

CONNECTING WITH THE LIVING LAND

COURSE OUTLINE

SAMHAIN SEASON

OCTOBER 31 to DECEMBER 20/21

Plant Profiles:

Marshmallow

Mugwort

Ashwagandha

Sweetgrass

Medicine Making:

Herbal Steams

Botanical Incense

Aromatherapy Sprays

Cough Syrup

Fire Cider

Garden Work:

Harvesting Roots

Nourishing Soil

Putting the Garden to Bed

Seasonal Practices:

Home Altars

Harvest Mandalas



WINTER SOLSTICE SEASON DECEMBER 20/21 to JANUARY 31

Plant Profiles:

Pine
Wintergreen
Rosemary
Ginger

Medicine Making:

Kitchen Medicine
Infused Wines
Herbal Cordials
Root Chai
Herbal Baths

Garden Work:

Houseplants
Indoor Gardening
Winter Sowing

Seasonal Practices:

Wreath Making
Mullein Torches



IMBOLC SEASON

FEBRUARY 1 to MARCH 20/21

Plant Profiles:

Milk Thistle
Witch Hazel
Oat
Willow

Medicine Making:

Herbal Milks
Skin Pampering
Sprouting
Liniments
Gomasio

Garden Work:

Tree Pruning
Seed Starting
Winter Plant Walk

Seasonal Practices:

Brigid's Cross
Welcoming Imbolc Ritual



SPRING EQUINOX SEASON

MARCH 20/21 to APRIL 31

Plant Profiles:

Chickweed
Dandelion
Burdock
Birch

Medicine Making:

Nourishing Infusions
Herbal Infused Vinegars
Tinctures
Digestive Bitters
Infused Maple Syrups

Garden Work:

Easy & Ecological Spring Cleanup
Seed Starting 2.0
Planting Trees

Seasonal Practices:

Outdoor Shrines
Birch Brooms



BELTANE SEASON

MAY 1 to JUNE 20/21

Plant Profiles:

Nettle

Violet

Hawthorn

Lady's Mantle

Medicine Making:

Herbal Juices

Spring Salads

Mead

Infused Honeys

Herbal Pestos

Garden Work:

Intro to Wildcrafting

How to Make an Herbal Spiral

Potting Up Seedlings

Seasonal Practices:

Land Acknowledgement

Clootie Trees



SUMMER SOLSTICE SEASON JUNE 20/21 to JULY 31

Plant Profiles:

St. John's Wort
Lavender
Calendula
Rose

Medicine Making:

Infused Oils
Flower Essences
Poultice & Compresses
Solar & Lunar Teas
Herbal Bug Spray

Garden Work:

Garden Tour
Container Gardening
Gardening in Community
Intro to Organic Fertilizers

Seasonal Practices:

Water Offerings
Flower Crowns



LUGHNASADH SEASON

AUGUST 1 to SEPTEMBER 20/21

Plant Profiles:

Elder
Comfrey
Raspberry Leaf
Yarrow

Medicine Making:

Salves
Glycerites
Lacto-fermented Delights
Shrubs & Oxymels
Drying & Storing Herbs

Garden Work:

Intro to Composting
Comfrey Compost Tea
Weeding
Lughnasadh Plant Walk

Seasonal Practices:

Welcoming Lughnasadh Ritual
Pressed Plant Art



AUTUMN EQUINOX

SEPTEMBER 20/21 to OCTOBER 30

Plant Profiles:

Tulsi / Holy Basil
Mullein
Elecampane
Goldenrod

Medicine Making:

Electuaries
Syrups
Herbal Applesauce
Dreamy Herbs
Allergy Preparedness

Garden Work:

Composting Part II
Seed Saving
Making a Cold Frame

Seasonal Practices:

Intuitive Plant Drawing
Wheel of the Year Craft

