

PLANTING THE FUTURE

*A Conference on the Cultivation, Preservation & Uses
of Native Medicinal Plants*



HERB PHARM FARM
WILLIAMS, OREGON • MAY 30, 2009

Schedule

8:30 am - Registration
9:30 am - 10:15 am - Opening Circle
10:15 am - Noon - Class Session 1
Noon - 1:30 pm - Lunch Break
1:30 pm - 3:00 pm - Class Session 2
3:15 pm - 4:45 pm - Class Session 3
5 pm - 5:30 pm - Closing Circle

DRAFT
ONLY

Raffle for the Plants....Win Incredible Herbal Treasures....Tickets \$ 1

CLASS SESSION #1 10:15 am - noon

CLINICAL AND PERSONAL STRATEGIES FOR SYNDROME X, DIABETES & HEART DISEASE (CREEK HOUSE)

Review the latest research and current clinical strategies for prevention and natural treatment programs for heart disease and diabetes. We will focus on inflammation and dyslipidemia, but consider the most widely-accepted and researched, practical herbal, "nutraceutical," and dietary strategies. Christopher will also present a short synopsis of probiotics, prebiotics, and traditional fermented foods for these conditions.

** **CHRISTOPHER HOBBS** is a fourth-generation herbalist and third-generation botanist whose life-long passion for plants was sparked at the age of 5. After 40 years of actively teaching and learning about these amazing, ancient green lineages, he is still ardently listening to what the plants have to teach. Author of 25 books on health & herbal medicine, a licensed acupuncturist with over 15 years of clinical experience, he is now a PhD candidate at UC Berkeley in plant sciences, especially evolutionary biology, biochemistry, botany, and ethnobotany.

HERBAL LOCAVORE (CARPORT)

In the spirit of UpS come learn about the wealth of food and medicine that grow in your own backyard, many of which can be used as analogs for UpS designated "At-Risk" and "To-Watch" list plants. We will focus on plants that are abundant in many locals, mostly invasive aliens, ripe for the harvest. Class will include lecture, discussion, herb walking and handouts!

** **JANE BOTHWELL** directs The Dandelion Herbal Center, a rural herbal education center in the coastal hills of Northern California. She is a mother, educator, herbalist, hypnotherapist and flower essence practitioner. Her passion for plants runs strong and clear and she is dedicated to empowering people with the knowledge and wisdom necessary to use plants wisely as food, medicine, and spiritual support. Jane has been actively involved with United Plant Savers and is an avid supporter of conservation on all levels. She shares her home with her husband and 2 children, 3 cats, 2 dogs, numerous herb students, and many native, cultivated and edible plants.

SUSTAINABLE WATER GARDENS: HOW TO LANDSCAPE YOUR POND AND PROTECT LOCAL WATERWAYS FROM INVASIVE AQUATIC PLANTS. (GROTTO)

Through slides, herbarium specimens, handouts, and a visit to a pond on site, you will learn the vital role that aquatic plants play in lakes and rivers, impacts invasive aquatic plants have on those ecosystems, and how to design a water garden that is both beautiful and environment-friendly!

HOLLY CROSSON is a biologist and educator with 25 years experience working to protect and restore aquatic habitats. She shared her passion for plants and gardens while she was the Interpretation Coordinator at the botanical garden and arboretum on the UC Davis. She now works part-time at Pacific Botanicals, and continues to work for UC Davis in the Dept of Environmental Science and Policy.

GREEN SOURCING: ARE YOUR SUPPLEMENTS SUSTAINABLE? (BARN)

We'll discuss the importance of 'Green Sourcing', how it relates to conservation and sustainability with plants like sandalwood, rosewood and spikenard. We'll discuss quality issues with essential oils, and most importantly, their many therapeutic benefits."

** **TIM BLAKELY** has been an herbalist/aromatherapist for 30 years. He was land manager, teacher and part-owner of the California School of Herbal Studies, helped create the education program and farm at Herb Pharm, created the Frontier Co-op Farm and the National Center for the Preservation of Medicinal Herbs. He presently teaches aromatherapy classes and travels the world sourcing essential oils and tea. To say he is an essential oil junkie is an understatement. He lives on his homestead in Hawaii and loves to teach.

THE SONG CELESTIAL (PERGOLA)

Our bodies are musical instruments, played by life's breath. A key to healing and to an understanding of the ancient vibratory sciences of Fire and Water, Earth and Air, is revealed, as we contemplate this ancient yogic vision of the world as music. We will practice Mantra Yoga as a healing modality.

BRUCE BURGER is the founder of Heartwood Institute and author of *Esoteric Anatomy: The Body as Consciousness*. Bruce has been a student of East Indian philosophy since 1971 and has been practicing and teaching energy healing on a daily basis since 1976.

HARRY FULLER - BIRD WALK (meet at Mother Madrone)

See Harry Fuller's bio under class session #2.

CLASS SESSION #2 1:30 pm - 3 pm

5 HERBS; 25 REMEDIES! (CARPORT)

Class description pending.

** **ROSEMARY GLADSTAR** is the founder of United Plant Savers, The California School of Herbal Studies, co-founder of Sage Mountain Herbs, and author of *The Family Herbal*, *Herbal Healing for Women* and the *Storeybook Herbs*. Her knowledge comes primarily from the magic of the folkloric tradition and the teachings of the plant spirits.

WOMEN'S HEALTH BOTANICAL UPDATE- WHAT'S NEW IN THE RESEARCH (CREEK HOUSE)

Botanical research in women's health issues will highlight new studies in areas of menopause, osteoporosis, heart disease, arthritis, polycystic ovarian syndrome, endometriosis, PMS and incontinence.

DR. TORI HUDSON, N.D. is currently medical director of A Woman's Time clinic in Portland, Oregon, clinical Professor at the National College of Naturopathic Medicine, Bastyr University and Southwest College of Naturopathic Medicine, and Program Director of the Institute of Women's Health and Integrative Medicine. Dr. Hudson is a national lecturer and author of several books including *Women's Encyclopedia of Natural Medicine* and *Gynecology and Naturopathic Medicine, A Treatment Manual*. She has 25 years of experience and expertise in women's health utilizing nutrition, nutraceuticals, herbs, bio-identical hormones and other therapies to treat all gynecological and primary care conditions.

HERBS DON'T WORK - BREAKING THE MAINSTREAM'S MAGIC SPELL (BARN)

Modern medicine has effectively bewitched the theory and practice of herbalism, insidiously controlling the community of herbal practitioners and herb consumers, but magic spells can be broken as well as made. Jonathan will discuss different approaches - including counter-magic and exorcism of mainstream terminology - that enable us to overcome the trap of unconsciously reinforcing mainstream dominance over our community, from clinical practice to political activism.

JOHNATHAN TREASURE is a British medical herbalist now based at the Centre for Natural Healing in Ashland, OR. He graduated in medical sciences from Cambridge University and herbal medicine from the UK School of Phytotherapy. His clinical focus is botanical medicine for cancer and his research interest is herb-drug interactions and advanced integrative therapeutics. www.herblogical.com/herblog

GROWING MEDICINALS AND "AT-RISK" PLANTS (GROTTO)

Wonderful and informative slide show of growing techniques developed at Pacific Botanicals. The slide show will also present an overview of production systems at the farm. Bring your questions!"

** **MARK WHEELER** is known worldwide as an expert on growing medicinal herbs. In 1979 he founded Pacific Botanicals, which grows and ships medicinal herbs worldwide. He specializes in developing production systems for plants that have not been previously cultivated.

EFFECTS OF GLOBAL WARMING ON BIRD POPULATIONS (PERGOLA)

Includes household energy and water saving moves that can help birds and the rest of the planet.

HARRY FULLER is an active volunteer with the Rogue Valley Audubon Society and Klamath Bird Observatory. A long-time San Francisco resident and birder, he has led dozens of field trips for Golden Gate Audubon Society, Strybing Arboretum, Carleton College Alumni, and San Francisco Recreation and Park Dept. He has taught classes on early American ornithology, bird song and field identification at the California Academy of Sciences, local Audubon groups and Point Reyes Field Seminars. He has written and published *Now and Then*, a history of changes in San Francisco's natural habitats and wildlife since the earliest written records. For more info, check out Harry's website: www.towhee.net

KATHI KAVILLE – HERB WALK (meet at Mother Madrone)

See Kathi's bio under class session #3.

THE RIGHT DIRT (CARPORT)

Plants from different ecologies require specific propagation strategies and custom made potting soil in order to best respond to cultivation in the home garden. Richo will discuss some of the techniques for working with problematic germinators and will demonstrate making different potting soil mixes for plants from ecologies such as the open prairie, forest and desert.

** **RICHO CECH** started his professional work as an archaeologist & ethnobotanist in East Africa. Upon his return to the U.S. in 1978, he began cultivating and saving the seed of medicinal plants. Over the years, this collection has become the basis for Horizon Herbs, "Sowing seeds worldwide for the benefit of people, plants and the planet." Richo is the author of *Making Plant Medicine, Growing At-Risk Medicinal Herbs* and his new book, *The Medicinal Herb Grower, A Guide for Cultivating Plants that Heal*. As a UpS Advisory Board member, Richo is an active supporter of UpS.

MEDICINAL MUSHROOMS (BARN)

An overview of medicinal mushrooms, mushroom preparations and their medicinal properties. Mushrooms have numerous medicinal properties, from alleviating asthma to combating cancer, many of which are due to their ability to boost and modulate the immune system. This class will cover the uses of several mushrooms and discuss how the different methods of preparation affect their properties.

GEORGE VAUGHN learned to hunt mushrooms as a boy and became fascinated by all the different kinds he'd find out in the woods. He continued learning about mushrooms and plants at university and received a B.S. in Botany and an M.S. in Plant Biology. George founded *Mushroom Harvest* on his farm outside of Athens, Ohio in 1998, where they produce certified organic medicinal mushroom powders, capsules and extracts from the mushrooms grown on the farm.

THE PHARMACOLOGY & MEDICINAL USES OF UPS "AT-RISK" HERBS (CREEK HOUSE)

Class will cover the harvesting, preparation and therapeutic use of the following herbs: American ginseng, arnica, black cohosh, echinacea, eyebright, false unicorn, goldenseal, kava, lomatium, stoneroot, venus flytrap, wild indigo, wild yam, and others.

ED SMITH has been working as a medical herbalist for 30 years. He is co-founder and co-owner of Herb Pharm, is a founding member of the American Herbalist Guild, and serves on the advisory board of the American Botanical Council. He is an internationally respected teacher and lecturer on medicinal herbs and herbal healthcare, and speaks at many herbal gatherings, conferences and symposiums. Ed travels extensively throughout the world continually seeking knowledge of medicinal herbs and their therapeutic uses by native peoples.

AROMATHERAPY (PERGOLA)

Selecting, cultivating, harvesting & preparing the best herbs to keep you and your family healthy.

KATHI KEVILLE, an herbalist & aromatherapist for nearly 40 years, teaches entertaining seminars in Nevada City and throughout the US. She is director of the American Herb Association and has written over 200 articles for national magazines and 12 herb books, including the new *Women's Herbs, Women's Health, and Aromatherapy: The Complete Guide to the Healing Art*. www.ahaherb.com

HERBS, 'NATURAL PRODUCTS' AND CELL SIGNALING (GROTTO)

An introduction to the way plant constituents are revealing the complexities of the cell. What does this imply for the herbalist who works with whole plants and not extracted phytochemicals?

** **DAVID HOFFMAN**, B.Sc., F.N.I.M.H., a Fellow of Britain's National Institute of Medical Herbalists has been a phytotherapist for 30 years. He is one of the founding members and a past president of the American Herbalist Guild, and is on the advisory board of the American Botanical Council and United Plant Savers. He promotes phytotherapy throughout the English speaking world, including Australia, New Zealand and Canada. He teaches at the California School of Herbal Studies and is visiting faculty at Bastyr University. The author of 17 books, his latest is a textbook on science and clinical skills for phytotherapists entitled *Medical Herbalism*, published by Inner Traditions. An activist for far too long (!) he ran for parliament in the UK for the Green Party in 1983.

TIM BLAKELY – HERB WALK (meet at Mother Madrone)

See Tim's bio under class session #1.