

Community Herbalism: Engaging with Plants for Creativity and Wellness

Fall-Winter-Spring 2024-25

Faculty: Marja Eloheimo, Ph.D.

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Credits: 8 credits | 12-credit option (4 credits of independent work that must be approved by faculty. Email your interests.)

Learning Mode: Hybrid

Schedule: Wednesday 6-9:50pm Zoom & alternate Saturdays (in Weeks 1,3,5,7,9,10), 9:30-5:30, mostly in-person at the garden and House of Welcome.



Description

In this yearlong program, we learn how and why to engage with plants to cultivate creativity and enrich wellness. Community Herbalism expands the concept of medicine from pharmaceutical drugs to a continuum that's rooted in nourishment; from passive doctor visits to activities such as gardening, harvesting, kitchen-based medicine-making, and plant arts such as natural dyeing; and from standardized prescriptions to cultural, family, and place-based knowledge and sharing. Community Herbalism is diverse, accessible, and inclusive; it views relationality as the fertile soil in which creativity can grow and wellness can flourish.

Throughout the year, our studies draw from several disciplines including medicinal botany, community and cultural studies, plant-based arts, and Indigenous studies. Following the seasons, we identify plants, explore aspects of field botany, study body systems, make kitchen medicines and natural dyes, network with community herbalists and community gardens, and consider our own heritage traditions. We also commit to the hard work of decolonizing Western herbalism, and we engage with the "Gifts of the Land" Ethnobotanical Garden at the s'g'wi g'wi ? altx": House of Welcome, as both resource and teacher. New students may join in winter and spring, space permitting.

Community Herbalism is not only for clinical herbalists and healthcare professionals; it is also for educators, artists, and Indigenous tradition keepers. It is for those seeking to reduce healthcare and environmental harms. It is for you. To successfully participate in this hybrid program, students need a computer with reliable internet access for Wednesday night classes sessions on Zoom and program engagement on Canvas. Students also need the ability to attend in-person classes on alternate Saturdays.

Anticipated Credits:

2-credits - Medicinal Botany

2-credits - Community and Cultural Herbalism

4-credits - Plant Practicum: Hands-on Care, Color, and Medicine