



Sky House Herbal Apprenticeship Program Year One

Reading & Assignments

Daily Journal Assignments

1. Spend 10 minutes outside each day. What did you notice? Meet any plants? Describe them.
2. Record your plant diet experiences. Taste, energy, differences in digestion, mood, sleep?
3. Answer monthly journal questions

Assignment #1 (Due July 1st)

Plant Diet: Nettles (Two Weeks – ½ cup Overnight Infusion)
 Oatstraw (Two Weeks – ½ cup Overnight Infusion)

Reading #1: Medical Herbalism, by David Hoffman, Chapters 1 -2, pages 6-35

Q #1: How do you define herbalism? What is the role of an herbalist? What systems do you think validate the work of an herbalist?

Reading #2: The Book of Herbal Wisdom by Matthew Wood, Intro, pages 1 – 59

Q #2: Choose one passage from the reading and write a reflection. What stood out? How does this relate to your life? How is this information helpful or useful?

Monthly Journal Assignment – What are your dreams and goals for studying herbal medicine? How do you see yourself incorporating plants and their medicines into your life?

Assignment #2 (Due August 1st)

Plant Diet: Red Clover (Two Weeks – ½ cup Overnight Infusion)
 Lemon Balm (One Week – ¼ cup Overnight Infusion)

Reading #1: Healing Wise, by Susun Weed, Parts 1 - 3, pages 1 - 278

Q #1: What are the three traditions of healing? How do you feel about each one? Of all of the green allies in Part Two, which one resonates most? What are the plant actions of Nettles and what are the health benefits? How do we responsibly wild craft and harvest herbs?

Monthly Journal Assignment – Using “Botany In A Day” or other herbal guidebook, try to identify 3 plants by flower and leaf arrangement. Draw the plant in your journal. How did you identify its plant family?

Assignment #3 (Due September 1st)

Plant Diet: Linden (One Week – 1/8 cup Simple Infusion)
 Peppermint (One Week – 1/8 cup Simple Infusion)

Reading #1: Medical Herbalism by David Hoffman, Chapter 2-9, pgs 36-185.

Q#1: What are primary and secondary metabolites? Give an example of an herb containing mucilage, terpenes, and alkaloids? How do anti-inflammatory herbs work?

Q #2: Why is understanding plant chemistry helpful to our work as herbalists?

Monthly Journal Assignment – Which herbal constituents do you think would be most helpful for you right now? Why? Which plants contain these constituents? How could you incorporate these plants into your life?