

Forest & Meadow Herbal Shop and Clinic

Education Tent Class Descriptions

Easy-to-Grow Medicinal Plants

with Jacey Joern, Herbalist

Learn about a variety of medicinal plants that can be easily grown right in your own backyard and some simple ways to make use of these plants in your home apothecary.

Herbal Nervous System Support for Surviving the Apocalypse

with Heather Durawski, Certified Clinical Herbalist

Are we really due for that mega earthquake? Would we look up if a comet was on a collision course with Earth? Is a zombie outbreak ever in the cards? Who knows? What we do know is that life can get pretty stressful even without a looming apocalypse. Join us to learn how you can nourish your nervous system with medicinal plants. Prep your bug out bag with these calming remedies, so you'll be ready for an actual apocalypse or just when everyday life starts to feel like doomsday.

Meet Your Missouri At-Risk Medicinals

with Jacey Joern, Herbalist & Amanda Jokerst, Certified Clinical Herbalist and founder of Forest & Meadow Herbal Shop and Clinic

While the recent rise in interest in herbal medicine is positive in many ways, it is also crucial to consider the impact this has on some of our favorite medicinal plants and their ability to survive and thrive in their native habitats. We will introduce you to some of our most beloved Missouri medicinal plants that are now considered at-risk, suggest alternative herbs that can sustainably be used in their place, and encourage ways to protect wild plant populations by making conscious herbal purchases. We'll also discuss the important work of United Plant Savers and their efforts to support land stewardship, habitat protection, and medicinal plant preservation.

Sustainability in Aromatherapy

with Aurelia Beye, Certified Aromatherapist and founder of Aurelia Aromatica

Aromatherapy offers a natural alternative for well-being and can be a clean practice for the planet. However, as aromatic plants are more affected by the risks of climate change, unsuitable growing practices, and unethical harvesting, aromatic plants are under threat. The need to understand ethical and sustainable practices of aromatherapy is vital. In this class, we will navigate the sustainable use of essential oils and eco-friendly practices so that we may gain more confidence in the support we give to the planet, ourselves, and future generations.

Acupressure for the Tender Emotions

with Dr. Monica Brown, DSOM, Lac and founder of Kindred Currents Holistic Medicine

As we collectively navigate what it means to live under global capitalism and white supremacy during times of climate chaos, war, and a pandemic, we are bound to experience the full range of emotions. Part of sustainability is tending to ourselves and our community so we can show up ready to do the work that is needed to transform the conditions of our world. In this workshop, we'll explore the emotions through the lens of East Asian medicine and take home easy practices to make space for and move through the tender emotions.

Local Bitter Plants for Better Digestion (and Cocktails!)

with Amanda Jokerst, Certified Clinical Herbalist and founder of Forest & Meadow Herbal Shop and Clinic

Expand your palette and enhance your digestion with herbal bitters! We've almost completely lost the bitter flavor in our modern diets, a flavor that can get our digestive juices flowing, alleviate common digestive woes, balance blood sugar and the metabolism, and improve overall wellness and vitality. We'll explore how we can reclaim the use of this flavor in our everyday lives by working with the bitter-tasting plants that grow around us as simple bitter tonics, as well as in cocktails, mocktails, and other botanical beverages.

Extending the Harvest with Basic Medicine Making Skills

with Heather Durawski, Certified Clinical Herbalist & Amanda Jokerst, Certified Clinical Herbalist and founder of Forest & Meadow Herbal Shop and Clinic

While it may feel a bit early to start thinking about harvesting, it can be so nice to have some ideas on hand for how to utilize the abundance awaiting us this growing season. Come learn how to dry and store herbs for cooking and tea, infuse vinegars for salads and shrubs, and make botanical oils for topical use.

Reconsidering Pesky Weeds as Useful Allies

with Jacey Joern, Herbalist

Many of the commonly occurring plants that show up in our greenspaces, backyards, and even some sidewalk cracks may be seen as a nuisance by some due to their persistence and prolificacy. In this class, we hope to shift that perspective by highlighting the many virtues, benefits, and applications of our local weeds. As they say, when life gives you Dandelions...make roasted Dandelion Root tea!