



Resistance is first of all a matter of principle and a way to live,
to make yourself one small republic of spirit.

~Rebecca Solnit

Beloved Community,

In these wild times it is an honor and a privilege for be in relationship with plants and their people.

Please note if you are interested in receiving Saint John/Joan's Wort,

please send in your request and we will note that for the upcoming harvest.

As for fresh herbs available at this time, we are honored to be in respectful collaboration with growers
and the other than human beings that appreciate the medicine plants offer to all of us.

With this in mind, we offer the following fresh herbs for the next short while:

Artichoke (*Cynara scolymus*) leaf **LAST CALL**

Blackberry (*Rubus ursinus*) root

Borage (*Borago officinalis*) flower tops

Calendula (*Calendula officinalis*) flower (orange)

California poppy (*Eschscholzia californica*) whole plant

Clary sage (*Salvia sclarea*) flower tops

Comfrey (*Symphytum officinale*) leaf

Eucalyptus (*Eucalyptus globulus*) leaf
Hawthorn (*Cratageus spp.*) leaf and flower
Horehound (*Marrubium vulgare*) herb
Horsetail (*Equisetum arvense*) herb LAST CALL
Lemon balm (*Melissa officinalis*) herb
Mullein (*Verbascum spp*) leaf
Nettles (*Urticia dioica*) herb
Oats (*Avena sativa*) Milky tops COMING SOON
Olive (*Olea europea*) leaf
Oregano (*Origanum vulgare*) herb
Plantain (*Plantago lanceolata/major*) leaf LAST CALL
Rose (*Rosa spp.*) petals
Rose, Damask (*Rosa x damascena*) petals, whole flower
Rosemary (*Rosmarinus officinalis*) herb
Yarrow (*Achillea millefolium*) flw, lf/flw

FROM THE SEA:

All dried
Bladderwrack (*Fuchus distichus*) leaf
Bull kelp (*Nereocystis luetkeana*) frond
Kombu (*Hedophyllum sessile*) leaf
Nori (*Porphyra perforata*) leaf
Ocean ribbon (*Lessionopsis littoralis*) leaf
Wakame (*Alaria marginata*) leaf

The SCHE provides on a first request, first receive basis. If you have placed a pre-order for the 2024 season, your requests will be offered first, in the order in which those orders are received. If you have not yet placed your pre-order for the 2024 season, you can do so by sending an email with the

herbs you would like receive, preferably listed in alphabetical order by common name, and if you know the botanical name, include that for the sake of clarity, noting plant part (root, herb, berry, bark, etcetera) You can find plant parts that are offered for each plant on the price lists available here:

www.sonomaherbs.org/herb-exchange

Include the amounts you want for each herb, and we will assume you want fresh herbs unless you specify dried.

Please note that dried herbs are offered as available.

We ask a minimum of 1/2 lb per fresh herb request. Herbal offerings, including prices and projected availability for fresh herbs can be found here:

www.sonomaherbs.org/herb-exchange

If you are not inclined to place your order for the entire season, you are welcome to request herbs by the week. To do so, have your requests for herbs submitted by Wednesday, for pick up or delivery the following Tuesday, given the parameters we have in place, as stated in the above.

We are asking 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.

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

If you have any questions about your membership status, please do not hesitate to inquire.

Your support is appreciated.

In need of finding my humanness

I reach out to the soil, the wild water

the green plants and the soft air

their medicine and magic weaving me back home

~Brigit Anna McNeill

Welcome home Beloveds.

Plants and peace,

Barbara Jean (BJ) Avery, Director
