



Preserving agricultural biodiversity and enriching community and land health
by fostering support for organic herb growers and medicine makers
through marketing and educational forums. *

Greetings Beloved Community!

This is a photo of some of the amazing 2022 Sonoma County Herb Exchange crew. We learned a bunch and got to relish the gifts of the plants grown by our tireless group of growers. The gifts that keep on giving. Truly.

Our last sales day for the 2022 season is next Tuesday --- December 13th --- !

With gratitude to the plants and the magic of medicine, both in action but also as gracious teachers, we offer the following fresh herbs:

Ashwagandha (*Withania somnifera*) root

Bacopa (*Bacopa monnieri*) herb

Comfrey (*Symphytum officinalis*) root

Mullein (*Verbascum Thapsus*) root

Poke (*Phytolacca Americana*) root

Turmeric (*Curcuma longa*) root

Please have your requests in by Wednesday for pick up or shipping on Tuesday. If you have placed a pre-order, your request will be filled first.

The Sonoma County Herb Exchange is now accepting pre-orders for the 2023 season. Please note there will be adjustments in the prices which we will tend to after our last sales day for the season, so stay tuned for that part...

Submitting a pre-order is a good way to make sure you get the herbs you want in your medicine cabinet for the 2023 season, as SCHE operates on a 1st request, 1st provide basis.

If you would like to place a pre-order, respond to this email, or send an email to herbech@sonic.net with the following information:

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 the part you are looking for (leaf, root, berry, herb, bark, etcetera), the amount you want of each herb, and whether you want fresh or dried. Please note that we ask a minimum of 1/2 lb per fresh herb request. Also note that growers prefer to sell fresh.

EXAMPLE:

1 lb ASHWAGANDHA (*Withania somnifera*) ROOT, DRIED
2 lbs NETTLE (*Urtica dioica*) HERB, FRESH
2 lbs VIOLET (*Viola odorata*) LEAF, FRESH

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>

Your support is valued and appreciated.

May the love you bring to the day, be obvious in the way you care for yourself and others in our varied manifestations. And may the honor with which you walk, be especially obvious in how we engage with our beloved Earth, she who so freely gives us life.

With deep gratitude,

Barbara Jean (BJ) Avery, Director

* Mission statement for the Sonoma County Herb Exchange
