

A person wearing a green sweater and a striped apron is weighing fresh herbs on a scale. The herbs include green leafy plants and bright orange flowers. A red blender is visible in the lower left corner. The background shows a kitchen setting with a sink and various items.

BAREFOOT BOTANICALS

MEDICINE MAKERS HERBAL CSA

a monthly hands-on series for
the self sufficient herbalist

**LEARN SKILLS AND GAIN
CONFIDENCE TO MAKE YOUR OWN
HERBAL MEDICINE**

may - october, 2021



Certified Organic & Hand Harvested Herbs plus step by step video instruction for making your own herbal preparations

Monthly herb shares will consist of a mixture of certified organic fresh and dried herbs each month, hand harvested within 48 hours of delivery to your pickup site. Access to the Barefoot Botanicals online educational platform with video instruction for each herb with harvesting, processing and use info!

NOT EVERYONE CAN COME TO THE FARM, SO WE'LL BRING THE FARM TO YOU

EACH MONTH YOU WILL RECEIVE

- 4 seasonally available and freshly harvested herbs (Approximately 4-8 ounces each or 1.5-2 pounds total of fresh herbs and/or 1-4 ounces each of dried herbs)
- Video - farm field walks & plant talks
- Video - kitchen instruction for making & using your own preparations

EACH MONTH YOU WILL NEED

(not included with the herb CSA Kit)

- High Proof Alcohol, Oils, Glycerin
- Honey, Sugar, Apple Cider Vinegar
- Jars, Bottles, Strainers
- Basic kitchen equipment & utensils
- an open mind and creativity

SIGN-UP NOW FOR OUR FARM DIRECT HERBAL MEDICINE MAKERS CSA

- 6 Month Herbal CSA (May - October)
- CSA Pickup locations in NJ, NY, MD, PA
- \$75/month | \$450/Season
- Included each month:
 - four farm direct herbs (fresh &/or dried)
 - monthly video instruction
 - curated traditional herbal recipes and formulations to make enough medicine to care for a family of four for a year of health promotion and symptomatic care of uncomplicated illness such as colds and flu.
 - Monthly Q&A Zoom Meetings

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Certified Organic by OneCert