



“Preserving agricultural biodiversity and enriching community and land health by fostering support for organic herb growers and medicine makers through marketing and educational forums.” *

Greetings Herbal Allies,

The Sonoma County Herb Exchange is accepting pre-orders for the 2023 season. This is a very good way to make sure you get the herbs you want in your medicine cabinet for the 2023 season, as SCHE operates on a 1st request, 1st provide basis.

If you would like to place a pre-order, respond to this email, or send an email to herbexch@sonic.net with the following information:

Please list your herbs in alphabetical order by common name, and if you know the botanical name, please include for the sake of clarity. Include part you are looking for (leaf, root, berry, herb, bark, etcetera), amount you want of each, herb, and whether you want fresh or dried.

Please note we ask a minimum of 1/2 lb per fresh herb request.

EXAMPLE:

1 lb ASHWAGANDHA (*Withania somnifera*) ROOT, FRESH

2 lbs NETTLE (*Urtica dioica*) HERB, DRIED

2 lbs VIOLET (*Viola odorata*) LEAF, FRESH

We are asking all buyers to support the overseeing non-profit entity, by becoming a member of The Sonoma County Herb Association.

If the SCHA goes away, so does the Sonoma County Herb Exchange.

You can join here: www.sonomaherbs.org/membership

Thanks for being a part of the solution for a truly sustainable future in the world of medicinal herbs.

May your herbal dreams distill into medicine in your medicine cabinet.

In community,

Barbara Jean (BJ) Avery, Director