Curriculum Vitae

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Professional Summary

With 38 years of experience as a bioregional herbalist, instructor, author, and speaker, I direct herbal education at the Cedar Mountain Herb School. Additionally, I serve as an adjunct professor and practicum supervisor at Bastyr University, Kenmore, WA.

Education

Autodidact learning spanning several decades in traditional western herbalism. Areas of expertise include wildcrafting techniques, sustainable stewardship practices, detailed studies in anatomy and physiology, materia medica, medicine making, plant identification, the phytochemistry of medicinal plants, scientific botanical research, and healthy lifestyles.

Career Background

Director of Herbal Studies, Cedar Mountain Herb School (Seattle, WA, and Sandpoint, ID, 1986–Present):

Responsible for developing and overseeing curriculum for a wide range of herbal education programs designed to cultivate a deep understanding of plant medicine and holistic health lifestyles. This includes:

- **Curriculum Development & Oversight:** Designing, implementing, and continuously refining comprehensive herbal education programs. These include **online courses**, **in-person workshops**, **seasonal apprenticeship programs**, and **mentorship opportunities** that cater to diverse learning styles. Courses cover areas such as materia medica, herbal medicine making, wildcrafting ethics, phytochemistry, plant identification, sustainable harvesting, and hands-on application in both field and garden settings.

- **Online Education:** Create and manage successful **online courses** and the **Herbal Materia Medica Monthly subscription**, providing students worldwide with in-depth, plant-focused content that supports self-paced learning and practical application.
- **Leadership & Team Management:** Oversee a dynamic team, including the **website manager**, **social media director**, and a network of skilled **instructors**. Provide guidance, training, and support to ensure cohesive program delivery, educational excellence, and strong community engagement.
- **Marketing & Promotional Activities:** Develop and execute strategic marketing initiatives to promote the school's offerings. This includes creating engaging content, managing social media campaigns, coordinating with partners, and representing the school at conferences and public events to expand its reach and influence within the herbal community.
- **Create a welcoming, supportive learning environment** that encourages student engagement, creativity, and a deeper connection to natural living and herbal traditions.

Adjunct Faculty, Botanical Medicine Department, Bastyr University (Kenmore, WA, 2013–Present)

Responsible for:

- Teaching courses on **materia medica**, **field identification**, **plant harvesting**, **herbal medicine making**, **wildcrafting ethics and stewardship**, and **phytochemistry**.
- Serving as a **practicum supervisor**, mentoring students through hands-on clinical and field experiences.
- Instructing numerous **Continuing Education** and **community classes** focused on practical applications of herbal knowledge.
- Leading workshops on topics such as **Anti-inflammatory Foods**, **Food as Medicine**, **Winter Remedies**, **Wild Foods**, and **Wild Kitchen**.

Herbal Educator, Discover U, Seattle, WA (1995–2008):

Conducted monthly workshops focused on hands-on, practical skills in herbal and natural product creation.

- **Soapmaking:** Taught students how to craft natural, handmade soaps using plant-based oils, herbs, and essential oils, emphasizing sustainability, skin-friendly ingredients, and traditional soapmaking techniques. Covered cold process, hot process, and decorative methods to inspire creativity.
- **Natural Bath and Body Products:** Guided participants in creating herbal-infused body care products, including lotions, salves, scrubs, balms, and bath soaks. Focused on the

therapeutic benefits of natural ingredients, blending traditional herbal knowledge with modern skincare practices.
- **Gifts from the Kitchen:** Led classes on crafting herbal-inspired culinary gifts, such as infused oils, vinegars, spice blends, syrups, and teas. Emphasized seasonal, sustainable ingredients and creative presentation techniques for thoughtful, handmade gifts.

Farmers Market and Street Fair Vendor and Herbalist (Western Washington, 1993–2016)

Active across Western Washington, including:

- Participated in markets and fairs such as **Bellingham**, **Everett**, **Snohomish**, **Anacortes**, **Sedro Woolley**, **Ballard**, **Gig Harbor**, **Mount Vernon Tulip Festival**, and numerous summer and holiday events.
- Sold a variety of handcrafted **herbal products**, including **tinctures**, **teas**, **soaps**, and **natural remedies**, tailored to meet seasonal and community health needs.
- Provided **educational outreach**, engaging with customers to share knowledge about the **benefits of herbal medicine** and holistic wellness practices.
- **Developed seasonal products** to align with changing customer needs, herbal availability, and traditional practices.
- **Collaborated with local growers and apprentices** to ensure high-quality, sustainably sourced ingredients and foster strong community connections within the herbalist network.
- **Oversaw employees,** providing guidance, support, and mentorship to ensure efficient operations and a cohesive team environment.

Herbal Specialist, Tenzing Momo, Seattle, WA (1986–1990)

Herbal Specialist at Tenzing Momo, providing expert guidance in herbal medicine and product development:

- Offered **personalized herbal consultations**, assisting customers in selecting remedies tailored to their health needs.
- Provided **expert recommendations** on herbal products, ensuring customers received accurate, thoughtful advice for holistic well-being.
- **Curated specialized herbal formulations** to support a variety of health concerns, blending traditional knowledge with modern practices.
- **Advised on new product development**, contributing to the creation of innovative herbal products aligned with customer needs and market trends.

- **Managed inventory** to maintain product quality and availability, ensuring a well-stocked, organized retail environment.
- **Collaborated closely with staff** to foster a knowledgeable, customer-focused team dedicated to promoting herbal wellness.

Areas of Instruction and Educational Focus

Clinical Herbalism

- Botanical Materia Medica
- Herbal Medicine Preparation Methods
- Phytochemistry Fundamentals - Pairing Constituent Groups with the Correct Menstrua for Effective Herbal Remedies
- Anatomy and Physiology for Herbalists
- Traditional Folk Medicine Practices

Herbal Business & Product Creation

- Building an Herbal Business
- Aromatherapy
- Flower Remedies
- Botanical Skin Care
- Natural Soap Making
- Tea Blending and Formulations
- Hydrosol Distillation

Holistic Health & Wellness

- Healing from Chronic Inflammation
- The HPA Axis - What it is and How to Calm Responses to Triggers
- Adrenal Health
- Quest for Calm - Herbs and Common Sense Practices to Alleviate Anxiety
- Healing Leaky Gut
- Aging Gracefully
- Winter Wellness Essentials - Fire Cider, Garlic, Elderberries
- Herbal Support for Spring Detox
- Building Robust Immunity with Healthy Lifestyle Choices and Herbal Adjuncts
- Herbal Support for Coughs and Colds
- Eating with the Seasons
- Herbal Support for Seasonal Allergies
- Self-care for Herbalists
- Alleviating Winter Dry Skin

Sustainability, Homesteading & Permaculture

- Wildcrafting techniques and ethics – covering sustainable harvesting practices, plant identification, seasonal cycles, and ethical stewardship to ensure long-term ecological balance and conservation.
- Wild and Garden Plant Walks
- Creating and implementing a Medicinal Herb Garden
- Permaculture - Straw Bale and Hugelkultur Gardening
- Single/ Multiple Plant Harvest Intensives
- My 5 Favorite Herbs to Plant in the Herb Garden
- Eliminating Mites And Parasites In Poultry Flocks, Naturally
- Fowl livestock care and butchering

Specialized Herbal Studies

- The Medicine of Mushrooms
- Multiple Day Plant Retreats
- Herbal First Aid
- "Get the Medicine to the People in Ways They'll Enjoy Taking, so That Healing Can Occur"
- Plant Monographs and Herbariums
- Building relationships with plants

Speaking Engagements & Presentations

Local Presentations (1986–present and continuing)

Host educational workshops at Ladies Homestead Gatherings, public libraries, herb stores, and community organizations on topics including herbal medicine making, plant identification, the medicine of herbs, healthy lifestyles, herb gardening, permaculture, homesteading and sustainable wildcrafting.

Conduct herbal wellness talks at the Community Assistance League and local outreach programs.

Provide hands-on demonstrations at local events, teaching practical herbal applications for everyday health.

Conference Presentations

- American Herbalists Guild (2025) – *Chronic Inflammation: Understanding Chronic Inflammation & Natural Strategies for Balance*
- American Herbalists Guild 4-Part Webinar Intensive Series (2025) – *Quest for Calm ~ Herbs and Lifestyle Support for Emotional Resilience*, July 9, 16, 23, 30
- Free Herbalism Project at Bastyr University (2025)
- National University of Natural Health, Portland, OR, Herbalism Conference (2025)
- Grand Opening of Mountain Rose Herbs, Seattle, WA (2024) – Delivered a presentation on sustainable herbal practices, the importance of ethical wildcrafting, and the role of small businesses in supporting herbal education (2024)
- Northwest Herbal Fair (2024 and the earlier years of its existence)
- International Herb Symposium (2023)
- National Ladies Homestead Gathering – Keynote Speaker (2023)
- Montana Herb Fair (2023)
- Pacific Northwest Herb Symposium (2019)
- American Herbalists Guild Northwest Chapter Green Gathering (2014–2019)
- Bastyr Herb and Food Fair (2013–2019)

Author

Books

- Quest for Calm ~ Using Herbs and Lifestyle Changes to Create Resilient Health, Ogden Publishing
- Wild & Beautiful ~ An Herbal Encyclopedia for Naturally Healthy Skin, Ogden Publishing

eBooks

- Building a Resilient Immune System: A Salutogenic Approach to Health & Well-Being with Herbal Adjuncts
- Introduction to Herbalism: A Guide to Self-Reliant Herbalism
- The Ultimate Guide to Skin Care: Alleviating Winter Skin Dryness
- Herbal First Aid: Conditions, Herbs & Applications for Treatment
- Spring Herbal Cleanse: Supporting the Body & Mind
- Festive Creations: Gifts & Treats for Joyful Gatherings
- Heartful of Love: A Year-Round Journey of Self-Care, Connection & Natural Wellness

Articles & Blogs

- Mountain Rose Herbs blog – Ashwagandha Medicine and Recipes
- Mountain Rose Herbs blog – Phytochemistry For Beginners Part 1: Constituent Groups and the Menstrua That Love Them
- Mountain Rose Herbs blog – Phytochemistry part 2 - How to Extract Vitamins and Minerals Out of Herbs
- Mountain Rose Herbs blog -Phytochemistry part 3 - What Are Alkaloids in Plants & How to Extract Them
- Mountain Rose Herbs blog - Inulin - Food and Botanical Sources, Its Medicinal Actions
- Mountain Rose Herbs blog - Materia Medica - Creating Plant Monographs and Herbarium

  Author of numerous articles on herbalism, healthy living, and homesteading
- Content writer for:
    - CMHS articles range from plant monographs to medicine making, recipes, formulations and energetics
    - United Plant Savers Journal of Medicinal Plant Conservation
    - Willow and Sage Magazine
    - Mother Earth News
    - Christian Herbal Magazine
    - Homestead Living Magazine
    - AromaCulture Magazine
    - Mother Earth Living
    - Grow Northwest Magazine
    - Out There Outdoors
    - Natural Awakenings
    - Studio Beju

Podcasts and Media

- Herbal Radio (Mountain Rose Herbs) Self-Reliant and Resilient Herbalism
- Let Your Color Out Life on North Idaho Radio KSPT – Herbalism as a Profession
- Panhandle Community Radio KRFY – Getting the Medicine to the People, Changing Lives Through our Apprenticeship Programs
- Let Your Color Out Life on North Idaho Radio KSPT – Herbs that Support Calm Resilience
- HerbRally - Hawthorn Medicine in the Field
- HerbRally - Douglas Fir Medicine
- Mountain Rose Herbs, Tea talks with Jiling Lin - Building Botanical Relationships
- Bonner County Daily Bee - Plants of Spring, the Medicine of the Mighty Dandelion
- Pacific Northwest Herb Symposium - Healing from Chronic Inflammation

- American Herbalist Guild - Nourishing Nervines for Robust Emotional Health
- Ogden Publishing/Mother Earth News - Wild & Beautiful Skin Care
- IHeart Radio/Wyoming Public Radio - Herbal Support During Covid

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Video Courses

- Mother Earth News/Ogden Publishing –Quest for Calm ~ Using Herbs and Lifestyle Changes to Create Resilient Health, Ogden Publishing

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Skills

- Teaching in the classroom, online, and in-person in the field for diverse audiences, including herbal enthusiasts, professional practitioners, and university students. Courses range from foundational herbal studies to advanced clinical applications.
- Mentoring novice to advanced herbal students
- Curriculum development for all workshops, apprenticeship programs and online webinars and courses
- Integrating Western Medicine and Herbalism to communicate with students in the medical professions to better equip them to speak about options with their patients
- Public speaking
- Writing clear and concise articles tailored to the publications' needs
- Wildcrafter
- Plant and Land Stewardship
- Homesteader
- Botanical Medicine Maker

Memberships

- American Herbalist Guild (2014 - Present)
- United Plant Savers ~ Partner in Education (2021 - Present)
- Ladies Homestead Gathering (2020 - Present)

Leadership, Organizations, and Volunteer Activities

- Sponsor a child's education through Matsiko Children International (2023-present)
- Community Assistance League, Sandpoint ID (2023)
- Healthy Boundaries Group Facilitator, Cedar Hills Church, Ponderay ID (2022-present)
- Convoy of Hope (2022 to present)

References

Available upon request.