



***More things are learnt in the woods than in books.
Animals, trees, and rocks teach you things not to be heard elsewhere.
~St Bernard***

The Sonoma County Herb Exchange is located in Sebastopol,
on what are the traditional lands of the Southern Pomo.

We are grateful for those who have tended the land and their traditions of herbal
knowledge with care and regard. Understanding that we stand on the shoulders of
those who have come before us, we strive to be mindful of our place in this
unfolding conversation. And we hope to do so with respect for All concerned,
human and otherwise.

It is with honor and delight that we offer the following fresh herbs for the next short while. Some of these amazing herbs are just starting to pop, whilst others are soon to be done for the season.

As follows:

Artichoke, leaf (*Cynara scolymus*)
Borage, flowering tops (*Borago officinalis*)
Calendula, orange flw (*Calendula officinalis*)
California poppy, whole plant (*Eschscholzia californica*)
Celandine, herb (*Chelidonium majus*)
Cleavers, herb (*Galium aparine*) - last chance
Comfrey, leaf (*Symphytum officinalis*)
Echinacea, lf/flw (*Echinacea purpurea*)
Feverfew, flowering tops (*Tanacetum parthenium*) coming soon
Figwort, herb (*Scrophularia californica*) limited availability
German, chamomile; flower (*Matricaria recutita*) coming soon
Gotu kola herb (*Centella asiatica*)
Hawthorne, lf/flw (*Crataegus spp.*)
Horehound, herb (*Marrubium vulgare*)
Horsetail herb (*Equisetum arvense*)
Incense cedar, leaf (*Calocedrus decurrens*)
Lavender, flower (*Lavandula x intermedia*) coming soon
Lemon balm, herb (*Melissa officinalis*)
Mexican marigold, flw tops (*Tagetes lemmonii*)
Motherwort, herb (*Leonurus cardiaca*)
Mugwort, European; herb (*Artemisa vulgaris*)
Mullein, leaf (*Verbascum thapsus*)
Olive, leaf (*Olea europea*)
Oregano, herb (*Origanum vulgare*)
Peach, leaf (*Prunus spp*)
Pellitory of the Wall, herb (*Parietaria officinalis*)
Peppermint, herb (*Mentha piperita*)
Plantain, leaf/whole (*Plantago lanceolata/major*)

Raspberry, leaf (*Rubus ideaus*)
Rose, petals (*Rosa rugosa* & spp.)
Rosemary, herb (*Rosmarinus officinalis*)
Rue, herb (*Ruta graveolens*)
Spearmint, herb (*Mentha spicata*)
Peppermint, herb (*Mentha piperita*)
Violet, leaf (*Viola odorata*)

As per usual, please have your requests in by Wednesday, for pick up or delivery the following Tuesday, given the parameters we have in place, as we are a first request, first provide operation.

If you have placed a pre-order, your requests will be filled first. If you have an idea of what you want for the year, please submit your list at your earliest convenience. You are also welcome to order from month to month, but we do adhere to the first request, first provide policy.

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>

You can also ask for a membership form and we will gladly offer it up in an email or when you come in to pick up your herbs. Easy peasy.

We appreciate your ongoing support. Thank you.

We offer are deep gratitude for this fine planet we get to call home, and understand we are guests with responsibilities. May we show up with respect in the manner in which are called to engage, and may we do so with regard for All beings.

Action on behalf of life transforms. Because the relationship between self and the world is reciprocal, it is not a question of first getting enlightened or saved and then acting. As we work to heal the earth, the earth heals us.

~Robin Wall Kimmerer

On this Full Moon,

Barbara Jean (BJ) Avery, Director
