

RAVENSONG HERBAL APPRENTICESHIP  
2023 COURSE OUTLINE

**April 29th & 30th**

Botany, Plant identification & lifecycles  
Herb growing: propagation by seed & divisions  
Medicine making: water based extractions (teas etc)  
Forest Plant walk  
Mat med: Nettle, Cleavers, Chickweed, Poplar, Alder, Elecampane

**May 27th & 28th**

The elements  
Herbal Actions  
Harvesting & Drying herbs  
Medicine making: herbal infused vinegars  
Mat med: Dandelion, Horsetail, Elder

**June 24th & 25th**

Vitalist theory  
Beach Plant walk  
Medicine making: alcohol based extracts (tinctures etc); hydrosols  
Mat med: Hawthorn, Yarrow, Rose, California Poppy, Motherwort, Mullein

**July 22nd & 23rd**

Plant spirit medicine  
Topical application of herbs  
Medicine making: Infused oils, salves, poultices  
Mat med: Calendula, Plantain, St. John's Wort, Gummweed, Fireweed, Arnica, Comfrey, Meadowsweet

**August 19th & 20th**

Herbal energetics  
Intro to constitutional theory  
Medicine making: Infused honeys  
Mat med: Artemisia, Chamomile, Gumweed, Holy Basil, Lomatium, Milk Oats, Rosemary, Skullcap, Milk Thistle

**September 16th & 17th**

Formulation

Case study

Seed-saving

Mat med: Hops, Oregon Grape, Yellow Dock

**October 14th & 15th**

Plant ally presentations

Mat med: Reishi, Turkey Tail

Medicine making: double extracts

**November 11th & 12th**

Root harvesting

Medicine making: herbal syrups

Mat med: Valerian, Licorice, Echinacea, Devil's Club, Ashwagandha

Final Projects