



Village Herbalist Planner

*Cultivating
Community Resilience*

Chris J. Dalziel

Village Herbalist Planner

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JOYBILEE FARM MEDIA
Greenwood, British Columbia

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Christine J. Dalziel. —1st ed.

Contents

Village Herbalist Recipes:.....	6
Fire cider.....	7
Shelf stable elderberry syrup.....	9
Honey fermented garlic (heart remedy).....	10
Epsom salt foot soak.....	11
Anti-fungal salve.....	12
Calendula salve.....	14
De-stress tea.....	15
Goal Setting for Herbalists.....	16
Advanced Goal Setting for Herbalists.....	17
Herbalist Skills to master.....	21
My Big Goal is.	25
Areas of Study (for AHG registration):.....	26
Herbal Medicine Education and Training	30
Conferences.....	37
Online Courses/Webinars/Recordings.....	39

Onsite courses/Webinars	40
Books (self-study):.....	41
Independent Research:.....	43
Planning: Conferences to Attend.....	45
Planning: Webinars	47
Planning: Short Classes or in-person classes.....	49
Planning Mentorships.....	51
Planning Reference Library.....	52
Garden planning:.....	56
Herb Inventory	60
Essential Oils in your inventory.....	61
Carrier oils and ingredients in your inventory.....	62
Coming Up in the DIY Herbal Fellowship in 2022.....	65

Village Herbalist Recipes:

The following is a collection of foundational, herbal recipes and preparations to keep on hand as a village herbalist. These recipes can be made with items you normally have on hand, or that are easy to get. They are simple, broad spectrum, with a broad application and benefit. They are foundational for both apothecary and for helping others.

As you pursue your herbal studies, you can add your own foundational herbal preparations to these six. Remember to focus on herbs you have on hand, especially when considering the larger community.



Fire cider

A flexible fire cider recipe to help build your immunity, and your herbal apothecary.

Ingredients

- 2 lemons fresh, sliced including skin
- 2 heads of garlic, cloves peeled and minced
- 4-inch piece of ginger, peeled and grated
- 3 tablespoons grated fresh horseradish
- 6 to 8 roots of turmeric, grated
- 2 large onions, peeled and finely cubed
- 7 hot peppers, sliced, including seeds
- A ½ cup of rose hips, blossom end removed
- 1 quart of organic cider vinegar, with live mother
- 2 cup raw honey (added after 1 month)

Directions:

1. Prepare the ingredients, except honey, and place in a 2-quart mason jar.
2. Pour the cider vinegar over the ingredients in the jar.
3. Insert a knife into the jar to dislodge any air bubbles.
4. Top up with additional cider vinegar until all the ingredients are fully covered with vinegar and the vinegar comes to within an inch of the top of the jar.
5. Cap tightly and put the jar away in a cool cupboard, away from light and heat.
6. As you think about it shake the jar contents, at least several times a week.
7. After a month, strain the fire cider, reserving the liquid. The solid ingredients should be pressed with a potato ricer to extract as much of the liquid as possible. Use the vegetable mixture in cooking or add it to your compost pile.

8. The liquid is your “Fire Cider.” As it stands now it is an infused vinegar. The next step will turn it into an “oxymel” that is useful for respiratory ailments, colds, and flu.
9. You should have 1 quart of infused vinegar. If you don’t have a full quart, top up the liquid with additional cider vinegar. Stir in 2 cups of honey. Continue stirring until the honey is fully dissolved.
10. Pour into medicine bottles, then cap and label them with the date and ingredients. Store in a cool, dry place. The mixture should keep for 6 months to a year.

Note: Spent herbs may be dried in a dehydrator (120°F for 6 to 8 hours).

Grind them after drying and use as a spice blend or add to stock for additional flavor and benefit.



Shelf stable elderberry syrup

Elderberry is a strong natural source of quercetin, an antioxidant that reduces inflammation and helps zinc enter the cells for increased antiviral activity.

Part 1 Ingredients:

- ½ cup dried elderberry or 1 cup fresh elderberries
- 1 cup brandy

Part 2 Ingredients:

- ½ cup dried elderberries or 1 cup fresh elderberries
- 2 inch piece of ginger, sliced (optional)
- 3 cups water
- 1 cup honey

Part One: Directions

1. Place elderberries and brandy together in a pint jar. Cover with a lid. Shake well. Set aside. Shake daily for 2 weeks. After 2 weeks, strain, reserving liquid

Part Two Directions:

1. Put elderberries, ginger, and water into a saucepan. Simmer over medium heat for 15 minutes, with the lid off.
2. Remove from heat. Cool slightly.
3. Strain out elderberries. Return the liquid to the pan.
4. Simmer until liquid is reduced by half. Remove from heat.
5. Cool to just warm to the touch. Stir in honey and elderberry tincture.
6. Pour your shelf stable elderberry syrup into sanitized pint jars. Cap tightly. Label and date.

To use: Take 1 teaspoon every 2 to 4 hours at the first sign of sickness.

Honey fermented garlic (heart remedy)

Make this easy honey fermented garlic for immune and heart support. Use raw honey, and local garlic for best results.

Ingredients:

- 1-2 lbs garlic (enough to fill your jar $\frac{1}{2}$ - $\frac{3}{4}$ full).
- 1 $\frac{1}{2}$ cups raw honey
- Pint or quart wide mouth jar with non-leaking plastic lid

Directions:

1. Peel enough garlic to fill your jar of choice half full, or three quarters full.
2. Cover the garlic in raw honey, to 1 inch below the rim of the jar. Garlic may float. Use a fermentation weight to hold the garlic below the honey, if desired.
3. Place a fermentation lock-type lid on the jar, and place jar on a coaster or similar protective mat. Place in a warmish, dark cupboard.
4. Let the garlic ferment at room temperature for 3 months or longer. The garlic and honey will darken as it ferments. Honey will become more liquid. The garlic will taste milder and increase its antioxidants.
5. When you're satisfied with the ferment, store in the refrigerator and use the honey and garlic as needed.
6. This may be stored without degradation in quality for up to two years.

To use: Take a teaspoon of the honey and garlic three times a day to support heart health, healthy blood pressure, and circulation.

Use it to support healthy immunity.

Epsom salt foot soak

Used for detoxing and for its anti-fungal and anti-bacterial properties. Can help relieve aches in the feet, and foot pain from fungal or bacterial sources.

Ingredients:

- 3 cups Epsom salts
- 1 cup dried and crumbled sage leaves

Directions:

1. Blend Epsom salts with sage leaves in a large bowl until evenly distributed.
2. Store in a sealable jar, label and date.

To Use:

Use ½ cup of the Epsom salt and sage mixture to a 4 quarts of water in a foot bath.

Use 2 cups of Epsom salt and sage mixture in a bath tub.



Anti-fungal salve

A salve to relieve fungal issues on skin or the feet. Athlete's foot is one of the most common foot issues you'll encounter. Package this in smaller containers to keep the containers free of cross contamination.

Ingredients:

- 1 cup olive oil (or sweet almond oil)
- 2 tablespoons dried chaparral
- 2 tablespoons dried sage
- 2 tablespoons dried calendula petals or blossoms
- 2 tablespoons of beeswax
- 60 drops of lavender essential oil
- 60 drops of tea tree essential oil

Directions:

1. Make a double boiler using a glass measuring cup and a saucepan. Fill the saucepan with water. Simmer water over medium heat.
2. Place herbs and oil in the top double boiler pan (Bain Marie). Infuse your dried chaparral, sage, and calendula blossoms into your oil, over medium heat for 1 hour. Turn off heat. Let the pan come to room temperature.
3. Strain out the herbs from the oil. Reserve the oil and return it to the double boiler. You should have about $\frac{3}{4}$ of a cup plus 2 tablespoons oil.
4. Place the beeswax and infused oil together in the glass measuring cup. Heat the saucepan over medium heat till the beeswax melts completely.
5. Remove from heat. Add the essential oils and stir.

6. Pour the finished salve into four- 2 ounce (60 ml) glass jars. Allow the salve to cool completely before completing the lids.
7. Label and date.

To use: Apply to clean, dry skin to relieve fungal issues and itching.



Calendula salve

Calendula salve is a universal salve that meets most first aid and skin issues from bug bites, to lymph swelling. It is safe for use on tender skin and in all age groups, yet it is powerful and effective for minor complaints, including burns, diaper rash, and split heels or fingers.

Ingredients:

- 1 cup olive oil (or sweet almond oil)
- ½ cup dried calendula blossoms
- 2 tablespoons of beeswax
- 50 drops of lavender essential oil
- 70 drops of tea tree essential oil

Directions:

1. Make a double boiler using a glass measuring cup and a saucepan.
2. In the double boiler, infuse your calendula blossoms and oil.
3. Strain out the calendula blossoms once the oil is infused, reserve oil and return it to the double boiler. You should have about $\frac{3}{4}$ of a cup plus 2 tablespoons oil.
4. Place the beeswax and infused oil together in the glass measuring cup. Heat the saucepan over medium heat till the beeswax melts completely.
5. Add vitamin E oil and mix thoroughly.
6. Remove from heat. Add the essential oils and stir.
7. Pour the finished salve into four- 2 ounce (60 ml) glass jars. Allow the salve to cool completely before completing the lids.
8. Label and date.

Calendula ointment for first aid will keep for 1 to 2 years when stored at room temperature in a cool, dark place. Keep it away from heat once the jar is opened.

De-stress tea

A calming and stress relieving tea that is easy to assemble, and works for most people.

Ingredients:

- 1 part lemon balm
- 1 part chamomile
- 1 part lavender

Directions:

Note: For a single cup of tea, use 1 teaspoon of each herb. For making a bulk jar, use about 1 cup of each herb for the blend – yield 3 cups.

1. In a dry mixing bowl, blend measure out equal parts of the three herbs.
2. Mix together until evenly blended.
3. Pour into a large glass jar, label and date.

Use 1 tablespoon per cup of tea, with just boiled water. Steep covered for 5 minutes and sweeten with honey if desired.

The mix can be measured into press and seal tea-bags and stored in a glass jar until needed. Or, simply measured from the storage jar or tin into a tea ball or tea strainer.

May be served hot or cold.

Goal Setting for Herbalists

Whether your goal is to become a clinical herbalist, a community herbalist, or you just want to learn, setting goals and documenting your accomplishments in herbal mastery will help you establish your authority and experience. It will also help you coordinate your study time, gardening, and foraging activities so that you make the most of the time you have in the margins.

Use this book to document the lectures you attend, the online classes, the self-study and even the hands on learning that you do, in the margins. You might want to use it to apply for registration with the American Herbalist Guild or another regional body. Or you might want to use it for your own satisfaction.

How to use this eBook

Use these pages to document your study. You can print each category as often as you need to, to keep track of your studies.

Also use this book to plan your future studies, to dream a little, and to create a personal road map for where you want to go in your herbal studies and practice in the next year, in the next five years, or in your lifetime.

Don't be afraid to dream and to make big, audacious plans, and to think past 2022. Good things will happen as we rebuild our communities in the next year and beyond.

"also, on either side of the river, the tree of life with its twelve kinds of fruit, yielding its fruit each month. The leaves of the tree were for the healing of the nations." -- Revelation 22:2

Advanced Goal Setting for Herbalists

Where would you like to be in your Herbal knowledge and education 5 years from now? Why?

Where would you like to be in your Herbal Knowledge and education 2 years from now? Why?

Where would you like to be in your herbal knowledge and education by December of next year?

What will you need to do accomplish in the next 3 months to be on track for that goal?

What will you need to accomplish in the next 6 months to be on track for that goal?

What big project are you working on?

What will you do this month to help you reach one of your big goals?

Would you like to work with an accountability partner or a buddy to help you reach your goals?

Pick one goal to work on this week



Herbalist Skills to master

(Tick off each one that you have done. Circle the ones you will master in the next 6 months.)

- ☐ Brew a decoction
- ☐ Brew an herbal tisane
- ☐ Collect seeds from one culinary herb
- ☐ Collect seeds from one medicinal herb
- ☐ Create a bioregional material medica
- ☐ Create a kidsafe essential oil diffuser blend for a specific purpose
- ☐ Create a kidsafe herbal medicine using child-size dosage/serving
- ☐ Create a *materia medica* about one herbal ally
- ☐ Create a remedy for boils, warts, or skin infections
- ☐ Create a sleepy time tea or tincture
- ☐ Distill a floral hydrosol
- ☐ Draw a picture of an herb or plant in your herb journal
- ☐ Dye cloth or yarn using natural dye plants and herbs
- ☐ Ferment herbs to preserve them
- ☐ Find one tonic herb that grows in your bioregion, plant it in your herb garden or locate it in the wild. Study it as an herbal ally. Harvest it at the optimal time. Make an herbal remedy with it.
- ☐ Forage for 5 edible wild plants in your bioregion
- ☐ Forage for 5 medicinal wild plants in your bioregion
- ☐ Forage for one medicinal herb in your own bioregion
- ☐ Grow a culinary herb from a plant cutting
- ☐ Grow a culinary herb from a root division
- ☐ Grow a culinary herb from seed
- ☐ Grow a medicinal herb from a plant cutting
- ☐ Grow a medicinal herb from a root division
- ☐ Grow a medicinal herb from seed
- ☐ Grow an edible flower
- ☐ Harvest an edible flower and use it in a dish
- ☐ Harvest oil plants (like olives or almonds) and press the oil

- Identify plants by their plant families (mint family, lily family, rose family etc.)
- Identify wild medicinal mushrooms in the wild.
- Keep an herb journal
- Know the various classes of herb (adaptogen, antiviral, etc.) and name 3 to 5 herbs in each class.
- Know your personal constitution and energetics
- Learn about 5 herbal allies _____, _____, _____, _____, _____
- Learn about one herbal ally that grows in your neighborhood _____
- Make a bitters tincture
- Make a culinary salt using herbs
- Make a double extraction mushroom tincture
- Make a glycerite
- Make a heart tonic or blood pressure tonic
- Make a lip balm
- Make a mushroom brew (mushroom tea, coffee, or hot chocolate)
- Make a plant imprint using natural dye techniques
- Make a poultice
- Make a respiratory remedy
- Make a salve
- Make a simple tincture
- Make a standardized tincture formula
- Make a tincture using the folk method
- Make a tincture using the percolation method
- Make an eczema remedy or other skin ailment remedy
- Make an elderberry syrup or tincture
- Make an herbal electuary
- Make an herbal candy
- Make an herbal capsule using powdered herbs
- Make an herbal cold or flu remedy
- Make an herbal compound tincture

- Make an herbal gooball, zoomball, or other confection with medicinal benefits
- Make an herbal lozenge
- Make an herbal massage oil
- Make an herbal mead
- Make an herbal oil infusion using dried plant material
- Make an herbal oil infusion using fresh plant material
- Make an herbal simple
- Make an herbal syrup
- Make an oxymel
- Make bath bombs
- Make bath salts
- Make composition powder
- Make ink using natural dye
- Make kefir
- Make kombucha
- Make paint pigments using herbs and natural dye plants
- Make sauerkraut, kimchi, or other fermented vegetables
- Make shampoo
- Make soap
- Propagate a culinary herb using air layering
- Propagate a medicinal herb using air layering
- Understand how to use water and salt to create therapeutic isotonic solutions
- Understand the herbal energetics of the herbs you use
- Use a field guide to correctly identify one wild edible plant in your bioregion
- Use a field guide to correctly identify one wild medicinal plant in your bioregion
- Using Google Scholar look up an herb you want to know more about and research the scientific papers on that herb written in the last 5 years.

What skills do you want to accomplish or learn in the next 6 months?

What will you do in the margins that will help you accomplish your goal over time in the next 3 months?

Use this space to brainstorm what you would like to accomplish this year, how that looks, and what you want to include.

My Big Goal is...

How I plan to accomplish this goal that is important to me:

Areas of Study (for AHG registration):

- Basic Human Sciences (150 hours)
- Nutrition and Medical terminology (80 hours)
- Materia Medica (260 hours)
- History , Philosophy and Therapeutic Paradigms and Applications (Including Energetics) of Various Systems of Herbal Medicine (120 hours)
- Pharmacy, Pharmacognosy, and Dispensing (80 hours)
- Botany and Plant Science (60 hours)
- Current Evidence Based Botanical Research (20 hours)
- Practice Management and Ethics (30 hours)
- Supervised Clinical Experience (100 hours)
- Independent Clinical Experience (300 hours)





Clock Math:

15 minutes a day is _____ hours a year.

30 minutes a day is _____ hours a year.

1 hour a day is _____ hours a year.

We over estimate what we can get done in an hour but we under-estimate what we can get done in a year, or two years, or five years.

What is your long term goal with your herbal studies?

Focus Questions:

What would you like to accomplish in the next two years?

What would you like to accomplish before the end of this year?

Why is that goal important to you?

What would accomplishing that goal mean for you?

What is your obvious next step toward accomplishing your goal?

For example:

Monthly Plan to 25 hours of Herbal Study

- Herb of the Month Club 7.5 hours
- Masterclass in DIY Herbal Fellowship 4 to 8 hours
- Self-Study and Hands On Practice 3 to 10 hours

Total Monthly 15 to 25 hours a month

Total Annual Hours: 180 to 300 hours a year.



**Key is to
document,
document,
document!**

Herbal Medicine Education and Training

Hourly description of study between Dates: _____ and _____

Topic:

Total Time invested:

Conferences

Date: _____ Time: _____

Title: _____

Speaker: _____

Where: _____

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Online Courses/Webinars/Recordings

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Onsite courses/Webinars

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Books (self-study):

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Independent Research:

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Onsite courses/Webinars

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Books (self-study):

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Article Title: _____

Publication date: _____

Publication: _____

Article Title: _____

Publication date: _____

Planning: Conferences to Attend

Dates: _____

Organization: _____

Format: _____

Booked yes/no

Workshops: _____

Instructor: _____

Workshops: _____

Instructor: _____

Workshops: _____

Instructor: _____

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Organization: _____

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Planning: Webinars

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Workshops: _____

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Dates: _____

Organization: _____

Format: _____

Workshops: _____

Instructor: _____

Reserved: yes/no

Dates: _____

Organization: _____

Format: _____

Workshops: _____

Instructor: _____

Reserved: yes/no

Planning: Short Classes or in-person classes

Dates: _____
School: _____
Format: _____
Topics: _____
Instructor: _____
Reserved: yes/no

Dates: _____
School: _____
Format: _____
Topics: _____
Instructor: _____
Reserved: yes/no

Dates: _____
School: _____
Format: _____
Topics: _____
Instructor: _____
Reserved: yes/no

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Topics: _____
Instructor: _____
Reserved: yes/no

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Topics: _____

Instructor: _____

Reserved: yes/no

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Topics: _____

Instructor: _____

Reserved: yes/no

Dates: _____

School: _____

Format: _____

Topics: _____

Instructor: _____

Reserved: yes/no

Dates: _____

School: _____

Format: _____

Topics: _____

Instructor: _____

Reserved: yes/no

Dates: _____

School: _____

Format: _____

Topics: _____

Instructor: _____

Reserved: yes/no

Planning Mentorships

Dates: _____

Mentor: _____

Format: _____

Focus: _____

Reserved: yes/no

Dates: _____

Mentor: _____

Format: _____

Focus: _____

Reserved: yes/no

Dates: _____

Mentor: _____

Format: _____

Focus: _____

Reserved: yes/no

Dates: _____

Mentor: _____

Format: _____

Focus: _____

Reserved: yes/no

Dates: _____

Mentor: _____

Format: _____

Focus: _____

Reserved: yes/no

Planning Reference Library

Author: _____
Title: _____
Pub. Date: _____ Format: _____

Author: _____
Title: _____
Pub. Date: _____ Format: _____

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Pub. Date: _____ Format: _____

Author: _____
Title: _____
Pub. Date: _____ Format: _____

Author: _____
Title: _____
Pub. Date: _____ Format: _____

Garden planning:

Which herbs will you plant this year?

1. Herb	Botanical Name	Special Considerations?

Where will you get the seeds or plant starts? _____

Does it grow in easily in your Hardiness zone? _____

2. Herb	Botanical Name	Special Considerations?

Where will you get the seeds or plant starts? _____

Does it grow in easily in your Hardiness zone? _____

3. Herb	Botanical Name	Special Considerations?

Where will you get the seeds or plant starts? _____

Does it grow in easily in your Hardiness zone? _____

4. Herb	Botanical Name	Special Considerations?

Where will you get the seeds or plant starts? _____

Does it grow in easily in your Hardiness zone? _____

5. Herb	Botanical Name	Special Considerations?

Where will you get the seeds or plant starts? _____

Does it grow in easily in your Hardiness zone? _____

6. Herb	Botanical Name	Special Considerations?

Where will you get the seeds or plant starts? _____

Does it grow in easily in your Hardiness zone? _____

Which herbs will you forage for this year?


Common Name	Botanical Name	Important because?
Special Considerations?		
Where does it grow?		
Which part of the plant is used medicinally?		
When will you look for it?		
How will you use it?		
How will you preserve it?		
Notes:		

Common Name	Botanical Name	Important because?
Special Considerations?		
Where does it grow?		
Which part of the plant is used medicinally?		
When will you look for it?		
How will you use it?		
How will you preserve it?		
Notes:		

Essential Oils in your inventory

What do you need to purchase for the next quarter?

[illegible]



DAILY HERBAL TRACKING



Herbal Goal Month: Minutes:

MON	TUE	WED	THUR	FRI	SAT	SUN



15 minutes a day is 7.5 hours per month
30 minutes per day is 15 hours per month
What herbal goal will you work on, in the margins,
this week or month?





DAILY HERBAL TRACKING



Herbal Goal Month: Minutes:

MON	TUE	WED	THUR	FRI	SAT	SUN



15 minutes a day is 7.5 hours per month
30 minutes per day is 15 hours per month
What herbal goal will you work on, in the margins,
this week or month?



Coming Up in the DIY Herbal Fellowship in 2022

JANUARY 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					HAPPY new year	1
2 Herb of the Month	3	4	5	6	7	8
9	10	11 Village Herbalist Masterclass	12	13	14	15
16	17 Monthly Ebook Released	18	19	20 QA	21	22
23	24	25 Coffee Chat	26	27	28	29
30	31					

FEBRUARY 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Herb of the Month	2	3	4	5
6	7	8	9	10 Herbal Aphrodisiacs Masterclass	11	12
13	14	15 Coffee Chat	16	17 Monthly Ebook Released	18	19
20	21	22	23	24 QA	25	26
27	28					



MARCH 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
		Herb of the Month	1	2	3	4	5		
6		7	Medicinal Mushrooms Masterclass	8	9	10	11	12	
13		14	15		16	Plan Your Garden Challenge 16 to 23	17	18	19
20		21	Monthly Ebook Released	22	Plan Your Garden Challenge Ends	23	24	25	26
27		28		29	Coffee Chat	30	31		



APRIL 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
				Herb of the Month		1	2
3	4	5	6	7	8	9	
10	11	12	13	14		15	16
	17	18	19	20	21	22	23
24	25	26	27	28	29	30	



MAY 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Herb of the Month	3	4	5	6	7
8 	9 Spring Foraging Challenge 9 - 14	10 Herbal Pills, Capsules, and Elixirs Masterclass	11	12	13	14 
15	16	17 Monthly Ebook Released	18	19	20	21
22	23	24 Coffee Chat	25	26 QA	27	28
29	30	31				



JUNE 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Herb of the Month	1 	2	3	4
5 	6	7	8	9 Herbs for the Nervous System Masterclass	10	11
12	13	14	15	16 Monthly Ebook Released	17	18
19 National Pollinator Week 20 - 26	20	21 Coffee Chat	22	23 QA	24 	25
26	27	28	29	30		31 



JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Herb of the Month	1	2
3	4	5	6	7	8	9
10	11	Teaching Herbs to Children Masterclass	13	14	Monthly Ebook Released	16
17	Ice Cream Day	18	Coffee Chat	20	21	23
24	25	26	27	28	29	30
31						





AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Herb of the Month	1	2	3	National Chocolate Chip Cookie Day	5	6
7	8	9	10	Herbs for the Lower Digestive System Masterclass	12	13
14	15	16	17	Monthly Ebook Released	19	20
21	22	Coffee Chat	24	25	26	27
28	29	30	31			





SEPTEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Herb of the Month 	1	2
4		5	6	7	8	9
11		12	13		15	16
18		19	20	21	22	23
25		26	27	28	29	30



OCTOBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Herb of the Month 	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



NOVEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Herb of the Month	 1	2	3	4	5
6	7	8	Herbs for the 9 Urinary System Masterclass	10		12
13	14	15	16		18	19
20	21	 22	Monthly Ebook Released	23	25	26
27	28	29				



DECEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 Advent Activator Challenge		Herb of the Month	1	2
 National Cookie Day		6	7	8	9	10
11	12	13	14	15	16	17
		Herbs for Children Masterclass	Advent Activator Call			
18	19	20	21	22	23	Advent Activator Ends
 Merry Christmas	 Monthly Ebook Released	27	28	29	30	31



ABOUT THE AUTHOR

Chris helps natural moms create a homegrown lifestyle so they can create health and wellness for their families naturally. She is a teacher, author, gardener, and herbalist with 35+ years' of growing herbs and formulating herbal remedies, skin care products, soaps, and candles.

Chris is the founder of the DIY Herbal Fellowship, the DIY Herb of the Month Club, the Joybilee Farm blog, and an instructor at Joybilee Academy. Chris believes in giving her readers a quick win because each quick win builds confidence and empowers intuition for self-reliance and natural health.

Chris is the author of the *Dehydrator Cookbook for Beginners, A Guide to Dehydrating Fruits, Vegetables, Meats, and More* (2022), *The Beeswax Workshop, How to Make Your Own Natural Candles, Cosmetics, Cleaners, Soaps, Healing Balms and More* (2017), *Homegrown Healing, from Seed to Apothecary* (2016), and *The Beginner's Book of Essential Oils, Learning to Use Your First 10 Essential Oils with Confidence* (2015)

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