Herbal Intensive
Summer 2025

Schedule of Events

9:00am-9:30am	Arrival + Tea
9:30am-10:00am	Opening Remarks
10:00am-12:00pm	Morning Sessions (descriptions below) - Building Your Home Apothecary: An introduction to identifying, harvesting, growing, and storing medicinal plants - Greens Powder - Gifts from the Hive - Native Herb Gardening: Foraging at Home - Herb Walk
12:00pm-1:00pm	Lunch - Catered by New City Farms
1:00pm-3:00pm	Afternoon Sessions (descriptions below) - Botanical Hydrosol - Foraging Walk with Samples - Foraged Fiber - Exploring the Wonders of Nettles: A Hands-on Workshop - Alterative Tincture Making

Herbal Intensive
Summer 2025

9:30-10:00am	**Opening Remarks**
10:00am-12:00pm	**AM Session Classes**
Building Your Home Apothecary: An introduction to identifying, harvesting, growing, and storing medicinal plants	Whether finding herbs in the wild or growing them yourself, interacting throughout the growing season with the plants used in herbal remedies is profound. In this workshop, participants will experience how to identify and ethically harvest plants and process and store them for future use. Participants will take home dried herbs they've processed and a medicinal plant for their herb garden. About the Instructor: Lea Sevigny connects with nature in many ways, but she especially enjoys foraging for items to make food, herbal remedies, and artistic creations. Through her business, Joyful Wildcrafting, Lea guides others to embrace the natural world. She is committed to practicing and teaching sustainable and ethical foraging practices rooted in place, most often in West Michigan.
Greens Powder	Green powder supplements are a great way to boost your energy and nutrition, but that $30 price tag at the grocery store can be a pretty big barrier to including them in your diet! During this workshop, join foraging instructor Katie Venechuk from In Your Element Wellness to learn how to harvest plants from your yard to create your own delicious green powders at home. You'll learn how to identify common Michigan plants that work well in green powder blends, the best techniques for harvesting and drying the plants, and how to create a blend. You'll also learn about the nutritive benefits of each of the plants we discuss and you'll get to create your own 3oz blend to take home and try! We hope you'll join us to learn how to forage at home, expand your knowledge of Michigan plants, and bring healthy green powders into your life. About the Instructor: Katie Venechuk is the founder at In Your Element Wellness, a Grand Rapids based guide company that specializes in helping people reconnect to nature through foraging and wild food classes, guided Shinrin-yoku (forest bathing) programs, and more. Katie has taught thousands of students in west Michigan about the joy of wild foods since 2020, leading programs year-round that focus on building confidence with wild food identification, ethical harvesting techniques, foraging safely, foraging legally, recognizing habitats, and keeping sustainability front and center. To learn more about Katie, visit www.iyewellness.com.

Herbal Intensive
Summer 2025

Gifts from the Hive	Join Cody to discuss ways we use products from the beehive. This class will be a discussion with some demonstrations. A focus on propolis, honey, and beeswax, and the different products you can make with this amazing bounty! About the Instructor: Cody Westendorf is an herbalist, backyard beekeeper, bodyworker, mother of 3, and more. Her work aims to connect folks more deeply with the healing power of nature.
Native Herb Gardening: Foraging at Home	Walk out your own door and forage medicine and food from plants growing in your own native gardens. An in-depth look at building native gardens with medicinal and edible plants. Learn about species that will both sustain a healthier ecosystem on your property while offering you the opportunity to forage sustainably as one of the members of the ecosystem in your yard. About the Instructor: Heather Walsh is the founder & owner of Rooted Connections. She offers public & private classes and consultations on foraging and gardening edible and medicinal plants in Michigan. She's a forager, herbalist and native gardener, and is passionate about sharing her knowledge with others.
Herb walk	Enjoy a summer herb walk in community! We'll learn about general foraging sustainability and safety basics, as well as identification tips, medicinal benefits, and ways to work with some herbs we find along the way! About the Instructor: Carly Pinto is a herbalist, holistic nutritionist and community educator from the St. Joseph area. She holds multiple degrees and continuing education in holistic nutrition, traditional western herbalism, functional medicine and other traditional medical systems. She is passionate about connecting people to the healing power of Nature!

Herbal Intensive
Summer 2025

12:00p-1:00pm	**Lunch + Mingle**
1:00pm-3:00pm	**PM Session Classes**
Botanical Hydrosol	Join Aubrey Winfield from Gathered Botanicals for an afternoon of botanical distillation using an aromatic herb from the Blandford farm. In this program you will participate in preparing the herbs, learn about the basic principles of distilling in a copper alembic still, make a traditional rye four paste to seal the still, and discuss what hydrosols are and how to use them. Participants will take home a 1oz bottle of freshly made hyrdosol. About the Instructor: Aubrey Winfield is a trained professional chef and chef instructor. After running a recreational cooking school for 8 years, and educating on the importance of what we put into our bodies; Aubrey began taking a closer look at what we put onto our bodies. Adapting her culinary skills for topical use, Gathered Botanicals began. Becoming a botanically driven way to care for our bodies through organic oils and seasonal plants.
Foraged Fiber	Practice identifying, ethically harvesting, and processing wild plants. Participants will be able to take basswood inner bark through the entire process, from collection to making their own cord. Processing of additional fiber will be discussed. About the Instructor: Kristin Tindall is a naturalist educator that has been playing and learning in the woods for a lifetime and teaching in them for a quarter of a century. She loves to share stories of the forest and its inhabitants with kindred folk.

Herbal Intensive
Summer 2025

Foraging Walk with samples	Join In Your Element guides Katie and Luke Venechuk for a foraging walk and learn how to prepare one or two of the foods that we find on our walk! Nature will decide what plants or mushrooms we are able to taste. Following the foraging walk, we will harvest a small amount of one or two of the plants or mushrooms that we discuss, and we'll show you how to prepare them. We may taste a cooked mushroom, brew a tea, or create a spice blend! We hope you'll join us to see what flavors the June forest has to share. About the Instructors: About the Instructor: Katie Venechuk is the founder at In Your Element Wellness, a Grand Rapids based guide company that specializes in helping people reconnect to nature through foraging and wild food classes, guided Shinrin-yoku (forest bathing) programs, and more. Katie has taught thousands of students in west Michigan about the joy of wild foods since 2020, leading programs year-round that focus on building confidence with wild food identification, ethical harvesting techniques, foraging safely, foraging legally, recognizing habitats, and keeping sustainability front and center. To learn more about Katie, visit www.iyewellness.com. Luke Venechuk is an experienced foraging instructor with In Your Element Wellness, with a specialization in the wild edible mushrooms of Michigan. Luke is a Certified Wild Mushroom Expert with the Michigan Department of Agriculture and Rural Development, and in his years of teaching he has covered details of over 200 species of wild mushrooms in classes around west Michigan. With an attitude of deep respect and appreciation for all that fungi bring to our local ecosystems (and our dinner plates), Luke's detailed teaching style is intended to empower you, make you laugh, and offer you some practical insight about how to forage for Michigan's wild edible mushrooms safely and with confidence. To learn more about Luke, visit www.iyewellness.com.

Herbal Intensive
Summer 2025

Exploring the Wonders of Nettle: A Hands-on Workshop	Join us for a fascinating journey into the world of Stinging Nettle! This workshop will delve into the surprising versatility of this common plant, exploring its uses as a natural dye, a nutritious food, and a powerful herbal remedy. Participants will get hands-on experience with each aspect. Come prepared to be surprised and inspired by the wonders of Stinging Nettles. About the Instructor: Lea Sevigny connects with nature in many ways, but she especially enjoys foraging for items to make food, herbal remedies, and artistic creations. Through her business, Joyful Wildcrafting, Lea guides others to embrace the natural world. She is committed to practicing and teaching sustainable and ethical foraging practices rooted in place, most often in West Michigan.
Alterative Tincture Making	Learn about how to restore and nourish our body's many elimination and detoxification systems with alterative herbs! We'll explore what alteratives are, different alterative herbs growing currently, and learn how to make your very own alterative tincture. About the Instructor: Carly Pinto is a herbalist, holistic nutritionist and community educator from the St. Joseph area. She holds multiple degrees and continuing education in holistic nutrition, traditional western herbalism, functional medicine and other traditional medical systems. She is passionate about connecting people to the healing power of Nature!