

S.O.W. Institute Herbal Program

Fundamental Program: Module 1-6

1. Evolution of Plants Basic Botany Endangered Medicinal Plants, Plant diversity, Understanding the Soil, Relationship with Earth, Ethical Wild harvesting Guidelines, Basics of Medicinal preparations.
2. Medicinal Preparations, Common Medicinal Herbs and uses, Single Herb Preparations, Introductions to Salves, Tinctures, Liniments, Oils, Drying Herbs, Infusions, Decoctions, Basic Anatomy, Medical Terminology, What is a Weed?
3. Eco-systems, Bio-diversity, Soil, Living Soil, Pollinators, Deepening Connection to Earth
4. Creating Compost, Biodynamics, Planning a Garden, Food as Medicine Introduction, Beginning Materia Medica, 10 Common Herbs
5. Pest Management, Germination, Harvesting Roots, Transplanting Plants, Seed Saving, Season Extension, Cold Frames
6. Wild Harvesting, Using Field Guides, Medicinal Preparations in Field, Introduction to Herbal Energetics and Actions

360 Hours Approx 60 hours per Module with combined class work, homework, reading, research, and recordings/power points.

Starts at \$1950 or \$350/ module



WWW.SOWGRATITUDE.COM

404-895-1302