This class will cover the cultivation, harvesting and processing of medicinal herbs to create tinctures, infusions, and essences. Participants will learn about the importance of herbalism in social movements, self-care, community care, and pandemic resilience.

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Tanya Stiller
Mallika Nair
Delia Carroll
Pua Owan
Nori Treacy
Lekeisha Simpson
Leah Van Winkle

sponsored by:

questions? Contact contact@gilltractfarm.org
Tanya Stiller
Tanya Stiller is an ethnomedicinalist, clinical herbalist and nutritionist. She has been teaching herbalism, gardening, and ethical foraging for 20 years.

Mallika Nair
Mallika Nair is a student of healing plants in the folk herbalism tradition. She holds a Masters of Science degree in Agroecology from the Norwegian University of Life Sciences.

Pua Owan
Pua Owan is a second year student of the Ancestral Apothecary and he has a special interest in herbs' power to support the QTBIPOC community.
**Delia Carroll**
Delia Carroll is a permaculture design teacher whose special focus is the creation of medicinal forest gardens for individual and community health and wellbeing.

**Nori Treacy**
Nori Treacy is a permaculture designer, landscaper and life-long community herbalist, with years of wilderness/street herbalism practice. They are fascinated by the hidden wisdom of wounds.

**Lekeisha Simpson**
Lekeisha is a fabulous genderqueer spirit being. Their goal is to combine regenerative land practice with their passion for ancestral connection/reverence, holistic wellness, spirituality and drumming.

**Leah Van Winkle**
Leah Van Winkle is a recent transplant to the Bay Area, CA from the Appalachian foothills of central Kentucky. With strong roots and experience in land-based permaculture design, her passion is to expand this holistic lens to cultivate nurturing social relationships in her communities.