



# GROWING YOUR MEDICINE

Asheville Organic Grower's School

[organicgrowersschool.org](http://organicgrowersschool.org)

March 9-11, 2018

## ABOUT THE CLASS

To help YOU integrate healing plants into a truly amazing life, the class on "Growing Your Medicine" will be a collaborative experience to explore and investigate the benefits available to all people interested in growing their medicine, whether that be the food that Hippocrates touted, and/or the healing plants from herbalism's traditions: *the people's medicine* as it is called. *what a good name...*

This class will cover:

- (1) Research-based mental, physical and emotional benefits of working the land, and
- (2) Easily applicable teachings on easy-to-grow, easy-to-use plants to integrate into a truly amazing life.

## ABOUT YOUR PRESENTER



Cassandra Lee Nicholson runs a clinical herbalism practice, classic apothecary and living apothecary in Savannah, Georgia. As the Director of Education and Maintenance at an edible landscaping company, she manages multiple multi-use organic properties. Cassandra started her company, Plant Princess Enterprises, to promote better living through botanical education by offering custom-crafted herbalism and horticulture both virtually and in the community.

>>check out her work at [www.plantprincessenterprises.com](http://www.plantprincessenterprises.com).

## ABOUT YOUR MEDICINE

Cassandra is NOT a medical practitioner. You know your medicine better than anyone, and Cassandra knows that: she'll help you understand it. She specializes in a poetic interpretation of the medicine that plants provide to enhance the physical, emotional, mental and spiritual well being of each individual. Her practice is honed to empower each one of us to integrate healing plants into a truly amazing life that appropriately reflects the changing of the seasons and the service we can offer to our communities.

## MORE INFORMATION

Everytime I teach, I prepare about 10 hours of material and just deliver the best of what I can muster. To download the ebook I wrote to prepare for this class, check out "Benefits of Working the Land." Scan the QR code here and use the code "OG\$" to download the pdf for only \$1.99 (Regularly \$6.99). If that tech weards you out, please go to [www.plantprincessenterprises.com/products/xoxo](http://www.plantprincessenterprises.com/products/xoxo) -Cassandra



GET THE eBOOK I MADE TO PREPARE FOR THIS CLASS

BENEFITS OF WORKING THE LAND

use code "OG\$" at checkout to save \$5

\$6.99 value for only \$1.99

-xoxo, -c

BETTER LIVING THROUGH BOTANICAL EDUCATION

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## RESOURCES FOR CONTINUING EXPLORATION...

### **Growing Your Medicine: Empowering Domestic Herb Growers by Noelle Fuller**

[www.growingyourmedicine.com](http://www.growingyourmedicine.com)

Noelle and Cassandra have guest-lectured together in Savannah, GA at one of the four Canyon Ranch Institute Healthy Gardens in the country, a place where participants interact with nature to manage stress by experiencing educational programming and activities in a garden environment.

Noelle Fuller has a Certificate of Herbal Studies from the Botanologos School of Herbal Medicine and an M.S. in Horticulture. Her area of research was on the medicinal herb, holy basil (tulsi). She now manages the herb program at UGArden, a student-centered teaching and demonstration farm at the University of Georgia where over 50 herbs are grown to dry and blend into tea blends that are sold in the community.

### **Dirt Cure: Growing Healthy Kids with Food Straight from Soil**

Maya Shetreat, MD - Simon and Schuster, 2016

Dr. Shetreat is a pediatric neurologist who runs a practice on an urban farm in New York City. Dr. Maya's philosophy is that the health of the body's inner terrain is a reflection of our connection to the natural world. Gut, immune and nervous system health are related to our food! Imagine that! Now imagine where your food comes from, the soil your food is grown in and the water that sustains our growth.

## **Farmacology**

### **What Innovative Family Farming Can Teach Us About Health and Healing**

Daphne Miller, MD - Harper Collins, 2013

In Farmacology, practicing family physician and renowned nutrition explorer Daphne Miller goes beyond the simple concept of "food as medicine" and introduces the idea of ecological medicine, a field of inquiry and action to reconcile the care and health of ecosystems, populations, communities, and individuals.

## **American Herbalists Guild**

[www.americanherbalistsguild.org](http://www.americanherbalistsguild.org)

The American Herbalists Guild (AHG) was founded in 1989 as a non-profit, educational organization to represent the goals and voices of herbalists specializing in the medicinal use of plants. Members join a likeminded community and join the collective voice of our tradition. #freefirecider anyone? To get serious schooling, check out the "AHG Guide to Getting an Herbal Education". If you just want to learn more, AHG membership gives you access to archived webinars and quarterly journals.

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