

HERBALISM RESOURCES



Listen closely when the plants call you in.
Use these resources below to begin your journey of being a student of nature.

1 ONLINE BLOGS AND PODCASTS

- GROW COOK FORAGE FERMENT BLOG
- HERBS WITH ROSALEE BLOG AND PODCAST
- HERBRALLY PODCAST
- PRACTICAL SELF RELIANCE BLOG
- THE SCHOOL OF EVOLUTIONARY HERBALISM BLOG AND PODCAST

2 BOOKS TO READ

- HERBAL ENERGETICS BY KAT MAIER
- BEGINNER'S GUIDE TO MEDICINAL HERBS BY ROSEMARY GLADSTAR
- THE GIFT OF HERBS BY ROSEMARY GLADSTAR
- MAKING PLANT MEDICINE BY RICO CECH
- MEDICAL HERBALISM BY DAVID HOFFMAN
- HOLISTIC HERBAL BY DAVID HOFFMAN
- ALCHEMY OF HERBS BY ROSALEE DE LA FORET
- THE LOST LANGUAGE OF PLANTS BY HARROLD BUHNER
- THE PRACTICE OF TRADITIONAL WESTERN HERBALISM BY DAVID HOFFMAN

3 HERBAL SCHOOLS AND LEARNING PROGRAMS

- HERBALISTA FREE SCHOOL (ONLINE)
- HERBAL ACADEMY (ONLINE)
- HERB PHARM HERBACULTURE INTERNSHIP PROGRAM (SOUTHERN OREGON)
- DEEP ROOTS SCHOOL OF FORAGING AND HERBAL MEDICINE (ONLINE AND IN ALABAMA)
- JIM MCDONALD'S LINDERA INTERNSHIP (SOUTHERN MICHIGAN)
- CHESTNUT SCHOOL OF HERBAL MEDICINE
- GREENSPELL APOTHECARY'S BIOREGIONAL HERBALISM INTERNSHIP (CHICAGO)
- PLANT AS PORTAL APPRENTICESHIP (INDIANAPOLIS)



Eric Morningstar ✨

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| 4 | HERBAL
INFLUENCERS/FORAGING
INFLUENCERS | <ul style="list-style-type: none">• BRIANNA CHERNIAK (MOSS MEDICINE)• ALEXIS NIKOLE (BLACK FORAGER)• ADAM HARITAN (LEARN YOUR LAND) |
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| 5 | HERBAL CONFERENCES TO
ATTEND | <ul style="list-style-type: none">• MIDWEST WOMEN'S HERBAL CONFERENCE (MAY 22-24, 2026) IN ALMOND, WI• THE HERB SOCIETY OF CENTRAL INDIANA'S 2026 HERB SYMPOSIUM IN NOBLESVILLE, IN• OSHALA HERB CAMP (JUNE 26 - 28) IN GRANTS PASS, OREGON• MEDICINES FROM THE EARTH HERB SYMPOSIUM (MAY 15-17, 2026) |
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| 6 | WHERE TO BUY HERBS | <ul style="list-style-type: none">• GOLDEN HOUR HERB FARM (LOCAL)• PACIFIC BOTANICALS• BANYAN BOTANICALS• MOUNTAIN ROSE HERBS• STARWEST BOTANICALS |
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Ever Morningstar ✨