



When we labor in love, we let joy in.  
Joy is our greatest act of moral resistance.  
Joy gives us energy for the long labor.  
~Valerie Kaur

Greetings Co-Collaborators~

To be filled with gratitude for the blessed RAIN is a lovely way to welcome 2023!

We have a couple of announcements!

Opening day for the 2023 season will be Tuesday, March 14th.

We have a couple of volunteer slots available. If you are interested in learning hands on about medicinal herbs throughout a nine month season (mid-March - mid-December), give us a shout for further conversation.

We are excepting pre-orders for the 2023 season at this time.

This is a very good way to make sure you get the herbs you want in your medicine chest for 2023 season, as SCHE operates on a 1st request, 1st provide basis.

Fresh and dried herbal offerings and prices can be found here:

<https://www.sonomaherbs.org/herb-exchange>

We ask a minimum of 1/2 lb per fresh herb request.

Please list your herbs in alphabetical order by common name, and if you know the botanical name, please include for the sake of clarity. Include part you are looking for (herb, leaf, root, berry, herb, bark, etcetera), amount you want of each, and whether you want fresh or dried.

Parts offered for each herb are noted on the prices lists.

EXAMPLE:

1 lb Ashwagandha (*Withania somnifera*) Root, Fresh

2 lbs Nettle (*Urtica dioica*) Herb, Dried

2 lbs Violet (*Viola odorata*) Leaf, Fresh

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We are asking all buyers to support the overseeing non-profit entity, by becoming a member of The Sonoma County Herb Association. If the SCHA goes away, so does the Sonoma County Herb Exchange.

You can join here: [www.sonoma herbs.org/membership](http://www.sonoma herbs.org/membership)

Thank you for your support!

ROOTAPALOOZA 2023 - A ONE DAY ROOT SALES DAY!

Tuesday February 7th!

Our amazing growers are offering the following fresh roots :

Angelica (*Angelica archangelica*)

Ashwagandha (*Withania somnifera*)

Comfrey (*Symphytum officinale*)

Elecampane (*Inula helenium*)

Ginger (*Zingiber officinalis*)

Mullein (*Verbascum spp.*)

Poke (*Phytolacca americana*)

Yellow dock (*Rumex crispus*)

If you are interested, please let us know by Wednesday February, 1st.

Thank you.

If we surrendered to Earth's intelligence, we would rise up rooted, like trees.

~ Rainier Maria Rilke

In community,

Barbara Jean (BJ) Avery, Director

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