



Greetings Community,

May this find you able to hold everything with a continued sense of wonder.

I offer this blessing up to you as much as I offer this up to myself.

Working with farmers and makers is an unfolding journey of abundance. I am continually amazed what dedication brings forth to our shared communities.

Our collective of growers offer many fine herbs at this time of the year.

Fresh and seasonably available, as follows:

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Black Walnut, hull, ( <i>Juglans nigra</i> )	LAST CALL
Brahmi, herb ( <i>Bacopa monnieri</i> )	SOLD OUT*
Calendula, orange flower ( <i>Calendula officinalis</i> )	
Echinacea, lf/flw ( <i>Echinacea purpurea</i> )	LAST CALL
Fennel, seed ( <i>Foeniculum vulgare</i> )	SMALL AMOUNTS
German chamomile, flower ( <i>Matricaria recutita</i> )	
Gotu kola ,herb ( <i>Centella asiatica</i> )	SOLD OUT*
Hawthorne, berry ( <i>Crataegus spp.</i> )	
Mullein, leaf ( <i>Verbascum spp</i> )	
Rose geranium, herb ( <i>Pelargonium graveolens</i> )	
Rose, hips ( <i>Rosa rugosa &amp; spp.</i> )	
Rose, petals ( <i>Rosa rugosa &amp; spp.</i> )	
Rosemary, herb ( <i>Rosmarinus officinalis</i> )	
Tulsi, Temperate herb ( <i>Ocimum x africanuum</i> )	
Tulsi, Vana herb ( <i>Ocimum gratissimum</i> )	NEW VARIETAL
Vitex, berry ( <i>Vitex agnus-castus</i> )	COMING SOON
White sage herb ( <i>Salvia apiana</i> )	* CULTIVATED

We also have frozen Elder berry (*Sambucus nigra ssp. caerulea*)  
Picked fresh and then frozen.

#### FROM THE SEA:

All dried

Bladderwrack (*Fucus distichus*) leaf

Kombu (*Hedophyllum sessile*) leaf

Nori (*Porphyra perforata*) leaf

Ocean ribbon (*Lessionopsis littoralis*) leaf

Sea Palm (*Postelsia palmaeformis*) leaf

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Wakame (*Alaria marginata*) leaf

When placing a request for herbs, please specify the plant part as noted in the above offerings:

flower tops, herb, leaf/flower, whole plant, etcetera; and the amount you want per herb (we ask 1/2 lb minimum per fresh herb request). For Fennel seed there may be a little wiggle room on the amount. Please inquire.

We will assume you want fresh herbs unless you specify dried.

For the herbs that are marked with an \* and are sold out, they are listed here so you know they are generally available at this time of year, and that it is a good idea to pre-order them.

We will be accepting pre-orders for the 2024 season beginning on January 1st.

Please note, in general, growers prefer to sell fresh. We offer dried herbs as available.

Please have your requests in by Wednesday, for pick up or delivery the following Tuesday, given the parameters we have 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

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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.

May the changing of the seasons offer you time to slow down, as well as time to reflect on the many blessings afforded us each and every day. And may you continue to be able to hold everything with a continued sense of wonder.

Cheers and blessings,

Barbara Jean (BJ Avery, Director)

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