

Journal of the American

# Herbalists Guild

*Committed to Excellence in Clinical Botanical Medicine and Herbal Education Since 1989*

Volume 23 | Number 2 | Fall 2023

This is a complimentary excerpt of our full-length Journal which is free to all members. To enjoy access to the JAHG and enjoy other member benefits, join today at [AmericanHerbalistsGuild.com](http://AmericanHerbalistsGuild.com).

## Medicine Stories and Spirit: A Continuation of Rootwork Traditions

Medicinal Wine in Ancient Greece

Herbal Medicine in Apocalyptic Times

REISHI • CHAGA • LION'S MANE • CORDYCEPS • TURKEY TAIL • SHIITAKE • MAITAKE • TREMELLA • + MANY OTHERS



# nammex

Organic Mushroom Extracts



## Your Trusted Source for Functional Mushrooms

From Fortune 500 companies to new startups, Nammex is the best choice for high quality organic mushroom extract ingredients verified for the active compounds that deliver health benefits and are free from grain fillers.



**GET SAMPLES**

[www.nammex.com](http://www.nammex.com)

# Journal of the American Herbalists Guild

Volume 23 | Number 2 | Fall 2023



ISSN 1538-7496

## Contents

### 5 — LETTER FROM THE BOARD CHAIR

*Keren Dolan*

### 7 — EDITOR'S NOTE

*Jay Bartel*

### 9 — AHG NEWS

Highlights from the 34th Annual  
American Herbalists Guild Symposium

### 11 — CULTURE OF HERBALISM

Interview with Julie Ward  
*Holly Hutton*

Medicine Stories and Spirit:  
A Continuation of Rootwork Traditions

*Tracy Cook-Person*

### 19 — HISTORY

Medicinal Wine in Ancient Greece  
*Maria Christodoulou*

### 29 — ETHNOBOTANY

Namewashkoon: The Surgeon's Little Plant  
*Wendy Makoons Geniusz*

### 35 — THERAPEUTICS

Herbal Medicine in Apocalyptic Times  
*Mo Katz-Christy*

### 43 — CASE STUDY

Understanding the Role of Thyroid  
Hormones in Clinical Practice  
*Thomas Easley, RH (AHG)*

### 49 — BOOK REVIEWS

*Urban Foraging*  
*Reviewed by Elizabeth Guthrie*

*The Trauma of Caste*  
*Reviewed by Shabina Lafeur-Gangji*

*Held by the Land*  
*Reviewed by Ayo Ngozi*

*Healing Justice Lineages*  
*Reviewed by Ayo Ngozi*

*Our Kindred Home*  
*Reviewed by Geoffrey Edwards*

*Wildcrafted Vinegars*  
*Reviewed by Elizabeth Guthrie*

### Editor

Jay Bartel

### Designer

Krista Gargano

### Editorial Assistants

Leah Ayer

Jude Ortiz

### Peer Reviewers

Margot Atha

Gabrielle Aydnwylde

Larken Bunce

Kimberly Deliso

Thomas Easley

Elizabeth Guthrie

Myron Hardesty

Donna Odierna

Dr. Kourtney Sims

### Cover Art

Ayo Ngozi

### INVITATION TO ADVERTISE

For a quarter century, the American Herbalists Guild (AHG) has influenced the way herbalism is understood and practiced throughout North America and beyond. For 14 of those years, the Journal of the American Herbalists Guild has presented cutting-edge, peer-reviewed articles documenting the use of herbs in clinical practice. This is your invitation to let our diverse and professional readership know about you, your company, your products, and your events. With an ad in the JAHG, news about you and your business will be delivered directly into the hands of 3,000+ potential customers. With our new digital platform, all ads are full color with a clickable link. To learn more about our reasonable advertising rates or to reserve your ad space, please see the JAHG Advertising Packet at: [www.americanherbalistsguild.com/advertise-journal-american-herbalists-guild](http://www.americanherbalistsguild.com/advertise-journal-american-herbalists-guild)

or email the AHG at:  
[office@americanherbalistsguild.com](mailto:office@americanherbalistsguild.com)

### BENEFITS OF AHG MEMBERSHIP

The American Herbalists Guild was founded in 1989 as a non-profit, educational organization to promote a high level of professionalism and education in the study and practice of therapeutic herbalism. Members at all levels receive a subscription to the biannual Journal of the American Herbalists Guild, which delivers issues relevant to those studying or using herbal medicines in the clinical setting, as well as to those manufacturing, marketing, and dispensing botanical medicines. Members receive our monthly member newsletter, discounts to the annual AHG Symposium, access to the Professional Herbalist Training Webinars (live and recorded), unlimited online access to past issues of the JAHG, unlimited online access to hundreds of recorded lectures from AHG Symposium, discounts and services from many suppliers and schools, and a number of other benefits. For a complete list of benefits and membership levels, please visit: [www.americanherbalistsguild.com](http://www.americanherbalistsguild.com)

or email the AHG at:  
[office@americanherbalistsguild.com](mailto:office@americanherbalistsguild.com)

### AUTHOR GUIDELINES

The Journal of the American Herbalists Guild invites authors to contribute manuscripts on all aspects of herbalism with an emphasis on the clinical and professional application of botanical medicines. JAHG especially encourages herbalists of all persuasions to write. It is vital that our clinical tradition, skills and knowledge of herbal wisdom are broadcast with a strong and effective voice in the current period. Herbalists without prior experience of presenting for publication should request JAHG editorial assistance in getting their manuscripts to publishable standards.

For full author guidelines, please visit:  
[www.americanherbalistsguild.com/jahg-writers-guidelines](http://www.americanherbalistsguild.com/jahg-writers-guidelines)

or email the editor at:  
[jahgeditor@gmail.com](mailto:jahgeditor@gmail.com)

or contact to the AHG at:  
American Herbalists Guild  
14 Waverly Court, Asheville, NC 28805  
Phone: 617.520.437

**Disclaimer:** The views, information, and opinions expressed in the Journal of the American Herbalists Guild are solely those of the individual contributors and do not necessarily represent any specific policy or position of the American Herbalists Guild. The American Herbalists Guild is not responsible for and does not verify the accuracy of any of the information contained in Journal materials. The primary purpose of the Journal of American Herbalists Guild is to educate and inform and does not provide or replace the need for appropriate medical care, advice, or services.

# Wishgarden

HERBS

*Effective herbal remedies  
for the whole family*



MIDWIFE-FOUNDED, WOMAN-OWNED, AND FAMILY-RUN SINCE 1979.

[WWW.WISHGARDENHERBS.COM](http://WWW.WISHGARDENHERBS.COM)

## Letter from the Board Chair

Keren Dolan, CNS, DCN, LDN, RH (AHG)

Dear AHG community,

I would like to extend heartfelt congratulations to the editorial team for their outstanding work in compiling this journal issue. It is truly remarkable to see the contributions from diverse voices within our community. As we reflect on the challenges presented by the pandemic, we are in awe of the resilience demonstrated by our organization. We have adapted and drawn strength from our community and healing traditions, which has brought us together in ways we never thought possible.

Throughout this journey, we have undergone a trial by fire, and from it, powerful medicine has emerged. We have found nourishment and new opportunities to connect with a broader community of clinical herbalists while staying true to our roots. We are starting to remember that our strength does not rest on the harvest of one or two people, but our strength is in the soil of our shared purpose. Each of us brings unique contributions to the field, and it is through this diversity of thought and experience that the American

Herbalists Guild is renewed and sustained.

I want to express my deep gratitude to all of you for your unwavering commitment to championing the power of plants and for spreading the knowledge and practice of clinical herbal medicine across the country. It is through your efforts that we can make a significant impact on the lives of so many individuals.

Our Board of Directors is diligently working to create more opportunities for community engagement and to support the remarkable work being done by our AHG staff. I encourage you all to consider participating in local chapters or joining an AHG advisory committee. Additionally, please share news of the countless free webinars and resources available with local shops and others who may be interested in learning more about the healing potential of plants. By expanding our reach, we can increase our collective impact, and your help is instrumental in achieving this goal.

During these challenging times faced by people around the world, let us bring warmth and hope by holding our healing plants in the light. Together, we can continue to make a difference.



Dr. Keren Dolan is a Licensed Dietitian Nutritionist (LDN) in Maryland, a Certified Nutrition Specialist (CNS®), a Fellow of the American College of Nutrition (FACN), a Registered Herbalist (RH) through the American Herbalists Guild, and a Regional Director of the National Association of Holistic Aromatherapy. She has published several peer-reviewed articles and has the privilege of serving as adjunct faculty in the Nutrition and Herbal Medicine Department at Maryland University of Integrative Health (MUIH). Keren has been in clinical practice in Northern Virginia since 2007, specializing in functional nutrition with an emphasis on western clinical herbalism and holistic aromatherapy. She lives, plants and plays in Northern Virginia with her husband and three children. Keren holds a B.A. in Psychology from the University of Virginia, a certificate in Holistic Aromatherapy from the West Coast Institute of Aromatherapy, an M.S. in Therapeutic Herbalism, a PMC in Clinical Herbalism, and a DCN from MUIH.



# Your Wellness Allies Since 1979

At Herb Pharm, we take care of plants so they take care of people. Whatever your body needs, we have it.

Explore our collection of broad-spectrum liquid herbal extracts and capsules – all made with herbs grown on our Regenerative Organic Certified® farms or ethically sourced from around the world.



Visit [herb-pharm.com](https://herb-pharm.com)  
to learn more.



## Editor's Note

Jay Bartel

I'm pleased to share the latest issue of the Journal of the American Herbalists Guild. The theme for this issue mirrors that of the 34th annual AHG Symposium: Preserving Herbal Legacies. This issue features articles on various familial and cultural herbal lineages and speaks to the beautiful diversity of herbal praxis. By exploring the theme of "herbal legacies" in myriad ways, this issue brings to the forefront tensions within the field of herbalism surrounding what constitutes "valid" knowledge. Many of the authors included in this issue draw not only from published scientific sources but also from their lived experiences. Viewed as a whole, their articles paint a clearer picture of the systems of power and domination that have impacted, reshaped, and erased plant-based knowledge and its practitioners: namely the impact of settler-colonialism on Indigenous herbalism in North America and throughout the globe and the impact of the transatlantic slave trade on African and African American herbal traditions. Further, the stories shared in these articles highlight the ways in which communities have retained their healing traditions and how these epistemologies have served as a site of resistance to oppression. Some contributions include:

- Wendy Makoons Geniusz's article on Namewashkoons invites readers to learn more about an Ojibwe understanding of mint-family plants, drawing from wisdom passed on by her mother, Mary Siisip Geniusz, and her Anishinaabe namesake, Keewaydinoquay Peschel.
- Maria Christodoulou's article on medicinal wine explores the nuanced role of wine-based herbal medicine in ancient Greek society.

- Tracy Cook-Persons' article on Rootwork traces her familial connection to this land-based healing practice that is a part of many Black communities.
- Former JAHG editor Shabina Lafleur-Gangji's splendid book review on *The Trauma of Caste: A Dalit Feminist Meditation on Survivorship, Healing, and Abolition*, which highlights the importance of understanding caste-based oppression, especially for those whose herbalism practice incorporates principles from Ayurveda, yoga, or Indian systems of spirituality.

The issue also includes fabulous artwork from a vast network of incredible herbalist-artists. Featured in this issue are two drawings from a series by Miranda Resnick. These pieces are part of an 11-part series of botanically themed prints born of a music and visual art collaboration between visual artist Miranda Resnick and musician Elliott Miskovicz. Each illustration was conceptualized and created to accompany a different song from the album "Versatile" by A Stick and A Stone, a project of queer and transgender musician Elliott Miskovicz. The collaboration between these two old friends corresponds to the themes of uplifting familial and cultural healing traditions and of creating new bonds and familial structures when necessary. Considered through this lens, these works of art affirm the importance of LGBTQ+ chosen family—that is, nonbiological kinship bonds that many LGBTQ+ people form to share and receive mutual support and love.

This season is a time to celebrate the diverse lineages that have shaped the practice of contemporary herbalism and to dream of a future that includes healing justice for all.



Jay Bartel (they/them) is a writer, editor, clinical herbalist and community health educator who lives in Minneapolis, Minnesota (occupied Dakota and Anishinaabe land). Jay is a graduate of the Vermont Center for Integrative Herbalism (2019) and is passionate about LGBTQ+ health and wellness. You can find out more about their work at [jaybartel.com](http://jaybartel.com).

**TRADITIONS**  
SCHOOL OF HERBAL STUDIES

Clinical Western Herbalism  
Traditional Chinese Medicine  
Weekly Student Clinic  
Community Classes  
All Classes Now Available Online!

www.traditions herbschool.com  
St. Petersburg, FL  
727-318-2505

**BULK HERBS**  
**FOR PRODUCT CREATORS**

✓ COMPETITIVE PRICING  
✓ RESPONSIBLY SOURCED

MONTEREY BAY  
**HERB Co**  
EST. 1997 CALIFORNIA

500+ herbs including a wide range of organic and wildcrafted options

**ORDER ONLINE @ WWW.HERBCO.COM**

**Join the**  
**AMERICAN BOTANICAL COUNCIL**  
YOUR BEST SOURCE FOR RELIABLE INFORMATION ON  
THE SCIENCE AND TRADITION OF HERBAL MEDICINE!

**20% OFF**  
PERSONAL MEMBERSHIP



**In return, you'll receive access to a wealth of herbal data via:**

- ABC's acclaimed quarterly journal, *HerbalGram*
- 10 searchable, online databases of herbal information (depending on membership level)
- Regular electronic updates on herbal news that matters to you
- 12 Monthly HerbalEgrams, 51 Weekly Herbal News & Events updates, and 384 Herb-Clip per year, 4 Botanical Adulterants Monitors, plus other Member Advisories ... depending on the membership level you choose

**JOIN TODAY!** <https://bit.ly/showspecialABC2023>



501(c)(3) nonprofit

www.herbalgram.org



# HIGHLIGHTS FROM THE 34<sup>TH</sup> ANNUAL SYMPOSIUM



The 34th Annual Symposium of the American Herbalists Guild celebrated “Preserving Herbal Legacies,” in October, surrounded by the stunning mountain peaks of the Rocky Mountains near Granby, Colorado. The event attracted many herbal enthusiasts, including herb students, medicine makers, health care activists and practitioners.

Although we anticipated the beauty of fall color as a backdrop for our gathering, nature had other plans. The night before the Symposium began, almost four inches of snow fell, transforming our experience of the local landscape. Herb walk leaders were undeterred

as they pivoted to focus on identifying frozen twigs and snow-covered vegetation. It was a unique winter experience that gave us all valuable insights into the world of winter plants. The snowy night gave way to a clear, sunny day, allowing us to pause all classes midafternoon to witness a breathtaking solar eclipse.

A unique aspect of the Symposium was all the information presented on using low-dose botanicals in clinical herbalism. This culminated with the day-long session on Monday when three experienced herbalists shared clinical pearls about how they use these botanicals. They provided guidelines for safe usage emphasizing the need for specific

dilutions, considerations of cumulative damage, and responsible application. The session used actual cases to demonstrate the clinical use of low-dose botanicals, and allowed participants to engage in an open discussion about the uses of these valuable botanicals.

In keeping with a long-standing AHG tradition, Friday night’s keynote presentation by Dr. Claudia Ford, “Herbal Legacies: Sources, Silences, Challenges,” inspired as she explored the diverse range of herbal legacies that shape our understanding of herbalism today. Acknowledging the biases of past authors, the suppression of indigenous wisdom, and the many silenced voices, Dr. Ford challenged us to teach and practice herbalism in a manner that respects communities, repairs relationships between plants and people, and honors the original holders of plant knowledge without appropriation. She encouraged us to embrace the task of critically examining historical information and, by doing so, to contribute to a more equitable future for herbalism wisdom and practice.

Through the Online Symposium, many in the AHG community joined us virtually for sessions that

ranged from traditional prickly pear recipes, guidance for using low-dose anti-neoplastic herbs, and a deep dive into the many uses of *Phytolacca americana* (poke) drawn from the culture of Southern folk practices and framed with a scientific perspective.

Over thirty creative herbal businesses showcased their services and products at the Vendor Fair. Bustling with activity, the Fair provided lots of opportunities for shopping and sampling everything from Rasa’s warm and toasty adaptogen-rich brews, free samples of Cedar Bear Natural’s herbal extracts, and Pure Indian Foods new *shilajit* ghee. Throughout the weekend, the Vendor Fair served as a gathering place for lively conversations and provided lots of inspiration.

Ultimately, the 34th Annual Symposium of the American Herbalists Guild commemorated the diverse herbal lineages informing the practice of herbalism today. It is our hope that the Symposium invigorated our community’s commitment to respecting herbal legacies as we continue to work together to integrate herbalism into modern health care.



1. Snowy Plant Walk with 7Song (photo credit: Kathi Keville); 2. Exploring downtown Granby, Colorado (photo credit: Lucretia VanDyke); 3. Dr. Claudia J. Ford delivering her captivating keynote address on Herbal Legacies: Sources, Silences, Challenges (photo credit: unknown); 4. Dr. Claudia J. Ford alongside Olatkunboh Obasi (photo credit: unknown); 5. Snowy Mountain Magic upon the Waterfall Trail at Snow Mountain Ranch (photo credit: Brandon Elijah Scott); 6. Immersed in the enchantment of the partial solar eclipse that peaked during class time (photo credit: Patricia Kyritsi Howell)

# Interview with Julie Ward

Interviewed by Holly Hutton

Editor's note: A previous version of this article was originally published on the AHG's Community Connections page, which features articles submitted monthly by members of the AHG DEI Advisory Committee.

Recently, I sat down with Julie Ward, a colleague specializing in nutrition and herbs, to discuss her life path and thoughts on her current focus. As always, it starts with the roots; when I asked Julie about her younger years and memories of plants, she brought up her Southern-born grandfather, an avid gardener who made certain that the family table was filled with fresh-grown food. Julie shared vivid memories of her grandfather, stating that “he ensured that his offspring recognized the importance of the cotton plant and its many manifestations of meaning in America.” In fact, Julie has recently returned to the South to be closer to her lineage and family. “I had been in Los Angeles for 30 years and wanted a slower pace, preferably closer to nature, to network with Black farmers, herbalists, and other inclusive communities of like-minded people. As much as I love California, I have been to smaller towns in rural California and didn't feel as safe as I'd like to as a Black female.” Julie desires to re-engage with her

family's land in South Carolina to establish a retreat and learning center focused on her family's history and life's work.

Julie's life path has not been a straight line. In her 20s, Julie wanted to travel more than she wanted “the usual things, such as a house and children.” In her late 20s, she traveled to Africa and fell in love. She started a travel business to Africa and a global fabric import business, delivering fabrics to top fashion companies in the United States. Unfortunately, these endeavors ended during the political and economic upheaval of 9/11 and the economic recession in the United States. Throughout her travels, Julie frequented markets, looking for food and herbs.

“Often I would find a food, a new herb, or a more robust version of a familiar herb. In Aswan, Egypt, I was blown away by the taste and color of *Hibiscus sabdariffa* (hibiscus) flower. On my most recent trip to Egypt, I tasted and brought home dried *Hyphaene thebaica* (dour palm, gingerbread palm) fruit. It tastes like gingerbread. They soak the



Julie's passion for plants enlivens her presentations. Combining her culinary wizardry with 25+ years of education, research, and personal experience, Julie demonstrates how food and herbs can be simple, fun, delectable, soulful, and above all, healing. Julie holds a certificate in Plant-Based Nutrition from eCornell, is a certified ACE Health Coach, has a Master's in Public Policy from USC, and a B.S. in Mathematics from Spelman College. Julie can be reached via email at [julie@spiritalchemy.net](mailto:julie@spiritalchemy.net) or via the following links:

**Website:** [freshfoodalchemy.com](http://freshfoodalchemy.com) and [spiritalchemy.net](http://spiritalchemy.net)  
**Instagram:** [@\\_spiritalchemy](https://www.instagram.com/_spiritalchemy)  
**Facebook:** [/freshfoodalchemy](https://www.facebook.com/freshfoodalchemy)



Holly is a Registered Herbalist (AHG), clinical herbalist, teacher, product manufacturer, and medicinal herb grower. She serves on the East-West School of Planetary Herbology and Herbal Academy faculty. She received an East-West Certified Herbalist certificate from the East-West School of Planetary Herbology and mentored with Karta Purkh Singh Khalsa.



A sunny California day  
in a field of arugula.

Photo courtesy of Julie Ward.

dried fruit overnight and drink the infused water with a bit of milk. I use almond milk. It's delicious.

People drink it to address the symptoms of hypertension. I had *Moringa oleifera* (moringa) leaf tea for the first time in Senegal before it became huge in the United States. I visited Bamako, Mali and bought *Combretum micranthum* (kinkéliba, seh-haw in Wolof), an herb introduced to me by my Malian host, who drank tea made from the dried leaves for stomach upset and feeling under the weather. On that same trip, I fell in love with *Digitaria exilis* (fonio), a West African grain with a high amino acid profile. It is in grocery stores in the United States now." Hoping to write a book on African herbs someday, Julie continues to visit and collect information and testimonials.

Building upon her enduring passion for

nutritious food and herbs, Julie pursued a certification in Plant-Based Nutrition from eCornell,

American Council on Exercise Health Coach, and herbal studies at East West School of Planetary Herbology. Using her own experience of healing lifelong digestive issues combined with new knowledge, she started Fresh Food Alchemy, a homage to her parents, focusing on digestion and helping people develop healthy eating habits. "Fresh Food Alchemy was created to help people transition from a standard American diet

“ Using her own experience of healing lifelong digestive issues combined with new knowledge, she started Fresh Food Alchemy, a homage to her parents, focusing on digestion and helping people develop healthy eating habits. ”

to a plant-based diet for health reasons that could be alleviated with diet. I thoroughly enjoy talking about food and discussing the benefits of simple food, spices, and herbs.”

Shifting our conversation to the present, Julie explains the evolution of her current project,

Spirit Alchemy. Spirit Alchemy combines Julie's passion for food and herbalism with her sense of spirituality based on her Christian upbringing. "I found that healing is not just about food or herbs but much more. So, I pivoted and created Spirit Alchemy, combining nutrition, spirituality, quantum physics, and play," Julie explains. "Looking at the spiritual nature of herbs and where they fit" is central to her current work. She "supports the spirit by addressing nutrition and emotional health through food and herbal concepts. We all have something to heal, and it is time we assist people to be whole, integrated, and fulfilled. It's a tall order, but the pieces are falling into place. Spirit Alchemy is designed to reset the nervous system, to remember what we love, and to radiate our divinity as we live intentional and full lives. Lives are meant to be lived with joy, grace, and love."

You will find Julie holding tea meditations, teaching classes, continuing her education, and mostly celebrating her ancestors, life, and the amazing world of plants. 🌿

### Nut Nog: Non-Dairy Holiday Drink

by Julie Ward, *Fresh Food Alchemy*

#### Ingredients:

- 1 cup Brazil nuts
- 1/2 cup almonds (soaked)
- 1 cup hazelnuts (soaked)
- 2 medjool dates (soaked)
- 1 teaspoon vanilla extract
- 1/4 cup agave syrup
- 4 cups water
- 1/4 teaspoon salt
- Ground nutmeg, as desired

#### Directions:

1. Blend all ingredients, except nutmeg, until frothy for about 1-2 minutes.
2. Strain through a nut milk bag.
3. Grate nutmeg on top and mix.
4. Sprinkle a little more nutmeg on each serving glass.

### Taco Nut Meat

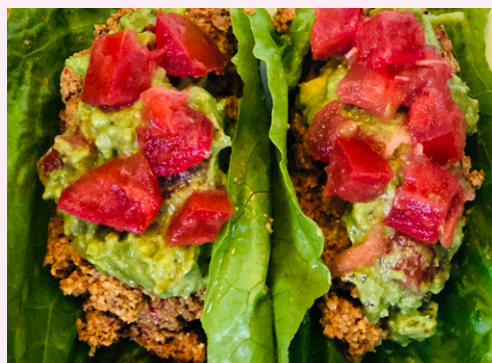
by Julie Ward, *Fresh Food Alchemy*

#### Ingredients:

- 1.5 cups unsalted walnuts, soaked in lukewarm water for 20 minutes
- 1/3 - 1/4 cup diced yellow onion
- 2-4 garlic cloves, finely minced
- 1/4 red bell pepper
- 1/3 + 1/4 cup water, divided
- 10 ounce baby bella mushrooms, washed
- 2 teaspoon ground cumin
- 2 teaspoon chili powder
- 2 teaspoon smoked paprika
- 1 tablespoon taco seasoning
- 2 tablespoon tomato paste

#### Directions:

1. Soak walnuts overnight or for approx. 8 hours. Drain and set aside.
2. In a medium nonstick pan over medium heat add the onions and garlic along with 2-3 tablespoons of water. Cook, stirring often, until the onions are translucent and the garlic is fragrant, about 3-4 minutes. Add 2-3 more tablespoons of water as needed to prevent burning.
3. Add the walnuts, mushrooms, and bell pepper to a food processor and pulse until they have broken down into a "meat crumble"-like texture.
4. Add them to the pan along with the spices—cumin, chili powder, smoked paprika, taco seasoning, tomato paste—and 1/4c. of water. Mix everything together until well combined. Cook the mixture for 8 minutes, or until it begins to brown and the mushrooms soften. If you would like it more moist, add a few additional tablespoons of water as desired.
5. Remove from heat and season with salt and pepper as desired. Assemble your tacos as desired and enjoy!



*These nut meat tacos feature a meat alternative made from walnuts, mushrooms, and an assortment of other vegetables and seasonings.*

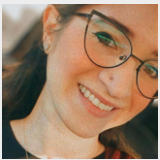
# Art Submissions



**Artemisia dreams** by amalia smith hale  
Medium: Pen and Ink

*Teaching us to stand in our truth by reminding us of our roots.*

**Artist Bio and Statement:** Amalia is a multimedia artist, jeweler, musician, herbalist, farmer, and apprentice to the world of enchantments. They believe that the journey of creation is a spiritual process. Through each expression, they transmit a prayer of healing, resilience, resistance, and unity. Each expression is a practice of radical imagination, calling in a future where the beings inhabiting this earth may thrive, free from structures of domination and separation. With each expression, they answer a call to cultivate deep ancestral connection, with spirits of land and sea, of seeds and springs. Inspired by the dance of celestial bodies across the night sky and guided by the wisdom of their hands, Amalia creates as an offering in honor of Life.



**Cirsium in Black on White**  
by Melanie Baughman

Medium: Black Micron Pen/Digitized (Procreate)

*"If Tim Burton was a flower, this would be him."*

**Artist Bio:** Melanie is a first-generation Puerto Rican who holds a Bachelor of Science in Biology from Fayetteville State University and is passionate about studying life, plants, art, literature, and holistic nutrition. She currently works as a Health and Wellness Associate at The Only Earth in High Point, NC. While instructing labs at UNCG, her passion for botany and scientific communication truly flourished when she realized that not many understood the amazing world of plants.

**Artist Statement:** I've always loved drawing. Ever since I was little. But at an early age, my parents told me that being an artist was never going to get me far and that I needed to find an actual career path. So I did and it led me to the second love of my life - plants. While plants are all shades of color, black and white always looked the prettiest to me. And the plants that look the most obscure and otherworldly, the better.



001  
**Thistle**  
*Cirsium sp.*



[americanherbalistsguild.com](http://americanherbalistsguild.com)