



2023 Ten Month HERBAL STUDIES PROGRAM

with Allison Poklemba + Jessica Shepherd

Location | Dandelion Herbal Center | 4803 Greenwood Hts. Drive, Kneeland, CA.
Class meets 10am to 4pm unless otherwise noted. Please plan to arrive at 9:45am.

Here's what we have planned for you...

Most every class includes field identification of wild and cultivated herbs, harvesting, medicine making, herb gardening tips, and wild food harvest + enjoyment.

February 11, 12

- ❖ Greeting each other and the plants
- ❖ History of Herbal Medicine
- ❖ Materia Medica + Herbal Therapeutics for the Nervous System

March 18, 19

- ❖ Materia Medica + Herbal Therapeutics for the Digestive System
- ❖ Percolation Method of tincturing
- ❖ Materia Medica + Herbal Therapeutics for the Liver

April 21, 22

- ❖ Botany for Herbalists
- ❖ Herb walk at the Ma-l'el Dunes in Manila
- ❖ Materia Medica + Herbal Therapeutics for the Skin, Muscles, + Bones

May 19, 20, 21

- ❖ Seaweed Adventure! A camping field trip to Petrolia, CA on the Lost Coast includes harvesting + cooking with sea vegetables, harvesting wild oats, and swimming in the river.
- ❖ We'll meet Friday evening at 6pm in Petrolia at our camping location, then head out to Mattole Beach early Saturday morning to greet the -1.4 low tide (one of the year's best!) at 6:41am.

June 10, 11

- ❖ Exploring the Flower Essence system of healing
- ❖ Materia Medica + Herbal Therapeutics for the Reproductive System

July 7, 8, 9

- ❖ Field trip to Southern Oregon to visit [HerbPharm](#), [Pacific Botanicals](#), [Oshala Farm](#), and other herb farms of the beautiful Applegate Valley
- ❖ NOTE: Depart Friday 1pm from Arcata, return around 5pm Sunday

August 19, 20

- ❖ Using Herbs with Children
- ❖ Exploring Aromatherapy

September 16, 17

- ❖ Materia Medica + Herbal Therapeutics for the Urinary System
- ❖ Materia Medica + Herbal Therapeutics for the Respiratory System

October 21, 22

- ❖ Materia Medica and Herbal Therapeutics for Natural Immunity
- ❖ Forest Bathing, Herb Walk, + Medicine Making at Horse Mountain

November 11, 12

- ❖ Medicine Show, Project Presentations, + Graduation Celebration!

Tuition | \$200 deposit + \$2795 (may be split into 4 payments of \$699 due 2/11, 4/21, 6/10, & 8/19) includes:

- ❖ All instruction, field trips, and samples of an abundant variety of products made
- ❖ Rosemary Gladstar's home study course [The Science and Art of Herbalism](#) (\$375 value)
- ❖ Several regional guide books including [Hiking Humboldt](#) and [Wildflowers of California's Klamath Mountains](#)
- ❖ Membership to [United Plant Savers](#)

Prerequisite | [Beginning With Herbs](#) class (or the equivalent) and a passionate desire to learn plant medicine! The Winter Beginning With Herbs session begins January 11, 2023 and can be taken concurrently with the Ten Month Herbal Studies class.

Save Your Spot + Ask Questions

- Register at dandelionherb.com
- Contact Allison: allison@dandelionherb.com, 707-407-5617



About Your Teachers

Allison is a teacher, botanist, herbalist, environmental educator, founder of [Backcountry Press](#), artist, mother, friend, and always curious student of nature. She has been teaching at Dandelion Herbal Center since 2002.

Jessica has been working as a Community Herbalist at [Humboldt Herbals](#) since 2004 while also teaching a myriad of classes and pursuing extensive studies and certifications in the field of Aromatherapy, including distillation. She has developed successful herbal product lines, top-selling tea blends, created an award-winning recipe published in the book [Fire Cider](#), and has been teaching at Dandelion Herbal Center since 2015.

Jane Bothwell will continue to grace our classes to share snippets of wisdom!