



Grace happens when we act with others on behalf of our world.

~ Joanna Macy

Greetings Community!

Happy Spring!

The Sonoma County Herb Exchange opened for the season on March 12th

It has been a somewhat slow start to the season with the cold rains!

And the rains are very much appreciated!!

We are celebrating a lovely crew of dedicated interns for the 2024 season.

We look forward to a season of to learning and conversing and sorting and packaging and preparing herbs for pick up by (and shipping to) amazing herbalists, formulators, and makers, just like you. We are honored to be in the company of adept teachers, the plants themselves.

Our intention is to bring medicine to the people in a way that is honorable to the plants, the

makers, the farmers, and to our beloved Earth.

We are pleased to offer the following fresh herbs for the next short while:

Artichoke (*Cynara scolymus*) leaf

Blackberry (*Rubus ursinus*) root

Borage (*Borago officinalis*) flower tops

Cleavers (*Gallium aparine*) herb

Comfrey (*Symphytum officinale*) leaf

Eucalyptus (*Eucalyptus globulus*) leaf

Horsetail (*Equisetum arvense*) herb

Incense cedar (*Calocedrus decurrens*) leaf

Nettles (*Urtica dioica*) herb

Plantain (*Plantago lanceolata/major*) leaf

Rosemary (*Rosmarinus officinalis*) herb

Some herbs listed not quite ready for harvest, and others who are almost done for the season.

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

Wakame (*Alaria marginata*) leaf

Please note, that for many of these herbs, there are wait lists.

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) Include the amounts wanted 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:

<https://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 or by the month.

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. If you have any questions about your membership status, please do not hesitate to inquire. We can add your membership to your invoice, or you can join here:

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

Your support is appreciated.

May grace offer us the blessings of kindness and clarity as we move into a future that nurtures all beings. The Animal Beings, the Plant Beings, the Rock Beings.
So that we may stand up for one another, and in doing so, peace will prevail within and without.

Without love in the dream it'll never come true.

~Robert Hunter

How sweet it is to be part of such a fine family of plant people.

I am grateful.

~BJ

Barbara Jean (BJ) Avery, Director
