

HERBAL SAFARI[©]

AT BULL BROOK KEEP

WHAT TO EXPECT
THROUGH THE SEASONS



SYLVIA BURGOS TOFTNESS

WELCOME

I look forward to walking Bull Brook Keep with you – spotting useful plants, enjoying the fresh air, and gathering samples. During our Herbal Safari herb walks we'll meet helpful herbs, shrubs and trees, share observations, insights, and ask questions. Remedy-making classes will introduce you to skills and ideas for using helpful plants. We'll also consider how to learn going forward.

I hope to see you soon!

Sylvia Burgos Toftness, fellow explorer

The intent of Herbal Safaris is to offer information of a general nature to help you in your quest. Herbal Safari guided walks, conversations and written materials, shared at the farm or electronically, are intended as information resources. They are meant to introduce you to helpful plants in their natural setting. No written or verbal materials are meant to be prescriptions or substitutions for professional medical care or treatment. They should not be used to treat a serious ailment without prior consultation with a qualified health care professional.



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WHERE TO START

Herbalism may be new to you. Maybe you forage or wildcraft. Perhaps you're a couple of years into this journey and are feeling a bit overwhelmed.

Regardless of your level of experience, an Herbal Safari provides a time of enjoyable learning and sharing.

These adventures are about investigating helpful plants in their natural settings: pastures, shady woods, and soggy bogs.

These walks are also about what to harvest when: barks and buds in early spring, flowers as weather warms, leaves and fruit in summer, roots in fall.

While there are dozens and dozens of wild and cultivated plant species across the farm - and in your yard - don't worry. We'll focus on just a few at a time.

"Weed" is not a category of nature but a human construct, a defect of our perception."

Michael Pollan, *Second Nature: A Gardener's Education*





LET'S TALK

Exploring the helpful plants around us is exciting, challenging, eye-opening, and often frustrating.

So many plants! Are they all safe? Are they OK for children?

When's the best time to gather herbs?

Can you substitute them for conventional remedies? Should you?

Does herbalism take lots of time and memorization?

Good questions. Now, take a deep breath. You can start from where you are.

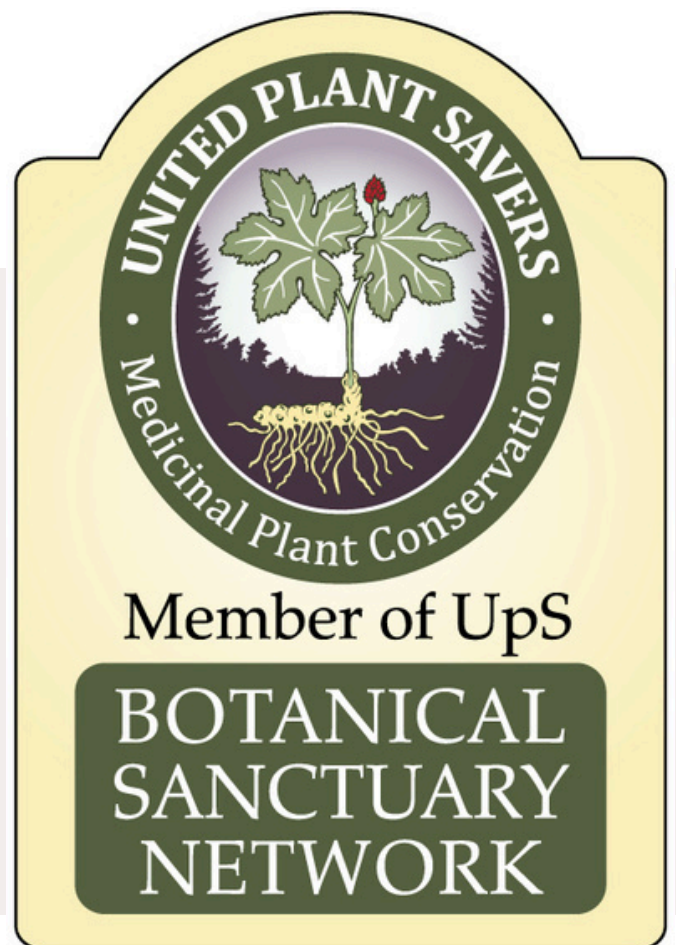
AN HERBAL SAFARI IS...

- A 3-hour guided tour of the herbs, shrubs and trees in **season**
- A chance to relax and enjoy plants up close & personal
- **An introduction to seeing** the wealth around us
- An time to meet and share

We'll consider...

- Holistic herbalism to strengthen you vs. treating symptoms
- Herbal & conventional remedies
- Which herbs are right for you
- Ways to study
- Responsible harvesting

Bull Brook Keep is a member of the United Plant Savers' Botanical Sanctuary Network





REMEDY-MAKING

There are many best ways to use herbs. What you use, and how you prepare your herbs, depend on your goals:

- As a steam to clear sinuses and lungs
- Teas for indigestion, tension, headaches, anxiety, to relax, etc.
- Tinctures as tonics and remedies
- Salves for itch, burns, scrapes, etc.
- Creams and lotions for topical applications
- Powders to use in cooking or for making pills
- Syrups for coughs and more
- In soups, stews and baking
- In beverages

RELAX

- Start from where you are
- We'll see lots of plants, but we'll focus on those you'll most likely find in your own backyard
- You'll feel, see, smell, and taste the helpful plants all around you
- You will learn about matching herbs to you -- not just symptoms
- You can ask any question, and share your insights
- You'll build remedy-making skills

And that's what Herbal Safari is all about!

*So much to learn.
So much time to
learn it.*

Every Herbalism Student





BOOK YOUR SAFARI

The landscape changes in color, texture, density and diversity throughout the year.

For example, early spring is the best time to harvest barks, such as willow, prickly ash and aspen. St. John's Wort's bright yellow flowers bloom in mid-June. Hawthorn fruit (they look like cranberries) are ready in late summer, as is yarrow.

Late fall's the time to dig up roots.

Choose two or more Safaris to experience the variety.



Scan or bit.ly/3Oilfub to learn more and to book your Herbal Safari

The barks of trees are best gathered in the spring, if it be of great trees, as oaks or the like, because they come easiest off, and so you may dry them if you please, but indeed your best way is to gather all barks only for present use.

Nicholas Culpepper, 1616-1654

YOUR CHECKLIST

What to Wear

Please wear clothes that suit the weather, ground conditions, and amount of time we'll be outdoors.

- Long-sleeved shirt
- Long pants
- Hat
- Sturdy, closed-toed shoes/boots (depending on weather)
- Insect repellent

What to Bring

Consider using fanny pack. Don't weigh yourself down.

- Water bottle
- Garden gloves
- Camera or smartphone
- Notebook and pen

We will

- Spend about 2+ hours walking, examining plants, trees and shrubs, and taking samples.
- Share a demo outdoors or indoors.
- Wrap up with a chat over a beverage and fresh, delicious herbal treat

Handwashing and toilet facilities will be available

ABOUT

Hi. I'm Sylvia Burgos Toftness: farmer, herbalism student, radio host/producer, and teacher.

From the Bronx, years ago, I transplanted to the shores of Lake Superior as a news reporter at KDAL TV/Radio, Duluth, MN.

After that stint, I spent 35+ years in public relations for corporations, nonprofits, and for organic farming organizations. I also taught at the U of MN-Duluth, and Wheeling College, West Virginia.

After careers in different fields, my husband Dave and I began breeding, grazing and direct-marketing grass-fed-grass-finished beef. It was while moving cattle every day that I noticed the plant diversity in the pastures, shady fence lines, and boggy stream banks. Mind blowing!

(I was first introduced to plants decades earlier, while shadowing my grandmother in her small New York garden.)

Fast forward to today, and I wildcraft in every season. I've formally studied medicinal herbalism for nine years. Scores of homemade tinctures and oils, and dozens of dried herbs are at the ready to boost my health, and to respond to challenges.

Start building your home apothecary wisely, one herb at a time.

Take a breath, and learn by meeting plants in their element, and building skills that will help you in your wellness journey.

And that's what an Herbal Safari is all about.



Sylvia and Dave have six grown children, and three herb-gathering grandchildren. In 2022, the Center for Rural affairs awarded her an Environmental Leadership Award. She serves on the board of the Wisconsin Agricultural Tourism Assoc., and has served on the boards of Midwest Organic & Sustainable Education Services, and the Farm Table Foundation.

Sylvia Burgos Toftness
765 50th Avenue
Clear Lake, WI 54005
651-238-8525
sylvia@bullbrookkeep.com
Herbalsafari.com

Sylvia is a member of North Country Herbalist Guild, the American Botanical Council, the American Herbalist Guild, and Herbalists Without Borders.





*SAFARI FIELD TRIPS FOR LITTLE EXPLORERS

Herbal Safaris are designed for adult and teen explorers. That said, we know one of the most powerful things we can do is introduce our youngsters to the power and wonders of nature.

Safari Field Trips are meant to do just that.

These events are for youngsters 5-12 years old. Every two children must have an adult to supervise.

If you have a homeschool or friends' group interested in bringing school age children for an herbal field trip, **give me a call, 651-238-8525.**

We'll work together to develop and schedule a field trip suited to the natural curiosity and energy of young explorers.



Scan or bit.ly/3Oilfub to learn more and to book your Herbal Safari