

TEND, GATHER AND GROW

HERBAL APOTHECARY

CAREER-CONNECTED LEARNING

Herbal medicine has always been a medicine of the People. Since antiquity, knowledge about how to harvest, prepare, and preserve healing remedies has been passed from elder to child, family to family, and community to community. There are many pathways toward using plants for medicine including learning how to care for your own family and community, following a career in health care, growing and wildcrafting plants, making and selling products, and empowering others through education.





HERBAL APOTHECARY

Explore Career Connections

Acupuncturist: These healthcare practitioners are trained in Traditional Chinese Medicine and use tiny needles and herbs to stimulate a healing response from the body.

Ethnobotanist: Are you interested in how people of a particular region interact with the plants around them? Ethnobotanists can be educators, consultants, writers, and/or researchers.

Herb Farmer: Do you have a green thumb and a love of plants? Herb farmers grow medicinal and culinary herbs to sell and/or to repopulate endangered herbal species in the wild.

Herbalist: Herbalists use plants for medicine and healing. Being an herbalist can mean many things including consulting with clients on health advice and plant medicine one-on-one in a clinical setting, working at an herbal medicine store, and harvesting herbs and making products.

Herbal Educator/Teacher: Some herbalists share their passion and knowledge with others at universities, health conferences, workshops, or schools.

Holistic Nurse Practitioner: These are nurses who integrate practices such as mindfulness, herbal medicine, and nutrition with conventional medicine in nursing care. The US is in a nursing shortage that is expected to last through 2030!

Medicine Maker: Did you grow up making magic potions? Become a medicine maker and work directly with herbs and turn them into medicine for people to use.

Midwife and Doula: These holistic health professionals provide care for individuals during pregnancy, labor and delivery, and after labor. Midwives and Doulas can work in people's homes, at birthing centers, or in hospitals.

Natural Health Multi-media Creator: You can use your creativity to write and create content about healthy living and herbal medicine for podcasts, blogs, websites, articles, books, or magazines.

Naturopathic Doctor (ND): NDs are a type of doctor who considers the mind, body, and spirit of the patient in their healing journey while largely focusing on natural medicine and evidence-based care. NDs have at least four years of intensive training.

Holistic Medical/Osteopathic Doctor: Physicians who study and practice conventional medicine with a whole-health philosophy.

Traditional Healer: Someone who practices the art of healing based on their culture's beliefs and values. Traditional healers usually apprentice with elders as part of their learning journey.

MEET RHONDA LEE GRANTHAM

(Cowlitz Tribal Member)

**Midwife,
Community Herbalist,
Family Health Educator**



For over two decades, I have been actively catching babies and developing family service programming within tribal communities. As an Indigenous Birthkeeper, I do my best to weave together the healing gifts of ancestral knowledge and the gems of modern medicine, while supporting the unique journey of each family. This may involve informational, physical, and ceremonial support (as a doula, childbirth educator, etc), and may also involve providing direct health care (i.e. lactation and midwifery). But one thing is for certain... whether it is while working directly with families or my other projects of the heart, it feels impossible to separate birth work, traditional foods, and plant medicine. From your baby's first breath to first foods— reclaiming family and community wellness is an ultimate act of sovereignty!

JOB RESPONSIBILITIES

- Offer holistic support through pregnancy, birth, postpartum, and lactation
- Connect and share with Indigenous birth workers globally
- Teach skills workshops & Birthkeeper training programs
- Preserve the wisdom and stories of Indigenous Birthkeepers and families through a regular podcast
- Grow, harvest, and prepare herbal medicines with and for community

WHAT HELPS A MIDWIFE AND HERBALIST TO BE SUCCESSFUL?

Midwifery is about supporting people through extraordinary transformation- both physically and spiritually. Being grounded and comfortable with intensity is a necessary part of attending birth. While educational programs and protocols are often focused on western medicine, calling in plant medicines to support families in their journey can be extraordinarily powerful and healing.

CAREER PATHWAY

There are many pathways to birth work such as a doula, childbirth educator, lactation support, and ceremonial healer, as well as midwifery; comprehensive prenatal, birth, and postpartum care. Many people begin by supporting their friends and family, and then pursue additional mentorship or training. In Washington State, both direct entry and nurse midwifery are common. Direct entry midwives primarily work in home and birth center settings. Nurse midwives attend nursing school first, followed by midwifery training, and frequently work in the hospital setting. There is definitely a need for more Birthkeepers of all kinds!

Interested in serving families? Take a look at the work of the [Canoe Journey Herbalists Project](#) and the [Center for Indigenous Midwifery](#) for more info!



CAREER HIGHLIGHT

HERBALIST

WHAT EXACTLY IS AN HERBALIST?

Herbalists are those who choose a path connected to plants, medicine, and healing. Herbalists may grow or wildcraft plants, run an herbal apothecary business, research medicinal properties of plants, see clients in a private practice, work alongside medical practitioners in a clinic, integrate plant medicine into Naturopathic medicine, acupuncture, or midwifery, educate others about plants, and/or make remedies and body care products for family and friends.

Herbalism might be focused on specialties such as working with children, mental health, pregnancy, hormone disorders, autoimmune conditions, and so forth.

There are many opportunities to teach others about herbalism! You may find openings at universities, herbal conferences, wilderness education organizations, online, and at community health education centers. Or, you can spread the wealth of your knowledge by writing herbal medicine books, freelance writing, podcast hosting, or health blogging!



WHAT KIND OF PRODUCTS DO HERBALIST MAKE?

You can get endlessly creative in the art of medicine making. Some types of medicine you might create include:

- Botanical teas
- Tinctures, glycerites, and elixirs
- Herbal capsules, pills, and tablets
- Infused cooking oils and vinegars
- Medicinal foods and drinks (healthy chocolates, popsicles, seasonings, cookies, sodas)
- Herbal syrups and infused honeys
- Lotions, salves, and creams
- Soaps, bath teas, and body scrubs
- Aromatherapy sprays and roll-on perfumes

WHAT MAKES AN HERBALIST SUCCESSFUL?

There are many ways to practice herbalism. Some of the things to guide you on this path are being self-directed, compassionate, and curious, as well as developing your senses so you can identify plants, notice seasonal changes, and develop a refined sense of taste and smell as you work with herbs. The salary varies widely depending upon the amount of work and time you put into it, as many herbalists are self employed.

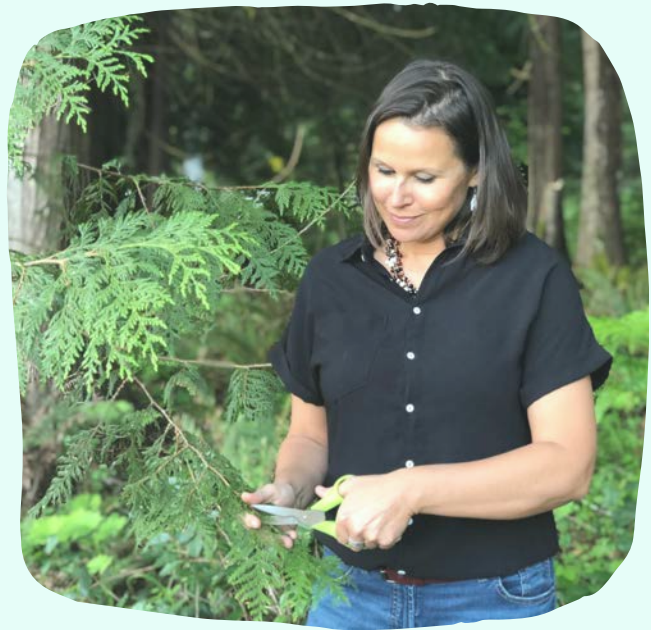
WHERE CAN I LEARN MORE ABOUT HERBALISM CAREERS AND HOW TO BECOME AN HERBALIST?

- [American Herbalist Guild: School Profiles](#)
- [Herbal Academy: Herbologist Job Opportunities](#)
- [Chestnut Herbs: An Herbalist Salary and Career Opportunities](#)
- [Chestnut Herbs: How to become an Herbalist](#)
- [Chestnut Herbs: Budding Herbalist Guide](#)

MEET ELIZABETH CAMPBELL

(Spokane/Kalispel Tribe)

Traditional Plants Educator, Garden Production Supervisor



I have a 5-acre organic farm with my family in Shelton, WA where we grow berries, veggies, and herbs. Our garden is surrounded by our wild edible forest where we care for and harvest native foods and medicines. I am also the Garden Production Supervisor for the Squaxin Island Tribe. Additionally, I am a herbal medicine and traditional foods consultant and own and operate Cedar Circle Botanicals, a business that sells herbal teas and body care products.

JOB RESPONSIBILITIES

- Managing all aspects of garden and greenhouse production
- Training farm technicians
- Harvesting, medicine making, food production, and distribution
- Leading ethnobotanical walks
- Developing educational resources and curricula
- Teaching community classes and teacher trainings

KEYS TO SUCCESS

My advice to people pursuing this job is to take time to learn from your family and community Elders. They may not be around for long and the time with them is precious. Listen to the community and ask for guidance. I also think it is important to stay in school. Many colleges offer great agricultural, ethnobotany, and health programs and schools that teach about herbal medicine and wild foods.

EDUCATIONAL PATHWAY

I grew up harvesting wild foods with my family. As I got older, I discovered that a lot of Native People have become disconnected from their Indigenous foods and medicines. Witnessing this made me want to grow Indigenous plants in a good way and to become more self-sufficient. I took a year-long class called "The Practice of Sustainable Agriculture" at The Evergreen State College while pursuing my Bachelors Degree, which helped me learn how to grow food organically and sell to farmers markets. I also attended traditional plants workshops at Northwest Indian College and realized that sharing plant knowledge could become a career pathway. A couple years later, I got hired as an educator and our team traveled to tribal communities to offer workshops and lift up knowledge keepers. We learned so much from people.



CAREER HIGHLIGHT

NATUROPATHIC DOCTOR



Naturopathic Doctors (ND) believe getting to the root of the cause of disease is of the utmost importance while approaching health through a whole-person lens and supporting the body's innate ability to heal.

Naturopathic physicians are trained in multiple areas related to health such as botanical medicine, physical medicine (hydrotherapy, laser therapy, exercise, craniosacral, acupuncture, and osteopathic manipulations), nutrition, IV therapy, homeopathy, pharmacology, mental health (counseling, biofeedback, mindfulness), minor surgery, maternal and pediatric care, and more.

Many physicians choose to work in primary care, while others specialize in fields such as endocrinology, pediatrics, oncology, environmental medicine, and gastroenterology.

WHAT MAKES FOR A SUCCESSFUL NATUROPATHIC DOCTOR?

- Compassionate listening and communication
- Persistence and commitment
- Curiosity
- Determination and self-direction
- An appreciation for the gifts of nature
- A desire to support people in their journey to health
- A longing to shift the way we approach health

HOW DOES ONE BECOME A NATUROPATHIC DOCTOR?

The prerequisite for becoming a naturopathic doctor is an undergraduate degree with introductory medical science courses. Then you must graduate from a four-year, professional-level program at a federally accredited naturopathic medical school. Upon completing the degree, you take boards and can even partake in residency, should you choose to apply!

WHERE CAN NATUROPATHIC DOCTORS WORK?

- In outpatient, non-emergent facilities
- Medical clinics as primary care physicians
- Manufacturing herbal medicines and supplements
- Writing books and articles on naturopathic medicine and health
- Universities as professors and supervising physicians
- Professional speaker
- Work in conjunction with other health care practitioners
- Online telehealthcare
- Public healthcare as well as health policy and law

NATUROPATHIC MEDICINE RESOURCES

- [Bastyr University](#)
- [National University of Naturopathic Medicine \(NUNM\)](#)
- [The Council of Naturopathic Medical Education](#)

QUOTE FROM A NATUROPATHIC DOCTOR

"So many of the medicines we use today as Naturopathic Doctors come from Indigenous knowledge and ways. This wisdom from our Ancestors continues to be as powerful today as it has been for thousands of years. We are given the ability to integrate these remedies and ways of healing with the best of Western medicine. As the practice of medicine continues to grow and evolve with the latest research, remembering our roots and the gift of our first medicines makes for a powerful combination for the future of healthcare."

Dr. Gary Ferguson, ND
Aleut/ Unangaŕ



HERBAL APOTHECARY RESOURCES

HERBAL PROGRAMS IN WASHINGTON AND OREGON, AND ONLINE

- [American College of Healthcare Sciences](#)
- [Arctos School of Herbal and Botanical Studies](#)
- [Bachelor of Science in Herbal Sciences -- Bastyr University](#)
- [The Elderberry School of Herbal Medicine](#)
- [Foundations of Herbalism with Christopher Hobbs](#)
- [Hawthorn & Honey – Herbal Apothecary & Foraging Workshops](#)
- [Canoe Journey Herbalist: Indigenous Pathway Program](#)
- [The Herbalists Path](#)
- [The School of Evolutionary Herbalism](#)
- [The School of Traditional Western Herbalism](#)
- [Seed, Soil +Spirit School](#)
- [Vital Ways School for Holistic Clinical Herbalism](#)
- [The Dandelion Seed Collective](#)
- [University of Washington Medical Native Pathways Program](#)
- [Wild River Community Herbalist Clinical Skills Program](#)
- [WildRoot Botanicals Herb School](#)
- [Wild Women Herb School](#)
- [Xalish Medicines: Exploratory Herbal Mentorship](#)

HERBALISM WEBSITES

- [American Herbalist Guild](#)
- [Center for World Indigenous Studies](#)
- [GRuB Wild Foods and Medicines](#)
- [Henriette's Herbal Page](#)
- [The Herbal Academy](#)
- [The Herbalist](#)
- [Michael Moore](#)
- [Mountain Rose Herbs](#)
- [The Naturopathic Herbalist](#)
- [The United Plant Savers](#)
- [Wild Foods and Medicines](#)
- [Wise Woman Herbs](#)

SELECTED BOOKS ON HERBAL MEDICINE

- *Ancient Pathways, Ancestral Knowledge and The Earth's Blanket* by Nancy Turner
- *Aromatherapy: A Complete Guide to the Healing* by Kathi Keville & Mindy Green
- *The Boreal Herbal: Wild Food and Medicine Plants of the North* by Beverley Gray
- *The Encyclopedia of Natural Healing for Children and Infants* by Mary Bove
- *The Family Herbal, Herbal Healing for Women, & Planting the Future* by Rosemary Gladstar
- *Herbal Medicine From the Heart of the Earth* by Sharol Tilgnerd
- *The Herbal Medicine Maker's Handbook* by James Green
- *Herbal Therapy & Supplements: A Scientific & Traditional Approach* by David Winston
- *Making Plant Medicine* by Richo Cech
- *Medical Herbalism: The Science and Practice of Herbal Medicine* by David Hoffmann
- *Body into Balance* by Maria Noel Groves
- *Pacific Northwest Medicinal Plants* by Scott Kloos

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Tend, Gather and Grow is a K-12 curriculum on native and wild plants of the Pacific Northwest. For more information visit <https://www.goodgrub.org/tend-gather-grow>