

# Beginning With Herbs

with Allison Poklemba + Jessica Shepherd

September 24 - November 12, 2025

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 Feb. 2026)



**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

- ❖ **Sept. 24** - Introduction to the healing ways of plants + the art of tea preparation
- ❖ **Oct. 1** - Herbal Oils + Salves: preparation and use
- ❖ **Oct. 5** - **Herb Walk** in Trinidad, CA
- ❖ **Oct. 8** - Tinctures + Liniments: preparation and use
- ❖ **Oct. 15** - Herbal First Aid, Poultices, and Fomentations
- ❖ **Oct. 22** - Building Herbal Formulas
- ❖ **Oct. 29** - First Aid continued + Herbal Pill and "Goo" preparation
- ❖ **Nov. 2** - **Herb Walk** in Kneeland, CA
- ❖ **Nov. 5** - Herbs for common imbalances and Syrup + Shrub preparation
- ❖ **Nov. 12** - 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 Herbs](#) 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

IG: [@dandelionherbalcenter](#)

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