

Beginning With Herbs

with Allison Poklemba + Jessica Shepherd

January 11, 2023 - March 8, 2023

The place to start for beginning your herbal journey, deepening your understanding of medicine making, or inspiring your continued work with our plant allies.



- ❖ This class is a prerequisite for the [10 Month Herbal Studies Program](#) (begins 2/11/2023)



Location | Humboldt Herbals Classroom, Old Town Eureka, CA

- ❖ Class meets eight Wednesday evening's 6-8pm
- ❖ Plus Two Saturday Herb Walks are held 10am-Noon

Tuition | \$435 (includes samples of an abundant variety of products we will craft together)

Learn the foundations of making and using your own herbal medicine.

This class engages all your senses in a hands-on approach to learning:

- Medicine making techniques
- Herbal First Aid
- Identification of common wild herbs
- Herbal remedies for common imbalances
- The art of creating herbal formulas
- How to enjoy wild foods

Our Syllabus

- ❖ **January 11** - Introduction to the healing ways of plants + the art of tea preparation
- ❖ **January 18** - Herbal Oils + Salves: preparation and use
- ❖ **January 21** - **Herb Walk** at Dandelion Herbal Center, Kneeland
- ❖ **January 25** - Tinctures + Liniments: preparation and use
- ❖ **February 1** - Building Herbal Formulas
- ❖ **February 4** - **Herb Walk** in Trinidad
- ❖ **February 8** - Herbal First Aid, Poultices, and Fomentations
- ❖ **February 15** - Herbal First Aid continued + Herbal Pill and "Goo" preparation
- ❖ **March 1** - Herbs for common imbalances and Syrup + Shrub preparation
- ❖ **March 8** - Herbs for common imbalances continued + Herbal First Aid Kits



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 Herbs](#) for 18 years 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.

Be In Touch

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