



How do we give gratitude?
How do we give the kind of radical gratitude
that reshapes how we live in the world?
~Robin Wall Kimmerer

Greetings beloved Community,

May this find you healthy and happy, and blessed with the gift of gratitude.

As the wheel of the seasons turns, we would like to offer to following fresh herbs:

Angelica root (<i>Angelica archangelica</i>)	coming soon
Ashwaghandha berry (<i>Withania somnifera</i>)	
Ashwagandha root (<i>Withania somnifera</i>)	coming soon
Bacopa herb (<i>Bacopa monnieri</i>)	
Comfrey leaf (<i>Symphytum officinalis</i>)	last call
Comfrey root (<i>Symphytum officinalis</i>)	coming soon
Echinacea root (<i>Echinacea purpurea</i>)	coming soon
Ginkgo leaf (<i>Ginkgo biloba</i>)	

Hawthorn berry (<i>Crataegus spp</i>)	
Mullein leaf (<i>Verbascum thapsus, Verbascum olympicum</i>)	
Mullein root (<i>Verbascum thapsus, Verbascum olympicum</i>)	
Nettles herb (<i>Urtica dioica</i>)	
Nettle root (<i>Urtica dioica</i>)	
Olive leaf (<i>Olea europea</i>)	
Plantain leaf (<i>Plantago lanceolata, P. major</i>)	last call
Poke root (<i>Phytolacca americana</i>)	coming soon
Rose hip (<i>Rosa spp</i>)	
Rosemary herb (<i>Rosmarinus officinalis</i>)	
Turmeric root (<i>Curcuma longa</i>)	
Vitex berry (<i>Vitex agnus-castus</i>)	
Yellow dock root (<i>Rumex crispus</i>)	coming soon

Please have your requests for herbs in by Wednesday, for pick up or delivery the following Tuesday, given the parameters we have in place. The parameters are that we provide on a first request, first receive basis. If others have placed requests before you, they will be offered the herbs first. If you have placed a pre-order for the 2022 season, same goes, your requests will be offered first, in the order in which those requests are received. With that, we try to group the herb orders to reduce costs of shipping. If you have questions and/or concerns, please do not hesitate to contact us at herbexch@sonic.net

If you have questions about how this process of buying and/or selling herbs works, please send an email, or give us a call on Monday, Thursday or Friday. Sometimes we are very busy on Tuesdays and do not have the bandwidth to discuss questions other than what we have fresh on consignment that day. Thanks for your understanding.

To stay afloat, we are requiring all buyers to support the overseeing non-profit entity, the Sonoma County Herb Association, by becoming a member. If the Association goes away, so does the Herb Exchange.

You can join here: <https://www.sonomaherbs.org/membership>

Thanks to all who support the SCHA as members, and to those who will be doing so.

To think of life beyond the constraints of capitalism.
Living, not in a warehouse of commodities, but in a shower of gifts.

~Robin Wall Kimmerer

Gratitude to our ancestors on whose shoulder we stand.
May we also become good ancestors.

Samhain blessings to you and yours,

Barbara Jean (BJ) Avery, Director

P.S. If you have the option, PLEASE VOTE!
