

Susan Hess is a 1996 graduate of the prestigious Herbal Therapeutics School of Botanical Medicine's two year herbal Practitioner's program in Washington, NJ. (Now called David Winston's Center for Herbal Studies) She has also completed the school's one year Graduate level program and studied extensively with ethnobotanist, David Winston, AHG. (Professional Member of the American Herbalist Guild)

In 2000, Susan completed a clinical training at the Wellsprings Centre for Natural Healing in Fairfield, CT with noted herbalists, Donald Yance, MH, CN, AHG (author of "Herbal Medicine, Healing and Cancer") and Chanchal Cabrera, MINMH, AHG. Susan also finished one year of apprentices studies with Jennifer Tucker, a well-known herbalist, author and lecturer from Spring Mills, PA. To keep abreast of current herbal information, Susan regularly attends conferences and lectures throughout the east coast.

In the past 12 years Susan has used her skills and training in health food stores and as sales associate for Herbalist & Alchemist, Inc. of Washington, NJ. She is qualified to consult with practitioners, retail stores and private individuals on the proper uses of medicinal teas and extracts.

Currently, Susan operates Farm at Coventry, handcrafting a fine line of therapeutic herbal products such as salves, creams, tea blends and soaps just to name a few. She sells her wares through local retail stores and craft fairs as well as her website www.FarmatCoventry.com. She enjoys growing medicinal and culinary herbs in the teaching gardens as well as an array of cut flowers and heirloom vegetables.

After hosting a successful 6-month series of weekends with Minnesota herbalist and author, Matthew Wood in 2001-2002, Susan has continued to direct and expand a schedule of highly acclaimed herbal educators. Each visiting teacher offers his or her own unique perspective on herbalism or related subjects, inspiring each student to discover their own path into the world of native, wild and cultivated plants.

In addition to creative and administrative responsibilities, Susan teaches her own delightful and informative 9-month foundation course entitled "Homestead Herbalism". She also speaks to groups and schools locally on a range of topics. She is pleased to be able to create an environment that serves to combine community, education, and our native medicinal plants.

In 2007 Susan, along with kindred herbalist Jesse Tobin, embarked on a new educational endeavor: the Three Sisters Center for the Healing Arts and the Hollerbeier Haven Herbal and Healing Arts Guild. Both focus on reviving the healing traditions of the PA Germans. For more information about this project see their website: www.ThreeSistersCenter.com

In her spare time, Susan enjoys studying various methods of traditional healing, writing, gardening, quilt making, cheese-making and tending her chickens. She is a member of the North East Herbal Association, United Plant Savers, the Pennsylvania Association for Sustainable Agriculture (PASA) and the Weston A. Price Foundation, an organization dedicated to restoring wise traditions in food, farming and the healing arts.



Farm at Coventry
1333 Ridge Road
Pottstown, PA 19465

phone: 610-469-9591
email: FarmatCoventry@aol.com
www.FarmatCoventry.com



Continue to explore the fine art of
Homestead Herbalism,
Too!!

A nine month second year course

www.FarmatCoventry.com

HOMESTEAD HERBALISM

In the not too distant past, keeping a family strong and healthy with simple home remedies was a common homesteading skill that every woman possessed. Identifying and utilizing wild and cultivated plants was as important and necessary as preserving food for the winter months or learning to stitch.

The “Homestead Herbalism” foundation course was designed to gather small groups of women (and yes, a few men!) with the intent of re-introducing this empowering tradition by learning together, using our hands, and preparing and sharing the herbal harvest.

Each year, as the foundation course draws to a close, the students who have completed it ask what more could be offered. I always understand that desire to continue. The bond of friendship and learning forged by plants is a strong one. A lofty ‘advanced’ curriculum, however, was not something I could ever completely envision. But... creating an expansive curriculum that focuses on more herbs and a richer, deeper understanding of the gifts of the plant world is indeed within my vision. The true experience of ‘Homestead Herbalism’ comes not from memorization of facts found in books and papers, but by continual relationship with the plants, observing them through the seasons and enjoying all of the gifts of their harvest. Experiential learning of this kind is more readily retained and greatly enhanced by sharing within a group setting. It is in this regard that the second year course was created in 2009.

Students will receive approx. 54 hours of instruction, a spiral ring notebook, plentiful hand-outs and recipes and a variety of take-home herbal preparations made together in class. A beautiful certificate will be presented at the completion of the course.



CURRICULUM

The second year curriculum includes but is not limited to:

- *Expanded North American Materia Medica
 - *Useful Ayurvedic & Chinese herbs
 - *Exploration of flower essences
 - *Further identifying and utilizing common backyard and wild plants
 - *Further exploration of the energetics of plants
 - *Amazing Adaptogens
 - *Uncommon uses for Common Plants
 - *More Weed Walks
 - *More Kitchen Magic
 - *More Recipes
- You asked for it.
You got it.
Just *MORE*

Homestead Herbalism!

ADMIN/TUITION INFO

2011 Course Schedule:

*March 20 * April 17 * May 15 *June 19
*July 17 *August 21* September 25
*October 16 * November 20

Meeting *Sundays* at 9:30 to 3:30

(*Dates are tentative and may be subject to change)
When the Sunday session fills, a Saturday session may be added the same weekend!

Inquire for more details.

Please be prompt!! As you know, there is so much to share in a day! You may arrive after 9:15am to socialize and enjoy morning tea. Students should bring their own lunch, but herbal beverages and snacks will be offered throughout the day. In the past, our classes have enjoyed sharing potluck meals together on occasion, but in particular, at the last class.

Tuition \$750

Tuition must be paid in full before the start date of the course, but if necessary, a convenient payment plan is also available. Mail a non-refundable \$150 deposit early to reserve your place in the course. Please make checks payable to “Farm at Coventry”.

***Prerequisite:** Must have completed the Homestead Herbalism Foundation Course
*Class size limited to 12

Refund Policy

All deposits are non-refundable and non-transferable. Students who cancel before the third class will receive a pro-rated refund. No refunds will be issued after the third class. All refunds must be requested for in writing within 10 days of decision to cancel. Refunds will be sent within 30 days.