



Susan Hess is a 1996 graduate of the Herbal Therapeutics School of Botanical Medicine's prestigious 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 the school's founder, ethnobotanist and author, David Winston, AHG. (Professional Member of the American Herbalist Guild)

In 2000, Susan completed a clinical training at Well-springs 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 apprentice studies with Jennifer Tucker, a well-respected 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.

From 1997 to 2017, Susan was the proprietress of Farm at Coventry, handcrafting a fine line of therapeutic herbal products such as salves, creams, tea blends and soaps in southeastern PA. After hosting Minnesota herbalist and author, Matthew Wood in 2001-2002, Susan continued to direct and host a schedule of highly acclaimed herbal educators that has included David Winston, Phyllis Light, Robin Rose Bennett, Michael and Nancy Philips, Jennifer Tucker and the late William LeSassier. Each 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 has offered her own delightful and informative foundation course entitled "Homestead Herbalism", for over two decades. She speaks to groups and schools locally on a wide 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 series of educational endeavors with the Three Sisters Center for the Healing Arts. She also designed and published the Hollerbeier Haven newsletter. Both focused on the early healing traditions of the PA Germans.

In her spare time, Susan takes pleasure in studying various modalities of traditional healing, astrology, writing, gardening, photography, foraging and cheesemaking.

Susan relocated to Mays Landing, NJ in 2016 and enjoys discovering new and obscure wild medicinal plants in the Pine Barrens, growing medicinal and culinary herbs in her teaching gardens and sharing that knowledge with others in SE Pennsylvania and South Jersey.



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THE STILL ROOM
AT
PITCH PINES



Explore the fine art of

Homestead Herbalism

Twelve-month foundation course
in the NJ Pine Barrens

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 valuable 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 men and women with the intent of re-awakening this empowering tradition by learning together, using our senses and preparing and sharing the herbal harvest.

In 2023, The Still Room’s informative three season foundation course will meet one Saturday (or Sunday) every month beginning in March through December (plus two additional dates added in during the busy growing season!). The course curriculum weaves informative current herbal wisdom with interesting historical facts and intuitive folk traditions. Through the seasons, from planting through harvest, we will learn to create nutritious wild foods as well as therapeutic preparations and pleasurable crafts using edible, medicinal and fragrance herbs that are both cultivated and wild crafted. Our time together will give students basic herbal knowledge and skills that will empower them to use herbs for their own nutritional, therapeutic and creative needs. Our teaching areas include a cozy classroom/kitchen, outdoor teaching space in cultivated gardens and the fields and forests of southern NJ.

Students will receive 60 hours of instruction, a large spiral ring notebook, abundant full-color handouts, recipes and a wide variety of take-home herbal preparations made together in class. A beautiful certificate will be presented at the completion of the course.



CURRICULUM

The curriculum includes but not limited to:

- *Large spiral ring notebook containing 50+ full color in-depth Plant Specific study sheets plus additional abundant handouts every month
- *Herbal Glossary, Book Recommendations, Networking and Resources
- *Identifying and utilizing the Tastes and Energetics of plants
- *Proper Planting, Harvesting, Wildcrafting, Drying, Preservation and Storage techniques
- *Using Plants as Foods, Tonics and Medicines
 - *The Fine Art of Tea Making- exploring Infusions & Decoctions
 - *Simple Overview of Body Systems and Therapeutics for the:
 - *Digestive System
 - *Nervous System
 - *Immune System
 - *Musculo-Skeletal System
 - *Experiencing Tasty and Nutritious Herbal Treats with Recipes
- *Topical Applications: Poultices, Compresses and Plasters
- *Time in the kitchen creating teas, infused oils, salves, syrups, vinegars, honeys, elixirs, tinctures and more
 - *Creating an Herbal First Aid Kit
- *Kitchen Cabinet Remedies *Preparing for the Cold and Flu Season
- *Monthly Challenges, Short Field trips, Wild Weed Walks and so much more.....

ADMIN/TUITION INFO

2023 SESSION DATES

Beginning March 25/26, April 22/23, May 20/21, June 3/4, June 24/25, July 8/9, August 5/6, Sept 16/17, Oct 7/8, Oct 28/29, Nov 18/19, Dec 3 –Graduation Day

Choose ONE: SAT or SUNDAY SESSION
Meeting 10:00-3:00

Early registration is strongly suggested!
Tuition and Payment Options:

FULL PAYMENT OPTION/ DISCOUNTS:
Save \$100 -\$1250 if paid in full by March 25, 2023

PAYMENT PLAN OPTION:
\$250 non-refundable deposit ~ in addition to \$110 /month in ten payments due on the day of class

A domestic couples discount: \$2,200 if paid in full.
If a payment plan is needed, please contact Susan to discuss the terms of the plan.

- *Register online at www.StillRoomatPitchPines.com or simply mail the registration form with a check made out to ‘Still Room at Pitch Pines’
- *Must be 21 years of age to participate
- *Class size limited to eight in each session
- *A letter of confirmation and a list of suggested supplies will be sent a few weeks before the start of the course