



LIBERTY BOTANICALS

(207)300-5980

LIBERTYBOTANICALMAINE@GMAIL.COM

Dear Applicant,

First of all I want to thank you for your interest in the Community Herbalist Level 1 program. This year we have some incredibly exciting changes happening! Previously we met in the backspace of Amolette Herbal Apothecary in Cornish, but 2025 marks a year of change. I have been in the process of building a facility/workshop only property in East Waterboro, situated in 100 acres of field and forest that has been in my family for over 200 years. This change will bring about exciting opportunities to work directly with plants and take theory into the field. I will be turning this into a hybrid class of online and in-person time.

In the fall I began construction, and my builder believes mid-April the building will be complete. As we all know with construction, there can always be obstacles in material ordering and installation, so this year I am going to switch it up a bit to accommodate this possibility. I could have bumped us back month, but I strongly feel that April is critical to introduce you to the plants popping up, thus we will be meeting virtually!

The apprenticeship is a 7-month herbal program designed to help you discover the methods or preparation of herbs, general application and provide a solid basic knowledge base in traditional herbal medicine. The class will meet one Saturday per month (online until construction is complete) April through October, except for July when students will be expected to fulfill additional homework duties. This is a beginner's hands-on program with lots of fun activities for you to practice at home. I will also be scheduling time for students to come garden and meet plants. We will actually be establishing new beds so you will get some excellent hands-on growing technique experience.

My program has always been designed with a focus on both in-class study, as well as home study assignments. We all live busy lives with commitments and work priorities so I have designed it this way to allow students to work around their schedule.

Together we will learn how to incorporate herbal remedies in our daily lives. This includes making extracts, topical products, working with essential oils, using native plants in traditional ways, gardening methods, flower essence co-creating, nature journaling, herb safety, plant identification and so much more.

The class cost includes basic materials including identification books, a few reference books journals, notebook and essence creation field kit.

Upon completion of this level I program you should be on your way to being able to provide herbal support for yourself and your family's basic health needs by preparing herbal medicines. Graduates of this program are also fully prepared for advanced clinical herbal studies.

Sincerely yours,

Amy Beth Lucarelli