



Flowers are a proud assertion  
that a ray of beauty  
outvalues all the world's utilities.  
~Ralph Waldo Emerson

Greetings Co-Collaborators,

Plants and their people. Such a delightful conversation.

We offer a deep bow of thanks to the growers who make these medicinal herbs available. And to you, the maker, who brings your own magic to the medicine. And first and foremost, to the plants themselves who are precious beyond measure, and without whom life as we know it, would simply not exist.

And so, with an attitude of gratitude, we offer the following list of herbs, available for the next short while.

Some are just starting to reach the stage for medicinal harvest, others are about done for the season.

We are a first request provide venue, and for many of these herbs, there are wait lists.

Artichoke (*Cynara scolymus*) leaf  
Blackberry (*Rubus ursinus*) root  
Borage (*Borago officinalis*) flower tops  
Calendula (*Calendula officinalis*) flower (orange)  
California poppy (*Eschscholzia californica*) whole plant  
Catnip (*Nepeta cataria*) herb  
Clary sage (*Salvia sclarea*) flower tops  
Comfrey (*Symphytum officinale*) leaf  
Eucalyptus (*Eucalyptus globulus*) leaf  
Hawthorn (*Crataegus spp.*) leaf and flower  
Horehound (*Marrubium vulgare*) herb  
Horsetail (*Equisetum arvense*) herb  
Incense cedar (*Calocedrus decurrens*) leaf  
Lemon balm (*Melissa officinalis*) herb  
Motherwort (*Leonurus cardiaca*) herb  
Mullein (*Verbascum thapsus*) leaf  
Nettles (*Urtica dioica*) herb  
Oats (*Avena sativa*) Milky tops  
Olive (*Olea europea*) leaf  
Oregano (*Origanum vulgare*) herb  
Plantain (*Plantago lanceolata/major*) leaf  
Rose (*Rosa spp.*) petals  
Rosemary (*Rosmarinus officinalis*) herb  
Yarrow (*Achillea millefolium*) flw, lf/flw

#### FROM THE SEA:

All dried  
Bladderwrack (*Fucus distichus*) leaf  
Bull kelp (*Nereocystis luetkeana*) frond D  
Kombu (*Hedophyllum sessile*) leaf

Nori (*Porphyra perforata*) leaf  
Ocean ribbon (*Lessionopsis littoralis*) leaf  
Sea Palm (*Postelsia palmaeformis*) leaf  
Wakame (*Alaria marginata*) leaf

The SCHE provides on a first request, first receive basis. If you have placed a pre-order for the 2023 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 2023 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](http://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](http://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](http://www.sonomaherbs.org/membership)

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

Your support is appreciated.

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

~Rebecca Solnit

With gratitude for your republic of spirit.  
Truly.

In community of plants and their people,

~BJ

Barbara Jean (BJ) Avery, Director