

Beginning With Herbs

with Allison Poklemba + Jessica Shepherd
September 25, 2024 - November 13, 2024

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 2/8/2025)



Location | Humboldt Herbals Classroom, Old Town Eureka, CA

- ❖ Class meets eight Wednesday evening's 6-8pm
- ❖ Plus Two Sunday Herb Walks are held 10am-12:30pm

Tuition | \$495 (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

- ❖ **Septmeber 25** - Introduction to the healing ways of plants + the art of tea preparation
- ❖ **October 2** - Herbal Oils + Salves: preparation and use
- ❖ **October 6** - **Herb Walk** at Dandelion Herbal Center, Kneeland
- ❖ **October 9** - Tinctures + Liniments: preparation and use
- ❖ **October 16** - Building Herbal Formulas
- ❖ **October 23** - Herbal First Aid, Poultices, and Fomentations
- ❖ **October 27** - **Herb Walk** in Trinidad Herbal
- ❖ **October 30** - First Aid continued + Herbal Pill and "Goo" preparation
- ❖ **November 6** - Herbs for common imbalances and Syrup + Shrub preparation
- ❖ **November 13** - Herbs for common imbalances cont. + Herbal First Aid Kits + Celebration!



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 2005 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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