



HAPPY INTERDEPENDENCE DAY!

**No matter what they ever do to us,
we must always act for the love of our people and the earth,
rather than react out of hate for our oppressor.**

~John Trudell

Dear Community,

Oh my, what a time.

And what a blessing it is, to be part of a community that understands how everything is connected.

That is why, at the Sonoma County Herb Exchange, we collaborate with local farmers who grow according to organic protocol; and makers who offer their good vibes and abundant care to bring their various medicinal juju to their audience, both near and afar.

We have an amazing crew of dedicated volunteers who are here out of regard for bringing medicinal plants to the people and to others in need (not all the plant medicine goes just for the humans...)

We have so many blessings afforded us at this time of year.

Abundance. Plenty for All.

And to help us along this seemingly difficult path, let us hold our plant relatives in kind regard.

Knowing our place in the conversation, as only one part of an exquisite and ever unfolding conversation.

So, let's talk plants.

Through the grace of collaboration, we can offer the following fresh herbs for the next short while; some just coming on, others almost done for the season.

As follows:

Artichoke leaf (*Cynara scolymus*)

Bay, California leaf (*Umbellularia californica*)

Blue vervain herb (*Verbena hastata*)

Borage flowering tops (*Borago officinalis*)

Brahmi herb (*Bacopa monnieri*)

Calendula orange flower (*Calendula officinalis*)

California poppy whole plant (*Eschscholzia californica*)

Catnip herb (*Nepeta cataria*)

Celandine herb (*Chelidonium majus*)

Echinacea leaf/flower (*Echinacea purpurea*)

Elder berry (*Sambucus nigra ssp. caerulea*)

Eucalyptus leaf (*Eucalyptus globulus*)

Fennel seed (*Foeniculum vulgare*) **COMING SOON**

Feverfew flw tops *Tanacetum parthenium*

Goldenrod flw tops (*Solidago canadensis*) **COMING SOON**

Hawthorn berry (*Crataegus spp*) coming soon

Hops strobile (*Humulus lupulus*)

Horsetail herb (*Equisetum arvense*) **LAST CALL**

Lavender flower (*Lavandula x intermedia*)

Motherwort herb (*Leonurus cardiaca*)

Mugwort herb (*Artemisia douglasiana*)

Mugwort herb (*Artemisia vulgaris*)

Mullein leaf (*Verbascum spp.*)

Olive leaf (*Olea europaea*)

Pellitory of the wall herb (*Parietaria officinalis*)

Pennyroyal herb (*Mentha pulegium*)

Peppermint herb (*Mentha piperita*)

Rose petals (*Rosa rugosa & spp.*)

Rose geranium herb (*Pelargonium graveolens*)

Rosemary herb (*Rosmarinus officinalis*)

Saint john's Wort flower tops (*Hypericum perforatum*) **ORDER NOW**

Self heal herb (*Prunella vulgaris*)

Shiitake mushroom (*Lentinules edodes*)

Skullcap herb (*Scutellaira lateriflora*)

Spearmint herb (*Mentha spicata*)

Tulsi herb (*Occimum sanctum*)

Wild lettuce whole plant (*Lactuca virosa*)

Wormwood herb (*Artemisia absinthium*)

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; the amount you want per 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, 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 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.

I have heard it said, you were made for these times. Clarissa Pinkola Estes would say that you are right in your assessments. And she goes on to say: The lustre and hubris some have aspired to while endorsing acts so heinous against children, elders, everyday people, the poor, the unguarded, the helpless, is breathtaking. Yet, I urge you, ask you, gentle you, to please not spend your spirit dry by bewailing these difficult times. Especially do not lose hope. Most particularly because, the fact is that we were made for these times. Yes. For years, we have been learning, practicing, been in training for and just waiting to meet on this exact plain of engagement.

BOOM!

**May we live our lives in such a way
that the space between our actions and our values
shrinks to nothing.**

~Mariame Kaba

And so, we take a breath, take another breath, and yet again, another breath.

We grieve, we get angry, and we put on our boots.

Bless your caring heart and kind spirit.

Cheers to plants and revolution,

Barbara Jean (BJ) Avery, Director
