Herbal Apprenticeship 2011 with Debbie Lukas

This apprenticeship will introduce all aspects of herbal medicine making, including planting, tending, harvesting and processing many different medicinal plants. We will discuss the prevention and treatment of common ailments. We may prepare poultices, compresses, tea blends, tinctures, percolations, infused oils, salves, lotions, powdered extracts, capsules, suppositories, syrups, lozenges, etc. Students will learn to identify fresh and dry herbs.

Apprenticeship Objectives:

- Become familiar with herbal terminology.
- Build plant identification skills, learn to identify dozens of herbs.
- Learn to harvest, dry and prepare plants for use as tea, poultice, tincture and oil.
- Differentiate situations that can be treated at home from those which need medical treatment.
- Develop confidence treating minor health problems at home.

Qualifications: I have studied medicinal plants for decades. My teachers include Jane Bothwell (Arcata, CA), Adam Seller (Oakland, CA), Michael Moore (AZ) and Christopher Hobbs (OR). I completed 3 years of clinical herbal medicine studies at Dominion Herbal College, in Vancouver BC. My family operates a home business, Siskiyou Mountain Herbs, on the Frog Farm (Takilma,OR). We grow over 100 species of medicinal plants on our Permaculture farm, prepare products in our herbal pharmacy, and see clients. I teach medicine making, anatomy & physiology, family health care, herb ID & harvesting, etc. I emphasize ethical harvesting, developing relationships with place and plants, attention to detail, and sciences such as western physiology, pathology and clinical assessment.

Methods: This is a hands-on working apprenticeship. The goal is to accomplish pharmacy activities while learning and having fun. Questions pertaining to the current subject matter are encouraged. I also expect students to do homework, to build knowledge and resources. I occasionally give informal oral quizzes on material covered in class. **I expect my apprentices to show up on time, with their equipment, healthy, focused and ready to work.**

Supplies Needed:

Good work gloves (leather preferred) and pruners	Indoor/Outdoor clothes (layers)	Sunscreen, sun hat/glasses
Particle mask, ear plugs	Water bottle	Rain gear
		Notebook/pen

Schedule: Work 20 hours a week in the herbal pharmacy, gardens, and helping with workshops. Attend classes in pharmacy, herb walks, and workshops as scheduled.

Dates: March 6-20, April 10-16, April 17-23, May 8-14, June 5-11, August 6-13, August 14-21

Apprenticeship fee: $100-250/week (sliding scale) AND a bulk food donation covers herbal classes, one community meal per day and camping (optional). Ask about availability/fees for dorm room or private room accommodations. Apprenticeship limited to 5 people. You can sign up for one or two week sessions. After I accept your application (I will email or call), send $50 to reserve your place.

Sliding scale: Different levels of payment are offered in order to make these apprenticeships accessible to more folks. The low end is for those who struggle to pay for basic needs, the high end is for those who can afford vacations with air travel. Middle is for those in the middle; please be honest!

Submit application to PO Box 2093 Cave Junction, OR 97523 or sisqdeb@gmail.com. (541) 592-3386