

Beginners Herbal ABC's - Nine Day Intensive



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Beginners Herbal ABC's - Nine Day Intensive

- Immerse yourself in the world of herbs. Come stay at Wise Acres Farm for 9 days. Learn and have fun with other herbal enthusiasts.

The first series in a two series module. The first series is for beginners who are new to herbalism or who just want to brush up on the basics of herbalism. Besides lectures, you will learn to make elixirs, salves, tinctures and other fun herbal preparations. In the second series you learn to use the most important medicinal herbs known to herbalists and naturopathic physicians.

Detailed registration information follows the daily schedule below. See the printable registration brochure for cost details by clicking here, "[Registration brochure](#)"

INTENSIVE SCHEDULE

August 1-9, 2009



Beginners Herbal ABC's: This is a class that will take you step by step as you are introduced to the world of herbalism in a crash course that is fun and challenging. It is the first series in a two series module. This first series is for beginners who are new to herbalism or who just want to brush up on making herbal preparations and the basics of herbalism. In the second series you learn to use the most important medicinal herbs known to herbalists and naturopathic physicians. For information on the second series called Advanced Herbal ABC's click here "[Advanced Herbal ABC's](#)."

What you will learn in this intensive:

This first series will go over the basics in herbalism. You will be given a list of suggested texts, where to get reliable herbal information in books, periodicals, newsletters and internet as well as where to get reliable tools and supplies that a herbalist needs. You will receive the book Herbal Medicine (brand new and updated second edition) with your tuition as you will need it in class. We will cover basic terms and what those terms mean in each and every class. You will learn the differences between different types of herbal preparations and when to make or use each of them. You will learn about the tools you need for making herbal products, where to get herbs and herb making supplies, as well as actually making herbal products. You will learn how to make teas (decoctions & infusions), tinctures, salves, elixirs, compresses, slurries, poultices, creams, capsules, suppositories and how they are used. **This will be a hands on class.** The number in the class is limited by kitchen space. We will collect many of the items we use in our herbal products from the herb garden. In this first series we will also discuss simple remedies that are used in the home for family and pet care. We will discuss first aid herbs as well as remedies for prevention and treatment of common conditions such as colds and flus. We will look at some formulas and discuss the use of formulas. Bring questions on your first day and be ready to tell Sharol what you hope to learn from this class or send in your requests by mail, with your registration to be sure your requests are included in the class.

August 1st – Saturday

12:00 - Lunch & Introduction:

Join us for a welcome lunch. There will be an introduction during lunch that all must attend. After lunch we will continue the introduction in a walk about the farm and then you will have some free time to set up camp.

3:30 pm - Where to get information: web-sites and books, the plants themselves (web/book hand-out and communicating with plants hand-out), where to get supplies

Go over Dictionary of Herbal Preparations pp 28-30 (1st edition) 32-37 (2nd edition) in Herbal Medicine – discuss different types of preparations and when to use them.

Discuss Herbal Teas – p 342 in Herbal Medicine - Make infusions - We will make overnight infusions before or during making dinner.

You will gather herbs from the garden and make an herbal infusion and perhaps a decoction. The herbs used in the teas will be discussed.

5:30 pm - Make & Enjoy Dinner

After dinner choose to join Sharol in the gardens, watch milking or play music or sing with your classmates. (Don't forget to bring musical instruments if you have them. Sharol has extra drums, rattles, etc.)

August 2nd Sunday

8:00 am – Make & Enjoy Breakfast

9:15 am - 11:30 - Today we will continue our discussion on infusions and decoctions as we sip on the infusions from the night before. We will also make a decoction if not made the night before. Additionally you will learn to make an herbal soup. We will have made a nettle infusion from night before and nettle decoction today – we will compare them.

Go over **Collecting, Drying and Storing Herbs** pp 310, 311(1st edition) 358-359 (2nd edition) in Herbal Medicine

We will discuss making a compress and make one pp 313-314(1st) 361-362(2nd)

Make a chevre cheese

11:30 am - Herb Walk: Meet the herbs one on one. Learn the habitat they prefer, how to identify them, what parts are used medicinally, how to harvest & when it is best to harvest, how to process for immediate use or storage for later use & their most common effects on humans/animals health.

12:00 pm – Make & Enjoy Lunch

1:00 pm - The plant planet & Discuss herbal terminology – an overview of plant groups and where medicinal herbs fit in
Discuss herbal terminology – Herbal Medicine: pp. 14-16 (1st) 14-18 (2nd) (rest on subsequent days)

Pick calendula (oil/salve), plantain (oil/salve), comfrey(oil/salve) and dry them – these are herbs we will use in our herbal oil.
Make an herbal oil from previously dried herbs.

Check on the **chevre** and hang it when ready.

Herb Walk: Meet the herbs one on one. Learn the habitat they prefer, how to identify them, what parts are used medicinally, how to harvest & when it is best to harvest, how to process for immediate use or storage for later use & their most common effects on humans/animals health.

5:30 pm - Make & Enjoy dinner

After dinner choose to join Sharol in the gardens, watch milking or play music or sing with your classmates.

August 3rd - Monday

8:00 am – Make & Enjoy Breakfast

9:15 am – Examine herbal oil we started last time. Finish chevre and **infuse chevre with herbs**

Discuss herbal terminology - Herbal Medicine: pp. 17-19 (1st) (rest on subsequent days) 18-22 (2nd)

11:30 am – Herb Walk: Meet the herbs one on one. Learn the habitat they prefer, how to identify them, what parts are used medicinally, how to harvest & when it is best to harvest, how to process for immediate use or storage for later use & their most common effects on humans/animals health.

12:00 pm – Make & Enjoy Lunch

Tincture –We will make a dry plant tincture.

1:00 pm – First aid herb lecture & First aid kit discussion.

Herb Walk: Meet the herbs one on one. Learn the habitat they prefer, how to identify them, what parts are used medicinally, how to harvest & when it is best to harvest, how to process for immediate use or storage for later use & their most common effects on humans/animals health.

5:30 pm - Make & Enjoy dinner - After dinner choose to join Sharol in the gardens, watch milking or play music or sing with your classmates.



August 4th - Tuesday

8:00 am – Make & Enjoy Breakfast

9:15 am –Kitchen: Elixer – start in AM and finish in PM - Go over the herbs in the formula

11:15 am – Herb Walk: Meet the herbs one on one. Learn the habitat they prefer, how to identify them, what parts are used medicinally, how to harvest & when it is best to harvest, how to process for immediate use or storage for later use & the herb's most common effects on humans/animals health.

12:00 pm – Make & Enjoy Lunch

1:30 pm –Continue the Elixir & Discuss herbal terminology - Herbal Medicine: pp. 20-22 (1st) 22-25 (2nd)(rest on subsequent days)

Finish First Aid lecture if time allows

Herb Walk: Meet the herbs one on one. Learn the habitat they prefer, how to identify them, what parts are used medicinally, how to harvest & when it is best to harvest, how to process for immediate use or storage for later use & their most common effects on humans/animals health.

5:30 - Make & Enjoy Dinner - After dinner choose to join Sharol in caring for the goats, the gardens or play music or sing with your classmates.

August 5th - Wednesday

8:00 am – Make & Enjoy Breakfast

9:15 am –Discuss herbal terminology - Herbal Medicine: pp. 23-24 (1st) 25-28 (2nd)

Make lozenges, slippery elm slurries/mustard poultice – flax poultice – clay – comfrey

Make capsules p 312 (1st) 360 (2nd)

11:15 am – Herb Walk: Meet the herbs one on one. Learn the habitat they prefer, how to identify them, what parts are used medicinally, how to harvest & when it is best to harvest, how to process for immediate use or storage for later use & their most common effects on humans/animals health.

12:00 pm – Make & Enjoy Lunch

1:30 pm – Tincture: Make a fresh plant tincture

Herb Walk: Meet the herbs one on one. Learn the habitat they prefer, how to identify them, what parts are used medicinally, how to harvest & when it is best to harvest, how to process for immediate use or storage for later use & the herb's most common effects on humans/animals health.

5:30 pm - Make & Enjoy dinner. After dinner choose to join Sharol in the gardens, watch milking or play music or sing with your classmates.

August 6th - Thursday

8:00 am – Make & Enjoy Breakfast

9:15 am –Go over last of herbal terminology – Herbal Med pp 25-26 (1st) 29-30 (2nd) & discuss external use of herbs

11:15 am – Herb Walk: Meet the herbs one on one. Learn the habitat they prefer, how to identify them, what parts are used medicinally, how to harvest & when it is best to harvest, how to process for immediate use or storage for later use & their most common effects on humans/animals health.

12:00 pm – Make & Enjoy Lunch

1:00 pm – Kitchen: Press an herbal oil and make a salve and lip balm - Finsish the discussion from themorning.

Herb Walk: Meet the herbs one on one. Learn the habitat they prefer, how to identify them, what parts are used medicinally, how to harvest & when it is best to harvest, how to process for immediate use or storage for later use & their most common effects on humans/animals health.

5:30 - Make & Enjoy Dinner. After dinner choose to join Sharol in the gardens, watch milking or play music or sing with your classmates.

August 7th - Friday

8:00 am – Make & Enjoy Breakfast

9:30 am –Discuss colds and flu

12:00 pm – Make & Enjoy Lunch

1:30 pm –Make an herbal beer

We will take a couple breaks in the class for an herb walk or to make something with some of the herbs. This allows people to move around and get to know some of these herbs better.

Herb Walk: Meet the herbs one on one. Learn the habitat they prefer, how to identify them, what parts are used medicinally, how to harvest & when it is best to harvest, how to process for immediate use or storage for later use & their most common effects on humans/animals health.

5:30 pm - Make & Enjoy Dinner. After dinner choose to join Sharol in the gardens, watch milking or play music or sing with your classmates.

August 8th - Saturday

8:00 am – Make & Enjoy Breakfast

9:15 am – Discuss colds and flu formulas as well as other formulas.

11:30 am – Herb Walk: Meet the herbs one on one. Learn the habitat they prefer, how to identify them, what parts are used medicinally, how to harvest & when it is best to harvest, how to process for immediate use or storage for later use & their most common effects on humans/animals health.

12:00 pm – Make & Enjoy Lunch

1:30 pm –Make hand cream

Herb Walk: Meet the herbs one on one. Learn the habitat they prefer, how to identify them, what parts are used medicinally, how to harvest & when it is best to harvest, how to process for immediate use or storage for later use & their most common effects on humans/animals health.

5:30 - Make & Enjoy Dinner. After dinner choose to join Sharol in the gardens, watch milking or play music or sing with your classmates.

August 9th - Sunday

8:00 am – Make & Enjoy Breakfast

9:15 am – Time to finish up anything still remaining and last chance for questions from students

12:00 pm – Make & Enjoy Lunch - Say goodbye to new friends.

Where it lists herb walk/gardening above, we will as a group choose if we want to go on an herb walk or learn gardening techniques. Choices of gardening techniques are: composting, making compost tea, astrological gardening, methods to control weeds and insects, seed collection and others as requested.

Herb walks will address herbs that are covered in the lectures or herbs that we make into products that day. This will give you a more well rounded and intimate understanding of the plants discussed during the lecture. Any herbs the students still wish to hear about that day may also be covered.

After dinner, Sharol will attend to any farm work needing to be done. You are welcome to join her in whatever project she is working on. Anyone joining her to weed, take care of animals, collect seeds etc, is welcome to ask questions of any kind as they are working. Working with Sharol is not expected, it is simply an extra time to learn if you wish to partake of it. She will announce each evening at the meal what the next evenings work will be. If the students wish, to bring musical instruments, the evenings can be filled with singing and music playing. Sharol also has instruments that can be borrowed.

Sliding Scale Fees:

See the printable registration brochure for cost details by clicking here, "[Registration brochure](#)" There are a limited number of work-trade positions available. If you wish to do this it must be completed well before the classes start.

Lodging:

Camping on the farm: \$5/night per each person.

Two bedrooms available – \$35 per night for each bedroom at one occupancy – share bathroom with one person.
Motel 15 minutes away
Many motels/hotels 20 minutes away

Meals: Our meals are made from organic food including goat milk, cheese, eggs, veggies and fruit. We include some seafood usually as well as organic/free range purchased poultry. We try to meet everyone's food needs, but also have an outdoor kitchen available for your use in preparing your meals if you have unusual food requirements or simply wish to eat food you bring. Don't bring your own food due to cost as you can get 50% off the cost of meals simply by helping prepare the meals with other participants. Almost everyone takes this option and many hands prove to make for a fun meal preparation. There is always a LOT of food. Many people say they would have come for the food alone.

Examples of food would be:

Breakfast possibilities: eggs, berry smoothies, goat milk, bacon, tofu/tempeh, yogurt, pancakes/waffles/dutch pancakes, french toast, oatmeal, cold cereal

Lunch possibilities: Make your own sandwich buffet with tuna, egg salad, lunch meat, cucumber sandwiches, nut butters, garden veggies, lots of big salads, Soup such as lentil and kale, whole grain and artisan bread, gourmet cheese and crackers/bread, pasta dishes, garden veggies, quiche, burritos, left overs from dinner.

Dinner possibilities: salmon/fresh tuna risotto or other risottos, tempeh salad (truly yummy say people who don't like tempeh), chicken, stir fries, salads, fish dishes such as gingered salmon, shrimp pasta.

Desert possibilities: goat milk ice cream, berry sorbet, pot de creme or other puddings, pie, or lavender pound cake..

Meals for the 9 days are \$215.00 OR get more than 50% off the package if you help with meals. The cost is then only \$99.00 for all meals. This is less than \$10.00 per day.

For details on the advanced class in this series go to: [Advanced Herbal ABC's](#)

6 Saturday classes \$365-\$425 sliding scale fee

Discounts: Receive a 15% discount if you register two months in advance. Receive a 10% discount if you register one month in advance. Refunds Available up until one week prior to the class starting. There is a 15% surcharge on all refunds up until two weeks prior to the class when it changes to a 25% surcharge on all refunds.

Registration: To print out a registration form, click here "[Herbal ABC's Registration](#)"

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