



Greetings Fellow Herbies,

What a ride we are on.

As we approach the Solstice and onset of Summer, may the turning of the seasons bring forth good fortune in the form of healing.

The most beloved relative in the world has come to offer healing, if we just can figure out how to pay attention.

In these wild and interesting times we are incredibly blessed to have healing plants to our avail. Sometimes the blessing is in taking an herb as a tea, tincture, and more. And often the medicine is just being in the presence of another being who just happens to be a plant.

Through the hard work of the many growers and farmers who tend the land, let us support their mindful efforts to bring medicine to the people and to all whom we care for.

The following herbs are available for the next short while. Some just coming on, others just about done. Here's what we have in mind:

Agrimony herb (*Agrimony eupatoria*)  
Bay, California leaf (*Umbellularia californica*)  
Blue vervain herb (*Verbena hastata*)  
Brahmi herb (*Bacopa monnieri*)  
Calendula orange flower (*Calendula officinalis*)  
Catnip herb (*Nepeta cataria*)  
Celandine herb (*Chelidonium majus*)  
Clary sage flower tops (*Salvia Sclarea*)  
Echinacea leaf/flower (*Echinacea purpurea*)  
Eucalyptus leaf (*Eucalyptus globulus*)  
Feverfew flower tops (*Tanacetum parthenium*)  
German chamomile flower (*Matricaria recutita*)  
Gotu kola herb (*Centella asiatica*)  
Lemon balm herb (*Melissa officinalis*)  
Lemon verbena herb (*Aloysia triphylla*)  
Marshmallow leaf (*Althaea officinalis*)  
Mexican marigold herb (*Tagetes lemmonii*)  
Motherwort herb (*Leonurus cardiaca*)  
Mullein leaf (*Verbascum thapsus*)  
Mugwort herb (*Artemisia douglasiana*) **limited amounts available**  
Mugwort herb (*Artemisia vulgaris*)  
Oats milky tops (*Avena sativa*) **last call – UPDATE: DONE FOR THE SEASON**  
Oregano herb (*Origanum vulgare*)  
Passionflower herb (*Passiflora caerulea*)  
Peach leaf (*Prunus spp.*)  
Pennyroyal herb (*Mentha pulegium*)

Peppermint (*Mentha piperita*)  
Purslane herb (*Portulacca oleracea*)  
Raspberry leaf (*Rubus idaeus*)  
Rose petals (*Rosa rugosa & spp.*)  
Rose geranium herb (*Pelargonium graveolens*)  
Rosemary herb (*Rosmarinus officinalis*)  
Saint John's Wort flw tops (*Hypericum perforatum*)  
Self heal herb (*Prunella vulgaris*)  
Scullcap herb (*Scutellaria lateriflora*)  
Sweetgrass blade (*Heiurochloe odorata*)  
Spearment herb (*Mentha spicata*)  
Tulsi herb (*Occimum sanctum*)  
Vervain herb (*Verbena officinalis*)  
Wild lettuce whole plant (*Lactuca virosa*)  
Wormwood herb (*Artemisia absinthium*)  
Yarrow flower (*Achillea millefolium*)

Please have your requests for herbs in by Wednesday, for pick up or delivery the following Tuesday, given the parameters we have in place.

The parameters are that we provide on a first request, first receive basis. If others have placed requests before you, they will be offered the herbs first. If you have placed a pre-order for the 2020 season, same goes, your requests will be offered first, in the order in which those requests are received.

If you have an idea of what you want for the rest of the year year, please submit that list at your earliest convenience. Listing the herbs in alphabetical order by common name, including part you want (herbs, flower, root, etc.), amount you want and whether you want fresh or dried herbs. If you know the botanical name of the herbs you want, please

include that for the sake of clarity. 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. So we appreciate all who have willingly stepped up in support. You can join here: <https://www.sonomaherbs.org/membership>

Thank you for your support.

Also, we are called by the plants to be on this journey of healing. I believe this to be true in my heart of hearts.

Right now there is so much going I find it really important to stay grounded and in our bodies. Times are tense.

Let's support one another in this great unfolding. My well being is tied to your well being, because everything is connected.

Please take a moment to watch this short but powerful message by Justin Robinson (Instagram: @countrygentlemancooks) It is also posted on our Facebook page.

Justin Robinson is a black man.

This is the start of a conversation.

"I have been put in handcuffs while being in the woods as a botanist [...] Before I am a plant nerd or a musician or a dad, I have a dangerous looking body to people, and that has some repercussions. [...] The system that makes black male bodies vulnerable [...] is the same system that makes plants that shouldn't be rare, rare."

"The system that makes black male bodies vulnerable [...] is the same system that makes plants that shouldn't be rare, rare."

My well being is tied to your well being. Everything is connected.

At the Herb Exchange we are doing what we can to bring the herbs to the people by supporting farmers to keep them on the land, and to support the healers in need of plants to bring to our communities.

And there is always more that is being asked.

Are you a BIPOC herbalist? Do you need our support in getting the word out about what you do?

The Sonoma County Herb Exchange was contacted recently by the Bitter Poppy Collective.

They are requesting support. Here's what they have to say:

We are a collective of graduates from California School of Herbal Studies who are working together to make herbal street medic and aftercare kits and to redistribute much needed supplies to BIPOC (black, indigenous, people of color) led, centered, or supporting herbal and medic collectives nationwide. We are contacting you to ask for your support in the midst of the uprising that has ignited in the wake of George Floyd's murder at the hands of Minneapolis Police.

Here are the links for materials they have requested:

Arizona:

[https://docs.google.com/spreadsheets/d/1fUZw7u3KVfVJHK\\_XUt2QISTdsf5u-fV90IUoH4LKpC0/edit#gid=1386834576](https://docs.google.com/spreadsheets/d/1fUZw7u3KVfVJHK_XUt2QISTdsf5u-fV90IUoH4LKpC0/edit#gid=1386834576)

Los Angeles:

[https://docs.google.com/spreadsheets/d/18c1WqBb1wE\\_Y\\_MUzYQ7jEReP5MYj3i1dnOYdotAcaRE/edit#gid=1386834576](https://docs.google.com/spreadsheets/d/18c1WqBb1wE_Y_MUzYQ7jEReP5MYj3i1dnOYdotAcaRE/edit#gid=1386834576)

Medocino:

<https://docs.google.com/spreadsheets/d/13a20ganbdktrF00PndZJeehL6UzLpBMIDirnvbbsT08/edit#gid=1386834576>

SF Bay Area:

<https://docs.google.com/spreadsheets/d/1ZzefbzZ8nmvqoNumalxV61VHURTO3uEoYjbaG4EM3yg/edit#gid=1386834576>

Thanks for stepping up in the ways that you are called.

My well being is tied to your well being. Everything is connected.

In service,

~Barbara Jean (BJ) Avery, Director