

The background image is a warm, rustic photograph of a herb shop or kitchen. In the foreground, a large stone mortar and pestle sits on a wooden surface, containing some dried herbs. To the right, a potted basil plant is vibrant green. Behind it, several glass jars are filled with various dried herbs and oils. A bunch of lavender hangs from a wooden shelf above. The overall atmosphere is cozy and natural.

A PRACTICAL HERBALISM WORKSHOP

Herbs for Everyday Living

Building a Practical Herbal Practice at Home

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WHERE WE BEGIN

Herbalism Was Once Ordinary

For most of history...

People didn't own hundreds of herbs.

They knew a handful remarkably well.

Herbs were simply part of everyday life.

Herbs lived in four ordinary places



Kitchen



Garden



Pantry



Medicine cupboard

THE PROBLEM

Why Herbalism Feels Complicated Today

We are told we need...

Hundreds of herbs

Exotic ingredients

Expensive
supplements

Complex protocols

Endless information

Simple herbalism has become buried beneath complexity.

A SHIFT IN THINKING

A Different Philosophy

Instead of asking...

“What herb is good for everything?”

Ask instead...

“What concerns come up most often in my family?”



Digestion

Sleep

Stress

Minor injuries

Seasonal wellness

Start with real life.

Think Needs, Not Herbs

Most homes don't need hundreds of herbs. **They need support for a handful of everyday concerns.**



Digestion



Sleep



Stress



Immune resilience



Skin



Minor first aid

Choose herbs that serve multiple purposes.

BUILD SLOWLY

The Everyday Herbal Cabinet

Choose herbs that are...



Safe Gentle enough for regular home use



Versatile Useful across several needs



Familiar Ones you'll actually reach for



Easy to find Local, affordable, in season



Easy to prepare Simple teas, oils, and salves

Confidence grows one herb at a time.

A STARTING SHELF

Ten Herbs I'd Start With

1 Calendula

2 Chamomile

3 Peppermint

4 Lemon Balm

5 Ginger

6 Nettle

7 Plantain

8 Yarrow

9 Elderberry

10 Dandelion



DEPTH OVER BREADTH

Learn Them Deeply

Instead of collecting

fifty herbs...

Learn ten well.

Know each one's...

● Taste

● Growing habits

● Traditional uses

● Preparations

● Safety

● When NOT to use them

A relationship is more valuable than a collection.



ONE HERB, MANY USES

Calendula

A single well-known herb quietly covers a whole shelf of needs.

● Skin care

● Salves

● Oils

● Minor wounds

● Teas

● Garden companion

Versatility matters.



SIMPLE PREPARATIONS

You don't need a laboratory

1

Tea

2

Infusion

3

Decoction

4

Tincture

5

Infused Oil

6

Salve

7

Syrup

That's enough to begin.

EVERYDAY RHYTHM

Herbs Belong in Daily Life

Instead of waiting until someone is sick, weave herbs into ordinary moments:

- while cooking
- in evening tea
- after gardening
- for skin care
- during seasonal transitions

Herbs become habits.



HOW IT GROWS

Growing Confidence

Confidence doesn't come from buying more herbs. **It comes from practice.**

1

Observation

2

Experience

3

Keeping notes

4

Trying simple
preparations

5

Learning gradually

It's a practice, not a purchase.

WATCH OUT FOR

Common Mistakes



Buying too much



Trying to learn everything



Ignoring preparation methods



Giving up too quickly



Expecting instant results



Forgetting that food is medicine too

MONTH ONE AND BEYOND

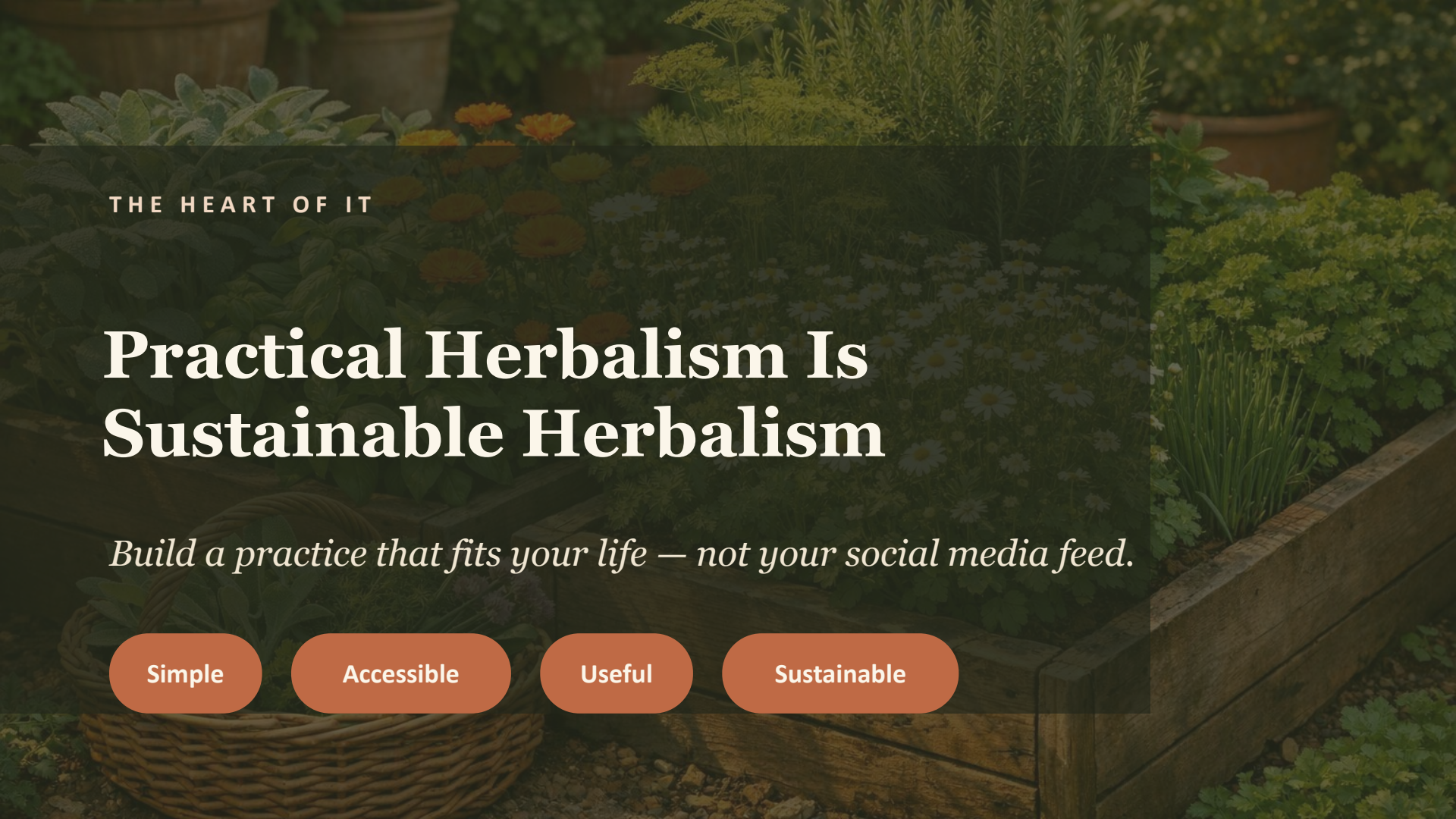
Your First Herbal Year

Start with five herbs and let the practice unfold, one simple step at a time.



MONTH 1

Small, steady, sustainable.



THE HEART OF IT

Practical Herbalism Is Sustainable Herbalism

Build a practice that fits your life — not your social media feed.

Simple

Accessible

Useful

Sustainable

CARRY THESE HOME

Key Takeaways



Start with everyday needs.



Learn a few herbs deeply.



Use simple preparations.



Let confidence grow with experience.



Herbalism is a lifelong relationship.

THANK YOU

Questions & Discussion

Let's talk about the herbs already in your kitchen.

Books

Newsletter

Visit the Verdigris booth

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