

CoreyPine Shane:

There's no one herb for post-traumatic stress disorder, right? It just depends where people are at, but having said that, mimosa bark is one of the herbs I think is my repertory in working with long-held trauma. That's where the herbs come in. They don't work on our brain. They work on our body. They help us relax and let go that—that held trauma. I really enjoyed this conversation and I feel like I even went to some places I wasn't expecting to go to, so I hope people will really enjoy this conversation.

Rosalee de la Forêt:

Welcome to the Herbs with Rosalee Podcast, a show exploring how herbs heal as medicine, as food, and through connecting with the living world around you.

In this episode, I'm joined by CoreyPine Shane for a very thoughtful, nuanced conversation about mimosa as "emotional medicine." We explore how herbalists have traditionally worked with this tree, what makes it so unique and why it's often reached for during times of loss, sadness or deep transition. We also talk about practical preparations – the flowers, the barks, even elixirs, along with important considerations and cautions. If you enjoy this episode, please give it a thumbs up so more plant lovers can find us and be sure to stay tuned until the very end for your herbal tidbit.

CoreyPine, it's been a long time coming. I'm so excited to have you on the show.

CoreyPine Shane:

I'm excited to be here. Thank you for inviting me.

Rosalee de la Forêt:

Absolutely! You know, I was trying to think today about where we've met because I was just trying to think, what's our origin story? I can't—I feel like I've just always known about you. Maybe we met at a Kiva fest. My husband, Xavier, said, "I think we met him in Montana." I was



HERBS
with ROSALEE

like, “Okay.” I don’t know, so do you have a memory? I just feel like you’ve just always been there.

CoreyPine Shane:

Like the Holy Ghost.

Rosalee de la Forêt:

Yeah.

CoreyPine Shane:

Holy haunting you. I don’t remember exactly, but I did teach at the Montana Herb Gathering a couple of times. Were you at the Montana Herb Gathering?

Rosalee de la Forêt:

Alright, so we could say maybe there. Yep. Yeah, that was such a lovely, sweet gathering. I really love that gathering. It was a great bioregional, lovely gathering. I feel like so many of us met each other at the Kiva fest, so maybe-

CoreyPine Shane:

Yes.

Rosalee de la Forêt:

There’s a possibility too, and then, of course, we’re herbalists so we run in the same circles, whether that’s the 7Song crowd, the Ben Zappin crowd, the Howie Brounstein crowd. All of them. I’m so thrilled that you’re on the show, CoreyPine. Thanks for being here.

CoreyPine Shane:

Yeah, I’m—I’m excited.

Rosalee de la Forêt:

Awesome! Well, we start always in the same place, which is hearing about you and your origin story, your path story. I'm excited to hear it.

CoreyPine Shane:

I know! Like I feel like I want to get Oliver Twist about this. When people ask me this, I have a couple of different answers and I'll try to put that together in just one simple answer. You're asking how I got into herbal medicine? First off, I used to get really bad headaches when I was—migraines. I always got terrible migraines when I was a kid, when I was a teenager, and so I remember going to medical doctors and they were like, "When you're—when you get a headache, take this pill." I was like, "Okay, how do I prevent it?" They're like, "We don't know." I'm like, "Why do I get it?" "We don't know, but if you have pain, take this pill." I was like, "I'd rather not have to have the thing in the first place," so it kind of led me into studying holistic medicine, trying to understand, "Why does the body do this? Why does our body act like this? How can we prevent disease and not just treat things after they happen?" which is much more of a question of holistic medicine than of mainstream medicine

Then I went to college at Ithaca College in Ithaca, New York, and there I met an herbalist of which we've already mentioned. I met 7Song at a music concert and we just became friends. I had no—zero—zero intention of becoming an herbalist. I can tell you this because I didn't know what an herbalist was, so how could I have wanted to be one? This was back in the late '80s. I became friends with 7Song and he didn't—he didn't have a phone or a car or electricity or running water, for that matter. Because he didn't have a phone—and for those listening, there was actually a day before cell phones. He didn't even have a landline. I would actually have to drive 20 minutes down this dirt road to see if he was even home. I would just go and visit him sometime and he'd be chopping up herbs. I'd be chatting with him and like, "Hey, you want to give a hand? There's—there's a lot of burdock root I need to chop." "Okay, sure," and I'm like, "What's—what does this do? What is this? What am I chopping?" "That's burdock root, *Arctium lappa*." I'm like, "What does it do?" It kind of started I imagine—in my imagination it's like, "That's probably how people started studying herbalism hundreds of years ago. They're just like, 'Hey, you're an herbalist. What's that you're doing over there?"

Need some help?” and I just—again, no plan to become an herbalist, just curious. 7Song started teaching classes. I started taking his classes. I was just very curious.

I was studying nutrition as much as I was studying herbal medicine, and then I was—graduated college and I started to move out to Seattle. I was out of New York turf, out in Washington State, tooling around, and spent six months just traveling around the Northwest, exploring, camping out in the Cascades for weeks at a time. I was hanging out with a lot of people who were—just had less access. I would say—probably they would say “homeless by choice,” for the most part, travelers, road dogs, gypsies, rainbow—rainbow kids, rainbow adults, rainbow elders—Rainbow Gathering, that is.

People were—I had one of Michael Moore’s book with me, like the *Medicinal Plants of the Mountain West*. I was trying to identify the plants around me and I started noticing, “Hey, this guy across the campfire, he’s got this cough, and there’s this mullein plant over here. I can just go over there and pick the mullein and make a tea.” He’ll—he drank it and he got better. I remember that—the first time that that happened—the first time that there was this 20-year old kid with this cough. He couldn’t get rid of the cough and I just started picking herbs that were just around our campsite. I had to walk less than 30 feet to get them. I picked them and I made a tea for him, and he got better. I was like, “Oh, my God! Herbal medicine is not just a book thing. It’s not just something you study. It’s something that actually helps people. It’s like—and it’s accessible. It’s free—to at least get the herbs, it’s free. The alcohol costs a bit. The bottles cost. I was like, “This is just the people’s medicine.” I just got so inspired.

I think—I ended up not living in Seattle. I ended up moving back to Ithaca, and that’s when I actually studied with 7Song. That’s when I decided, “Okay, I’m going to become an herbalist,” then I moved to Asheville a couple of years later—Asheville, North Carolina, and started clinical practice, started seeing clients. After a couple of years, I was like, “I don’t really know enough to help people with complex health conditions.” I asked 7Song where I should go, who I should study with. He told me to go study with his teacher, Michael Moore. So, I moved out to Bisbee, Arizona, worked at the Bisbee Food Co-op which was a very strange experience,

lived in the desert, and yeah, learned a lot from Michael, and then I moved back here to Asheville and I started an herb school.

Rosalee de la Forêt:

So, that was like the '90s that you were out there with Michael?

CoreyPine Shane:

Exactly. Yeah, it was the '90s.

Rosalee de la Forêt:

I love how you met 7Song, you became friends, and then you left. It's like you came back and you're like, "Okay, I guess what you're doing is legit. I'll study with you now."

CoreyPine Shane:

Right. Before, I studied out of curiosity. I was like, "This is kind of cool," but after—yeah—I think after—when I came back, I realized this is actually real world. This is actually helping people. It became—it became real to me. I bet that there's a lot of—because I run an herb school, I interview each student before they come in. So often, I see that we all—I don't want to say "we all," but many of us have a initial injury. We have some kind of initial problem that's either ourselves or just as often like a family member, a sister, a brother, mom, an aunt, where there's some complex health condition. They went through to mainstream medicine—mainstream medicine like, "We don't know what's going on, maybe here, have some antidepressants." Maybe. Maybe they're just like, "Hey, lab tests are normal. It's all in your head." Whatever happened with them, they weren't able to get help with mainstream medicine, and so they're coming to herbal medicine as a way to learn how to see—how to see healing in a different way.

Rosalee de la Forêt:

Hey, there. Just a quick note: if you'd like to hear from me in a more personal way, I'd love to have you in my free text community. I send a couple of texts every week, things like behind-



the-scenes updates, herbal thoughts that I'm chewing on, and little sparks of joy I don't always share anywhere else. To join, just text the word ROOT to 1-509-383-8398, and if you ever want to break up, no hard feelings. Just text STOP to the same number and you'll be opted-out immediately. My goal is to make it so juicy and so fun that you look forward to getting my texts each week. Okay, now back to the show.

I'm curious. Since that was your entry way, it sounds like you were already studying holistic health, but do you have any sense of what you might have done with your life if you hadn't become an herbalist?

CoreyPine Shane:

I—I joke—maybe—maybe all you in the podcast can—maybe you can hear this more, I kind of joke that maybe I'll be like a late night jazz DJ. I can see it now—

Rosalee de la Forêt:

Yeah.

CoreyPine Shane:

“That was a tune. Now, that was the tunes of early John Coltrane, on his tenor sax there.” But seriously, I actually went to college to become a fiction writer. I wanted to be the next Jack Kerouac. I love the beatniks. I love Jack Kerouac and Allen Ginsberg and Gary Snyder. I was just really into zen and writing and “first thought, best thought.” I really, really wanted to become a writer. I actually took a semester off college to focus on writing to see, is this really what I want to do with my life? Some people get this thing when they're young and they just know what they want to do. For me, I was in my teenage years, early 20s and I was still in this place of like I know that there's some—something big within me. I have some kind of calling and I don't know what it is, and it was really, really frustrating. To be honest, I felt this burning desire to do something but I wasn't sure what that something was, so I took a semester off college to see if it was writing. I decided that, yes, I want—I'm writing poetry. I'm writing stories. At one point, actually, when I was traveling around the Northwest, I was—started

writing a novel while I was sitting in a café in the university district. I still have half a novel somewhere stashed away.

Rosalee de la Forêt:

Wow. Well, I have no doubt you would have been an exceptional writer and a DJ as well, but the herbal world is lucky to have you here with us. Were you going to say something, CoreyPine?

CoreyPine Shane:

Yeah. Sorry I just had a funny memory because when 7Song—I was—I moved back to Ithaca and after a few years, I was like “Yeah, okay, I’m ready for the next stage. This is not where I need to be right at this moment.” 7Song started his herb school and he invited me to attend. At the same time, I was also looking at the Jack Kerouac School of Disembodied Poetics, the Naropa—Naropa University in Boulder, Colorado. I remember specifically holding in my left hand the application. I had already written them. This is back in the days before online applications. I called them up or written them or whatever, and they had sent me in the mail the application. I had the physical application that I was filling out for the Naropa Institute. In my other hand, I have the application of 7Song’s herb school. I remember this very specific fork in the road: am I going to become a writer or am I going to become an herbalist?

Rosalee de la Forêt:

Any regrets?

CoreyPine Shane:

No.

Rosalee de la Forêt:

Nice. I have—I have another question for you because I haven’t heard it yet is, where does Chinese medicine come into this? Because I know that's an important part of your practice.

CoreyPine Shane:

Yeah, very important. As a matter of fact, it's such a basis of my practice that it's actually where my computer is resting on right now, is the Chinese materia medica.

Rosalee de la Forêt:

Nice. Bensky or...

CoreyPine Shane:

Yeah, this one is Bensky, but I also really like the Chen and Chen, the Chinese materia medica and pharmacology. In some ways, I like that one better even though Bensky is like the official one. The Bensky one is the exact right height to get my computer screen at the right—for the camera—just the right-

Rosalee de la Forêt:

Good to know.

CoreyPine Shane:

That's the right place, yeah. It's the foundation, because you're working on laptops, otherwise— Okay, sorry. To seriously answer your question though. When I first started studying Western herbalism, it was late 1980s. There were books around like *The Herb Book* by John Lust, which is a book—all respect to Mr. Lust—it's not a book I would recommend, but then again, it was written 50 years ago, so a lot has happened since then. There just wasn't a lot out there. What I saw was—for whatever reason my mind—I like systems. I like to have systems and diagnostics to understand why I'm doing what I'm doing. At that time, Western herbalism seemed very non-system. It seemed very like, “Oh, if you got migraines, take feverfew. If your stomach is upset, drink chamomile tea or maybe fennel. Maybe ginger will help. We don't really know, but here's a list of different herbs you could try that might help with this condition.” It just felt very shot in the dark. “Try this. If that doesn't work, try this.” I needed some kind of grounding. I needed some kind of way to think like—and so, I started looking at Chinese medicine—I mean, Michael Tierra's books were one of the big

influences. I was so excited to finally get to meet him and talk to him at one of the first International Herb Symposiums that I went to. We got to have a good chat. I was like, “Oh, my God! You had this big influence on me.” But just this idea of thinking like—instead of thinking about, “What are all the herbs for headaches?” It’s like, “Okay, well, is this a hot headache? We use cooling herbs. Or is it a cool—cold headache? We need to warm things up. Is it excess caused by an excess of whatever is excess in the system? We need to clear things out. We need to use dispersing herbs. Or is it caused by deficiency? We need to build and nourish.” That just blew my mind and I’ve spent the past 35 years trying to figure that out.

Rosalee de la Forêt:

Nice. Yeah, it’s very similar path to me too as well—just wanting that—that system, which ultimately landed me at the Tierra’s school. I did their four-year program. I’m so grateful for that foundation.

CoreyPine Shane:

Nice.

Rosalee de la Forêt:

Yeah.

CoreyPine Shane:

Oh, yeah.

Rosalee de la Forêt:

Hey, it’s Rosalee. You know, creating this podcast has been one of the most rewarding parts of my herbal work, and if you’ve found something meaningful here, whether it’s a new perspective, a favorite recipe or just a sense of calm, I want to let you know there’s a good way to go even deeper. It’s called the Podcast Circle. Inside, you’ll get access to live classes taught by some of my favorite herbal teachers, behind-the-scenes updates, and a beautiful library of herbal resources that we’ve gathered over the years. But more than that, it’s a space

to connect with fellow plant lovers who care about the same things you do, and truly, your membership helps make this podcast possible. It's how we keep the episodes coming and the herbal goodness flowing. So, if you're ready to be part of something more, something rooted in connection, head over to HerbalPodcastCircle.com. I'd love to see you there.

Well, I am so excited that you chose mimosa because that's a new plant for the show and one that's so loved. It's easy to love mimosa whether you love the tree, the medicine, everything, so I'm excited to dive into this wherever you'd like to start with mimosa, CoreyPine.

CoreyPine Shane:

Quick origin story about mimosa: in the late 1990s, before I studied with Michael, I was living in a place in Marshall, North Carolina. One day, I was walking up my road and there was this tree that I have been walking by for months, but all of a sudden it had these beautiful but small sunset-colored flowers. I don't know how else to describe it. We think of mimosa flowers, I think of a pixie's paintbrush.

Rosalee de la Forêt:

Nice.

CoreyPine Shane:

Yeah! I was like, "Oh, my God! What is this?" I had to figure out which tree it was. I get my guide books and figure it out. At that time, nobody in Western herbalism was using it that I'm aware of. I got out my Bensky. I got out my Chinese materia medica to see if Chinese medicine used it because I learned it was an invasive species from Asia. Oh, yeah, that's a great antidepressant herb. I was like, that makes sense 'cause just looking at it, right? It's almost like a little bit of doctrine of signatures there. It's like how you feel when you look at it is how you feel when you drink it.

Rosalee de la Forêt:

I like that.

CoreyPine Shane:

Isn't that nice? In Chinese medicine, they use the flowers. They use the bark. They use it differently though. The flowers, as you might imagine—flowers, in medicine, tend to be more ephemeral. In fact, it can be more—a faster but more quickly dispersed effect. Mimosa flowers are very uplifting. The flowers are very light and feathery, and the effect is very light. It's very uplifting and upwards. It brings energy up and out. It's great for someone who's just feeling like in a funk. They're just like, "I just need a few hours where I can just feel the sunlight on my face and feel the sunlight on my face, not feel like there's like a cloud in between me and the sun." It's very uplifting. It's warming. It's an upward moving herb. It helps—I remember once someone made a—I was at an herb conference. Somebody made a mimosa fizz, which was like a mimosa flower-fermented soda. It felt like—like what it tasted. Just the bubbles—it kind of bubbled up my emotions. It was like happiness in a bottle. It's so good. I need to find that recipe.

Rosalee de la Forêt:

Yeah, yeah. That sounds really good.

CoreyPine Shane:

The flowers are a bit more superficial. The bark is a little bit deeper and slower. The bark is said to go in and—so I use the bark of the mimosa tree. I find that if you harvest it in June—to be clear, we don't—when harvesting bark, don't take it right off the tree. You cut the limb and then you debark the limb. It creates a smaller scar for the tree, better for the tree in the long run, and then you get a walking staff with what is—what is left. Or you have a pounding stick where you can use to—I do that sometimes with the sticks after I've debarked them. I use them to mash the herb into the tincture. You never quite get it to all fit in the jar, so you have an old mimosa stick or a birch stick or willow—something that you can use to pound your—your herbs into the jar. The mimosa bark is said to go more to the—in Chinese medicine we say the "liver meridian." It's good for more melancholy, stuck emotions. People who are

like—they're really like—it feels like they're playing Candy Land and they're stuck in Molasses Swamp. Right?

Rosalee de la Forêt:

Yeah.

CoreyPine Shane:

There's that feeling of stuck—it actually is a blood mover and a qi mover. It gets things moving. It's not just a "happy herb". It actually helps circulate things, which is good to be aware of because sometimes if people have a—something they're holding on to, it can break that up which can be helpful, but in breaking that up and moving that, it can also bring things up. So sometimes I advise, "Hey, by the way, if you take this herb and things start coming up, it could be a good idea to have"—if they're going through some stuff—"it might be a good idea to have a therapist as an adjunct." Because you could use this for things like PTSD, for long-held trauma. There's no one herb for post-traumatic stress disorder. It just depends where people are at in the process. That's one of the great things about learning holistic medicine. It's not like herb for a disease, but having said that, mimosa bark is one of the herbs I would think as my repertory in working with people who are—have a—working with long-held trauma. Trauma that's like—would be stuck in their body. Mimosa bark is one of the ones that can help.

Rosalee de la Forêt:

That's interesting you talk about that, CoreyPine, the movement with it. It's not—how it's specifically for the stagnant situation. Maybe—you know, David Winston, he names that "stagnant depression," but anytime, like you're saying, you're "stuck in the molasses swamp" and it's tough to get out on your own. It's a plant that's moving in nature.

CoreyPine Shane:

Right, right. I know David Winston uses it with hawthorn and rose, in his "grief relief" formula.

Rosalee de la Forêt:

Yeah, a powerful, beloved formula, that one. I also really like how you differentiated the flowers and the bark. I think that's such a fascinating thing when we have different parts of a plant. Sometimes we use different parts of the plant in the exact same way. Sometimes, like in this situation, there's this difference that's very real and notable. I encourage folks, if you want to work with mimosa to try the flowers and try the bark at different times, and really get to know them in that way because it's good to know. There's a time when you're going to be disappointed if you're working with the flowers expecting more of what the bark has to offer and vice versa, so it's good to know and have a sense of that as well.

With the moving of the liver qi and how the bark is just kind of working on this level, it's really moving things, and you have some cautions with that of working with a therapist, being aware that it can pull up things. It makes me curious what—are you often working with this as a simple or do you—are you combining it with other herbs? I'm just curious how you might be formulating with it.

CoreyPine Shane:

I'm much more of a formulator. I like doing-

Rosalee de la Forêt:

Chinese medicine?

CoreyPine Shane:

Exactly, you know. I don't know why, but for some reason, early in my herbal career, I just decided I liked odd numbers. I like to do threes and fives, seven if I really have to. For those listening I'm sure—I'm sure you know this, Rosalee—when you see these Chinese herb formulas that are like 12 or 15 herbs in a formula. Those are actually several smaller formulas that had been put together, so they're not just cut like formulating—well, the classic formulas, they're not really just formulating from scratch throwing 15 herbs in there. They're actually like, “Oh, yeah, I'm going to take this four-herb formula, mix it with this four-herb



formula, then add one or two herbs to help balance it out.” I would encourage people not to start out doing 15 herbs in a formula. When you’re first starting out, I encourage people just do—just do one herb. Just do two herbs, get to know the—when you do smaller formulas, you get to know each individual herb better. But in formula, I would tend to combine the mimosa bark with—I think reishi mushroom is a good one. Yeah, because I also use that for—I feel like in Western herbalism, it’s often looked as more like for an immune modulator, like balancing immune system, but it’s also in classic Chinese medicine, it’s more of a shen tonic. It’s more of a—it nourishes the heart. The heart is where our mind is in Chinese medicine. It’s where our—not our brain or thinking mind, but our feeling mind, our sense of self. When we talk about trauma and disturbing dreams and not feeling at home in our own body, that’s really shen. Shen is sometimes translated as spirit, sometimes it’s mind, but it’s this idea of the part of ourselves we can’t really just put down on paper.

Rosalee de la Forêt:

That’s nice.

CoreyPine Shane:

I just came up with that. I should say they’re different. Mimosa bark moves the shen. It helps clear things out. The shen can feel more at home. Whereas, reishi is a little different. Reishi is much more nourishing. In Chinese medicine to actually kind of nourish the heart blood. I believe the heart qi as well, but it nourishes the heart, which is where our spirit resides. It helps—it helps our mind feel more at rest. It gives our mind a place to—I feel it helps our mind feel more at home in our body so that we can feel more rested. It’s a part of trauma is that it just—this really challenging part of a trauma is this feeling of not being safe in our own body. It doesn’t matter where you go or what the situation is going on outside of us. There can be this sense of not feeling at home, not feeling at rest. That’s just a really challenging one to work with both as a client and as a practitioner, but as someone who’s experiencing that and as someone who is trying to help someone who’s experiencing that. Reishi is not a cure-all, but it’s something that moves us a bit more in that direction of nourishing the heart so that there can be this feeling of settledness. I think of reishi specifically when there’s disturbed



dreams, people waking up in the middle of the night. Even the heart-racing kind of piece, there is that piece that reishi really helps settle the heart. Technically, settled in shen. Herbs are different in Chinese medicine, but there is this feeling of settledness that comes when using reishi.

Rosalee de la Forêt:

This is so beautiful to hear you talk about, CoreyPine. I've been working with reishi every day I think since October. I actually got to go mushroom foraging out in Eugene, Oregon. Taylor, a friend, found a reishi and harvested it and gifted it to us, so we sliced it and dried it. We're just drinking that out of the crock-pot and it just felt like—it felt like it made all of my cells come to life. It was just like—just like the vitality that came from that was so lovely. After that, now, I've just been using the stuff that I've been buying, which I have to say the stuff that was harvested—was really—had that extra special love in it probably, but all these things that you're describing—there's like a clarity and a vitality that I feel like it just—kind of like washing the shen clean or something. I don't know how to really describe it, but as you're talking about it, like, yeah, yeah, reishi. Wow. I've just been really loving reishi. That's an interesting combination. I didn't see you choosing reishi for mimosa bark. I don't know why. I don't know what I expected, but that sounds very—like an interesting combination there.

CoreyPine Shane:

Yeah. It's a nice little pair to go along with that kind of—I guess I went right to the trauma piece. I guess if I was working with someone with depression, kind of a melancholy depression, you know, mimosa bark might go nicely with something like lemon balm. Maybe St. John's wort—uplift the spirit. If it's—if it is more of a heart thing, feeling—people really feel their anxiety or depression in their chest, I might go more with motherwort. Motherwort is more for anxiety than depression, that feeling of pressure in the chest or palpitations. A lot of times—I have it in my mind that one day, I'm going to study somatic experiencing or some kind of somatic bodyworks. It really fascinates me. Not bodywork but somatic work, I should say, because it talks about something that I feel is really true that we hold trauma. We—and not just—we think about trauma, often we think about people who have been in warzones.

We've all—if you live in this culture, you've probably had some experience of trauma even if it was just something that happened driving a car or something. I'm not going to name specific types of trauma. I don't want to bring it up for anyone, but we all have that piece of trauma we carry. We have people—we have times in our lives where something has been more than we could deal with in that moment, which is really the definition of trauma. We kind of shrunk a little bit or closed a little bit or disassociated, took ourselves out of our body a little bit, separated from our body because it felt too painful to feel into our body.

So, when I'm working with people who have any kind of trauma or anxiety or depression, one of the questions I ask is, "Where do you feel that in your body? How does that manifest in your body?" Not everybody knows and I don't pressure them. It's like some people are just not in touch with their body. It's hard. It can even be—bring up emotional pain to really start feeling into the body until there's a turning away from it. If they can and they feel comfortable with it, it's a question that I really learn from some little bit of somatic experiencing that I have—I've gone to a few classes. When you feel this, where in your body do you feel it? Can you describe it? Does it have a color? Does it have a scent? Does it have a smell? Sometimes I think about what herbs I want to help someone with based upon where they feel it. If they're feeling it more on their chest, there might be more motherwort, more reishi. They're feeling anxiety and it's more like tensing in their stomach, maybe it's more chamomile. Maybe it's more hops. Tight, tense shoulders, maybe it's kava, maybe it's pedicularis, depending upon which is the better herb for them, and a match. But that also helps me figure out, "Oh, yeah. How is it—where does this manifest?" For them, it helps them get in touch with their bodies. Just the question by itself is therapeutic, meaning, them answering the question, kind of tuning in, is helpful. And then the—but it also gives me some information I can use to choose better herbs for them.

Rosalee de la Forêt:

Oh, I like this—the way you're approaching formulation from a somatic and the felt sensations in the body. I'm also—I just have this memory that after my dad died, which was several years ago now, a listener sent me a bottle of—and it was called "Hug in a Bottle"-- and



sent me this tincture blend. I can't remember what was in the formula now, but I remember mimosa definitely was—and I remember that care that went into that. It's very touching. Like you had said earlier, that mimosa—you said mimosa is like a hug. It's a lovely way to think about that. I bet there's a lot of hugs in a bottle, "hugs in a jar," "hugs in a mug" describing mimosa.

CoreyPine Shane:

Hugs in a mug. Ooh, that's a new one though. I hadn't heard that before. I like that. We went through-

Rosalee de la Forêt:

Go ahead.

CoreyPine Shane:

I was going to say as you may or may not know, I was—when I saw you at IHS I was teaching a class on Mutual Aid and Disaster Relief. For a—for a year after—I live in western North Carolina, we had a big hurricane hit here in September of 2024. I was part of the Appalachian Herb Collective. I was helping to run—me and another person were running the Barnesville Free Clinic out in the small town of Barnesville in suburban-rural Asheville. Mimosa was one of the herbs we used a lot. It was one of the herbs I used in a lot of the formulas because that kind of—after a disaster, even people who don't directly experience the disaster—what I mean to say, even people who don't have a direct effect because of disaster, a lot of times they have indirect effects. Maybe a tree didn't fall on their house. Their house is fine. They're fine, but maybe they had a family member or maybe their friend had their house wash away or maybe—maybe they weren't even there. Maybe they're like—I had friends who have a lot of survivor guilt secondary trauma because they were visiting a friend in Florida when the—when the hurricane came through. They weren't even here. They felt so bad when they came back and heard all the bad stories that happened. But yeah, there's a lot of—a lot of sleep issues, and mimosa bark is one of the ones I used for people who couldn't sleep well after the storm, especially if it was one of those things where maybe their house wasn't okay or—

whether the house wasn't okay. Maybe they were fast asleep and they woke up and a tree had fallen within—they heard a loud noise and a tree fell two feet from their house. I heard so many stories of things that almost happened—like just misses. As many horror stories as there are, there are so many beautiful stories of, “Wow. This person was just protected and there was—they didn't get hit by that tree. They just didn't have”—but it still feels hard to fall back asleep—maybe especially on a rainy night or a windy night knowing that—having that—you know in our brains, we know, “It's not a hurricane outside. I'm totally fine. This house is sturdy,” but there's some part of our body that remembers “wind, bad, rain, bad.” It brings that up within our body and we can't help think our body—and that's where the herbs come in. They don't work on our brain. They work on our body. They help us relax and let go that—that held trauma. [crosstalk]

Rosalee de la Forêt:

Such a beautiful way to talk about that, yeah.

CoreyPine Shane:

Yeah. I'm just recognizing—I guess I should have known if I picked mimosa we'd end up talking more about trauma. Didn't really think about that ahead of time.

Rosalee de la Forêt:

I think it's something we can—we can all benefit from, I'm sure. Out here on the West Coast, I'm resonating with everything you're saying. Here, it's the fires. Ten years ago and nine years ago, we went through some really, really incredible fires here. They're still—I will never get through a fire season the same. You get those same conditions that the body is just on high alert now.

CoreyPine Shane:

Right. Yeah, I can imagine.

Rosalee de la Forêt:

I really liked how you said that it's—a lot of these times we can't rationalize our way out of something when it's—the body is thinking so fast there, so we have these plants that we get to rely on to help us through them. It's a really beautiful way to say that.

CoreyPine Shane:

Yeah, thanks.

Rosalee de la Forêt:

This recipe that you've shared with us is also beautiful, speaking of formulating. You had mentioned earlier before we went on air that you're really into elixirs. I'm so glad that you're sharing an elixir with us because this is a very—people are going to love making this. This will be happiness in a jar, for sure. Anyway, would you go over the Peach Mimosa Elixir for us and walk folks through it?

CoreyPine Shane:

Oh, thank you. I had fun with this. I just want to preface this by saying I first made this because I—during the pandemic, I was going to a place to do veggie pickups. I would buy a weekly box of produce and go to the place and pick it up—Mother—Mother Earth Foods here in Asheville. One day, I was the last person to pick up my box and she's like, "Would you like some peaches?" I said, "Sure." She brought out a peck of peaches, which is like a box about—what is it? Two feet wide, a foot deep, peaches—just lots of peaches. Millions of peaches. Peaches for free. It was great. I was like, "What will I do with all these?" I made peach cobbler. I made peach smoothies. And like—and right around that same time, mimosas were blooming. I was like—if you remember 2020, it was a little bit of a rough year for...reasons.

Rosalee de la Forêt:

Was it? I don't know. I've disassociated from it, CoreyPine.

CoreyPine Shane:

I think I have too. One of these days, maybe in 20 years, we'll make a movie about 2020. Until then, we're not going to think about it. I was like—I started off being, "I'll just make a peach syrup. That will be great." I like putting peach syrup—because I do that sometimes. I have extra fresh fruit, I'll just boil it up with some sugar. I'll make a quick fruit syrup and you put that on pancakes, french toast, make a soda out of it. Whatever you like. I've been really into sodas lately using the elixirs. After making the peach syrup, I was like, "I could put the mimosa flowers in there and make it medicinal," and that was the birth of the peach mimosa elixir.

Rosalee de la Forêt:

Brilliant.

CoreyPine Shane:

Not only that, we've talked about the medicine in mimosa, but peach—something I've learned from Phyllis D. Light, the great folk herbalist in—out of Alabama—Arab, Alabama. I was in a class with her and she talked about how peach leaves are used for grief and trauma in Southern culture. I don't see it as much, to be honest, like up here in the mountains, but down there in the foothills—because she's in Alabama, it's still the foothills of the Appalachians. Well, it's still the Appalachians, actually. Sorry for this. That people would—someone was grieving, they'd bring like a—like a pot of peach leaf tea over. I started using peach leaf tea and incorporating that into my practice.

It's very cooling. It's very easy—just as like ginger is really easy to teach people about the energetics. It's like, "Oh, it's the heating herb." Peach leaf is the cooling herb. It's good for sunstroke, for grief, for too much emotion, too much heat, too much agitation, irritation, anxiety, insomnia. Even the irritation of poison ivy I've used peach leaf topically.

Peach fruit still has some of that medicine even though it's not quite as powerful as just the leaf. That's another reason why I like pairing the peach and the mimosa. I start off making—okay, so the actual recipe, I make the peach mimosa elixir by boiling the peaches, chopping



them up, taking the pit out because the pit has some medicine on its own, but it also has a little bit of poison. You know, medicine/poison, interesting balance there, but we decide that's a different medicine for a different time. I take the pits out. I put the—what is it? Probably, the recipe that I shared on there—you can make this scalable. You don't—I gave a specific recipe but for about—basically, you do an equal amount—however much weight you have of peaches, once you've taken the pit out and then you weigh them, you use about that much water and that much sugar. You want equal parts sugar and water to make the simple syrup. When I do it, I do it in metric. I do make a thousand mls of water and a thousand mls of cane sugar, but I think the recipe I did was like—what did we do? Did we do 8 ounces of sugar, 8 ounces water?

Rosalee de la Forêt:

We did one cup, yeah. We did cups. You made it really easy for folks.

CoreyPine Shane:

Exactly, like a cup of sugar-

Rosalee de la Forêt:

Half pound of fresh peaches for one cup of sugar.

CoreyPine Shane:

Exactly. So like a half pound is 8 ounces by weight. You do a cup of sugar, a cup of water. Easy. You can scale it up. You can scale it down. If you scale it down too much, you might boil off your water, so don't—we don't want to get too much smaller than that because there are some technical problems there. Boil it up together until the peaches pretty mush. Mash it up a little bit after it's been boiling for a while, then I strain out the peaches. I reheat the water back up and I throw in the mimosa flowers. To be honest, the first time I made it, I just—I had the hot water—turned off the heat because I don't want to—they're flowers. They're delicate. We don't want to boil them. I just stuffed—I just stuffed the pot with mimosa flowers. I don't know how much I put in there the first time I made it. “Just throw them in there! Keep



throwing them in there!” And then I think I had extra so I let it sit for an hour. First time I made it, I let it sit for a couple of hours, strained them out, heated it up to the steam is coming off the surface and just did it again. It depends how—when I did it that way, it actually was pretty medicinal. It depends how medicinal an elixir you want or how much you just want to have a fun, tasty treat that’s mildly elevated. But elixir really isn’t supposed to be strong medicine. It’s supposed to be fun medicine and—like a cordial. You strain that out. Honestly, the way I do it right now is I—I add the mimosa flowers and I just let it steep overnight. I let it steep—I just leave it in there for eight hours and then strain it out in the morning.

Rosalee de la Forêt:

Nice, and then preserving it with—further preserving it, we should say, with the brandy.

CoreyPine Shane:

Yeah, and if you want to make this alcohol-free, if you don’t do alcohol, you don’t need to add the brandy. I would just refrigerate it and then use it within a few weeks. I’m not really great at the math yet, of like exactly how long something will last, but typically, equal parts sugar and water will last for at least a week, maybe a few weeks in the refrigerator. And then, if you want it to last longer, you could actually add more sugar. Juliet Blankespoor, in her amazing book—which I should know the name of. I’m looking to see if I have it right there, but I don’t. She gives a simple syrup recipe with two cups of sugar to one cup of water, and then infuses the herbs in there, and that lasts for months. It’s got a very strong simple syrup. If you add brandy to it, then you don’t need to refrigerate it. The brandy will—the sugar preserves some and the brandy preserves some. Again, if you start seeing mold, if the taste starts going off, if you start seeing floaties in there, then just don’t drink that.

Rosalee de la Forêt:

When I was younger, I had this habit of I would make something and I’d be like, “This is so precious and so amazing that I want it forever.” I’ll just have a little bit and a little bit. I’m so over that now, like if I make it or if somebody gives it to me, whatever it is, it becomes my objective to use it up as quickly as possible because I just feel like things accumulate and then



they get forgotten. I can't tell you how many things have just been forgotten, and then they go bad. Now, it's just like someone gives me something, I make something, it's just like now I'm on it. I got to use it. I'm not talking about throwing back shots of tinctures or anything, but it does become a focus, like I must get through this in time. Sometimes when people are like, "Can I freeze this?" or "How can I make this last as long as possible?" "No. We're—we're over that now. Now, we use it. Use it up as fast as possible." We aren't guaranteed tomorrow, so we just got to go for it.

CoreyPine Shane:

I love that perspective because I actually—I am kind of one of those people, like I harvested prickly pears when I was out in Wilming—prickly pear fruit when I was out in Wilmington a couple of months ago. It was like, "Ooh, I only have this little basket of them. How do I keep this going?" I put some in my juice and we just drank the juice, we made it into soda. I also froze a few in ice cubes so I can make juice later. But will I? I don't know.

Rosalee de la Forêt:

Yeah, because then what happens to the ice cubes, they get the freezer burn on them or whatever. Yeah, use it up.

CoreyPine Shane:

Right.

Rosalee de la Forêt:

Make—make way for new things.

CoreyPine Shane:

Thank you for that.

Rosalee de la Forêt:

Born really because I was the worst. I was the worst, just saving all the things.

Thank you so much for sharing this recipe with us. For our listeners, you can go to herbswithrosaleepodcast.com or check out the show notes and get your beautifully illustrated recipe card. This is one I highly recommend making. We are kind of in the winter right now. You could get frozen peaches. You could use another fruit. There are so many different opportunities with this recipe. When you do make it and you have your little hug in a bottle, let us know how it goes in the comments. We always love hearing how folks are using the recipes, how they landed for them, and then often when you make something and share about it, it inspires other people to make it too.

CoreyPine Shane:

Yeah, totally, I-

Rosalee de la Forêt:

Thanks again, CoreyPine, for sharing this one with us.

CoreyPine Shane:

Yeah, you're welcome and I—and thank you for mentioning that about the frozen peaches. There's no reason why you can't—why you'd have to use fresh peaches. Just buy them frozen and they'll be already measured because you buy a half pound bag or one pound bag. You know exactly how much is in there. The same thing with mimosa.

Rosalee de la Forêt:

I was actually just thinking about how I have frozen peaches in my freezer, so I was inspired by that.

CoreyPine Shane:

Yeah, me too. You always got to have some frozen fruit in there just—just in case. Although we only—who knows if we'll be here tomorrow, so maybe we should just make it all into a smoothie tonight.

Rosalee de la Forêt:

There you go. You're catching on.

CoreyPine Shane:

I've actually done the same with the mimosa flowers. If you've never harvested mimosa flowers, it does take some time. They are beautiful. They are abundant. They are—some would say weedy. I've seen them – Pennsylvania, New York, all the way south to Florida, all the way west to—I've driven across country. I've seen them all the way through Oklahoma, Kansas, Eastern Colorado. Do you have them? Do they grow up in Washington or they have trees up there?

Rosalee de la Forêt:

Not where I live specifically, but I was just in Hood River this summer, so just five hours south of me. It was actually fun. I was just walking in this neighborhood and I came upon a tree. It was in flower and I was so delighted and I said it out loud like, "Oh, mimosa!" I was like looking at it—or maybe I didn't say the name, but I didn't realize the owners were sitting right behind the tree. You could tell I was not the first one to be delighted. They came out and they told me about the mimosa. I was like—you could tell that they were just, "Oh, a new person falling in love with this tree." It was five hours south of me, at least.

CoreyPine Shane:

Nice! That's great! I just haven't seen them out west, but I'm not out west that much anymore. I thought—because in the recipe I said "use fresh mimosa flowers" because it does exist in a lot of the United States and Asia. Don't know about Europe. I don't—I mean I know you have people on this podcast probably from all over the world. I'm not sure about every place, but you can always buy dried mimosa if you don't have access to fresh mimosa. Maybe—what would be the recipe? Maybe twice as much? What do you think, Rosalee?

Rosalee de la Forêt:

That's a—that's a general rule of thumb, yeah.

CoreyPine Shane:

Yeah, seems like a good—good bet. I also want to say that mimosa is the common name, because the botanical name is *Albizia julibrissin*. The reason I'm pointing this out is that mimosa is the correct botanical name for another plant, for example, *Mimosa pudica*, or other plants of mimosa genus which have a different medicine to them. We are talking about the mimosa tree or the silk tree, *Albizia julibrissin*. Just to be clear, we're not talking about the sensitive plant.

Rosalee de la Forêt:

Right. Thank you for that. So, we just talked about this wonderful recipe, the wonderful medicine of mimosa flowers, mimosa bark. I'm curious, are there any contraindications that folks should be aware of when they're thinking about working with this plant?

CoreyPine Shane:

Yes, yes. I'm glad you asked that because I haven't seen this written in books, but I've heard—how do you say this? I forget the word, but when people talk about—I've heard people say-

Rosalee de la Forêt:

Word of mouth?

CoreyPine Shane:

I've heard—yeah. Thank you. There you go. I've heard word of mouth that some people with bipolar disorder, mimosa—I think maybe the flower more so, but I would say the flower and bark too, potentially—can exacerbate, can bring on manic tendencies. If someone is bipolar, they have manic episodes and depressive episodes. In my local community, I know that there's a couple of herbalists here, Janet Kent and Dave Meesters, who have specifically talked about, they've seen it cause—bring on mania in people who are—have a disposition for that. I would just say people with a previous diagnosis of bipolar, I would just avoid this. I

think that's my main caution. I'm not sure of interactions with psychopharmaceuticals, like anti-anxiety or antidepressants. I should have looked it up before the—before the talk but I haven't, so I would—I would just be careful because it does have this action. It might have a serotone—like serotonin effect. It might have an actual effect on serotonin receptors, so I would just probably avoid using it or look up those contraindications before using it, while also taking any kind of antidepressant, antipsychotic or anti-anxiety medication just—just to be on the safe side.

Rosalee de la Forêt:

Always a good idea. Thank you for that. Before we move on, CoreyPine, is there anything else that you'd like to share about mimosa that we maybe haven't hit upon yet?

CoreyPine Shane:

I will say that the best time to harvest it is in June, right after the flowers first come out. There's a time when you can harvest it when the bark just slips right off. You can just take the thing, you take the—take the limb and you make a cut down. You make like a—you circle around and you make another circle, maybe like a foot beneath it, 12 inches beneath it, and then you cut in between the two circles. You can just peel that bark right off. It comes off so easily. That's my advice as far as harvesting.

Rosalee de la Forêt:

Oh I like that, super easy. Thanks for that. Nice.

CoreyPine Shane:

Wildcrafting tips, yes.

Rosalee de la Forêt:

Thank you. Thanks for sharing so much wisdom about mimosa. I'm feeling re-inspired as a plant—as I mentioned, I wanted to have on the show for a long time, so thanks for bringing

this medicine to us. I'd now like to transition to hearing what you've got going on in North Carolina, what your offerings are—let's hear all about it.

CoreyPine Shane:

Cool. One of the things that I do is in-person herb school, which is becoming less and less common these days. More and more herb schools are going online. There's a great advantage to be online. There's great things about it, but I'm kind of old school. I like—I liked it when I was sitting with 7Song. I liked it when I was sitting with Michael. I feel like there's a transmission that can happen when you're sitting with an herbalist in person. I do a six-month class, a holistic herbalism class in the mountains outside of Asheville, North Carolina. Even like the—so it's a holistic herbalism program—it runs April through October every year. It's an all-outdoors class. Some of it is actually under a roof so we're safe from the rain, except on plant walks. You take what you can get—you can get with the weather.

I also do these four-week—if you live in the area or if you want to come stay in the area for a little bit, I do these wild medicine internships which are four plant walks. We go out all day Saturday, four Saturdays in a row. What I like about that—I used to do these short two-hour plant walks. You could see a few plants and talk about them, but you spend four days with each other and we can talk about the botany. What plant family is this in? What does this tell us? How is this plant different than this plant, and you see the same plant several times in a row, you see what is it like down in a low, wet area? What is it like on a dry, windy ridge? How are the plants different? What plants tend to grow there? That's—that's my real passion. I love just being out in the woods and sharing—sharing stories with people. It's really what it's all about for me. It's like, "Come on a hike with me."

Rosalee de la Forêt:

Oh, I love that. That is precious to get out in the real world with real folks and the plants and everything. I highly recommend that. My first apprenticeship was three years and I just—we could not replace that. It's all outdoors. It's the best way to be introduced to plants.



CoreyPine Shane:

I've even had some students who were doing online classes. Last year, I had someone who's doing David Winston's class. Someone else was doing a class in Colorado and they—they came on—they're like, "I'm learning all the herbal information, but I want to actually meet the plants that—that I'm learning about," so it's a nice adjunct for them to help in—

I guess I hadn't mentioned yet, but I also wrote a book. I wrote a book, *Southeast Medicinal Plants*. It's a guide to how to identify, harvest, and use 106 plants of the Southeast. I really did try—I put a strong effort into not just doing the plants of the Southern Appalachians, but really everything from the coast of Maryland and Delaware, all the way down to Central Florida, West to East Texas up to Arkansas, Kentucky. If you can't study in person with me, I guess—I wrote that book—as I mentioned at the beginning of the class—beginning of the podcast. I teach so many classes, you know. Beginning of the podcast, I said I really wanted to be a writer and this is how I became a writer. I just finally wrote—wrote an herb book. I also mentioned how one of my books I had when I was out in Oregon was *Medicinal Plants of the Mountain West* by Michael Moore.

Rosalee de la Forêt:

Classic.

CoreyPine Shane:

My book was really inspired by Michael's books. I just really wrote it from his point of view, like how do you—how do you know that that's black cohosh? How do you know it's the black cohosh and not baneberry? How do you harvest it? How do you—what are the sustainable and ethical questions you need to ask about harvesting that particular plant? How do you actually use it for a real human being and not just like, "Oh, this plant. It's good for cramps and uterus stuff?" But what is-

Rosalee de la Forêt:

So, you talk about digestive herbs after you eat three chimichangas on a roadtrip at 1:00 A.M.?

CoreyPine Shane:

That sounds like a Michael Moore quote.

Rosalee de la Forêt:

That is, pretty much.

CoreyPine Shane:

I should have. I should have. Maybe I'll get a chance to do a second edition. I'll try to sneak that in. I did-

Rosalee de la Forêt:

Something I highly recommend with these books that are bioregional is that a really fun thing to do is go look at that Table of Contents and look at the plants that are in there because sometimes we can think, "I don't live in the Southeast," but really, there are going to be plants in there that we care about and want to learn about, like one you already mentioned, black cohosh would be a lovely one there.

CoreyPine Shane:

Oh, yeah. Southern Appalachians and the Southeast is really like the breadbasket of American herbal medicine.

Rosalee de la Forêt:

It's true.

CoreyPine Shane:

We've got—I'm going to say some plants growing on my land. Some plants I shouldn't talk about—that are legal. I'm not talking about any that grow wild on my land that I shouldn't talk about. I have—if I walk up the mountain behind my house, I have to step around the

black cohosh plants. That's how abundant it is here. I have wild yam on my land, sassafras growing right over there, bloodroot. It's just an amazing place to study herbs.

Rosalee de la Forêt:

If it wasn't really humid I would visit more often, but the humidity and me—we just won't get along. That's the price you pay.

CoreyPine Shane:

Oh, the humidity? [crosstalk]

Rosalee de la Forêt:

I hear that. I hear that. People say it's not so bad.

CoreyPine Shane:

It's not Raleigh. I mean, Raleigh is a great town but you go to mid state North Carolina, the humidity can be oppressive. But you know, we're up in the mountains. This little-

Rosalee de la Forêt:

Yeah, okay. I'll see. I'm sensitive.

With folks who are wanting to find you, your courses, your offerings, where is the best place for them to go?

CoreyPine Shane:

Probably the best place to learn more about the school and me is the school website, blueridgeschool.org. I got that in the early 2000s and didn't realize you're not supposed to be so close to another herb school because there is a—don't go to blueridgeschool.com unless you're looking for a boy's prep school in Virginia. I am blueridgeschool.org, and also, I'm on Instagram a lot, [bluedridgeschoolherbalmedicine](https://www.instagram.com/bluedridgeschoolherbalmedicine), is the name of my school but there's no "of" because I couldn't fit it all into the name. So, it's Blue Ridge School Herbal Medicine.

Rosalee de la Forêt:

Nice, nice. I follow you there. I highly recommend it and-

CoreyPine Shane:

I follow you too.

Rosalee de la Forêt:

Yep. Before you go, I've got one last question for you, CoreyPine, and that is: how do herbs instill hope in you?

CoreyPine Shane:

I love how we talked before about how part of the way of working with trauma is to remind our body that we're safe at home in our body. Paraphrasing: I feel that being with the plants—and to me, this is why I feel wildcrafting is such an important part of my life. If not wildcrafting, at least being in the woods, being with the plants. Even if you live in a city—even if you're in—live in Manhattan, just go to Central Park and walk around there. You don't have to go to the deep woods. You don't have to go to the back of beyond to find nature.

Just being with the plants—I find that learning the plants and what they do for food and medicine, it reminds us that we are at home on this earth. We aren't these separate disconnected little bobs that just happen to be in this planet—that we evolve from this planet. We're at home on this planet that the plants—we—our ancestors existed in relationship to all these—all these plants and all these animals. We can reconnect with that relationship and that feeling of being at home in the world is such a beautiful gift of herbal medicine. I think it's something that our modern world really needs.

How do we step away from screens and connect with that feeling of “at homeness” that our ancestors felt? That just gives me this deep sense of peace that I—that's probably why I

became an herbalist in the first place. It's just that sense of peace that I feel like—when I'm out in the woods, out in nature and just sitting with a plant.

Rosalee de la Forêt:

That's so beautiful, CoreyPine. That really speaks to me because I think, ultimately, that for me, personally, that is the gift of the plants. There was a time in my life where I thought the gifts was purely the medicinal action like, like "Oh, I can use arnica on a bruise. Cool!" But the deeper I got into it, I realized that that is the true gift: feeling home, at home on this earth, and the realness of it in a world that can feel increasingly not real. I love how that was like you talked about being around a fire with somebody who had a cough and then there's the mullein plant. Then the tea is made—there's just something so very real about that that's such a beautiful thing – just to be able to look to your—to the living world around you and see that reciprocity, recognize the interdependence there. All of that, like you said, brings deep peace. For me, also joy and this sense of wonder of it all. Thank you for sharing that. It's beautiful.

CoreyPine Shane:

Yeah. Oh, yeah, you're welcome.

Rosalee de la Forêt:

Thank you so much for being here, CoreyPine. It's been so lovely to have some time with you and to hear about the medicine of mimosa and reishi and every other thing that we touched upon. Even your talk about formulation and trauma and how that affects us, and the somatic experiences of those—everything has just been so lovely, so thank you so much.

CoreyPine Shane:

Thank you so much for having me, Rosalee. I really enjoyed this conversation, and yeah, I feel like I've—even went to some places I wasn't expecting to go to, so I hope people really enjoy this conversation. You know, I imagine that people get something from this that stays with them is my hope.

Rosalee de la Forêt:

I have no doubt, absolutely. Thanks again, CoreyPine.

CoreyPine Shane:

Thank you, Rosalee.

Rosalee de la Forêt:

Thanks so much for listening. You can download your illustrated recipe card from today's episode. Just head to herbswithrosaleepodcast.com or check out the show notes for a link. If you're not already subscribed, I'd love to have you as part of this herbal community so I can deliver even more herbal goodies your way.

This podcast is made possible in part by our awesome students. This week's Student Spotlight is on Karen Ciancetta in Upstate New York. Karen is currently enrolled in the Herbal Energetics Course where she brings a deeply thoughtful, and focused approach to her learning. With years of herbal experience, she's using this course to better understand why herbs work the way they do, connecting her past experiences with new insights. She describes bitter herbs as a marvelous teacher helping her slow down, listen more closely, and find balance. Working with oats as her sweet herbal ally, Karen explored tinctures, infusions, foods, and even baths, building a steady daily relationship with the plant. Over time, she noticed a greater sense of grounding and resilience, showing how small consistent practices can lead to meaningful change.

To honor her contributions, Mountain Rose Herbs is sending Karen a \$50 gift certificate to stock up on their incredible selection of organically and sustainably sourced herbal supplies. Thank you so much to Mountain Rose Herbs for supporting our amazing students. And if you'd like to deepen your skills as an herbalist, you can check out my foundational courses at herbswithrosalee.com.

Alright, you've made it to the very end of the show, which means you get your very own gold star and this herbal tidbit.

After we pressed stop on the recording, CoreyPine mentioned that he actually makes and sells that mimosa peach elixir that we shared about. If you're listening and you're thinking, "Wait, I want that but don't want to make it," you're in luck. I'll put CoreyPine's link in the shownotes for that. Since we spent just a little time on contraindications in this episode, I did a quick safety check with the *Botanical Safety Handbook*—that's my #1 recommended source for herbs and safety—and they do give mimosa the highest safety rating. There's a couple of things I'll note, but with pregnancy and breastfeeding, safety hasn't been conclusively established which is often the case with herbs. It's generally a hard thing to do. Then there's the caution we discussed in this episode. There are some herbalists advising avoiding it or being very cautious with bipolar disorder due to concern about it triggering manic tendencies, but this is more something of clinical observations that's not in the *Botanical Safety Handbook*, that's something worth noting for sure. If you'd like a completely different kind of nerdy delight, mimosa isn't just loved by herbalists. It's also a pollinator magnet. In North America, it attracts honeybees, bumblebees, butterflies, and even Ruby-throated Hummingbirds.

Thanks again for joining me. I'll see you in the next episode.