

P L A N T C L U B

DETAILS

What: The idea for Plant Club stemmed from a desire to learn about plants experientially and in community. In January of 2016 a small group of friends and strangers, plant lovers of many sorts, put the idea to the test. It was magic and meaningful, and we hope this iteration of the group will be even better. Each month is host to a predetermined plant that we explore together (and at home separately) within the container of the Club. Because Plant Club is grounded in everyone's personal experience of the plants during the month, it's accessible to all kinds of plant people- from folks new to the plant kingdom, to people who work with plants everyday. And having a group with a diversity of experiences and perspectives makes the experience that much richer.

Plant Club becomes not just a place to share skills, medicines, experiences and information, but also a sweet community. It's a place to dive deep each month with a single plant, and to get to know each plant, and ourselves, along the way. A big part of the magic and medicine of the group is the safety of the container we hold to allow for this exploration.

Who: This series is hosted by Madalyn Berg and The Community Medicine Cabinet. There are 12 seats in the course including 2 work-trade spots. Madalyn is a clinical herbalist, educator and artist. Read more about Madalyn and The Cabinet on the 'About' section of our site.

Where: 33ARTS Classroom (3840 Finley Ave, Santa Rosa, CA)

When: First Sunday of Every Month for 10 months: 12- 3PM

Cost: The course is 35-65\$ per month sliding scale due at the beginning each meeting and with a commitment to participate in the full ten months. If you would prefer to pay all at once, you are welcome to. For info about our work-trade spots, please see the back page.

Included Monthly:

- A tincture of the Plant-of-the-Month from our apothecary
- Fresh / Dry Herb to make your Medicines and bottles at cost
- A collection of medicines each month made by half the club cohort
- A copy of the group-generated plant zine- including a detailed materia-medica sheet
- Client-rate access to our apothecary (10\$/oz fluid extract)

How: Each month we begin with a brief greeting and by sharing experiences about our last month's plant. Those who made zine contributions are welcome to share them. Then we introduce the Plant-of-the-Month and do a plant meditation together (usually with a drop dose of tincture or a flower essence). After, we open the floor to share reflections on the meditation. We take a short break and then we come back together to learn about the ecology, medicine, folklore and traditions of our plant. Finally, we trade medicines and say our goodbyes. During the month we experiment with the plant in all its different forms, work on either our zine contribution or medicine making project and then begin the cycle again.

Homework: Club Members will alternate monthly between making medicine to share with the group and making zine contributions. Making Medicine can be many things. It can be making artwork, bundles, oils, hydrosols, flower essences, bath bombs, propagating live plants, etc. The point is to have a variety of ways to take in the plant throughout the month towards understanding the plant's medicine and building relationship.

APPLICATION

Considered on a first come, first first serve basis
We just want to get to know you a little bit :)

Name: _____ Age: _____

Pronouns (She/Her/Hers, They/Them/Theirs, He/Him/His, etc): _____

Email: _____ Phone Number: _____

Job (if applicable): _____

Dream Job: _____

Favorite Color: _____

Why do you want to participate in Plant Club?

How might Plant Club support you? Is there anything specific you hope to get out of the course?

What kind of medicines are you excited to make? What medicines have you made before?

What is your experience with plants? With herbal medicine?

Name 3 subjects you know a lot about?

What plants do you hope we'll work with (pick 3-5)?

MEDICAL QUESTIONS

We ask these to make sure the herbs don't react with your medications.
This information will be held in confidence.

Any allergies or prescription medications?

Are you pregnant? Some herbs in the course might not be pregnancy safe. If you are pregnant, please contact The Cabinet to talk about how we might accommodate you.

WORK TRADE APPLICATION

The work-trade spots are available to non-clients* with financial need. Preference is given to individuals from oppressed communities (like queer, POC, and disabled folks for example) who want to work with plants long term. The trade is for 5 hours of work/month. Tasks vary based on skill and ability.

*Because of, and for the sake of, the intimate nature of the client relationship, I prefer not to have work relationships with clients. It changes the relationship and, for me, the commitment to the client relationship comes first.

About how much money do you make each month? Are you supporting anyone else?

Do you have any access needs that we should be aware of?

Do you have any gardening or medicine making experience?

Do you want to work with plants long term? How?

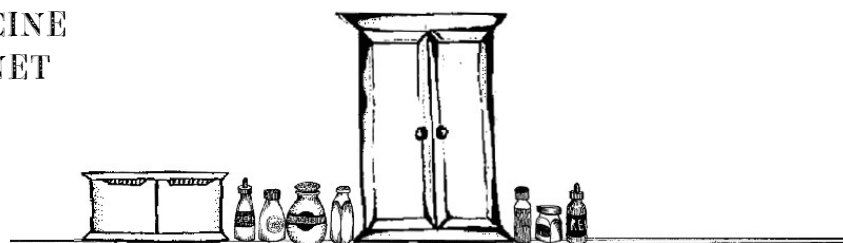
Do you experience oppression and if so, how?

Would you prefer to schedule a single 5 hour work slot each month or two 2.5 hour slots?
Is there a day/time that works best for you?

Thank You for taking the time to read about Plant Club and fill out an application. Please email it to us and we'll get back to you within two weeks.

Love,

THE COMMUNITY
MEDICINE
CABINET



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