



Community Herbal Foundations

2024 Program Syllabus

January 10 to November 20, 2024

Primary Instructor: Olivia Fite, ^{MS CNS}

Total program hours: 150

Purpose:

The purpose of this program is to guide participants in deepening their relationship with their own bodies, the land region they reside, individual medicinal plants, and fellow herbal enthusiasts from various parts of the world. Upon completion of this program, participants will be able to practice at-home community herbalism and feel confident in continuing their lifelong study & practice of herbalism.

Objectives & Outcomes:

To successfully obtain a certificate of completion with a total of 150 hours of study participants must fulfill the requirements of each module/month. This includes the following overall learning goals:

1. Learn the skill & practice of making various types of medicinal preparations with plants.
2. Build an “at-home apothecary” including about 10-20 remedies.
3. Learn & practice how to identify & wildcraft OR cultivate & harvest at least 10 medicinal plants from your region.
4. Study the botanical classifications, specific indications, dosing, and safety considerations for 40+ medicinal plants.
5. Develop skills required to build relationships with medicinal plants of focus, including both academic and intuitive methods.
6. Gain an understanding of the fundamentals of Western Herbal Energetics and human constitutional types.
7. Gain foundational knowledge of human healthy physiology as it relates to the learning of how to effectively and safely practice home herbalism.

Pre-requisites:

Prior to the start of this course participants must have:

1. Completed the registration form.
2. Made a financial commitment by paying a deposit or full tuition.
3. Obtained required texts: *The Gift of Healing Herbs: Plant Medicine and Home Remedies for a Vibrantly Healthy Life* by Robin Rose Bennett | *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* by Robin Wall Kimmerer | *Working the Root: Over 400 years of Traditional African-American Healing* by Michele Lee |
4. Chosen a specific piece of land in which to visit, learn, and/or cultivate for the duration of the course.
5. Reviewed the schedule for live sessions and committed to attending at least 13 out of 18 Zoom sessions. Recordings of live sessions are also made available to all participants.

Schedule & Course Outline:

Live sessions are on the following dates. All Wednesdays from 6 – 8 pm (Lisbon time)

Month / Module #	Live Dates	Topic overview	Specific Herbs of Focus	Herbal Preparations
January Module 1	10th & 24	Kitchen medicine. Teas. Urinary system. Guest-teacher Fernanda Botelho - Portuguese Herbal Folk Ways	Astragalus Burdock Calendula Chickweed Cleavers	-Various tea preparations: cold infusion, hot infusion, & decoctions.
February Module 2	7 & 21	Introduction to herbal actions. Immune & lymphatic systems. Guest teacher Ayo Ngozi - Grow Your Own Medicine	Dandelion Nettle Echinacea Elder	-Fire cider -Medicinal broth -Fermented food -Foot baths
March Module 3	6 & 20	Introduction to plant families. Liver & gallbladder. Making tinctures & vinegar extracts. Guest teacher: Alyssa Dennis - Plant Language	Malvas/ Marshmallow Poke root Reishi mushroom Yellow dock Yarrow Kitchen Medicine (garlic, ginger, lemon, etc)	-Making Tinctures & Acetums Part 1 - Herb Drying & storing methods.
April		SPRING BREAK		
May Module 4	8 & 22	Digestive System. Making Tinctures Part 2. Guest teacher: Jess Turner - Creating an Herbal CSA.	Artemisia(s) Ashwagandha Calendula* Cayenne Chamomile Lavender	-Making Tinctures & Acetate Part 2 - Herbal mouth care preparations.
June Module 5	5 & 19	Integumentary system. First Aid. Caring for the skin, muscles, hair & bones. Guest teacher: Silvia Martins - Medicinal Oils & How to Make a Cream.	Lemon Balm Motherwort Plantain Rose Self-heal St. John's Wort Tilia	- Medicinal oil - Liniment - Compress - Fomentation - Poultice - Cream - Hair rinse
July Module 6	10 & 24th	Nervous system: Differentiating remedies for the nervous system. Intro to constitutional types. Dosing considerations. Guest speaker: Sarah Holmes - Working with Trauma	Vervain Violet Walnut	-Blending & Formulating - Glycerites - Flower Essence
August		SUMMER BREAK		

September Module 7	4 & 18	Cardiovascular system. Herbal contraindications, herb-drug interactions & safety concerns. Guest Speaker Robin Rose Bennett - Plant Meditations for the Heart	Eucalyptus Hawthorn Mullein Oats Olive Pine Red raspberry leaf	- Shrubs - Cordials - Seed saving
October Module 8	9 & 23	Reproductive System. Dosing considerations for children, babies, pregnancy, lactation. Guest Speaker Catarina Soares - Herbal Birthwork	Red clover Rosemary Sage Shepherd's Purse Shatavari	-Nut-butter balls. -Working with roots & powders.
November Module 9	6 & 20	Respiratory system. Review. Medicine Show!	Thyme Vitex	- Smudge sticks - Syrups - Steams - Plasters Student presentations.

Assignments, Evaluation & Certification:

Each person enrolled in the 2024 program will have access to all the materials and recordings of the live session until November of 2025. In order to receive a Certificate of Completion, participants must fulfill the requirements listed below.. Monthly evaluation forms must be delivered no later than December 31st, 2024 unless an extension is granted.

CWHS is not accredited by any institution. Receiving a certificate of completion is for your own sense of accomplishment & learning. Participants must do the following in order to earn a certificate of completion:

- Complete the google form/evaluation for each of the 9 modules. Evaluation forms give a space to “journal” about your experiential practices that month as well as some short answer quiz questions related to the pre-recorded lectures.
- Attendance & focused participation in at least 13 of 18 live zoom sessions.
- Presenting your Final Presentation during our final live zoom class in November. See details below.

Final evaluation/ presentation: The central goal of the program is that participants will have made a small “at-home apothecary” by the end of the program. During our final live group session in November, you will be asked to “show & tell” about medicinal preparations you have made and some of the lessons you have received from the plants themselves.

Time management:

Participants should set aside 12-16 hours per month for engaging with program materials, readings, and assignments. Each month 4 hours will be our live Zoom sessions, and the remaining 8-12 hours will be a curated mix of outdoor experiential exercises, readings, pre-recorded lectures, quizzes, and medicine making assignments. In addition to all this, you will receive 40+ monographs, access to a lively Collective Wonder Whatsapp group, and one-on-one mentorship from Olivia Fite as needed.

Proposed General Monthly Workflow:

1st week – Read over the monthly syllabus. Schedule in time to watch the pre-recorded lectures. Gather medicine-making supplies. Go outside and observe the plants around you.

1 -2nd week – Attend live sessions, and be ready to discuss reading assignments. Watch one pre-recorded lecture. Make 1 herbal preparation and record it in your medicine-making log.

3rd / 4th week – Consume one of the herbs or focus as a tea for 7 days. Complete reading assignments. Attend the 2nd live session. Finish up any herbal preparations that are ready. Make notes in medicine-making logs. Fill out the modules evaluation form.

Accessing Course Materials: We release each module on the 1st of each month we are in session.

Participants may access the course materials in any of these ways:

1. Login into the eLearning platform at <https://collectivewonderherbschool.com/login/> and then insert your personal login in credentials (provided to you by us before the start of the course).
2. Login to your gmail account > google drive > shared with me > Folder “CWHS 2024 Foundations”. This is also the easiest way to access the monographs which will all be in one folder entitled “Monographs”.
3. Open the email sent to you on the first day of each month outlining that module’s assignments. Email contains links to each video and document for that month.

Required texts:

1. *The Gift of Healing Herbs: Plant Medicine and Home Remedies for a Vibrantly Healthy Life* by Robin Rose Bennett
2. *Working the Root: Over 400 years of Traditional African-American Healing* by Michele Lee
3. *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* by Robin Wall Kimmerer

{**Note about required reading:** These three required books are more “text heavy”. None have color photos of plants. There are many wonderful free ways to see images of plants online, but if you would like to have a book with pictures please consider purchasing at least one of the *recommended books* (below) in addition to the 3 *required books*.}

Recommended texts: *Herbal books in English that I recommend for any student, but are not required for this course. The first three listed have lots of color pictures & recipes. Free PDFs of many books exist online.*

- *Wild Remedies* by Rosalee de la Forêt
- *Backyard Medicine: Harvest and Make Your Own Herbal Remedies* by Julie Brunton-Seal & Matthew Seal
- *Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family* by Rosemary Gladstar

Other books that I use a lot in my day to day herbal studies but also don’t have a lot of pictures:

- The Book of Herbal Wisdom*, by Matt Wood
- Making Plant Medicine*, by Richo Cech
- Energetic Herbalism* by Kat Maier
- Medical Herbalism* by David Hoffman

For those who can read in Portuguese, I highly recommend all the books by Fernanda Botelho, particularly relevant to this course are *Uma Mão Cheia De Plantas Que Curam*, *Ervas Que Se Comem*, and *Fernanda’s 2020 agenda*.

Materials recommended for at-home medicine making assignments that are part of this course:

1. Clear glass jars with metal lids (about 10) & a few with plastic lids (about 3)
2. Cotton fabric squares measuring 40 cm x 40 cm (can be cut from an old bed sheet)
3. A set of metal mesh strainers of various sizes.
4. A digital kitchen scale and/or measuring spoons, cups & containers with metric markings.
5. Tape, paper & pens for label making.
6. 30 mL or 60 mL amber glass jars with dropper lids (at least 12 bottles, but you probably will want more)
7. Solvents: rubbing alcohol, honey, sugar, vodka, distilled or purified water, vinegar, olive oil, and beeswax or cocoa butter (vegan option).
8. Containers for collecting herbs and storing dried herbs, i.e. paper bags, baskets, and jars.
9. Bowls of various sizes, including one small clear glass bowl for making flower essences.
10. Small metal or glass containers for salve. Washed baby food jars can be used.
11. Plants, seeds, dirt & containers.
12. Herbs - this really depends on how many herbs you can access in the wild, or your garden, or how many you would like to purchase.
13. Some food items such as nut butter, nut milk, or other foods that you want to incorporate in your medicinal preparations.
14. **Optional:** a few essential oils, specialty oils (avocado, almond, etc) & grain alcohol.

Deferment/ Withdrawal Policy

Life happens. Even though we hope that each person starting the program will be able to complete it, we know this is not always possible. If a participant finishes a portion of the program in 2024 and needs to defer their enrollment to next year, they may join the 2025 class for a reduced rate and would receive an evaluation and certificate at the end of 2025. The total tuition due for those who defer would be the full tuition for 2024 plus the reduced rate tuition of 2025. Please see our website for full info regarding refund payment plan & withdrawal policies.

Contact:

For questions or concerns regarding access to materials, schedule, payments, or technical assistance please contact hello@collectivewonderherbschool.com. For inquiries about curriculum and to turn in assignments, please contact olivia@collectivewonderherbschool.com