

Maeg Keane:

Blackberry is one of the plants that taught me to commune with planets by hanging out with it. There aren't a lot of herbs that can get you in close relationship with Saturn compared to some other planets, and it's nice to have something so delicious that we can spend time with the planet of boundary and time. So I am—I love this plant so much.

Rosalee de la Forêt:

Hello and welcome to the Herbs with Rosalee Podcast, a show exploring how herbs heal as medicine, as food and through nature connection. I'm your host, Rosalee de la Forêt. I created this YouTube Channel to share trusted herbal wisdom so that you can get the best results when relying on herbs for your health. I love offering up practical knowledge to help you dive deeper into the world of medicinal plants and seasonal living.

Each episode of the Herbs with Rosalee Podcast is shared on YouTube, as well as your favorite podcast app. Transcripts and recipes for each episode can be found at herbswithrosaleepodcast.com or through the link in the video description. Also, in the video description you'll find other helpful resources. For example, to get my best herbal tips as well as fun bonuses, be sure to sign up for my weekly herbal newsletter. Okay, grab your cup of tea and let's dive in.

I first met Maeg a few years ago when my bestie gifted me an astrology birth chart reading for my birthday. Prior to that, I had a very minimal understanding of astrology. I knew my sun sign. I know that Virgos are the best. Okay, I'm kidding kinda. I remember that I loved reading my horoscope in the paper when I was younger.

That first reading with Meg was so insightful. I've since had other sessions with them and I've gifted readings to my friends too. Maeg's approach to herbalism is infused with their love of herbs, which I think you'll see shine through easily in this conversation.

Maeg Keane is a consulting astrologer, herbalist and writer. Their work is rooted in an animus devotional approach that tends to the ties that bind us to each other and to the more than human world, whether relating to the stars from which we come, or to the alive and wise planet that we call "home."

Maeg hopes to bring people into nourishing companionship with the teeming enchanted world around them. They run Third Sister, an online client practice through which they offer one-on-one astrology readings and herbal care. You can visit Maeg at third-sister.com

Maeg, I'm so thrilled to have you here. Thanks for being on the show.

Maeg Keane:

I'm so thrilled to be here.

Rosalee de la Forêt:

What people don't know is that we've actually already been talking for 20 minutes because all of these things I was excited to chat about. I'm glad we are like, "Let's do this on the podcast." I thought we just could have kept going and going, but it's just fascinating conversation with you and just really looking forward to what's to come.

Maeg Keane:

I am too.

Rosalee de la Forêt:

I am curious to hear about your herbal-astro path, as we might say.

Maeg Keane:

I became interested in herbalism. I hear stories about people who are herbalists and I get jealous sometimes because they'll talk about how their grandmother taught them or it's just been in their lives forever. I just got a cold and really wanted to go on vacation. The doctor I saw at a walk-in clinic said, "Take Advil and hope you get better," and I was pissed. I got online and I looked at home remedies for colds and learned about lemon and honey and garlic, and I got better. Then I was angry for a different reason. How come no one had told me about this before? And then I just started learning as much as I could and here we are with the herbal path. That's that part.

Rosalee de la Forêt:

Can I break in right there?

Maeg Keane:

Please.

Rosalee de la Forêt:

I just love that so much because I often feel it is just so sad that more people don't have that option presented to them – the Advil vs. simple remedies that are already in their kitchen that work really great and don't have the side effects. I can understand not having the, "The plant spoke to me when I was two years old," kind of story, but your story is the story that I want to see happening over and over and over when you think about people just in North America who don't have any idea about herbs who could be open to that possibility through something like a simple cold. It just feels like so much potential there and that's really exciting. I love that's your story.

Maeg Keane:

I feel like there are people who probably have through their own folkways have that relationship with a variety of plants. My parents are both in the more institutional medicine field so that there was only Dimetapp and Robitussin and DayQuil in my house, which is one way. I am really, really grateful to the plants for giving me some other options that I can also help other people with.

Rosalee de la Forêt:

Wonderful. So that got your attention and then you decided to study them more.

Maeg Keane:

Yeah. I did a few workshops and some online things. I don't think I found anything truly rigorous and in-depth until I started studying at CommonWealth Holistic Herbalism. I've done a couple of other programs since including mentorship with Sarah Corbett of Rowan and Sage, which was incredible. I continued to learn from her as well. I just had to get all the books. Too many herbs bought way too many at the beginning, not enough that I could know slowly and carefully I'm so excited. It's been an ongoing journey. You never really stop.

Rosalee de la Forêt:

So true.

Maeg Keane:

With the astrology side, I was interested in astrology but saw it as a cool personality test until I found traditional astrology through Chani Nicholas and then Demetra George and then many, many, many people. I won't just rattle off the list. That just clicked everything into place for me because I didn't—I should go back. It's important to know that I didn't want to be woo. When I was getting into herbalism, I didn't want to get into flower essences. I didn't understand how that could possibly do anything. I wanted to make sure I was an herbalist who read scientific studies, that kind of herbalist was very different than the more spiritual herbalist. There's completely different—neither they should never cross. They're never the same person, not true. I also was not interested in astrology except as a tool, like a thing that would tell—these archetypes that would tell us about ourselves ways to play with who we are. It took the plants being so obviously alive and wise, and surprising me and changing me for me to realize that this planet is so alive and wise and wild and surprising. That must mean that the planets out there are too, and that started to just absolutely change my world view and the way that I practice. There's no going back from that.

Rosalee de la Forêt:

That is also very true! That's an interesting perspective of going into something with ideas not wanting to be woo or ideas about what plant medicine is or what's relevant, and then having actually the process change you.

Maeg Keane:

I think that it also reveals in my upbringing and the culture that I'm raised in a belief that there's only one way to know the truth, that it has to look like lab coats for it to be true. I don't think that that's not true. I think that is one way we find out what the truth is. It's valid and important and I don't think we should walk away from it. There are many others that predated and live alongside of it. There's something I think it is part of the oppressive structures that I'm part of that made me think I needed to separate myself from other ways of knowing, like traditional ways of knowing, global ways of knowing that are not opposed to what we think of as the scientific method in peer reviewed studies because that's all over the world too. There's also many, many other ways of direct experience and spiritual knowing and passing things down through lineages that are at least as valid. That also shifted a lot for me ethically, politically. It's part of how I ended up not rejecting the so called "woo" parts of this work.

Rosalee de la Forêt:

For myself, I've had my own views about astrology change dramatically in—should I say the past three years have we been working together? I can't remember. Two or three years now. For me, astrology was that I knew my sun sign, Virgo all the way. I remember as a kid thinking it was cool and looking in the newspaper to check out my sign. Often that was like this vague language that sometimes I'd be like, "Oh, cool!" and sometimes I'd just be like, "Whatever." That's what I thought astrology was, honestly, and then my bestie, Rebecca, gifted me a birth chart reading with you, and I felt like my whole world changed about the whole world view of astrology changed in that.

I'm curious if you could talk to that a little bit because you've mentioned traditional astrology. What does that mean? I'm probably not the only one out there who had this focus on, "I'm a Virgo. I'll read my horoscope for today. It's fun, cute."

Maeg Keane:

It is fun and cute. I think that's great. I'd like to say there's pop astrology, which is sort of a derogatory term for surface level, sun sign based astrology that comes out of newspapers wanting to print, horoscopes in the 1930s, I think. Astrology is incredibly old, centuries and centuries BCE old and is probably older except that that's the oldest records we have. Traditional astrology is an imperfect term for describing techniques that we find from a Babylonian tradition, Greco-Roman, Islamic and medieval—really from the beginning until all the way to the Renaissance these sets of traditional practices. I would say Medieval and Renaissance also get their own segment. It's really like trying to break down history into pieces.

Modern astrology is a little bit more focused on personality and archetypes. It's based in a lot of psychological thinking, which I wouldn't say I don't do. Some people draw really hard lines between the different approaches to astrology. I'm kind of a mixed bag, but a lot of my techniques come from the traditional side, which doesn't view the chart only as your personality and patterns you can have but also your relationship to the world around you.

Different people can actually show up in your chart and also the circumstances of your life are present there as well. It's not necessarily that where Mars was at the time that you were born only speaks to—I say “only,” it's still a lot—speaks to the way that you do anger, but also it can have something to do with specific types of relationships you have in your life as well. That's one of the differences, but to go into it more I think might take the whole podcast.

Rosalee de la Forêt:

Thank you for that. Another thing that would be interesting to talk about is that currently, my understanding is that astrology and herbalism are seen as separate, but that is not necessarily the case the further we look back.

Maeg Keane:

I think that it's important to note that astral herbal medicine dates back to at least 50th century BCE in Babylonian records. I want to say here on this podcast that Nicholas Culpeper, though I adore him, did not make up planetary and plant correspondences. It is much older than that. It goes back to Aristotle's concept of the great chain of being, Al-Kindi's theory of cosmic rays. If you don't know Al-Kindi, he's an Arab Muslim philosopher from the 1st century CE. Just by being old doesn't make it correct, but I think it's important to note that astrology and herbalism—and really, astrology and many things you can't actually separate them out historically. They're so interwoven in ongoing diverse global conversation of metaphysics and how cosmology—how does the world even work, and our much beloved constitutional temperament. Temperament theory is also connected to astrology and the four elements and the idea of how the four elements even impact our bodies or our part of who we are.

For me, it's interesting to see where people decide to draw their lines about what they will include and what they won't include when they think about herbalism or astrology. It's something that obviously has been a big part of my journey, as well from someone who is not even willing to consider flower essences, and now I'm reading people's birth charts and talking about how to develop deep relationships with celestial beings out in the firmament. I understand the skepticism that someone might have.

Rosalee de la Forêt:

This isn't something that I'm an expert in, but it's interesting to note that other traditions around the world, whereas Western—what we might broadly call “Western herbalism” is an imperfect term—has separated out these different elements, which are now being reintegrated by people like yourself, the astrology, the temperaments and the herbs. Whereas, I know in Ayurveda, in certain forms of Chinese medicine, those are still all integrated as a whole. It's just in our particular traditions those have been separated out more.

Maeg Keane:

Unani medicine as well. There's many, many forms where you can see the overlap. I think that part of this, from my perspective, is also that astrology has tried to vie for more legitimacy by

trying to be a science and prove itself as a science when it actually has foundations in divination and it being at least as connected to magic. It was about being in connection with the world around us so that those plants that pulled me in and made it impossible for me to be a rational materialist who is taken so seriously by the scientific community or something. That spark of strange magic of the green ones is also the strange spark of the sky and how on earth—the wonder we can feel by connecting to all of these things. When you get into that some of the way that our ancestors—but also living traditions right now to see the tie between all these things becomes a lot clearer and doesn't feel as foggy or confusing.

Rosalee de la Forêt:

Thank you for all of that lead in and just setting the scene for us. I'm excited to hear about the plant you chose – blackberry. What called you to share about blackberry today?

Maeg Keane:

Well, one, this is Season 8 of this podcast and I was trying to find something that maybe someone hadn't talked about yet, but also, I love this plant so much. I just love blackberries in general. They're one of my favorite foods. I mean, blackberry and lemon I'm not sure if it gets more delicious than that from my perspective. Obviously, I have a penchant for sour things.

Also, blackberry is one of the plants that taught me to commune with planets by hanging out with it. Culpeper, who I'm picking on on this podcast—but I do like him—he says that blackberry is ruled by which is to say “stewarded” or “the child of Venus”—which makes good sense, it's part of the rose family. Venus absolutely rules roses. They're both astringent--both roses and blackberry. A lot of the fruit and then the root and the leaves are all astringent to different degrees. That classic five petal flower that's so beautiful that's also associated with Venus, but I really do think that blackberry is ruled by Saturn.

I'm happy to talk about some of the medicinal uses of this amazing plant, but if you'll permit me just my little soapbox about why this is a Saturn plant and not a Venus plant. I think that the tightening, high tannin content of blackberry—if you drink blackberry, which unfortunately, to get into the spirit of this podcast, I drank a ton of it right before this and my mouth is so constricted. It is that binding feeling. When I spend time with blackberry, I feel a sense of protection. It is a hedgerow plant for a lot of people and that help boundaries and gateways and thresholds, so I don't think blackberry is necessarily about comfort as much as it's about clarity. Also, the thorns of the blackberry--they're curved, almost like a scythe, which is a symbol of Saturn. Sheep get caught in blackberry thickets. The more they struggle, the harder it is for them to actually get out. I won't go into more detail. It's not pleasant. That's sort of a hook to it vs. roses goes pretty much straight out.

In terms of magic with blackberry, it is often that you would pass someone who is ill underneath an archway that was made in a bramble, and the idea was if the person was sick went through the hedgerow, their sickness would get caught in the bramble and they would be

free of it. So there is this removing quality which is a very Saturn type of thing. There are some other pieces too but I can talk more about how we work with blackberry.

I'm so grateful to this plant for—there aren't a lot of herbs that can get you in close relationship with Saturn compared to some other planets. It's nice to have something so delicious that we can spend time with the planet of boundary and time, so I love this plant so much.

Rosalee de la Forêt:

The sense I'm getting from this, Maeg, is that astrology gives you a tool to get to know the plants better and probably vice versa too. The things you've described take this awareness of thinking about what does that mean, the difference between the thorns between blackberry and rose, and the qualities of astringency and what it means to get caught on something. It's an interesting way to have this deeper or—I don't know—wider, in a sense too, understanding of the plants and all that they have to teach us.

Maeg Keane:

I think to your point about it going the other way as well, like the plants teaching us about the planets, one of the reasons why I really love working with herbalism together with astrology is sometimes astrology can feel a little abstract and heady. You look at all these different symbols, it's very overwhelming, and the plant you can taste, touch, grow, tend to the plant. It's right there. To me, the plants bring astrology down to earth. It feels like you can really—I mean, you can now sip the moon by sipping marshmallow tea. You can spend time with the sun by sitting with the St. John's wort plant. If you feel like, "It's really hard for me to get in touch with what exactly Venus is about," eat a strawberry. The truth is the planets are right here with us all the time, that the plants are such good astrology teachers and that's one of the reasons why I need that physical grounding. I have a lot of planets in Taurus. Taurus is a very earthy, grounded sign and so for me to do something as way out there as astrology, I need it to feel like something I can touch.

Rosalee de la Forêt:

What other gifts of blackberry would you like to share with us today?

Maeg Keane:

So many. A lot of plants I think pigeonholed into, "This is the herb for that thing." With blackberry, it's just true. There are some other things blackberry does, but blackberry is so famous for helping us with loose stool and diarrhea. So we're going to talk about poop. I actually had a few clients in a row recently who've been struggling with loose stools. Blackberry has been used this way for so long because of the astringency quality and it has that affinity for a lower digestion. I think that it's also cooling. Damp relaxation, damp stagnation, heat excitation--this is blackberry time, that's what you can reach for. It's a vulnerary as well, so topically it can—because of that astringent quality I would want to work with other plants with it for that. It has that quality as well. The fruits have that blood tonic and antioxidant, plus,

they're delicious, which is also medicine. Because of the astringency, in addition to the lower bowels, there's sore, swollen throat; mouth ulcers; spongy gums; the wet, phlegmy cough; the leaky, boggy allergy-like symptoms; for, again, lower GI... I think with yarrow for hemorrhoids too, we can see that. I know that my teachers over at Commonwealth Herbalism talk about tincturing blackberry root in red wine to double up on the tannin content, which I've never done, but for acute diarrhea situations if you're going traveling or something, I can imagine that being so helpful.

Rosalee, I know that in one of your books, you talk about blackberry and raspberry a little bit. I'm wondering what kind of relationship you have with blackberry if any.

Rosalee de la Forêt:

I love blackberry so much. It was in some ways my foray into wild foods and so I have that connection too, so I just have a lot of gratitude for blackberry showing the way. Definitely, everything you said about the tightening and toning quality. I was struck by what you're saying, Maeg, that yes, blackberry has this—it does that one thing really well, but because it does that one thing really well—astringency, tightening and toning—we have all of these applications for it like you just shared from tightening the bowels, addressing loose stools, to any kind of drippy, stagnant, swollen kind of thing, blackberry is there for us. I love the blackberry isn't overkill. It has astringency. It's got a good amount of astringency, but it's not too strong and it's not too weak.

Maeg Keane:

It's not oak.

Rosalee de la Forêt:

Yes, it's not oak, which is going to be on the podcast this season as well. I'm not sure if it has been or will be necessarily, but two astringent herbs, blackberry is that—it just has that perfect amount.

Maeg Keane:

I didn't learn this until looking at some indigenous to the United States or the so-called United States uses of blackberry. Also, I didn't know there were 375 species of blackberry, which is not that surprising. The Cherokee people also, in addition to hemorrhoids and sore throat, have a history of using blackberry for swollen joints, especially found in rheumatoid arthritis. I thought that was really interesting because of the diuretic effect of blackberry, and also the idea of—I think of astringency a lot with mucus membranes or skin, but there's also that kind of pulling out of excess fluid of the diuretics. It's just continuously having that impact of "Are things feeling boggy or leaky? Let's tone that up. Let's secure that structure." Let's shore up what this is, what the boundaries of this part of the body are meant to look like, which again, Culpeper, that sounds like Saturn, but okay. Just saying.

Rosalee de la Forêt:

And then there's the fruit, which is this juicy—this other aspect of this medicine. It makes for joint pain and stuff, I think about the fruit as being this incredibly phytonutrient rich fruit that can help modulate inflammation, for example.

Maeg Keane:

Absolutely. The root too has some antimicrobial qualities too so that astringent element topically can also be a really good wound wash. I think there are other herbs that you might have more on hand for that kind of thing, but it's nice to know the breadth of it. Also, another indigenous use which is across so many nations I didn't write them down, eye wash, which makes so much sense for swollen eyes.

Rosalee de la Forêt:

It does make a lot of sense. So we've talked about some gifts of blackberry and you've shared a tea recipe with us.

Maeg Keane:

Yes.

Rosalee de la Forêt:

It's Saturn's bramble tea. I'd love to hear more about the inspiration for this tea.

Maeg Keane:

The inspiration for this tea is that I want to encourage people to get to know plants and planets together, and when that's the case, I like to keep things really, really simple because if you throw a plant you're trying to get to know into a complex formula, it's not always easy to identify which part is which. If you just want to get to know blackberry, I recommend making a tea of the leaves and just starting there, but to make it somewhat of a formula and also to give a kind nod to my friend, Nicholas, this is blackberry leaf 1 teaspoon, 1 teaspoon of rose. It's still very simple – a little bit of Saturn, a little bit of Venus, a little rose family in a cup. If you are someone who leans towards dryness that astringent quality might not feel really comfortable, you could always add a little bit of plantain leaf as well. I will just keep it to two cups of water, steep for 10 minutes. Enjoy maybe on a Saturday? Saturn day is our—ruled by Saturn. Astrology is everywhere.

Rosalee de la Forêt:

Lovely. Thank you for sharing that recipe.

Maeg Keane:

You're so welcome.

Rosalee de la Forêt:

Are there other ways you like to enjoy blackberry?

Maeg Keane:

Just eating the berries right out of anything. It's so good. I also will say I don't recommend having the root that often because the high tannin content can be really drying. However, there is this light bit of Vitamin C type of citrus flavor that comes through the root that I think is absolutely delicious. It's got a black tea plus a lemon peel type of flavor to it.

Rosalee de la Forêt:

Lovely. Thanks for sharing that too.

Maeg Keane:

Of course.

Rosalee de la Forêt:

You shared a lot about blackberry, its association with Saturn, its gifts, and the way it—just from being in the world with its thorns, as well as its medicinal properties. Is there anything else you'd like to share about blackberry before we move on?

Maeg Keane:

One of my favorite images of blackberry is from the herbalist and many other things, polymath Dioscorides wrote an essential materia medica in the early—between 50 and 70 CE in what is now contemporary Turkey. His writing was reproduced in many languages across history, but there is a gorgeous illustrated copy of it made in the 6th Century in Constantinople. It contains my very favorite botanical illustration of blackberry and it so emphasizes all of the brambly thorns at the side of the page. I'll have to share it with you so it can maybe be popped into the video?

Rosalee de la Forêt:

We definitely can put that on for those of us on YouTube watching this. Lovely. Maeg, I'd love to hear what kind of herbal offerings and things that you have going on right now.

Maeg Keane:

I have a newsletter which is not really a newsletter because I don't share a lot of news. I share very long essays about plants and planets. That is a pre-mailing list and then in the same place, I also open up my early access to my booking calendar where I see clients one on one for herbal consults, but also for astrology readings. My very—well, I can't say it's my favorite. I have a couple of favorites, but one of my absolute favorite offerings to do is something called "plant and planet devotion," which has to do with this thing we've been talking about. This whole episode which is the way that we bridge between what is right here on earth and is what is out there. We look up at the night sky and it's really about connecting to one planet in your chart. It

can read the sun but there are a bunch of others, and really to get to know it so well as much as we can in a short period of time, and then an herbal ally that can help you get to know that planet even more, and that planet can teach you about that herb. I really love that particular offering.

Rosalee de la Forêt:

It's a beautiful offering. I want to chime in and say that I love your newsletter. Those essays are beautiful. One of my favorites was the one you wrote about the willow and the moon. It's so beautiful. For everyone, there's insights there that's in your own way of clarity and groundedness. Combining these different elements together is always insightful. I highly recommend your newsletter.

Maeg Keane:

Thank you.

Rosalee de la Forêt:

And before I let you go, Maeg, I'd like to ask you the question I'm asking everybody in Season 8, which is, "What has been one of your most important herbal mistakes?"

Maeg Keane:

I am sure there are others—there have to be—but the one that comes to mind immediately is when I was first getting started really, really early. I was putting in my first dried herb order. I love mythology so much. I love folklore and I love fairytales. Artemis has been a really important figure to me for a long time and I saw that there was this plant that was *Artemisia* something. I had no idea what amount of herb to get of anything and I got a pound of wormwood. I made a mason jar amount of a tincture of it having never tasted it before and when I finally strained it, I realized what a horrible mistake I had made because wormwood is a wonderful plant, but you do not, for personalize use, need that much ever. That's the one that comes to mind immediately.

Rosalee de la Forêt:

That's very important herbal mistake that I think a lot of us, our enthusiasm can sometime lead to more thoughtful qualities of either gathering or purchasing herbs. It's a mistake I've made and I'm not proud of it. I talked about it also with the onset of this season when I talked about my most important herbal mistakes. It's one I hear a lot of herbalists make. I think it's so important to talk about it because the more we can prevent other people from making that same mistake the better.

Maeg Keane:

I think part of what you said too about being—there's an excitement. I think every time I slow down as an herbalist or just as a person, it's better. It's just better and I also think it helps me do

a little bit more research, just tilt your head slightly and see a different perspective. It keeps me from grab bagging it, which can be really tempting to do.

Rosalee de la Forêt:

Thank you so much for sharing your most important herbal mistake, as well as all of this wisdom regarding astrology and blackberry and plants.

Maeg Keane:

Thank you for having me. This was lovely.

Rosalee de la Forêt:

So lovely. Thanks for being here.

Thanks for being here. Don't forget to head over to the show notes at herbswithrosaleepodcast.com to download your beautifully illustrated recipe card and get a transcript of this show. There you'll also be able to sign up for my weekly newsletter, which is the best way to stay in touch with me. You can also visit Maeg directly at third-sister.com. If you'd like more herbal episodes to come your way, then one of the best ways to support this podcast is by subscribing on YouTube or your favorite podcast app.

I deeply believe that this world needs more herbalists and plant-centered folks and I'm so glad that you're here as part of this herbal community.

Also, a big round of thanks to the people all over the world who make this podcast happen week to week. Nicole Paull is the Project Manager who oversees the whole operation from guest outreach, to writing show notes, to actually uploading each episode and so many other things I don't even know. She really holds this whole thing together.

Francesca is our fabulous video and audio editor. She not only makes listening more pleasant. She also adds beauty to the YouTube videos with plant images and video overlays. Tatiana Rusakova is the botanical illustrator who creates gorgeous plant and recipe illustrations for us. I love them. I know that you do too. Kristy edits the recipe cards and then Jenny creates them as well as the thumbnail images for YouTube. Michele is the tech wizard behind the scenes and Karin is our Student Services Coordinator and Customer Support. For those of you who like to read along, Jennifer is who creates the transcripts each week. Xavier, my handsome French husband, is the cameraman and website IT guy.

It takes an herbal village to make it all happen including you. Thank you so much for your support through your comments, your reviews, your ratings. I read every review that comes in because they're like a little herbal love letter that brightens my day, like this one:

As someone who's been working with plant medicine and wild foods for decades, I still love listening to Rosalee's perspective. Try her recipes and don't miss an episode.

Do you love this podcast? If you leave a review for me on Apple podcast, I may be reading your herbal love letter on the show next.

Okay, you've lasted to the very end of the show which means you get a gold star and this herbal tidbit:

I mentioned in the interview that blackberry was one of my first foraged plants, so I thought I would share about that. I was living in Seattle at the time and I was with friends at a park and we came across a bramble with bright blackberries and we started to eat them. We then filled up a bag and we brought all of those blackberries home with us and we made cobbler. This was well before I was an herbalist or even a plant person.

To date, that was the best tasting cobbler I've ever had and that entire experience of harvesting food with my own hands, being in community and sharing the bounty created a shift in me that continues to unfold today.