

# Workshops / Foraging / Talks

**WORKSHOPS FOR EDIBLE FORESTS**  
7th April - Designing & creating forest gardens & permaculture orchards led by Scott Baine  
Angus Buchanan / Coleford recreation ground 10am to 4pm - FREE

22nd April - Forage for spring greens  
Led by Jess Lucas from Herbal Ways  
Millers Farm, Soudley, 10am to 9pm  
Cost - sliding scale, pay as you feel, £10 to £30

**HERITAGE WORKSHOPS**  
14th and 18th April, 2 day workshop  
Traditional tanning deer hair on, on a frame with Scott Baine  
Textiles spinning and natural dyeing with Stella Berg  
Dean Field Studies Centre, Parkend, 10am to 4pm  
Cost £40 to £70 sliding scale for the whole weekend

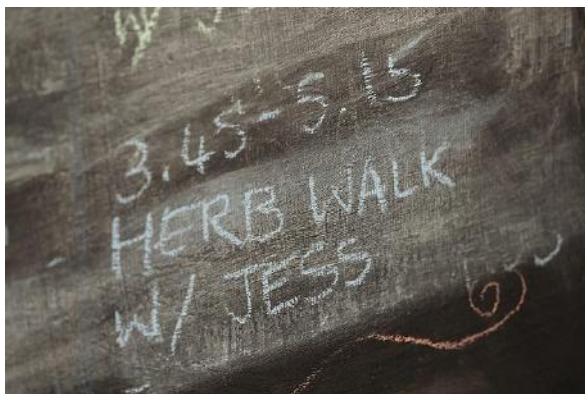
7th May Bank Holiday Monday  
Rewild Medley at the River Festival noon till 5pm  
Willow weaving with Lin Powell and Hanna Beasley, May  
Whistles with Anna Casserey, Spinning wool with Stella Berg,  
Bark tanned leather with Scott Baine  
The Tump, Lower Lydbrook, Monks Hill 12pm  
Drop in have a go, no booking. Cost, donations welcome

12th and 13th May - Blacksmithing  
2 day workshop with Gareth Thomas and Angus Buchanan  
Coleford recreation ground 10am to 9pm  
Cost £40 to £70 sliding scale for the whole weekend

30th June, 1st July - Greenwood weekend 2 x 2 Day workshops  
Willow weaving with Lin Powell and Hanna Bee  
Make your own traditional hay rake with Tom & Jazz Cousins  
Angus Buchanan / Coleford recreation ground 10am to 3pm  
Cost £40 to £70 sliding scale for the whole weekend

more details at [www.thewildproject.com](http://www.thewildproject.com)





**HERBAL MEDICINE SPRING WORKSHOP**

- Learn how you can use spring herbs to benefit your health
- Identify, forage & gather plants
- Make medicines to take home
- Eat nourishing, wild foods

**SUNDAY 23rd APRIL 2017**  
**10.30 to 4.00pm in Blakeney**

**Workshop price: £40.00**  
*Bring suitable outdoor clothing & footwear, and a packed lunch. Refreshments and snacks included.*

For booking contact [jess@herbalways.net](mailto:jess@herbalways.net)  
 T: 0771 455 0705 or 01594 510104  
[www.herbalways.net](http://www.herbalways.net)






# HERBAL MEDICINE SPRING WORKSHOP

Discover what plant medicines  
Spring has to offer

**SATURDAY 23RD APRIL 2016 10.00AM TO 3.30PM**

Venue: Blakeney Hill Cost: £45 Refreshments & more info included. (Bring a willow & some local honey)

Limited places, to book  
Call 01594 510104 TX  
[www.herbalways.net](http://www.herbalways.net)



Join us on this exciting course, where you will learn how to identify and collect useful plants to make your own herbal remedies. With practical, hands-on experience you will learn how to make tinctures, ointments and tonics from local meadow and hedgerow plants.

- PART 1 - SPRING - DETOXIFY**  
on Sunday 24th March 2013
- PART 2 - SUMMER - REVITALISE**  
on Sunday 9th June 2013
- PART 3 - AUTUMN - HARVEST**  
on Sunday 29th September 2013

The course will be hosted by medical herbalist Jess Lucas and wildflower enthusiast Anne Smithells  
at Millers Farm, Brains Green, Forest of Dean

Full details can be found at [www.herbalways.net/hedgerow.html](http://www.herbalways.net/hedgerow.html)

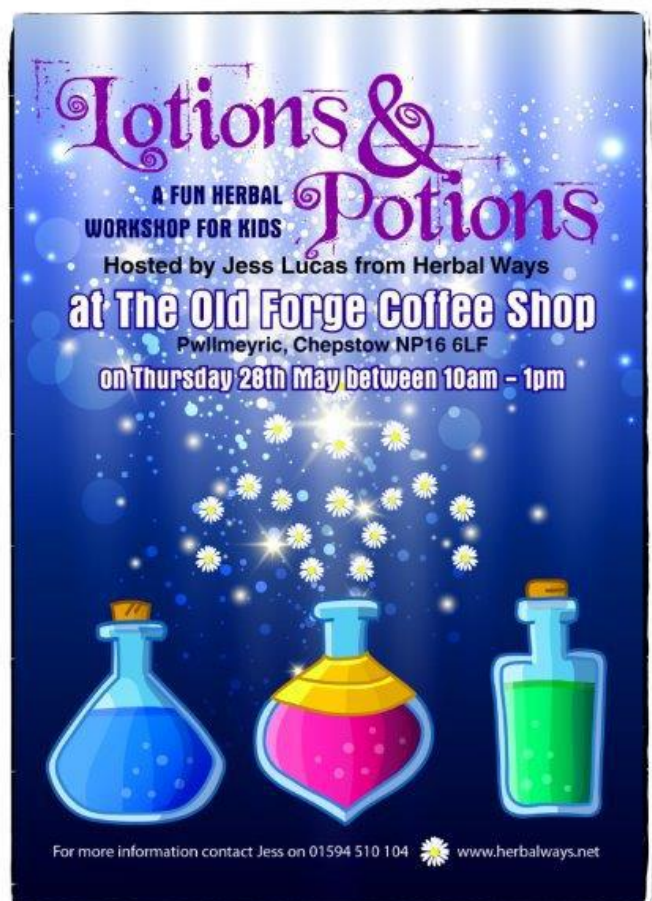
Contact: Jess Lucas 01594 510104 or [jess@herbalways.net](mailto:jess@herbalways.net) or Anne Smithells 01594 510019 or [anne@smithells.com](mailto:anne@smithells.com)

*The knowledge you will gain will help you not only get to know and recognise plants better, but contribute to you and your families wellbeing. This course is not designed to replace your conventional medical treatments.*



## Lotions & Potions Kids Herbal Workshop

Despite the recent weather, Summer is approaching and one of the first signs of Summer is the blooms of Elderflowers & wild roses just starting to fill our hedgerows with colour and scent. Just in perfect time for my Lotions & Potions kids herbal workshop, which was a great success. Thank you to all the budding young alchemists, witches and wizards who took part. I am sure most of us remember as children the fun times we had making up potions in the back yard, with anything that we found growing. Taking great delight in mixing the ingredients with water, smelling the mixture, then leaving it in its jar until it all turned brown and slimy. Well this workshop showed the children (and their parents) which plants can be made safely into useful potions and the children took home recipes of their particular potion, so as it make more at home. There was a choice of lavender bath bombs, rose cough syrup, daisy bruise ointment or elderflower drink to make and take home. Take a look at the following sections to this workshop to see the potions being made.



## Lotions & Potions - Lavender

Lavender (*lavendula angustifolis*) – Lavender oil is known for its sedative actions. It also makes a good inhalant for sinusitis and it has a soothing, antiseptic action on irritated skin conditions. So what better remedy ingredient to use in our bath bomb mixture. As the lavender flower is not out yet, we used dried lavender flowers and lavender essential oil. The children weighed out the sodium bicarbonate and citric acid and mixed them together. Then they added the colour, essential oil and dried flowers. Next I sprayed a small amount of water onto the mixture while they crumbled the mixture with their hands, until they got a texture like damp sand. Then we had fun filling the butterfly and ball moulds, which were then gently tapped out onto some tissue paper and left to dry. I hope they all tried them out in the bath later that day, once home. I bet they went to bed calm and relaxed!



## Lotions & Potions - Rose cough syrup

Rose (*Rosa* spp.) – for this potion you need to pick the petals from the wild rose, of which there are several types, and fragrant garden roses. Obviously do not use roses which have been sprayed. This cough medicine tastes like Turkish delight and its wonderful to watch the remedy turn from a clear liquid to deep pink liquid as you make it. This remedy is prepared in the workshop but continued at home, where you remove the old faded petals and replace them with fresh petals, for about 2 weeks. Then it is ready. The more pinker your added petals are, the deeper the end results are. This sweet, tasty medicine is great for children with dry, tickly coughs. The children fill their jars with rose petals, then simply add the right ratio of glycerine( I use a plant based glycerine) to water and then leave for up to two weeks, adding new petals every few days, before straining and bottling.



## Lotions & Potions - Elderflower drink

Elderflower (*sambucus nigra*) starts to appear in our hedgerows, gardens and woods from the end of May. In old folklore it is believed that to smell the blossoms of Elderflower on Midsummers eve would enable you to see the Fairy king & queen. The elder is an important tree to us herbalists, even being described as a whole medicine chest, as its flowers, berries, bark, root bark, leaves, shoots and seeds can be used. But in this workshop it is the flowers we are using. The flowers are very beneficial to anyone suffering from a cold or hayfever and they make a tasty drink. But drink the homemade drink within a few days or it starts to ferment and then turns into an alcoholic elderflower fizz! If you make too much, you can freeze the excess to have another time. The children put a few flower heads, shaken free of bugs, into their jars. Then they added lemon rind, lemon juice, sugar

and apple cider vinegar (white wine vinegar can also be used). The mixture is stirred, then left for 24 hours. We strained some elderflower drink that I had made the day before and drank it. Delicious!





## Daisy ointment for bruises

Daisy (*bellis perennis*) – it may surprise you to know that this common garden flower is known as bruisewort or woundwort. The flowers can be made into a cooling wash for hot swellings or bruising simply by adding 1/2 cup fresh daisies or dried daisies to 2 cups water. Bring it to the boil then remove from heat and leave to cool, then strain. We made daisy ointment, which can be applied to bruises or sprains. First we measured out the correct amount of ingredients, then simmered the daisies in sunflower oil for 30mins. Next the hot oil was strained and beeswax added. Once the beeswax had been stirred in, the liquid was poured into warmed waiting jars and left to cool and solidify.



## Spring workshop 2015

: Some herbs have what we call ‘a doctrine of signatures.’ And a good example of this is seen in lesser celandine (*ranunculus ficaria*). If you look closely at the photo of lesser celandine you will see the roots. They look just like the area that they treat – piles! Its country name is pilewort and an ointment of the whole plant is used for treating piles. Its properties are anal astringent and demulcent. It can also be applied to hard lumps in the skin, like wens. It can be made into a tea too. Below are some photo’s of lesser celandine being made into an ointment. First its is simmered gently for 30 mins to 1 hour in oil. We used sesame oil. Then it is pressed out through a muslin cloth and beeswax added. Finally it is poured into jars.



## Spring workshop 2015

When we get back to the house we go into the field to dig up yellow dock (*rumex crispus*), dandelion (*taraxacum officinalis*) and burdock (*arctium lappa*) roots. Between them they have blood cleansing, lymphatic, liver, bitter, laxative and diuretic actions. A great combination for a spring detox. As with all plants, its important to know what the plant you are harvesting looks like and where it grows. When you come to dig up roots, like burdock, its important to know that you have the correct plant as come spring it will be hard to see where the plant is located as nothing of it is showing yet. I always mark out where the plant is in the summer/autumn when it is in full growth. The roots need to be clean and dry. So they need a good wash and then left to dry. Once dry they can be chopped up ready to be put in your fresh spring tincture. Below are some photo’s of nettles, cleavers, dandelion roots and yellow dock roots being prepared and made into a tincture.



## [Birch tapped](#)

Early this morning I went to check on my birch tree. Wow I had collected about 2.5ltrs. Now it was time to thank the tree for all its wonderful, healing sap that it had shared and remove the tap and plug it up with a bung. I used a great little tapping kit brought from [www.touch-wood.co.uk](http://www.touch-wood.co.uk). It comes with a turned oak tap and bung. The bung should be left in until late April, then it can be removed so that you have a bung for next Spring if you wish to tap another tree. Once the tree is bunged up I head home, eager to taste the sap. It is delicious! It is like drinking from a fresh spring but with a hint of sweetness. Even the dog enjoyed some. We all had a glass and the rest I have put in the freezer to save for my Spring herbal medicine day workshop that I am running on 22nd March. After drinking the sap I felt energised and full of the joys of spring for the rest of the day!



Had a check on the birch tree that I tapped yesterday and it looks like I have got about 400mls so far(see photo). I will check on the tree again tomorrow to see if I can collect a little bit more. I only like to tap the tree for a day or two as I do not want to take too much sap, just enough for me and my family.



Spring is here, time to shake off that Winter slumber. Spring brings renewed energies and vitality. So its off to the woods I go to harness these properties, in search of a Silver Birch tree to tap. Birch sap has many benefits. It is detoxifying, purifying and cleansing. Just what is needed after Winter. It has a diuretic and anti-inflammatory effect, helping to eliminate organic wastes such as uric acid and cholesterol. Birch sap contains minerals, vitamins and sugars as well as lots of vitality. Its important to make sure you have the right tree, so get to know your Silver Birch tree before you tap it. It's a beautiful sunny spring day. Perfect for tapping as the sap is rising. Here are some photo's of the tree I tapped.



Cherry bark

Today I made some wild cherry bark cough syrup. I added some dried bark (the cambium layer / inner bark) to a pan and simmered gently with water. The water turns a wonderful red colour as the bark decocts. Once the liquid is reduced by half, strain and add honey and glycerine and then bottle. It has antitussive and sedative actions, great for a nervous cough or for irritating and disturbing coughs which keep you awake at night.



Elderberry

ELDERBERRIES ARE BURSTING WITH GOODNESS AT THIS TIME OF YEAR. HERE IS A DESCRIPTION OF THE TREE WITH A RECIPE ON HOW TO USE THE BERRIES: (SAMBUCUS NIGRA) Family; Adoxaceae (caprifoliaceae) Temperament; drying & cooling Parts used: Berries when deep purple and ripe Description: It is a deciduous shrub or small tree growing to 6m (20 ft) tall and wide (rarely 10m tall). The bark, light grey when young, changes to a coarse grey outer bark with lengthwise



furrowing. The leaves are arranged in opposite pairs, 10-30 cm long, pinnate with five to seven (rarely nine) leaflets, the leaflets 5-12 cm long and 3-5 cm broad, with a serrated margin. The hermaphrodite flowers are borne in large, flat corymbs 10-25 cm diameter in late spring to mid-summer, the individual flowers ivory white, 5-6 mm diameter, with five petals; they are pollinated by flies. The fruit is a glossy dark purple to black berry 3-5 mm diameter, produced in drooping clusters in late autumn. Actions; the berries are rich in vitamin A & C. They are diuretic, laxative and promote sweating. Dose; see winter rob recipe Use; Elderberries taken as a winter tonic or/and at the onset of a cold is one of the best preventatives known against the advance of influenza and the ill effects of a cold. Taken hot at night it is a good remedy for promoting perspiration in the early stages of severe catarrh, accompanied by shivering and sore throat etc. Caution/drug interactions; raw and unripe fruit in excess can cause nausea and diarrhoea. Avoid or talk to your healthcare professional if you are taking medications for autoimmune diseases as elderberries stimulate the immune system. ELDERBERRY WINTER ROB A rob is a fruit or vegetable juice that is thickened by simmering. 4 mugs of ripe elderberries removed from their stalks (easiest way to de stalk them is to use a fork) 300g honey 1 tsp cinnamon powder 1 cm ginger grated (or 1tsp dried ginger powder) 5 cloves 1 star anise 1. Put into a pan the elderberries, honey and spices 2. Simmer gently until the juices are thick like honey 3. Strain and bottle whilst hot. This should keep all winter, keep in the fridge. Dose; 1 or 2 tbsps to a cup of hot water. Take as needed. Indications; to bring warmth to the body, to promote perspiration, for coughs, colds and flu.

## Mullien

Verbascum Thapsus

I found this beautiful, tall flowering plant up a path from my field towards the forest. I first noticed it growing last year, in its first season, when I spotted a rosette of large, grey green, soft, hairy leaves. So soft to the touch, like rabbit ears. I have been waiting and watching it grow to its magnificent height. Now the yellow flowers are just beginning to open up along its flowering spike. One of its many old names is the candlewick plant. This is not just due to its shape but more to do with the down on its leaves and stem making an excellent tinder when dry, readily igniting on the slightest spark. It was used for lamp wicks before the introduction of cotton. Mullien is said to be under the influence of Saturn, having a cold temperament and belonging to the earth humour. It grows in dry places and its leaves are arranged so as to guide rain water towards its roots. Constituents: mucilage, flavonoids such as verbascoside, hesperidin, glycosides, saponins, volatile oil and tannins. Parts used: Flowers and leaves Actions: expectorant, demulcent, diuretic, emollient, vulnerary. Uses:

Mullien is used for chest complaints like bronchitis, catarrh, whooping cough, asthma, emphysema, wet pleurisy and hoarseness. Mullien flowers have a broad balancing effect on pulmonary function. Saponins have an effect on the respiratory system; a stimulating expectoration brought about by reflex stimulation of the stomach wall. It is an emetic-expectorant with saponin constituent. Taken in sub-emetic doses, the emetic action is sublimated to a reflex-stimulating expectoration. The leaves can be applied fresh to piles or the oil can be applied as an emollient to wounds, ulcers or piles. The flowers macerated in olive oil for several days make an excellent remedy for ear ache and eczema of the outer ear. Harvest the leaves before the plant flowers and harvest the flowers individually. The leaves and flowers can be dried. When using the leaves as a tea make sure that the tea is filtered well to avoid the little hairs causing irritation. Straining through a muslin cloth and coffee filter paper helps. Doses; 50g dried herb to 500ml water, infuse 15 minutes drinking 1/2 to 1 cup three times a day.



# Shop / Crafts / Market








## Reviews

 **Marcela Pierabella** reviewed Herbal Ways – 5★ 2 January 2018

I have recently had the pleasure of attending one of Jess' herbal medicine courses. Jess was very thorough in her delivery and extremely knowledgeable in her expertise, all of which resulted in an enjoyable training day. Thank you Jess!

 Like  Comment  Share

 **Chloe Jones** reviewed Herbal Ways – 5★ 22 January 2018

If you are keen to learn about herbs for your health & well-being then Jess is your answer! I have been foraging in the forest & receiving massages from Jess for years Her knowledge is outstanding and she has a clear and concise way of passing it on ~ A gift It has been inspiring and a privilege to have learnt so much from such a dedicated friend