want to make a living as an herbalist in one way or another. There are many ways to have an herbalism vocation: you could be a clinician, a formulator, a business owner, an educator, a cultivator, or a writer- these are just a few. These all require more education than the one) year class can provide.

Opportunities are also available for ongoing education and mentorship to folks wanting to include publishing, teaching, or cultivation in their herbal practice. Talk to Lily about those arrangements!