



Trees are an invitation to think about time and to travel in it the way they do,
by standing still and reaching out and down.

~ Rebecca Solnit

Greetings Herbies,

If you are reading this from Northern California, you know that we have been
blessed with rain of late.

What a perfect way to celebrate Earth Day.

We are honored and delighted to offer the following fresh herbs for the next short
while. Some of these amazing herbs are just starting to pop, others are soon to be
done for the season.

As follows:

Artichoke, leaf (*Cynara scolymus*)

Borage, flowering tops (*Borago officinalis*)

Calendula, orange flower (*Calendula officinalis*) coming soon

California poppy, whole plant (*Eschscholzia californica*)

Celandine, herb (*Chelidonium majus*) coming soon
Cleavers, herb (*Galium aparine*) - last chance
Comfrey, leaf (*Symphytum officinalis*)
Elder, flower *Sambucus nigra*, *S. nigra* spp. *caerulea*)
Eucalyptus, leaf (*Eucalyptus globulus*)
Feverfew, flowering tops (*Tanacetum parthenium*) coming soon
Figwort, herb (*Scrophularia californica*) limited availability
German, chamomile; flower (*Matricaria recutita*) coming soon
Hawthorne, lf/flw (*Crataegus* spp.)
Hedge Nettle, herb (*Stachys rigida*)
Horehound, herb (*Marrubium vulgare*)
Horsetail herb (*Equisetum arvense*) coming soon
Incense cedar, leaf (*Calocedrus decurrens*)
Lavender, flower (*Lavandula x intermedia*) coming soon
Lemon balm, herb (*Melissa officinalis*)
Mexican marigold, flw tops (*Tagetes lemmonii*)
Mullein, leaf (*Verbascum thapsus*, *V. olympicum*)
Olive, leaf (*Olea europea*)
Oregano, herb (*Origanum vulgare*)
Peach, leaf (*Prunus* spp)
Pellitory of the Wall, herb (*Parietaria officinalis*)
Plantain, leaf/whole (*Plantago lanceolata*, *P. major*)
Rose, Damask petals (*Rosa x damascenea*)
Rose, petals (*Rosa rugosa* & spp.)
Rosemary, herb (*Rosmarinus officinalis*)
Shiitake, mushroom (*Lentinules edodes*)
Spearmint, herb (*Mentha spicata*)
Thyme herb (*Thymus vulgaris*)

As per usual, 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 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. Easy peasy.

We appreciate your ongoing support. Thank you.

We offer are deep gratitude for this fine planet we get to call home, and understand we are guests with responsibilities. May we show up with respect in the manner in which are called to engage, and may we do so with regard for All beings.

Let the beauty we love, be what we do.

There are hundreds of ways to kneel and kiss the ground.

~Rumi

In community,

Barbara Jean (BJ) Avery, Director
