

The At Home
Apothecary



Seasons
& Wellness

WHAT IS THE AT HOME APOTHECARY?

The at Home Apothecary is the place to be if you're looking to start your own herbal healing journey. Here you'll learn about a variety of different medicinal herbs and how to make them into remedies of your very own. While this course centers around medicine making, we also discuss best foraging use, and essential oil safety so you can feel confident crafting your own practice. We also provide you with over a dozen easy recipes to help you incorporate a practice into your daily routine and diet.

The goal of this course is to help you feel confident stepping into your own herbal wellness practice with the knowledge you need to make remedies while gaining the ability to self educate so you can continue to learn about other plants in a safe manner. In this course we will discuss 28 different herbs and their uses as food and medicine. We will discuss the different outlets for sourcing these herbs while learning ethical harvesting and safe foraging practices. With these 28 herbs you will learn to make a variety of different herbal remedies, including teas, tinctures, oxymels, balms, and infused oils. With these techniques applied to any herb you learn about in the future, what you can create is endless. In addition, we will examine proper essential oil use and safety, and discuss 7 popular essential oils to introduce to your apothecary. To finish I will share a variety of recipes that use herbs as foods and walk through why it's also beneficial to consume remedies in this way. This course also includes a list of recommended tools and readings, with various printouts.

HOW IS THIS BOOKLET LIKE THE ACTUAL COURSE?

This free intro into The At Home Apothecary features excerpts from a variety of informational texts from the course, so you get a direct look into the workshop to see how we navigate learning about herbs and making remedies. This booklet also includes exclusive recipes and plant profiles not featured in the course, so it's a great piece of supplemental information.

Information taken directly from the course is not entirely published again in this piece of literature. Full texts from the excerpts can be found within the contents of the workshop.

This booklet navigates herbal wellness in a way our bodies naturally understand it. There's a time and place for each herb, and many herbs show their usefulness at the changing of the seasons. Drawing from this natural transition, we use these seasonal marks in time to traverse the information in this booklet. We begin with Spring, a time when many of us are planning our decoctions for the year and getting started in the garden.

While this course is perfect for beginners and those just getting into herbal wellness, completing this course does not result in a certificate and is not enough of an education to begin a career in herbalism. We suggest an American Herbalist Guild approved course for this type of certificate.

SPRING

GETTING STARTED IN THE
GARDEN- MEDICINAL SEED
STARTING LIST

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COMMON ALLERGY REMEDY
HERBS

-

GREEN GODDESS SALVE

-

MORNING GLORY FLOWER
ESSENCE PROFILE

GETTING STARTED IN THE GARDEN- MEDICINAL SEED STARTING LIST

Growing herbs from seed has become a big part of my personal herbal journey, but it's not a part of everyones path. Whether you grow herbs for your practice or not, your herbalism is no less valid, and you can still get just as good of a finished product from herbs that you source from local farmers or trusted sources online. The At Home Apothecary workshop provides a list of trusted herb sellers as well as advice on sourcing herbs locally. With all of that in mind, your herbal practice can have many more avenues available to you when you grow your own herbs. You have access to fresh plant material, something that's not easy to come by when ordering herbs online, and while I dry my herbs before making salves and tinctures, the benefits of fresh herbs are countless. You can use them in culinary practices, food is medicine after all; and as you get more involved in your remedies, workings like essential oil making require fresh plant material.

In The At Home Apothecary we discuss herbs based on whether they are easy to grow and incorporate into your garden, easier to outsource due to processing and growing location, or herbs that are primarily found through foraging that evade cultivation. Some seeds can be started indoors, and others can be sown directly into your garden. This non exhaustive list designates which seeds should be started early indoors, and which seeds can go right into your garden beds! Research what zone you live in to determine when is the right time to start your seeds. determine when is the right time to start your seeds.

START INDOORS:

Echinacea, Arnica, Basils, Sage, Yarrow

SOW DIRECTLY:

Chamomile, Calendula, Skullcap, Milky Oats, Milk Thistle, Hyssop, Catnip, Comfrey,
Feverfew, Lemon Balm, Stinging Nettle, Valerian

NEEDS STRATIFICATION:

Burdock, Chaste Tree, Lavender, Motherwort, Passion Flower

ADJUSTING TO THE SHIFTING SEASONS WITH MORNING GLORY

Morning Glory flower essence is the perfect herbal ally in times of transition. I can't think of a more opportune time to use it than spring. It can help us to awaken our bodies after winter, bringing us to a new state of revival, open and turned towards the sun. Morning Glory encourages us to be open to receiving light and good things. As a flower essence Morning Glory helps to "reset our bodies clock" when we want to start setting new habits, and encourages us to wake early and greet the sun.

SEASONAL ALLERGY REMEDIES

Did you know herbs can have similar benefits to modern medicine? Much of our modern medicine is based on the properties found in herbs. These few herbs have the benefit of being antihistamines, they block the effects of a substance called Histamine that is produced in reaction to pollen and causes seasonal allergies. You can consume stinging nettle, green tea, and ginger as a tea to relieve allergies; and herbs like licorice root, rosemary, and chamomile can be taken to fight the inflammation caused by allergic reactions.

All of these herbs (with the exception of green tea and ginger) can also be taken as a tincture.

1/2 Cup Base Oil
1/4 Cup Beeswax
1/4 Cup Dried Herbs

Join us in The At Home Apothecary online workshop to learn the step by step process to make your own herbal salves.

Each herb in the list above is also featured in the course, with a complete plant profile on all!

GREEN GODDESS SALVE RECIPE:

In ancient practices across many different cultures, different herbs have been associated with the stars, heavens, and deities, depending on the culture and religion of the people. A few of my favorite herbs fall under the influence of the moon according to our modern conglomerate of correspondences based on the influence of a few different cultures. This Green Goddess Salve features herbs primarily found in Europe, the Middle East, and the Americas that have been culturally tied to the moon. I chose to include each of them as options for you in the recipe for the nourishing benefits to the skin, antibacterial properties, and the dark green tint they lend to infused oils.

- Mugwort
- Plantain
- Chickweed
- Comfrey
- Yarrow
- Lavender
- Bee Balm

You will also need:

1/2 Cup Base Oil
1/4 Cup Beeswax
1/4 Cup Dried Herbs

Join us in The At Home Apothecary online workshop to learn the step by step process to make your own herbal salves.

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THE SUN AND SAP-
FRANKINCENSE

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BEATING THE HEAT WITH
COOLING HERBS

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ESSENTIAL BUG REPELLENT
ESSENTIAL OILS

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HOLY BASIL- TULSI PLANT
PROFILE

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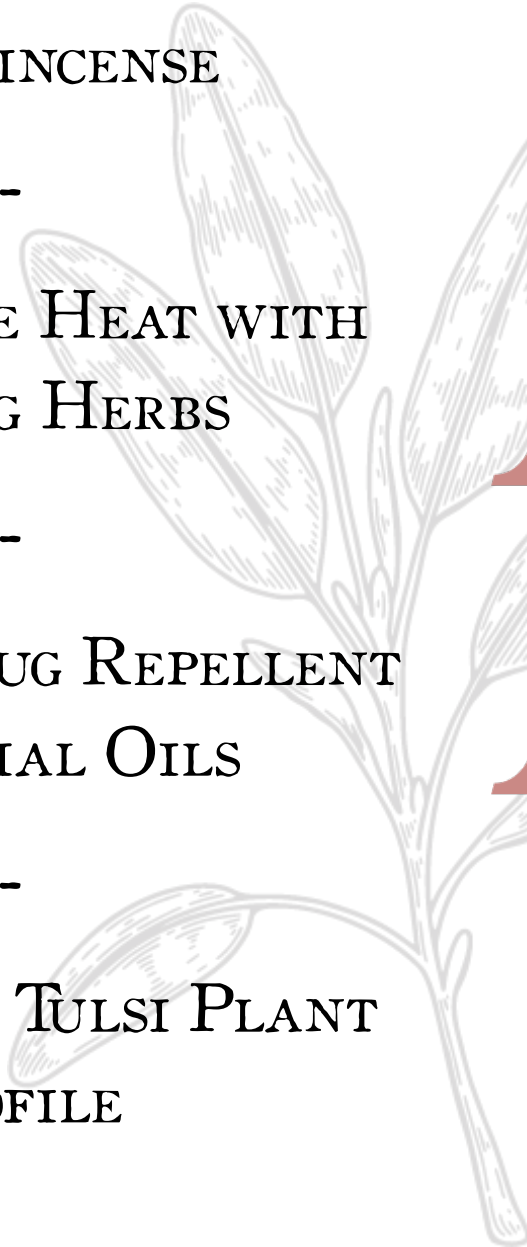
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COOLING HERBS

Many herbal traditions put herbs into three categories, warming, cooling, and neutral. These three actions help describe how they effect the body. Cooling herbs are herbs that are known as refrigerants and diaphoretic. These herbs cool the body, and induce sweating. You can use the herbs to break high fevers, cool off in the summer heat, or apply topically to soothe burns.

Here are a few herbs to use in your practice when the heat of summer sets in.

Hibiscus
Lemongrass
Catnip
Aloe
Cardamom
Verbena

Dill
Lemon Balm
Elderflower
Coriander
Licorice
Fennel

Mint
Rose
Lavender
Chamomile
Chickweed
Elderberry



THE SUN AND SAP- FRANKINCENSE

Incense and oils can play a large role in our herbal practice if we know how to utilize them correctly. In *The At Home Apothecary* we discuss how to safely use essential oils like Frankincense in your remedies.

Did you know Frankincense is harvested just after the hottest days of the year? In desert regions of Africa, India, and the Middle East, Frankincense trees feel the effects of the summer sun on the hottest days, and ooze their golden sap. As the sap cools and starts to harden, it is harvested and used in incense, infused oils, salves, etc.

BUG REPELLENT ESSENTIAL OIL SPRAY

This next recipe is technically a blend straight out of the course, with the addition of a few ingredients that turn any essential oil blend into a skin safe spray, so long as we don't overdo it with the essential oils. In the course we discuss safe ratios for essential oil use, and how to make oil blends that are safe to use directly on the skin. For this recipe you'll need:

Any of the following essential oils:

Citronella
Rosemary
Lavender
Tea Tree
Cinnamon
Lemongrass

Witch Hazel
Cosmetic Grade Liquid Aloe Vera
Rose Water

Mix 1/2 cup of liquid Aloe Vera, 2 tbsp Witch Hazel, and 2 tbsp Rose Water with 10-15 drops (total) of any of the essential oils above. Using citronella as a base for essential oils will have the best results. Here's my recommendation and personal blend! 5 drops Citronella, 3 drops Rosemary, 2 drops Lavender, and 2 drops Cinnamon.

SOOTHING THE NERVOUS SYSTEM WITH SUMMERTIME ABUNDANCE

Tulsi is a favorite in my summer garden, and it grows wildly in the summer sun. Read an excerpt of the plant profile from *The At Home Apothecary* on this culinary and medicinal delight.

Tulsi is a Perennial native to India and Southeast Asia, and is in the Lamiaceae family. It is also called Holy Basil. It is a potent, aromatic, adaptogen. Most commonly, the leaves and flowers are used to make extractions. Daily consumption of Tulsi is said to promote general wellbeing, longevity, and can assist in dealing with stress. It can also be used to help lower anxiety levels and lift your mood... Read the full Tulsi profile in *The At Home Apothecary*!

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PROCESSING AN ABUNDANT
HERB HARVEST

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DATURA FLOWER ESSENCE
PROFILE

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HARVEST BEYOND THE GARDEN-
BLACK WALNUT

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HERBS FOR CHRONIC PAIN



Harvesting and Drying Your Medicinal Herbs

Fall and Spring are reflective in the art of herbalism. In the spring we sow seeds, and in the fall we reap our harvests. While Fall can be an opportune time for medicine making as well, it's easy to get overwhelmed with an abundance of fresh, quickly wilting, greenery. And when making tinctures and salves, many practitioners prefer dry herbs over fresh, as it leaves less of a water content in your final blend.

When it comes to drying herbs, three things are key, airflow, lack of moisture, and time. Most herbs will take a few days, other will take up to a week or more to fully dry before being able to be stored. I am fortunate enough to have a space specifically for herb processing, so I'll describe that space to you and explain why these three components are so important.

My herb drying racks are suspended from the ceiling in a DIY greenhouse that we made from reclaimed windows. The racks are simple 2x4s with hooks screwed into them for herbs to hang from, and they are suspended from pulleys so I can easily let them up and down. The entire setup cost about \$25 and allows me to dry a large amount of fresh herbs at a time. It being high up in a space that is consistently warm, with plenty of airflow, allows the greenery to quickly wilt, and begin to dry before it can mold or mildew. It is crucial that your herbs begin to dry very quickly as mildew can form in just a few days. This space has a consistently low humidity, and the herbs can stay untouched by anything but dry air for as long as they need.

Once your herbs have dried fully, you'll notice the leaves are brittle and crunchy, and the stalks have lost all flexibility, easily snapping when bent. They are now ready to be stored in an air tight container in a cool dark place until you are ready to use them.



STEP INTO A NEW SEASON WITH DATURA

Datura helps us to see past our present view of reality, into a more visionary one. This allows us to let go of the things that have served us in the past, that may no longer be in our best interests. The energy of Datura supports us in not feeling threatened when new ideas or opportunities approach. This essence purifies negative energies and exposes wounds we need to tend to. With this new space for growth, Datura shines light on the path ahead.

BLACK WALNUT- MEDICINE AND MUNDANE

Black Walnuts have a long history of uses that vary from ink making, medicine, mouthwash, and hair dye. Medicinally it has been used in various forms to treat parasites, diphtheria skin wounds, and ulcers in the mouth. Black walnuts were originally found in the eastern United States, however they can now be found in almost every temperate zone in North America. Often, seeing a grove of walnut trees signifies that the area is fertile, and these places are where colonizers first settled in America. They were also used by the indigenous people of this land, and black walnut shells have been commonly found in indigenous archeological sites. This tree, whether it be bark, shell, or nut, has been present for, and influenced much of human evolution.

One of the most common ways we use black walnuts today, is for ink making! You aren't likely to find any walnut ink in your local craft store, however it's a great value to homesteaders across America!

To make your own ink, start by finding about a gallon of black walnut hulls. They should be brown/black. We only want the hulls, no nuts. Next, pour 2 gallons of water over the walnut hulls and allow them to rest for a full 24 hours. From here, strain out the walnut hulls, and pour the stained water into a pot, adding half a cup of white vinegar. Place this onto the stove and simmer for up to 12 hours, until the water has reduced by two-thirds. Once the liquid has reduced to the desired thickness, strain again to make sure there are no clumps or sediments. Bottle your ink, and enjoy using it to take any notes you may have on this process in the note section of this issue!

Be sure to wear gloves and keep your hands from coming in contact with any black walnut infused liquids as it will create a long lasting stain.

HERBS FOR CHRONIC PAIN

TOPICAL REMEDIES

Topical remedies are products like balms, infused oils, and poultices. They are applied to the skin to calm conditions like arthritis, muscle pain, and sprains. A few herbs for topical remedies are:

Wintergreen
Yarrow
Ginger
Arnica
Hemp CBD

INTERNAL REMEDIES

Internal remedies are products like tinctures, capsules, or oxymels that are taken orally for conditions like headaches, general pain, and inflammation. Herbs that make great internal remedies are:

White Willow Bark
Curcumin
Turmeric
Ginger
Feverfew

Talk to your doctor about alternative therapies for chronic pain management like chiropractic care, physical therapy, acupuncture, massage, and energy work.

WARMING HERBS

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HERBS FOR COUGH AND
COLD

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CHERRY TREE PLANT
PROFILE

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FUMIGATION AND STEAM
POT HERBS



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WARMING HERBS

In contrast to cooling herbs, warming herbs have actions that heat the body and stimulate circulation. These herbs can help warm the body during cooler months and aid us in fighting off colds. There is a spectrum with warming herbs, some are mild and induce a slight fever to stimulate the immune system, like yarrow. And some have a very immediate action where the heat can be felt instantly, like cayenne. These fast acting herbs make great muscle rubs that soothes sore muscles. Here are a few herbs to use to warm the body:

Cinnamon	Oregano	Rosemary
Turmeric	Garlic	Fenugreek
Ginger	Cayenne	Yarrow
Clove	Black Pepper	Anise
Thyme		

HERBS FOR COUGH AND COLD

Most of us know Elderberry as the go to herbal remedy for common illnesses, but there are dozens of other herbs that also work to create an immune response, heat infection out of the body, and soothe symptoms like cough and fever.

These can be used as stand alone remedies in tinctures and teas, and work well in tandem in natural cough syrups or oxymels.

Cherry Tree	Astragalus
Bark	Peppermint
Ginger	Tulsi
Echinacea	Garlic
Yarrow	Goldenseal



CHERRY TREE BARK

Cherry Tree Bark was something I only saw as a useful herb to order from farms overseas and make cough syrup from. That was until I started my own herb farm, and saw the multitude of Black Cherry Trees popping up all around. Now, it's earned its place as an herb among the garden, feeding me and the birds, and providing shade for all of our other herbal allies. Until the day comes, where these trees start to spread more berries than I can eat, and I chop them down. Then they'll find their place in jars in my at home apothecary!

...The trees are native to Europe and West Asia and primarily grow at the edge of forests. The bark and fruit are used for medicine, however the bark is the more commonly used. It can be taken as a tea, tincture, or syrup to soothe sore throats, lessen inflammation, and lung disorders. It makes a great addition to cough and cold syrups not only for its anti inflammatory properties but for its sedative and expectorant qualities as well...

Read the full Cherry Tree Profile in The At Home Apothecary!

FUMIGATION & STEAM POT HERBS

Fumigation is the practice of using smoke or steam from herbs to physically cleanse the air of bacteria and germs that we associate with common illnesses. Studies show that many traditional Ayurvedic herbs have properties that heavily reduce the microbiological activity in the air, leading to less bacterial presence. And while the plethora of other herbs available for fumigation haven't been as deeply studied, we know that throughout history the practice of fumigation was used to dispel illness from the air and protect communities from disease.

Steam pots use this same science, but instead of burning herbs to create smoke, pots of water and herbs are boiled on the stove to create steam that is infused with the oils of any added plant material. Steam pots have the added benefit of being able to add fruits like lemon and orange to enhance the scent and add volatile oils to the steam that also carry antibacterial properties.

Herbs for Fumigation:

Garlic Peel*
Rosemary
Lavender
Frankincense
Thyme
Basil
Turmeric*
Cinnamon
Eucalyptus

* Ayurvedic specific herbs

MEET THE COURSE CREATOR!

Hi! My name is Chase Fincher, you can call me Fern, anything and everything within The At Home Apothecary was created by yours truly! In the past 8 years of my personal herbal journey, and the past 6 of my professional, I've grown to love herbalism in a way that I really didn't know was possible. At first I found it fascinating that plants seemed to have this hidden side to them that was only revealed to a select few who chose to walk the path. I've always seen "the path" very literally, a journey into the deep woods. The first steps are clouded by ignorance, underlying beliefs, and a naivety that plant medicine quickly breaks through. The first step from the empty clearing onto the wooded path must be taken seriously, and with respect to the community of plants that the forest consists of. As you walk, you learn; plant blindness lifts, and the plants begin to "tell you their secrets" as the herbalists from Appalachia like to say. As the sun reaches less of the forest floor, the path is illuminated by knowledge. The closer relationship you form with each plant, the more they continue to share, the better you understand how they all work within the system of the forest. You become a part of that system within the forest.

To feel plant blindness lift, and to begin to recognize the wealth of herbal knowledge, history, and healing within the craft that is all around us is truly an indescribable feeling. I'll be honest, in the beginning of my journey, I didn't really understand why it was important to form a close relationship with the plants you work with. Of course it seemed beneficial, but now with time spent actually forming those relationships, I get it. All plants work differently in every individual body. To know how that plant effects you, you have to have real experiential time building that practice, and working with an herb in a multitude of ways.

The beginning of my career was spent making herbal remedies in moderately small batches and selling them at farmers markets, that quickly grew to supplying stores in my local area with my remedies, and eventually (until COVID) I sold my remedies in a shop of my own. After a year of the pandemic and operating entirely online, I decided it was time to start working towards the ideas and goals that originally started me on my journey. I had seen myself providing remedies to my community, but the way I started out, wasn't where I wanted to be. I wanted to exist in every part of the process. Which led me to where I am now! In 2021 I moved back to my hometown, and have been living on a piece of land we are fortunate enough to call our own. (In the eyes of the government anyway, we reside in an area between Cherokee and Catawba territories.) This land provides us with so much medicinal native flora, and we've spent the past 3 years building greenhouses, atriums for seed starting and herb drying, putting medicinal perennials in the ground, and building a place for my very own At Home Apothecary!

We now have a space specifically dedicated for herb drying, medicine making, and teaching. Which, truthfully, wasn't something I foresaw on this journey for myself. I'm a very solitary person, so putting myself out into the world as a teacher and as someone who helps others take their first steps into herbalism is something I truly believe the plants brought me to. But it's been so rewarding. Since selling my first remedies at farmers markets, I saw that as a community we lacked education when it came to how herbs heal. And whether I wanted to or not, I had to educate each and every person on how to properly use herbs they purchased. Those short interactions, over making a sale, truly aren't enough to properly educate someone. Much of The At Home Apothecary began as beginner resources I was putting together for clients and online customers of my apothecary, and it with a lot of intention, it grew into what it is today. As herbalism is a life long passion for me, I intend for this course to continually grow. It will already have double in size by the Fall of 2024. Who knows where it will go from there! I do know however, that I'm very grateful to those who have made it this far in our little sample of The At Home Apothecary. Come join us for the real thing and let me share the magic of plant medicine with you!