



Foundations of Herbalism

Fall Syllabus 2023

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Mission & Learning Outcomes

The Foundations of Herbalism program is designed to enable and inspire students to embark on their educational journey with confidence. The focus of this course is forming and understanding healthy *ethnobotanical relationships* with the plants. You will learn the foundational principles of many topics relevant in preparation for professional herbalism while embodying plant knowledge as a lifeway. Our focal point will move in and out from the nitty gritty details to the broader scope of the ecological, ethical, spiritual implications of herbalism. More than just an education about plants, the course will help you develop a relationship with the land as a whole and an appreciation of the traditions that have kept that deep, intimate knowledge alive for millennia. Ethics around land stewardship and decolonization are a central focus of the program.

This program is designed around the premise of teaching one to fish, rather than merely giving one the fish. A key focus is to develop the skills needed for continual learning, regardless of where your herbal path leads you. We believe that the two most important qualities an herbalist can have is the humility and mindset of a life-long student of the craft.

The Foundations of Bioregional Herbalism Online is an all-online program, whereas the Foundations of Bioregional Herbalism is a hybrid of online and in person study. The Bioregional Herbalism program has the same content as the Vitalist Herbalism content with the addition of 6 in person learning days to include field botany, plant journeying, nature journaling, nature awareness, medicine making, organoleptics, formulation, wild edibles, and a day of celebration with hands-on ethnobotany study and storytelling. The Bioregional program will focus on the plants of the Mid-Atlantic and Northeast.

The Northern Appalachia School is not accredited, and herbalism is not licensed in the United States. While this course is intensive, it is not designed to make you a

“Certified Herbalist,” nor is it designed for students to be prepared to begin an herbal practice immediately upon completion. Further studies in medical herbalism, nutrition, and clinical skills will be needed for students wishing to practice clinically, or enter into a clinical mentorship under the Northern Appalachia School. This program does provide many of the foundational skills needed to begin the process of becoming a Registered Herbalist (RH) with the American Herbalists Guild, which is the most well respected certifying body of clinical herbalism in the United States.

Certification & Grading

A Certificate of Bioregional Herbalism will be granted to those who complete the requirements. The certificate will include the number of study hours.

You will be required to complete all mandatory assignments and maintain a 90% attendance rate (see Attendance & Make-Ups for more information), and demonstrate a commitment to learning through assignments and class participation.

Grading for this program is based on the mastery system. Each assignment will be assessed based on proficiency as follows: Incomplete, Not Proficient, Partial Proficiency, Proficient; Exceeds Proficiency. Students must demonstrate proficiency across all subjects by the end of the program, and any assignments that are not proficient or incomplete may be re-done. The goal of the program is for students to achieve understanding and confidence, not “pass/fail.”

Program Structure

Note: This syllabus is subject to change at the discretion of the director & program instructors.

The hybrid program consists of 51 total live class time hours: 30 hours of in person programming and 21 hours of live online lectures, plus approximately 249 hours of independent study, including readings, assignments, and pre-recorded content.

The Herbal Therapeutics program may be taken upon completion of the Foundations of Herbalism. This CH program includes an Anatomy & Physiology self study course with an additional 3 hour biweekly lecture and class discussion on pathology, case study, and materia medica review, as well as additional therapeutics-focused content.

Live online sessions will all be recorded for later review (see Attendance for more information). If sessions go past our designated time slot, students will not be required to stay for the remainder of the class.

Questions are welcome during the live lectures, however we have a limited number of lecture hours together each month, and so if there is not time to answer questions during the live session, you may email your questions directly to the director (or specific instructor if contact information is provided). There will be a private facebook group available for students and alumni to interact with each other. You may also post questions and conversations in the facebook group for group discussion outside of the live sessions.

Students are encouraged to spend as much time as they need with each assignment, but can expect to spend 8-12 hours per week on homework. Several assignments will be shared with the rest of the class, and for some of these shared assignments, students will be required to review and comment on their classmate's work.

The Auditing option includes class-time only. Audit does not include assignments, instructor feedback, or certificate option. Audit enrollment opens once the class minimum has been met.

Instructors

Lead Instructor:

Calyx Liddick Northern Appalachia School

Co-Instructor:

Jaybird Tignor Northern Appalachia School

Lyrra Magda Storms of Daylight

Jonathan Darby Riverbend Foraging, Wallicks Farm Project

Required & Recommended Reading

Required Texts

- *Planetary Herbology* by Michael Tierra
- *Encyclopedia of Herbal Medicine* by Andrew Chevallier

- *Foundational Herbcraft: Actions & Energetics in Western Herbalism* by Jim McDonald (purchase here: <https://herbcraft.podia.com/foundational-herbcraft>)
- *The Modern Herbal Dispensatory: A Medicine-Making Guide* by Thomas Easley & Steven Horne
- *Braiding Sweetgrass* by Robin Wall Kimmerer
- *Newcomb's Wildflower Guide* by Lawrence Newcomb
- *Botany in a Day* by Thomas J. Elpel
- *Incredible Wild Edibles or Nature's Garden* by Samuel Thayer

Recommended Reading:

The following list includes books that we have found to be highly valuable as herbalists and land stewards. None of these are required for the course. If you would like suggestions for more books that are specific to your bioregion, please feel free to ask us.

Medical Herbalism/Materia Medica:

- *Herbal Medicine from the Heart of the Earth* by Sharol Tilgner
- *Medical Herbalism: The Science Principles and Practices Of Herbal Medicine* by David Hoffmann
- *The Earthwise Herbal Repertory: The Definitive Practitioner's Guide* by Matthew Wood
- *The Earthwise Herbal, Volume I and Volume II* by Matthew Wood
- *The Botanical Safety Handbook* by Zoey Gardner
- *Botanical Medicine for Women's Health* by Aviva Romm
- *Herbal Vade Mecum* by Gazmend Skenderi
- *Evolutionary Herbalism* by Sajah Popham
- *Western Herbs according to Traditional Chinese Medicine: A Practitioner's Guide* by Thomas Avery Garren
- *Energetic Herbalism* by Kat Maier

Botany:

- A variety of other field guides specific to your region
- *Northeast Medicinal Plants: Identify, Harvest, and Use 111 Wild Herbs for Health and Wellness* by Liz Neves

- *Southeast Medicinal Plants: Identify, Harvest, and Use 106 Wild Herbs for Health and Wellness* by Coreypine Shane
- *Audubon Society Field Guide to North American Trees: Eastern Region*
- *The Forager's Harvest* by Samuel Thayer
- *Peterson Field Guide to Medicinal Plants and Herbs of Eastern and Central North America* by Steven Foster
- *Winter Botany* by William Trelease OR *Fruit Key & Twig Key to Trees & Shrubs* by William M. Harlow
- *The Plants of Pennsylvania* by Ann Fowler R. Hoads and Timothy A. Block
- *Bark: A Field Guide to Trees of the Northeast* by Michael Wojtech
- *The Sibley Guide to Trees* by David Allen Sibley
- *Fruit Key & Twig Key to Trees & Shrubs* by William M. Harlow
- *Mushrooms of West Virginia and the Central Appalachians* by William C. Roody
- *The Book of Swamp & Bog: Trees, Shrubs, and Wildflowers of Eastern Freshwater Wetlands* by John Eastman
- *The Book of Field and Roadside: Open-Country Weeds, Trees, and Wildflowers of Eastern North America* by John Eastman
- *The Book of Forest & Thicket: Trees, Shrubs, and Wildflowers of Eastern North America* by John Eastman
- *Wild Urban Plants of the Northeast: A Field Guide* by Peter Del Tredici

Ecology, Wildtending, Ethnobotany, Indigenous Science, & Decolonization:

- *The Earth's Blanket* by Nancy Turner
- *Plants Have So Much to Give Us, All We Have to Do Is Ask: Anishinaabe Botanical Teachings* by Mary Siisip Geniusz
- *Our Knowledge is not Primitive* by Wendy Djinn Geniusz
- *1491* by Charles C. Mann
- *Rambunctious Garden* by Emma Marris
- *Tending the Wild* by Kat Anderson
- *The War on Invasive Species* by Tao Orion
- *Native American Ethnobotany* by Daniel E. Moerman
- *Lo-TEK* by Julia Watson
- *Sand Talk* by Tyson Yunkaporta

Social Justice:

- *Inflamed* by Rupa Marya
- *Farming While Black* by Leah Penniman
- *Medical Apartheid* by Harriet Washington

Plant Spirit Medicine:

- *Thus Spoke the Plant* by Monica Gagliano

Phytochemistry:

- *Herbal Constituents* by Lisa Ganora

Human Health & Physiology

- *Immune: A Journey into the Mysterious System that Keeps us Alive* by Philipp Dettmer
- *The Concise Human Body Book: An Illustrated Guide to its Structure, Function, and Disorders* by DK

Flower Essences:

- *The Encyclopedia of Flower Essence Therapy* by Mechthild Scheffer
- *The Bach Flower Remedies* by Edward Bach

Cultivation:

- *The Organic Medicinal Herb Farmer* by Jeff & Melanie Carpenter
- *Farming the Woods* by Ken Mudge & Steve Gabriel
- *Gaia's Garden* by Toby Hemenway
- *Edible Forest Gardens* by Dave Jacke & Eric Toensmeier

Course Calendar

Announcements, assignment reminders, quizzes, instructor feedback, and grades

will be posted on the Google Classroom.

Class Schedule:

In person classes will take place in Dillsburg, PA and nearby parks.

On weekends there will be a 30 minute break for lunch.

Online lectures will take place on Google Meet.

Plan for a 15-20 min break or two 10 min breaks for online lectures.

| A Track (Hybrid Program Only) | | A&B (Both Programs) | |
|-------------------------------|--|---|----------------------|
| 1A 1B | BOTH PROGRAMS Tuesday, Aug 1, 2023 5PM-7PM ONLINE | <ul style="list-style-type: none"> • Orientation | ➤ Calyx |
| 2A | HYBRID Saturday, Aug 12, 2023 10AM-3PM IN PERSON Location: TBA | <ul style="list-style-type: none"> • Field Botany • Ethical Harvest | ➤ Calyx ➤ Jaybird |
| 3A | Sunday Aug 13, 2023 10AM-3PM IN PERSON Location: TBA | <ul style="list-style-type: none"> • Plant Spirit Medicine • Intro to Nature Awareness & Journaling | ➤ Calyx ➤ Jaybird |
| 5A3 B | Tuesday, Aug 15, 2023 | <ul style="list-style-type: none"> • Plant Knowledge & Observation • Principles of Organoleptics | ➤ Calyx |

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| | 5PM-8PM ONLINE | <ul style="list-style-type: none"> ● Kincentric Ethnobotany | |
| 6A 4B | Tuesday, Aug 29, 2023 5PM-8PM ONLINE | <ul style="list-style-type: none"> ● Introduction to Vitalism | ➤ Calyx |
| 7A 5B | Tuesday, Sep 12, 2023 5PM-8PM ONLINE | <ul style="list-style-type: none"> ● Herbal Actions, Energetics, & Tissue States | ➤ Calyx |
| 8A | Saturday, Sep 23, 2023 10AM-3PM IN PERSON Location: Pomo Ct. | <ul style="list-style-type: none"> ● Medicine Making Lab ● Organoleptics Lab | ➤ Calyx |
| 9A | Sunday Sep 24, 2023 10AM-3PM IN PERSON Location: Pomo Ct. | <ul style="list-style-type: none"> ● Formulation | ➤ Calyx |
| 10A 6B | Tuesday, Sep 26, 2023 5PM-8PM ONLINE | <ul style="list-style-type: none"> ● Principles of Cultivation | ➤ Jon |
| 11A 7B | Tuesday, Oct 10, 2023 | <ul style="list-style-type: none"> ● Decolonization | ➤ Calyx |

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| | 5PM-8PM ONLINE | | |
| 12A 8B | Tuesday, Oct 24, 2023 5PM-8PM ONLINE | <ul style="list-style-type: none"> ● Herbal Safety Part I: Toxicology & Adverse Effects ● Herbal Safety Part II: Low Dose Botanicals | ➤ Calyx |
| 13A 9B | Tuesday, Nov 7, 2023 5PM-8PM ONLINE | <ul style="list-style-type: none"> ● Bioregional Apothecary Ethics & Management | ➤ Calyx |
| 14A | Saturday, Nov 18, 2023 10AM-3PM IN PERSON Location: TBA | <ul style="list-style-type: none"> ● Food & Medicine Plants of the Mid-Atlantic | ➤ Calyx ➤ Lyrra |
| 15A | Sunday Nov 19, 2023 10AM-3PM+ IN PERSON Location: Pomo Ct. | <ul style="list-style-type: none"> ● Bioregional Foodways & Wild Edible Preparation ● Closing Circle ● End of Program Celebration & Potluck | ➤ Lyrra ➤ Calyx |

Make Up Dates:

In Person Make Up Dates: Saturday/Sunday Oct 7, 2023 & Oct 8, 2023

Saturday/Sunday Dec 2, 2023 & Dec 3, 2023

Online Make Up Dates: Friday Dec 1, 2023 Tuesday Dec 5, 2023

Additional Content

| Pre-Recorded Content, Documents, & Resources |
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| ● Principles of Medicine Making |
| ● History of Western Herbalism |
| ● Botanical Morphology |
| ● 5 Steps of Positive Identification |
| ● Regenerative Wildcrafting |
| ● Apothecary Management & GMPs |
| ● Winter Plant ID |
| ● Intro to Phytoconstituents |
| ● Research Techniques |
| ● Fire Ecology & Succession |
| ● Kitchen Herbalism |
| ● Herbal Processing Essentials |
| ● Sensory Awareness Exercises |
| ● Herbal Monographs |
| ● Toxic Plants of Central PA |
| ● Online Herbal Research Resource List |
| ● Herbarium Template |
| ● cGMP Example Templates |

Attendance & Make-Up

90% attendance is required to receive your certificate. Certificate students may be withdrawn from the program or moved into auditing if absences or tardiness are excessive.

We cannot guarantee that in person classes will be recorded and they may not be able to be made up. Up to 2 missed online classes may be made up. If you are absent for an online webinar and wish to make up the absence, you will be required to watch/listen to the recording and provide notes or complete a special assignment.

All class make-ups must be completed within 2 weeks of the scheduled class.

Google Classroom & Drive

Announcements, assignments, class powerpoints, recordings, and materials will be posted in google classroom and google drive.

Some of the materials posted to the classroom will redirect to Youtube. In order to access private youtube videos, the email address provided/linked to google classroom needs to be the same email address linked to your youtube account.

The google drive will contain a fold title “Documents & Resources” with several useful files. The Herbarium Online Resources file is continually updated. Students may make suggestions for additions if they find a useful resource by emailing us.

Quizzes & Exams

Quizzes will be held every other week, to be posted on Friday at 5:00pm and due back by Tuesday at 5:00pm.

Online quizzes will not have a time limit, but students are asked to complete them in one session without the use of study aids. Students may not discuss the quiz with other students until the following class.

Study guides will be provided at least 2 days prior to the exams being posted. There will be a review of each exam at the beginning of the following class if needed.

They may be made up or retaken with certain circumstances under the discretion of the director.

Individualized “study prompts” may be provided throughout the year to encourage growth or reflection in certain areas.

Assignments

Instructions for Submitting Assignments:

If you have questions or problems with any assignment or course materials please let us know immediately so we can help you keep on track. Late assignments will not be assessed unless you have communicated with the instructor. If you need an extension on an assignment, please contact us. We are generally pretty accommodating for when life circumstances arise, within reason to prevent students from falling behind.

All assignments and detailed instructions for submission will be provided via Google Classroom. The following information is intended to give you an idea of what to expect during the course and is subject to change.

All assignments must be submitted directly via Google Classroom.

Assignments must be submitted as a *google doc or .docx* in the following format:

Last name_First name_Assignment name_Date

Please include any images in the body of the document.

Assignments shared with the group are noted in the assignment instructions. Students will be reviewing and commenting on each other’s shared assignments.

Monthly Herbarium Assignments:

Each month you will work in-depth with an herb of your bioregion (while you will be working with the herb in the field, it is not a requirement to harvest the plant yourself for medicine making).

Herbarium independent study includes 4 areas of study:

Section A: Research

Section B: Field Studies

Section C: Herbal Medicine

Section D: Intuitive Work

You will be required to complete:

- **Section A & B for all 4 herbarium entries**
 - Research information must be cited (incl. information retrieved verbally from first hand accounts).
 - At least 2 cited sources must be from the books on the required reading list unless the plant cannot be found in any of these texts.
 - Phenological observations should include dates.
 - A minimum of one sketch is required for Section E. This ideally should be a still-life sketch from a live specimen. Additional sketches of various reproductive stages and plant parts (may be taken from photographs if not visible in the field) are encouraged. You may also include photographs and/or plant pressings.
- **Section C for 3 herbarium entries**
 - Research information must be cited (incl. information retrieved verbally from first hand accounts)
 - You will be encouraged to interact with the plant in as many forms as possible, and work with it daily for the duration of the two weeks (unless a reaction occurs) and log this experience for a total of 7-14 days
 - During weeks 1-2, only work with the single herb. During weeks 2-4, experiment with formulation with other herbs.
 - You may opt to study 1 at-risk or toxic/low-dose plant for the week where section C is not required.
- **Section D for a minimum for 2 herbarium entries**
 - This section is highly recommended for every herbarium, but is not required to be extensive.

Assignments Schedule

 = Submission Required

 = Reading/Watching/Listening

| Assignment | Due Date |
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| Reading: What's in a Name? | Aug 8, 2023 |
| Reading: Tracking as the Art of Seeing | Aug 8, 2023 |
| Watch: Botanical Morphology pts 1-3 | Aug 12, 2023 |
| Watch: 5 Steps of Positive ID | Aug 12, 2023 |
| Reading: Braiding Sweetgrass | Aug 15, 2023 |
| Sit Spot & Phenology Journal Entry #1 | Aug 15, 2023 |
| Reading: Braiding Sweetgrass | Aug 22, 2023 |
| Listen: Regenerative Wildcrafting | Aug 22, 2023 |
| Plant Sit | Aug 22, 2023 |
| Reading: Lines in the Sand | Aug 29, 2023 |
| Herbarium #1 | Aug 29, 2023 |
| Watch: History of Western Herbalism | Aug 29, 2023 |
| Watch: Principles of Medicine Making | Sep 5, 2023 |
| Watch: Polar & Non Polar Molecules: Crash Course Chemistry | Sep 5, 2023 |
| Water Extractions* (optional for hybrid students) | Sep 5, 2023 |
| Tincture Making part 1 | Sep 5, 2023 |
| Reading: Braiding Sweetgrass | Sep 12, 2023 |
| Sit Spot & Phenology Journal Entry #2 | Sep 12, 2023 |
| Essay: Herbalism Through the Ages | Sep 12, 2023 |
| Reading: Braiding Sweetgrass | Sep 19, 2023 |
| Reading: Foundational Herbcraft | Sep 19, 2023 |

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| Watch: Intro to Phytoconstituents | Sep 26, 2023 |
| Herbarium #2 | Sep 26, 2023 |
| Reading: Beyond the War on Invasive Species | Oct 3, 2023 |
| Botanical Morphology pts 4-5 | Oct 3, 2023 |
| Reading: Thinking Like an Ecosystem | Oct 3, 2023 |
| Sit Spot & Phenology Journal Entry #3 | Oct 10, 2023 |
| Differential Morphology | Oct 10, 2023 |
| Reading: Braiding Sweetgrass | Oct 17, 2023 |
| Reading: Succession Happens | Oct 17, 2023 |
| Local Toxic Plants | Oct 17, 2023 |
| Watch: Elder Brother's Warning | Oct 23, 2023 |
| Tincture Making pt 2 | Oct 24, 2023 |
| Herbarium #3 | Oct 24, 2023 |
| Reading: Toxicology Assessment: Kava Kava | Nov 6, 2023 |
| Essay: Post-Columbian Plant | Nov 7, 2023 |
| Reading: Eager | Nov 7, 2023 |
| Sit Spot & Phenology Journal Entry #4 | Nov 7, 2023 |
| Reading: Braiding Sweetgrass | Nov 14, 2023 |
| Formulation | Nov 14, 2023 |
| Watch: Winter Plant ID | Nov 14, 2023 |
| Reading: Braiding Sweetgrass | Nov 21, 2023 |
| Herbarium #4 | Nov 21, 2023 |
| Reading: Braiding Sweetgrass | Nov 28, 2023 |

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| Essay: Decolonization | Nov 28, 2023 |
| Student Comments (Herbarium & Sit Spot #4) | Nov 28, 2023 |
| Herbal Processing Essentials | No deadline |
| cGMP & Apothecary Management | No deadline |

Payments & Refunds

A non-refundable deposit of \$300 is required to hold your place in the program.

The full cost of the hybrid program is \$2,210*

The full cost of the all online program is \$1,768*

Register for the Herbal Therapeutics program and the Foundations of Herbalism program at the same to receive \$150 off your HT tuition.

There is approximately \$150 worth of required texts for the course if all purchased new and in print (some are available on Kindle for less). The cost of herbs and required reading materials are not included in the price of the program.

*It is a priority to us to make this program financially accessible, and so we ask students to balance personal financial ability with reciprocity. We understand finances can be a complex issue, therefore during the interview process we will discuss financial factors and try to find a payment option that is accessible.

- Full and partial scholarships are available to racialized people (BIPOC)
- Sliding scale tuition rates are available to all students and are based on household income

Further discounts are available. These are applied consecutively. Students may also opt to pay any of these discounts forward to our scholarship fund:

- 10% early bird discount (deposit due by May 15, 2022)
- 10% discount to final tuition is available for any student who refers another student with a deposit
- 10% discount is applied for all in-person cash payments

You may opt to pay in full before the program commences, or pay in four installments after deposit. These installments are due August 12th, September 23rd, October 21st, and November 18th. A late fee of 10% of the payment is incurred for late payments.

Payments may be made by check, venmo, or cash.

If you choose to withdraw from the program, you may request a pro-rated refund (minus deposit) as follows:

- Before program commencement: 100% refund
- By August 30: 75% of remainder
- By September 30: 50% of remainder
- After September 30: refund not available

If you need to withdraw from the program, please notify us as soon as possible. Your refund amount will be processed based on the date of notification of withdrawal. We cannot provide backdated refunds. In the case of program cancellation, your deposit will be returned.

Policies

At Northern Appalachia School, we embrace our students' differences in age, color, ethnicity, disability, family or marital status, gender expression, religion, sexual orientation, socio-economic status, veteran status, and other characteristics that make our students unique. It is part of our mission to create an environment and a mindset that is not only inclusive, but actively works against systemic racism, colonization, and bigotry. We expect all students and faculty members to embody this work and act in a way that is respectful and inclusive of the diversity of all our students. Any student that exhibits discrimination or hateful speech may be dismissed from the program without refund.

All students are expected to demonstrate respect, mindfulness, and responsibility for the plants and the landscapes with which we will be interacting.

COVID-19 Policy: We ask that students respect the wellbeing of other students and facilitators in regards to your activities both in class and outside of class. Please do not come to class if you are feeling unwell, have tested positive for COVID-19, or have been exposed to someone who has. If a student comes to class knowingly ill or exposed the student may be subject to dismissal.

If an instructor is ill or is exposed to illness, class may be rescheduled, class topics may be swapped, or portions of the class may be offered online that day with in-person portions taught on a subsequent Saturday.

Masks and vaccination are not required. Students are encouraged to bring a mask to class, and are welcome to wear one if they wish.

COVID policy is subject to change depending on the current climate of the pandemic. In the case of an upsurge, we reserve the right to instate a mask policy.

We will do what we can to keep students safe and healthy while maintaining the continuity of the program.

Communication & Student Support

Students are encouraged to ask questions and seek out guidance from the instructor as needed. One-on-one communication must be within reason. Questions related to a student's health will be limited to what is applicable to the program, beyond that we ask that students schedule a consultation.

If you have questions or problems with any assignment, quiz, etc. please let us know immediately so we can help you keep on track.

We encourage students to interact with and support each other as well through the facebook group, and to make local connections in the herbal community whenever possible.

We welcome feedback and ideas about how to improve the program! Students will be asked to fill out program evaluations, but you are also welcome to email concerns or suggestions at any time.