
MWSHS Student Newsletter

Summer 2023

MWSHS Alumna Profile

Rebecca Keenan

Upon doing some intense online searching in 2016, Rebecca Keenan was pleased to find the website for the Midwest School of Herbal Studies. “After reading through the program information, I knew this was the right course for me,” she explained, adding: “I really wanted to learn about herbs and how to utilize them in my family's everyday life.”



Choosing the Master-Herbalist Diploma Program over the Western-Herbalism Certificate Program was Rebecca's choice because, as she elaborated: “I liked the fact that I could study both Western Herbalism and Asian Herbalism.”

Another aspect that appealed to Rebecca was that she could study at her own pace. “At the time that I started the program (Spring 2017), my kids were in elementary school and middle school and I did not have a lot of extra free time to devote myself. But I knew that I wanted to do this and that is why I signed up.”

Still, one always encounters challenges when taking on a commitment to finish something as involved as an herbal-studies program. So how did Rebecca meet those challenges? “When I started to go through the program, I realized I did not have the motivation to study in the evening after working all day. I really struggled with this. About 6 months after starting the program, however, I was offered the opportunity to meet with other students in a more structured setting. I didn't think twice about that; I knew, in order for me to complete this program, that that sort of structure would really benefit me. Not only did I get motivated thereby, but I also met some wonderful people that I got to know quite well over the course of two years—they were so kind and friendly. I enjoyed meeting with this group twice a week to learn about herbs and to build friendships.” [See here, also, our article on p. 7, “Proving Successful as a MWSHS Student.”]

What would Rebecca say to anyone considering pursuing either of the School's herbal-studies programs? “If you've always wanted to learn more about herbs and how to incorporate them into your life, *take it!* You will be so happy that you did. (Continued in column 2)

Recent Graduates

We offer congratulations to the following recent graduates of the Western-Herbalism Module:

Claire Fischer

Mercy Myers

Rebecca Keenan

We offer congratulations to the following recent graduate of the Asian-Herbalism and Integrative Herbalism Modules:

Moni Shuttlesworth

We look forward to hearing more from all of these graduates as they continue to apply what they have learned in their lives!

Register Now for

Wild-Plant Walk on Sat., Aug. 19th, 2023

with MWSHS Director Matthew Alfs

(See page 2 for registration details.)

Rebecca Keenan Profile *(continued from column 1)*

After taking this course myself, I feel more comfortable and confident talking about herbs with others and making them a part of my life. I would not have been able to do this if I had not participated in this program.”

Having graduated recently from the Western-Herbalism module, Rebecca's plan is to complete the two other modules of the MH program and her remaining workshop credits and then to write her thesis.

What are her plans after completing the program? “I will follow any opportunity that lends itself to me,” she tells us. We think that is a great way to look at the future!

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WORKSHOP CREDIT OPTIONS

Except where noted, all of the below-listed events qualify as Workshop credits toward the Master-Herbalist program. Each hour of *verified* attendance (e.g., per instructor-completed workshop-credit slips as supplied by MWSHS) counts toward an equivalent hour of Workshop Category #3 credits (up to the student limit of 20 hours), unless another category is specified or unless one attends a particular workshop at one of these events that is *strictly* in one of these other categories.

Workshops, Conferences, Lectures, & Events in Herbal Studies Across North America

The 3rd MWSHS **Wild-Plant Walk** for 2023 is scheduled for **Sat., Aug. 19th, 6:00 PM to approx. 8:00 PM** and will take place in a **Northern suburb of the Twin Cities**. Details and registration on our website, under the tab “Events/Lesson Questions” (accessible from a computer, but not from a phone) with your student password or you can mail us a check for \$20, enclosing a slip with your name and cell-phone number. (MWSHS, P O Box 120096, New Brighton MN 55112) or call in your registration to us on a Mon-Wed early afternoon at 651-484-0487.

Herbalist Pam Thompson offers herbal educational retreats at **Giving Ground**, her Superior National Forest homestead in **northern Minnesota**. We have had very positive feedback from students who have attended these. Please see her website at www.givingground.com

BotanicWise Women’s Herbal Gathering Sept. 15-17, 2023. **Kempton, PA**. For More Info Email botanicwise@gmail.com or visit the website: www.Botanicwise.com.

34th AHG Symposium, October 13-16, 2023. **Granby, CO**, and some sessions online. The AHG Symposium offers a platform for herbalists and companies to network and exchange information while also facilitating socialization among herbalists.

Student Feedback from Our Most Recent Four-Hour Workshops

The School’s last two workshops (in March and in May) filled up more quickly than did all previous workshops over the last two decades! Reviews were enthusiastically positive, with the excerpts below being representative of many such comments. We very much hope that you, dear students reading this, will be joining us for the next MWSHS workshop.

March Workshop (Holistic Assessment Skills):

“I really enjoyed the workshop. I really loved the context and flow of the day.”

“I had a very enjoyable time. The workshop was informative. I would recommend it. I look forward to the next workshop. I learned so much and can’t wait to learn more.”

“It was very helpful and a great way to connect with other students! Amazing what our bodies do and I enjoyed learning about the adrenals, thymus, and thyroid. It was a lot of fun to test people. Thank you! I love being a part of MWSHS!”

“Good focus on a few, targeted lessons. Good interactions recommended and encouraged. I liked the practice sessions.”

May Workshop (Herbal Therapeutics):

“Fabulous! Love the personal and historical anecdotes!”

“Very informative, great mix of field experiences, stories, book references—lots of information. Time flies when learning about herbs.”

“I learned a lot and it renewed my interest in the classwork. I will definitely attend additional workshops. It was great that it started in the afternoon to allow for driving in the morning to attend.”

“Awesome! So much great information, as always. I learned so much. Thank you!”

“Looking forward to more!”

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Reminiscences with Former MWSHS Senior Student Coordinator Laurie Swadner, After Her Recent Move to Texas

by Matthew Alfs, MH, RH(AHG),
with Laurie Swadner, BS, MH

Those of you who read our School's history in the winter issue of the *MWSHS Student Newsletter* will remember that we devoted a good deal of space in that article to the ladies who worked so diligently to make both the School and our associated clinic, the Midwest Herbs & Healing center, a success over the last two decades. Having served the longest with us in this regard



was Laurie Swadner, who managed our clinic from 2005-2012 and cared for our students as MWSHS Senior Student Coordinator from 2005 into the 2020s. Many of our students remember Laurie's periodic phone calls to check on their progress and to see how she might assist them

along the way, as well as her coordination and introduction of most of our workshops during the above-mentioned span of time. Much of her work, however, was behind the scenes as she created and managed student files, coordinated client care in our clinic, and even skillfully decorated our School office and our clinic. Laurie also served as the model for the muscle testing photographs appearing in Lesson Eleven ("Muscle Testing") in Part One ("Foundations of Western Herbalism") of our Western-Herbalism module.

In this Summer issue of the *MWSHS Student Newsletter*, we highlight Laurie's vital role by way of a bio and an interview with her, reflecting both the challenges and the opportunities that MWSHS and our associated clinic has experienced over the years.

Laurie's Background

When Laurie faced some serious health challenges around the turn of the 21st century, she sought the services of a traditional naturopath, who expertly helped her back onto the road to health and wellness. This inspired her to seek education and employment in the natural healing field, which led her to the Natural Care Center at Woodwinds in 2004, a clinic of Northwestern Health Sciences University, where I had previously practiced (from 2000-2003) but had moved on to start my own integrative healing clinic in May of 2004. As a religious person, Laurie had been praying to find work with a skilled herbalist and upon learning that I had started my own clinic upon leaving Woodwinds, she felt drawn to leave Woodwinds herself and to seek employment with me. And so, she joined our growing staff at the Midwest

School of Herbal Studies and our associated clinic, the Midwest Herbs & Healing center, in September of 2004. At the time, we were situated in the city of St. Anthony, Minnesota and featured a storefront of nutritional supplements and herbs, with our clinic (offering services from six practitioners of different healing modalities) and School's administrative office situated behind this store.



I had met Laurie earlier, however. As mentioned above, she had been desirous of an education in natural healing and so had taken the herbalism series I had taught at Anoka Ramsey Community College, which I had been teaching there since 2002. (Laurie had even worked for this college—from 2000-2001) She afterwards registered as an herbalism student with Clayton College of Natural Health (CCNH), eventually graduating as a Master Herbalist (MH) from that college in July of 2009.

The Early Days of the School and the MWSHS Clinic

As an enthusiastic member of our staff, Laurie manifested such amazing progress that I soon made her both our clinic manager and our Senior Student Coordinator. Along with the other members of our staff, we experienced many joys, opportunities, and challenges.

In a recent Zoom interview, Laurie and I reminisced about those days—reminiscences that I thought our students might find of interest and of encouragement to stick to their chosen path in life, despite impediments that they might encounter along the way.

Matthew: Let's take a trip down memory lane. What are some of your early memories after joining our team—events that offered challenges or opportunities and how we dealt with them?

Laurie: One of the earliest memories I have of an event that caused us a lot of concern was when one of the

cell-phone companies tried to put a cell tower right behind our clinic!

Matthew: I remember that. It was in June of 2007. I put together a fact sheet listing a number of studies on how dangerous it is to be in close proximity to such a tower. You loaned me a book that you had on cell towers that was very helpful in putting that together.

Laurie: Yes, and remember how you and I went door-to-door in the neighborhood and passed out that sheet and invited residents to attend the planning commission meeting that was to be held to discuss the proposition?

Matthew: Yes, and we were blessed to find the former mayor when doing this, who readily agreed with us and who promised to attend the meeting and to oppose the construction of the tower.

Laurie: He did, and we won! The planning commission flooded the application.

Matthew: As I recall, we had to go back for a second meeting sometime later in which the proposal was permanently nixed. When I brought this up to an attorney friend, he was quite surprised and remarked that the public hardly even wins challenges like this.

Laurie: Another event I remember that presented us with a thorny challenge was the I-35 bridge collapse, in August of that same year. We kept wondering how we were going to keep our clients and customers coming to our complex to keep the funds coming in the door. I remember that this was when we really got going with the mail-order aspect of our natural products business and that we started holding events and talks with enticements for free product and service demos.

Matthew: Yes, I especially remember the “Women’s Day of Pampering” event that you organized and oversaw that offered chair massage, drawings, talks, essential-oil demos, and footbaths and how that event brought many people out to our center again. You worked really hard to put that together.



Laurie: The next big event I remember was the crashing of the economy in the fall of 2007, marking the beginning of the Great Recession. I remember asking you at the time whether this was going to be good for us or bad for us. You replied that it was going to be bad for us because when people have little money but still have insurance, their only option is to go to orthodox medicine where there would have insurance coverage.

Matthew: Yes, the Great Recession was a real challenge, but you and the rest of our crew stuck it out with me and we navigated through it all, pivoting with services and promotions once again.

Laurie: Then, in 2009, who could forget the car crash and its aftermath and how that threatened to finish us off? I had just finished putting product away on the front shelves when an elderly lady came crashing through the front of our building in her car, almost to the point of our front desk area where I was sitting at the time!

Matthew: Yes, indeed. I was in the rear bathroom and heard a tremendous crash and flung open the door. Concluding that the noise had come from behind our clinic—it sounded so close—I immediately opened our rear door. You then screamed to me to come up to the front where we both witnessed the car in the midst of our retail area! It was a miracle that no one was hurt, including the driver of the car who apparently had hit the gas pedal instead of the brakes as she was coming in to park.

Laurie: I remember you throwing papers into the air and you and I looking at each other as though this was the end.

Matthew: I really thought that it was. The mall management boarded us up like a coffin. But we pivoted again and kept our center functioning by putting up a “Still Open” banner across those boards and a sign directing visitors to the back door to enter our center.

Laurie: Although the management got to work on the rebuild right away, the dust and the noise from the construction was terrible!

Matthew: Yes, and although we were promised a speedy rebuild, it took a whole year for them to finish it, during which time our clinic and our supplement business really suffered. I was relieved, though, that sales of our School programs and the increased workshops we began holding for the School took up most of the financial slack.

Laurie: Speaking of our workshops, I remember accompanying you for the first time on an herb walk where you were wearing white tennis shoes, white socks, and light colored pants that you had tucked into your socks. I thought that you looked ridiculous until you explained that that was necessary for spotting clinging ticks

to minimize possible infection with Lyme Disease. I changed my opinion very quickly after coming to appreciate that! In fact, I've learned so much from you about so many things over the years and especially about how to run a business. You taught me about budgeting, about cash flow, and about needing several avenues of income as a financial safeguard. Another thing: Over time, as I checked your clients out from the clinic, I could tell from the supplement protocols you had assigned and which I pulled from the shelves for them just which particular issues they were dealing with and I kept taking mental notes. I learned so much about how to help clients from that and from my extremely well-worn copy of *300 Herbs*.



Matthew: I think you probably learned a lot from my failures, too, such as biting off more than I could chew and hanging on to certain habits, ideas, or goals that were well past their prime! Anyway, thanks so much for reflecting on these memories today, Laurie.

Laurie: It was fun to reminisce.

The Move to Roseville

Picking up the historical thread: By 2012, the combination of the growing loss of a number of our practitioners due to illness and moves as well as several rent increases from our landlord and competition in supplement sales from a co-op that had opened nearby impelled me to move our clinic and School office to the nearby community of Roseville. Laurie stayed with us during that move, although needing to reduce her hours. Then, with the loss of still further practitioners due to moves and even one to death (our dear holistic psychologist, Kris Abrahamson), I decided to move again—but only across the street, where Laurie and our other staff members (Marcia, Yvette, and Annika) worked so very hard to get that location ready.

BioScan Training and Practice

At the time of our move to Roseville, Laurie had developed an interest in biofeedback/electrodermal screening and so underwent training from International

Health Technologies to become a BioScan specialist, graduating in February of 2017. She then started a business to perform this type of healing work, which she called Crossroads Balanced Living, and began teaching others how to perform this service—even traveling to other states to do so.



Having recently moved to Texas to be with family, Laurie is in the process of dissolving her Minnesota-based business and setting it up in Texas under the name JL Balanced Living. I know that she will be very successful in helping many people to recover their health, even as she did while in Minnesota.

Concluding Thoughts

There is an old saying: A star player can never be replaced, only succeeded. And so it is with Laurie. I'm sure that both MWSHS students and clients from our clinic would wholeheartedly agree with that!

Herbwalk Feedback

Students have expressed much appreciation for our wild-plant walks, including the last one led by Paige Swanson. Here is what one student had to say about that walk: "I had a wonderful time Saturday July 22nd at the walk with the students and with the teacher, Paige Swanson. The weather was ideal for this walk. Paige is a Great Teacher and guide! I look forward to future experiences with MWSHS. Thank you, Mathew Alfs, for your vision and organization of the School, with the foundation of the planet and our plant allies and all who further the growth of the MWSHS."

Several other students expressed similar sentiments.

Won't you join us for one or both of our remaining wild-plant walks this year? The August walk is announced in this *Newsletter* and the Sept. wild-plant walk will be announced in late Aug or early Sept., in an *Interim Student Newsletter*.



Dynamic Herbal Pairs

Matthew Alfs, MH, RH(AHG)

Good herbalists use well chosen herbs, based upon careful case analysis, to help individuals to heal. Knowing the specific indications of herbs—their energetics and the physiological systems that they support—is critical in this regard. In Western herbalism, these indications were initially developed by the Greeks (esp. by Galen) and then refined centuries later by the Anglo-American Eclectics and Physio-medicalists.

A number of the abovementioned healers discovered that carefully combining two herbs with complementary properties created a clinically potent synergy that was truly amazing! To some extent, pairings also been used in Chinese medicine and in Ayurveda, although the preference in these systems has been to use formulas containing three or more herbs.

Here are some of my personal favorite combinations and the circumstances in which they have been most appropriately utilized....

Milky oat seed (*Avena sativa*) and **skullcap** (*Scutellaria lateriflora*) were recommended as a pair by the Eclectics for nervous exhaustion, especially that caused by long-term addictions where the addict is seeking the nervous strength to break the addiction. I have had occasion to use this combo many times with clients and have found it to be most effective. The gentleness of each of these tonics allows for long-term or repeated use, if necessary.

Cinnamon (*Cinnamomum spp.*) and **horseweed** (**fleabane**) (*Conyza canadensis*) essential oils, in a base of 87% grain alcohol, were teamed by Eclectic physician Finley Ellingwood for passive hemorrhages, including menorrhagia. HerbPharm currently makes a commercial extract of this combo (called “Erigeron Cinnamon Compound”) that is so potent that one can often smell the cinnamon right through the sealed bottle! It has the potential to cause gastric irritation in sensitive individuals, so this must be borne in mind, and thus also dosing and dilution guidelines should be strictly observed; but it is a real dandy when needed and tolerated!

Black cohosh (*Actaea racemosa*) has been pigeonholed as a “menopause herb” in the mind of the public; but this laudable botanical has a variety of other, time-tested and effective applications. For one thing, it was recommended by both the Eclectics and the Physio-medicalists for *rheumatic (inflammatory musculoskeletal) pains*. However, the latter healers discovered that combining this herb with **prickly ash** (*Zanthoxylum americanum*) bark intensified the anti-rheumatic effect through a seeming synergy of the two plants. I can say

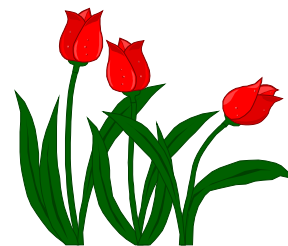
that I have used this combination, which I gleaned from the Physio-medicalist literature, on a number of occasions in my clinical practice and with *excellent* results.

Gotu kola (*Centella asiatica*) and **plantain** (*Plantago major*) is a combination that I have discovered in my clinical practice as being quite remarkable for healing stubborn wounds. I once helped a woman heal from a mastectomy sore and a man from a passively bleeding rectal injury with this team (and that was through oral use, not topical use). In both cases, the person’s physician was stupefied by the success (as, I must admit, was I).

Chickweed (*Stellaria media*) and **cleavers** (*Galium aparine*) is a favorite depurative (alterative) combination for cleansing the blood-lymph, supporting urinary elimination of wastes and nudging the thyroid to improve bodily metabolism. It is a gentle combo that is safe for long-term use and is well tolerated even by children. Each herb was a favorite of the folk herbalist Tommie Bass to encourage weight reduction.

Blue vervain (*Verbena hastata*) and **skullcap** (*Scutellaria lateriflora*) create a nice combination that can be used by children or adults as a nervous-system tonic when there are reoccurring convulsions (Note: If the convulsions occur premenstrually in a woman, blue vervain is a must as a simple or formula ingredient, as it is the supreme gynecologic normalizer).

Chinese licorice (*Glycyrrhiza uralensis*) and **white peony** (*Paeonia lactiflora*) are combined in Chinese medicine for spasmodic conditions. However, clinical trials have found this combination to reduce testosterone levels in persons with elevated levels of said hormone. This includes women with polycystic ovarian syndrome (PCOS). As the clinical trials have evinced, the botanical aid here may even reach the point where the infertility produced by this condition is reversed and pregnancy is achieved. Since reading these trials, I have used this combination successfully in my own practice, helping a number of women to achieve reproductive balance in this regard—to their great joy.



I hope you have enjoyed this summary of dynamic herbal pairs and I also hope that you get the opportunity to use these botanical teams at some point in your life, if you haven’t already. I think you will agree that they live up to their reputations!

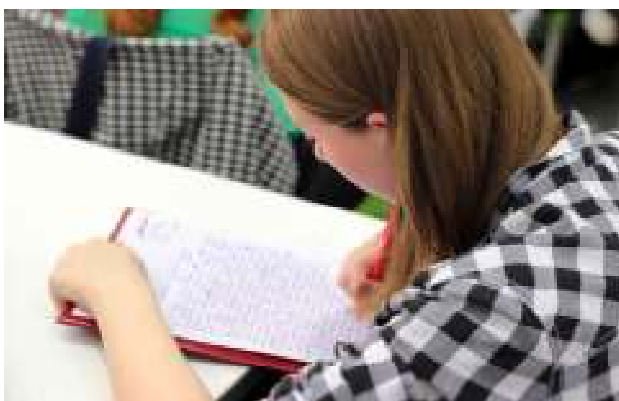
Proving Successful As a Student, Despite Distractions

by Matthew Alfs, MH, RH (AHG)

The ancient Asian sage Lao Tzu once said: “The journey of a thousand miles begins with the first step.” As a student of herbalism, you are on such a long—and sometimes arduous—pathway. That being the case, it is possible to get discouraged—especially with all of life’s distractions. However, the reward for perseverance is great, namely, illumination of one of life’s greatest mysteries: *The secret to health and long life!*

Truly, what wouldn’t a wise person sacrifice for the knowledge of such? Jesus of Nazareth once emphasized the value of sacrifice for something precious by relating a stirring story of an insightful man who found ‘a pearl of great price’ and ‘sold everything he had’ to obtain it, knowing that what he was about to obtain was worth far more than anything else he had already possessed. In this regard, what could be more valuable than the vitality of body, mind, and spirit and the ability to help others to preserve such? After all, this *wholism* is the basis, not only of the world’s health-care traditions, but of its great religions and philosophies as well.

So, then, dear student, we encourage you to persevere in your studies, not letting mundane matters crowd out your time. After all, “nothing will ever be accomplished,” observed the noted English author Samuel Johnson, “if all possible objections must be first overcome.” Therefore, set aside time for study and, barring genuine emergencies, use this time as planned.



“But, how can I find that time in the first place,” you might wonder? In asking those students who’ve moved along most efficiently in the program how they’ve accomplished so much, we’ve received some helpful answers, a few of which we’d like to share with you here, directly below....

“I devote half of my hour-long lunch break to study.” “I take a brief nap after work and then have one of

the workbooks next to me on my bed, ready to go once I awaken and feel renewed in mind and spirit.” “I study first thing on Sunday morning when I wake up, as I’m not rushed at this time.” “My teen-age daughter reads portions of the Workbook to me as I’m washing dishes or folding laundry.” “I pull out the lesson-question sheet at the end of the lesson I am studying, read through all of the lesson questions, and then I have it readily accessible as I come across lesson answers in my reading and proceed to jot down those answers by pencil on the answer sheet. If I like, I can re-type those answers later and send them as an email attachment or just send that penciled lesson-answer sheet as is to MWSHS through the mail.”

Whatever may work for you, dear student, we urge you to find your niche and to work at it wholeheartedly!

However, Lao Tzu, previously quoted, said something else that is worthy of consideration here: “People usually fail when they are on the verge of success. So give as much care to the end as to the beginning. Then there will be no failure.”

Time and time again, we have witnessed the above observation prove true with students: As if they were in a foot race, they start off with a bang, but then burn out and fall to the wayside!

In this regard, please bear in mind that those of us here at MWSHS stand ready to offer you encouragement or suggestions whenever you feel the need for either or even if you’re stuck somewhere in your studies and need some guidance. Such support is really part of your student package, and we are only an e-mail away. Please rest assured here, too, that we very much want you to prove successful in your studies and to move on to graduation. *That is why we are here*—not to mention that we love to brag about our graduates and how they go on to live and to share the valuable things that they have learned.

Finally, all of the alumni profiles that we publish in our newsletters are a marvelous way for you to glean some tips on how to prove successful in your studies, as the graduates profiled therein have all demonstrated a real stick-to-itiveness in their student paths and have been pleased to share their secrets of success with our student body by being profiled. One of our most enthusiastic and successful students put it this way: “Just don’t put your studies off; once you sit down and open the books, they should grab your attention, as they always have mine.”

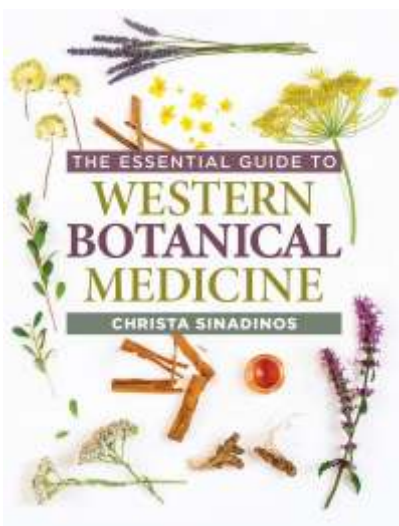
We submit the above suggestions as some chief methods by which you may “give as much care to the end as to the beginning” so that “there will be no failure.”

Book Reviews

Sinadinos, Christa. *The Essential Guide to Western Botanical Medicine*, privately published, 2020, hardcover, 753 pages [780 pages, incl. introductions, forwards, and TOC], \$179.95

www.christasinadinos.com

Reviewed by Tina Campbell



When you flip through the pages of this massive book you can only fall deeper and deeper in love with this thing we call herbalism. Christa Sinadinos has done a magnificent job of creating the ultimate textbook for student and master herbalist alike.

Each plant in the *Materia Medica* section (there are 129 there in total)

is listed with such a detailed reverence that the reader will leave with enough information not only to identify the plant but also how to use it. Common names, detailed descriptions, and habitats are presented with beautiful full-color photos of each plant's medicinal parts. If you are itching for the how and why a plant got its name, along with historical uses, you won't be disappointed. The nutritional properties of each plant are also detailed, along with its temperature and flavor. The author further includes contraindications, preparations, and dosage information.

The medicine making section includes detailed instructions on how to create a variety of preparations. Examples of which plant is best used for each preparation are also included. In addition, there are ample worksheets, label examples, and detailed recipes, along with beautiful full-color photos.

Finally, there are over 100 different compounds and tea blends included in the section on Herbal Therapeutic Formulas, followed by detailed appendixes and indices.



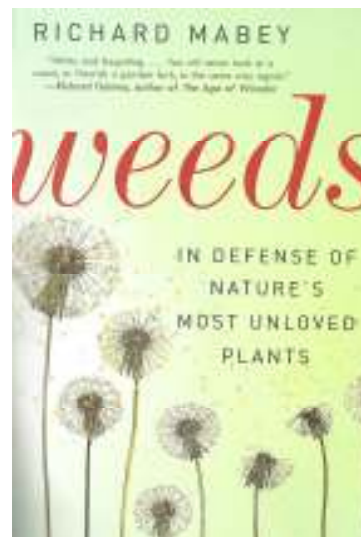
Mabey, Richard. *Weeds: In Defense of Nature's Most Unloved Plants*. HarperCollins, 2012, softcover, 324pp. \$14.99

Reviewed by Matthew Alfs

Defenses of weeds have been few and far between. I don't remember seeing one since the publication of Prof. Joseph Cocannouer's book, *Weeds—Guardians of the Soil*, way back in 1950. But veteran plant writer Richard Mabey (author of *Food for Free*, a book long appreciated by foragers) has broken that silence with the publication of this interesting and entertaining work.

The book offers musings on many different weeds, with plenty of history and whimsy, but chapters are named after only a dozen of them (sometimes perplexedly so, since the plants indicated by the chapter headings are often only little discussed, while a number of other plants creep into the discussion). These include favorites of herbalists like boneset (thoroughwort), knotgrass (knotweed), plantain (waybread), self-heal (heal-all, or prunella), and burdock. The chapter on the latter plant even chronicles its role in the invention of Velcro by scientist George de Mestral, an account with which I have long been familiar but detailed here to an extent that I have not seen elsewhere.

Then, too, Mabey treats us to an enlightening discussion of plant experts throughout the centuries, including Dioscorides, Nicholas Culpeper, William Shakespeare ("more than a hundred species of wild plants are mentioned in his works"), and even Euell Gibbons.



The book's reference to how the term "weed" has popularly been defined underscores the superciliousness of just such a definition: "The best-known and simplest definition is that a weed is 'a plant in the wrong place', that is, a plant growing where you would prefer other plants to grow, or sometimes no plants at all," explains the author. "But it's a course

definition and begs the question on what is 'the right place' for a plant."

Perhaps best of all, this is a fun read—one which I enjoyed over a period of several evenings prior to bedtime.

Below, we print some workshop credit slips to use for workshops not conducted by MWSHS

WORKSHOP CREDIT SLIP

Workshop Title:.....
Workshop Total Hours
Workshop Presenter & Credentials.....
Workshop Presenter's Signature & Date.....
Student Name..... Student I.D. #.....

When completed and signed by workshop instructor, make a copy for yourself & submit to:
Midwest School of Herbal Studies, P. O. Box 120096, New Brighton MN 55112
Or image as a .pdf and send as an email attachment to us at MWSHS@aol.com
(For Internal Use Only:) Credits Assigned..... Director's Signature.....

WORKSHOP CREDIT SLIP

Workshop Title:.....
Workshop Total Hours
Workshop Presenter & Credentials.....
Workshop Presenter's Signature & Date.....
Student Name..... Student I.D. #.....

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Or image as a .pdf and send as an email attachment to us at MWSHS@aol.com
(For Internal Use Only:) Credits Assigned.....Director's Signature.....

