



HERB CAMP 2021

FRIDAY, JULY 23RD

3:00 - 5:00 pm

Arrival and check-in for campers

5:00 - 6:00 pm

Tour and orientation for all Herb Camp attendees

6:30 pm - DINNER

8:30 pm - OUTDOOR FILM

Old Man and the Seaweed: The Life of Dr Ryan Drum

This film is an inspiring documentary about herbalist and wildcrafter, botanist Dr. Ryan Drum. In this 47-minute independent film director David Kaufman, shows us the life and wisdom of Ryan in his words. Ryan has lived his life on his terms and this film gives us hope and insight as to how one can live a life of meaning, purpose and stay true to one's self. Ryan is filmed at his home in the San Juan Islands. After the film showing we will have a discussion of key concepts in the film with co-producer Dr Glen Nagel.



SATURDAY, JULY 24TH

7:30 am - Meet at the Tipi to walk up Medicine Hill (45-min walk)

8:00 am - **BREAKFAST**

9:00 am - 12:00 pm - **MORNING WORKSHOPS**

- A) *Understanding the Elements from an Ayurvedic Perspective* with Ren Madrone
- B) *Herbal Mixology: Bringing Taste into Herbal Medicine Formulation* with Glen Nagel, ND, RH (AHG)
- C) *Healthy Grieving and Herbal Strategies for Healing* with Greta de la Montagne, RH (AHG)
- D) *Herb Farming 101* with Jeff Higley

12:00 pm - **LUNCH**

1:00 pm - 4:00 pm - **AFTERNOON WORKSHOPS**

- A) *Drinking the Rainbow: The Healing Qualities of Plant Pigments* with Julie James
- B) *Botanical Eyes* with Shana Lipner-Grover
- C) *Basket Weaving from Nature's Bounty* with Louisa Lenez-Porter
- D) *Breast Health and the Lymphatic System* with Ren Madrone

4:00 - 6:00 pm - **HERBAL MARKETPLACE**

6:30 pm - **DINNER**

8:00 pm - **TALENT SHOW**



SUNDAY, JULY 25TH

7:30 am - Meet at the Tipi to walk up Medicine Hill (45-min walk)

8:00 am - BREAKFAST

9:00 am - 12:00 pm - MORNING WORKSHOPS

- A) *Navigating the Nervines* with Alexis Durham
- B) *Herbal First Aid* with Greta de la Montagne, RH(AHG)
- C) *Soapless Skincare* with Julie James
- D) *Medicine-Making in the Field* with Anja Robinson

12:00 pm - LUNCH

1:00 pm - 4:00 pm - AFTERNOON WORKSHOPS

- A) *Herbal Extracts: An Overview of Solvents* with Shana Lipner-Grover
- B) *The Bitter Truth: Bitters, Digestives, & Aperitif's for Health* with Glen Nagel, ND, RH (AHG)
- C) *Herb Farming 101* with Jeff Higley
- D) *Honey Medicine* with Joy McEwen

4:30 pm - CLOSING CIRCLE

OPTIONAL CAMPING ON SUNDAY NIGHT

MONDAY, JULY 26TH

PLEASE BE PACKED UP BY 9AM.



WORKSHOP DESCRIPTIONS

Basket Weaving from Nature's Bounty, Louisa Lenez-Porter

We will make a basket tray from the farm, we will walk the land and collect weaving materials such as willow, bay, ivy, grasses, twigs, and herbs. You will learn about the techniques and different materials that you can use in future basket-making. Please bring something to sit on and a pair of pruning clippers if you have them. It's most satisfying to make something from nature or from what you can grow yourself.

The Bitter Truth: Bitters, Digestives, & Aperitif's for Health

Glen Nagel, ND, RH (AHG)

Bitter herbs have a long history of being used as a stimulating digestive aid. We will discuss the history and use of bitters and the current scientific understanding of how bitters promote digestive wellness. We will end with a tasting of many types of available bitters and how to use them practically. We will walk around the farm and taste bitter plants and make an instant bitter cordial.

Botanical Eyes, Shana Lipner-Grover

A hands-on flower dissection class. Magnifying loupes and botanical dissection tools will be available for people in the class to use, and we can look at any flowers available on the farm (happy to focus on weeds as well). Bring your own magnifying loupe and dissection tools if you have them.



WORKSHOP DESCRIPTIONS

Breast Health and the Lymphatic System, Ren Madrone

Learn about breast care in relation to the lymphatic system. Learn to identify and resolve issues: cysts, matting, fibrocystic breasts, adhesions, scar tissue. What does cancer feel like and when to head to the doctor? Move from fear and anxiety to power and vitality. Open and connect to your heart as you come to know your breasts. And meet a powerful little tool that can help you recover your health!

Drinking the Rainbow: The Healing Qualities of Plant Pigments, Julie James

A discussion of the chemistry and therapeutic effects of all of the plant pigments, from anthocyanins to zeaxanthins, including how best to incorporate them into your healing protocol.

Healthy Grieving and Herbal Strategies for Healing, Greta de la Montagne, RH (AHG)

A look at the elemental forces at work during the grieving process and the moon and solar cycles that influence the completion of the grief cycle, along with the most intense aspects like shock and trauma. Herbal, dietary, and lifestyle protocols that might help elicit a more healthy, natural and sustainable process. Also, Anthropocene extinction grieving.

Herb Farming 101, Jeff Higley

Take the mystery out of growing your own herbs and learn how to grow your own medicine. From planting to the harvesting, learn the techniques professional herb farmers use to get your herbs from start to finish with the highest medicinal value possible. This class will give you the knowledge you need to get your plants from seedling to harvest and on to processing. We will discuss planting, watering, weeding, fertilization, harvesting, drying and garbling. From roots to flowers we will discuss it all.



WORKSHOP DESCRIPTIONS

Herbal Extracts & Overview of Solvents: The How, Why, and When to Use Them in Clinical Formulas, Shana Lipner-Grover

Water, Alcohol, Oil, Glycerine, Vinegar, and Honey are all usable solvents but create different extracts. All solvents don't work with all herbs. Are we extracting resin or mucilage, antioxidant, or tannic astringent? We need to understand a bit about the herb's chemistry and history of use then choose the best solvent and form of extract to create an effective remedy. We will engage in a discussion about solvents, and herbal solubility, as well as how to choose the solvent, how to create a potent extract and the differences and similarities of extracting herbal medicine. Supply Fee: \$10.

Herbal First Aid, Greta de la Montagne, RH (AHG)

Learn some basic herbal first-aid skills and assessment tools or enhance your existing knowledge. Plant identification, wildcrafting/plant collecting ethics, herbal first-aid kit ingredients, techniques such as wound poulticing, sprain management, and heat exhaustion. Empower your home or community toward greater self-reliance.

Herbal Mixology: Bringing Taste into Useful Herbal Medicine Formulation

Glen Nagel, ND, RH (AHG)

One of the basic principles of naturopathic medicine is the individualization of treatment. In working with medicinal plants, this is the custom formulation, mixed and poured by the practitioner. I will give you my wisdom on how to create effective and tasty herbal liquid extracts using ancient and modern techniques for enhancing absorption and effectiveness. Taste is one of the new active ingredients in all formulas today. We will walk around the farm and pick useful and tasty plants to make a tasty tonic.



WORKSHOP DESCRIPTIONS

Honey Medicine, Anja Robinson

Learn how to make syrups, oxymels, shrubs, and infused honeys. Supply fee: \$10.

Medicine-Making in the Field, Anja Robinson

True farm to pharmacy! Come learn to make a variety of herbal preparations in the field, as we harvest and prepare fresh herbs from the farm into tinctures, salves, and more.

We will go over different methods of harvest and preparation from clinical, standardized tinctures, as well as folk methods, astrological and lunar harvest timing. Supply fee is \$10, and you will take home a tincture and an herbal salve!

Navigating the Nervines, Alexis Durham

Our nervous systems are highly complex and play an important role in many aspects of our well-being. Lately, they have been working overtime as we navigate an unprecedented health crisis, climate emergencies, and increasing screen time and exposure to stimuli. Thankfully, the plants are here to help. This class will focus on nervines, a class of herbs that can calm, restore, tone, and relax the nervous system. We'll discuss skullcap, oats, passionflower, blue vervain, wood betony, and other important allies.

Soapless Skin Care, Julie James

As we expand our understanding of the varied microbiomes of the human body, we see that the skin, too, is a complex microbiome. If we understand this, then it follows that constant use of harsh soap-based cleansers can contribute to disruption, inflammation, and pathogenic overgrowth. In this class, we will explore options to soaps for face and body, and create soap-free cleansing protocols for all skin types, resulting in glowing, clear, healthy, and balanced skin.



WORKSHOP DESCRIPTIONS

Understanding the Elements from an Ayurvedic Perspective, Ren Madrone

Let the wisdom of the ancients help you guide yourself in a path of balance. This class is an introductory taste of understanding ether, air, fire, water, and earth or hot, cold, wet, and dry. Life lived well is a life lived in a balanced relationship between the elements outside and the elements as they are expressed in each person. Come dance with the elements and learn how to listen for the effect of the herbal friends that surround you.



TEACHER BIOS

Alexis Durham

Alexis Durham is the in-house Herbalist for Herb Pharm, a liquid extract company based in Williams, Oregon. A passionate educator, she has been teaching about herbs for over a decade and has coordinated several educational programs and events. She earned her B.Sc. in Herbal Sciences from Bastyr University and started speaking publicly about herbalism while working for the American Botanical Council. An opportunity to learn more from the herbs themselves led her to Horizon Herbs (now Strictly Medicinal Seeds), where she fell in love with gardening and seed saving and began teaching for Herb Pharm's Herbaculture Internship Program. Alexis returned to Bastyr University as Garden Supervisor and Adjunct Faculty for the Botanical Medicine department. She also directed the Certificate in Holistic Landscape Design program, teaching students to create healing landscapes with edible and medicinal plants. Alexis loves exploring the Klamath Siskiyou bioregion with her husband and is still an avid gardener. She believes the act of caring for plants is as healing as the plants themselves.

Anja Robinson

Anja Robinson is founder of Mana Medicinals, a small local holistic health company focused around Women's Wellness. She is a Clinical Herbalist, Integrative Women's Health Practitioner, Holistic Nutrition Consultant, Lymphatic Breast Specialist, and Student Midwife. Anja is passionate about women's health and believes that it is every woman's birthright to have access to a healthy lifestyle in sync with the body's natural rhythms. She is passionate about whole foods nutrition, botanical medicine, and sustainability; for bodies and lifestyles, as well as for the Earth. Anja's teachings and private practice weave together traditional western herbalism, holistic nutrition, functional medicine, Ayurveda, and traditional womb wisdom to help women, families, and communities lead healthy, vibrant lives in harmony with our sacred ecosystems.



TEACHER BIOS

Glen Nagel, ND, RH (AHG)

Glen Nagel is a practicing herbalist, licensed Naturopathic physician, and all-around herbal wise guy. Glen is excited to be back in herbal education as the Herbal Medicine Program Chair at American College of Healthcare Sciences. Glen's training as an herbalist began in the early 1980's as one of the first herbal apprentices with "Herbal Ed" Smith and Sara Katz, Herb Pharm co-founders. Glen also studied with seaweed expert Ryan Drum, Ph. D and Portland's wise woman Cascade Anderson Geller.

Glen has worked in the herbal industry as a product formulator and as an herbal educator, offering classes and courses in herbal medicine to naturopathic profession and the general public. Glen has worked for many of the top herbal companies in the country including Wise Woman Herbals, Herb Pharm, and Eclectic Institute. Glen is a graduate of National University of Natural Medicine and is a former associate professor in botanical medicine at National University of Natural Medicine in Portland, Oregon, and a former assistant professor of botanical medicine at Bastyr University in Kenmore, Washington.

Glen has a lifelong interest in plants and nature and believes in teaching with humor and hands-on experience. Glen's passion is to have students learning directly from the plants. Glen lives in Portland, Oregon with his wife and 2 daughters and a garden of wild weeds. Glen plays a mean harmonica and picks a mandolin for fun herbal songs. Glen is also an amazing herbal mixologist who loves herbal bitters and cordials and all things botanical.



TEACHER BIOS

Greta de la Montagne, RH (AHG)

Greta de la Montagne is a radical environmentalist, herbalist, and bodyworker who has specialized in herbal first aid for front-line activists for nearly 30 years, and has first-hand experience treating a wide range of injuries & ailments in children, livestock, and large groups of people. She was raised in the Northern Wild Rockies and is deeply connected to the Yellowstone Bioregion. She currently operates Gentle Strength Botanicals and Massage Therapy near Arcata, California, where she blends Ayurveda and Bodywork with Clinical Herbalism. Greta cultivates nearly all the medicines for her apothecary in her Victory Garden style, "Michael Moore Memorial Medicinal Herb Garden". She founded the MASHH Clinic (Medicine for All Seeking Health & Healing) in 1995, led the formation of the collective around 2006, founded Cascadia Health Educators (CHE) in 2002, was a member of Black Cross Health Collective in Portland, Oregon, and is a Wilderness First Responder and EMT-trained.

Jeff Higley

Jeff Higley farms herbs with his wife Elise at Oshala Farm, where they grow more than seventy different medicinal and culinary herbs which they sell to a wide variety of wholesale and direct markets. Over the last 25 years he has farmed vegetables in Southern California for CSA's, farmer's markets and restaurants; has grown vanilla, kava, fruit, flowers, and vegetables in Fiji for wholesale, resorts and markets; and currently farms with his wife Elise on their 171 acre farm in the Applegate Valley of Oregon. Jeff also maintains a busy teaching schedule, teaching about growing herbs, drying, and farm finance at universities, conferences, and events.



TEACHER BIOS

Julie James

Julie James is the director and principal instructor for the Green Wisdom School of Herbal Studies in Southern California, providing training in traditional western herbalism and related modalities, with over 30 years of training and practice in herbalism and nutrition. She also teaches at conferences and festivals all over the country, and particularly delights in introducing people to hands-on growing of herbs and medicine-making, strengthening the connection between plants and people and, in so doing, weaving the web of interdependency between all beings.

Louisa Lenz-Porter

Louisa Lenz-Porter lives in southern Oregon, she has been making baskets for 30 years, using mostly materials from what is growing around her. Her background is in Bio-Intensive small scale self-sufficient gardening.

Ren Madrone

Ren Madrone is a healer drawing from the lenses of Ayurveda, Shamanic bodywork, Reiki, Voice Movement therapy, and she holds a Master of Social Work. She integrates each of these perspectives to hold each client individually in their emotional and physical journey of healing. All of her work is based on the understanding that any dis-ease state is a cumulative result of the emotional experience of life and to change the dis-ease state, you must also work with both the physical and emotional.



TEACHER BIOS

Shana Lipner-Grover

Shana Lipner-Grover is a clinical herbalist, health and nutrition educator, field botanist, ethical wildcrafter, medicine-maker, and forever student of life and wonder. She is the director and primary educator of Sage Country Herbs School of Botanical Studies in north county San Diego: a 2-year field-based ecology, botany, and native plant medicine school. This school has expanded to include a clinically-based 2nd year and an online learning platform. She also teaches at Healing Hands School of Holistic Health, covering 350 hours of herbal medicine and nutrition programs. Shana's a published writer that includes a botany column in Plant Healer magazine and Herbaria. She has a clinical practice in north county San Diego focusing on empowering people to take responsibility for their health.

