



Wake up to find out that you are the eyes of the world
The heart has its beaches,
its homeland and thoughts of its own
Wake now, discover that you
are the song that the morning brings
But the heart has its seasons,
its evenings and songs of its own.
~Robert Hunter

Greetings Co-Collaborators,

Do you notice how the days are just a bit shorter?

Do you notice how the medicinal herbs present themselves with such abundance?

Do you notice how our plant kin, are on the move?

For the simple price of paying attention, there are a heck of a lot of conversations playing out these days.

At the Sonoma County Herb Exchange we converse with growers and makers and with the plants themselves. Our common goal is to engage with honor for our plant relatives, and with our human and other than human relations.

We hope to always remember that we are in collaboration with one another. And with that understanding, that we show up with regard for one another. In doing so, we show up with regard for ourselves.

With abundance and regard in mind, we are grateful to our growers who offer the following fresh herbs for the next short while, some just coming on, others about done for the season:

Anise hyssop, herb (*Agastache foeniculum*)
Bay, California leaf (*Umbellularia californica*)
Blue vervain, herb (*Verbena hastata*)
Borage, flowering tops (*Borago officinalis*)
Brahmi, herb (*Bacopa monnieri*)
Calendula, orange flower (*Calendula officinalis*) more soon
Comfrey, leaf (*Symphytum officinalis*)
Dandelion, leaf (*Taraxacum officinale*)
Echinacea, leaf/flower (*Echinacea purpurea*)
Elder, berry (*Sambucus nigra*, *S. mexicana*)
Eucalyptus, leaf (*Eucalyptus globulus*)
Fennel, seed (*Foeniculum vulgare*) COMING SOON
German chamomile, flower (*Matricaria recutita*)
Hawthorn, berry (*Crataegus spp*)
Hibiscus, fruit (*Hibiscus sabdariffa*)
Hops, strobile (*Humulus lupulus*)
Lemon balm, herb (*Melissa officinalis*)
Mullein, leaf (*Verbascum spp.*)

Olive, leaf (*Olea europaea*)
Pellitory of the wall, herb (*Parietaria officinalis*)
Pennyroyal, herb (*Mentha pulegium*)
Rose, petals (*Rosa rugosa & spp.*)
Rose geranium, herb (*Pelargonium graveolens*)
Rosemary, herb (*Rosmarinus officinalis*)
Tulsi, herb (*Ocimum x africanum*)
Tulsi, herb (*Ocimum sanctum*)
Thyme, herb (*Thymus vulgaris*)
Wormwood, herb (*Artemisia absinthium*)

When placing a request for herbs, please specify the plant part as noted in the above offerings: flower, herb, leaf/flower, etcetera. Note the amount you want for each herb (we ask 1/2 lb minimum per fresh herb request). We will assume you want fresh herbs unless you specify dried.

Please note, in general, growers prefer to sell fresh.

Please have your requests in by Wednesday, for pick up or delivery the following Tuesday, or as soon as that herb becomes available. We do have parameters in place, as we are a first request, first provide operation.

If you have placed a pre-order, your requests will be filled first.

If you have an idea of what you want for the year, please submit your list at your earliest convenience. You are welcome to make additions as the year unfolds. All additions are noted as they are received and subject to our first request, first receive protocol. You are also welcome to order from month to month, but we do adhere to the first request, first provide policy.

We are requiring all buyers to support the overseeing non-profit entity the Sonoma County Herb Association, by being a member. If the Association goes away, so does the Herb Exchange. Basic membership is \$35 for the year.

You can join online here:

<https://www.sonomaherbs.org/membership>

You can also ask for a membership form and we will gladly offer it up in an email or

when you come in to pick up your herbs. It's pretty straight forward.
We appreciate your ongoing support. Thank you.

In a world where there is certainly news that is heavy on the heart, it's helpful to remember that bad news sells newspapers and commercials. And it's not the only story going.

Wake now, discover that you are the song that the morning brings.
Blessed be the medicine that is you.

With deep gratitude for the beauty you bring to the day.

~Barbara Jean (BJ) Avery, Director
