Rosalee de la Forêt:
Basically, you want to start a raspberry revolution.

Leanne Hatfield:
If there's raspberries growing around, just to prune them back because they do like to spread. I have some that I think might open my front door and come right on in. Most people who know about it as an herbal medicine, think about it as a woman's herb. Indeed, that's how I got interested in it—was its support for pregnancy, but it is so much more than that as well. It's also beneficial for prostate health.

Rosalee de la Forêt:
I always love it when we dispel the "women's versus men's herb."

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.

Raspberry leaf might be one of the most familiar herbs out there. Most of us know it as a pregnancy tea, and that's usually where the conversation stops. Today's guest wants to change that. Leanne Hatfield is a family physician turned farmer and herbalist in Michigan's Upper Peninsula. She spent years caring for families in a small rural community and by attending births, and the very first herb she ever drank daily was raspberry leaf during her own first pregnancy. In this conversation, you'll hear why raspberry leaf is for everybody including how it supports prostate health, blood sugar balance, and menstrual health. You'll learn why spring and fall leaves carry different minerals, and why its calcium is especially easy for your body to use. By the end, you'll see this backyard plant as true everyday medicine, and you'll have Leanne's raspberry leaf vinaigrette recipe made with both the leaves and berries. 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.

Leanne, welcome to the show.

Leanne Hatfield:
Thank you for having me! I'm so excited.

Rosalee de la Forêt:
I'm so thrilled, personally, to be able to spend some time with you. I've had precious moments with you at the Great Lakes Herb Faire. I didn't see you there this year, and so now, I'm like getting my retrospective time.

Leanne Hatfield:
Right.

Rosalee de la Forêt:
Thank you.

Leanne Hatfield:
It's lovely. Thank you for asking me.

Rosalee de la Forêt:
Oh, yeah. What a pleasure to have you here, and I'm personally excited just to hear your story. I know that you have multiple ways calling you onto this plant path. I want to hear about your journey and how it has taken you here.

Leanne Hatfield:
It's fun to hear everyone's stories because they're all so very different. Is it easiest to start with where I am now, or start from the beginning, or just kind of toss it all out there?

Rosalee de la Forêt:

Oh, you could even do both. Whatever feels good.

Leanne Hatfield:
Well, I—my plant path really started with just nature in general, not specifically plants. I was fortunate enough to grow up being able to play outside. That's what we did and we lived on a little lake. There were—we could go canoeing and we could go fishing. There were woods and creeks and fields and farms, and that very much impacted me. And what I really loved was if we caught a fish, taking it apart and looking at the guts. From when I was really little, anatomy and how things were put together and how they work was very fascinating. That was—I was pretty young when I started doing that kind of thing. So, then in school like being—when we started dissecting things in science class, that was—that really called me. I just thought it was so fascinating.

I really started spending a lot more time with the plants once I was in college and starting going camping and backpacking, and hiking, and identifying things. At that same time, I got really interested in food and food politics, and experimenting with other kinds of diets, and ethnic cooking. And so, really bringing culinary herbalism was kind of really my first way that I engaged with plants, and my husband and I decided we wanted to start a farm. We were not farmers. It was more like the lifestyle of farming and being outside and watching things grow. Our first piece of land that we bought in the Upper Peninsula—I guess I should back up. In the meantime, I went to medical school.

Rosalee de la Forêt:
Oh yeah, that's a small detail. It's a little blip. You know, no big deal.

Leanne Hatfield:
So, I went to medical school and I did a rural immersion for a year. Instead of being in the city, I got to go live in a really small town in Northern Minnesota and work there.

Rosalee de la Forêt:

Can I interrupt you for just a second? You went to medical school, so that's a big decision. What led you into that?

Leanne Hatfield:
Well, I think I was really interested in helping people, I guess you would say. The anatomy, the physiology – things that I really enjoyed from when I was young kind of carried through with school, and it was just like—it was kind of like maybe a direction that I was like—it was kind of just like put out in front of me like, "Oh, you can do this," because I was able to take classes and do really well. It was interesting. I took a few years—I could have gone to medical school right after I graduated from college, but we were going to go into Peace Corps. That didn't work out, so we moved to Montana for a few years where my husband's from. That was a whole, other place for me to live. When we went back—I was trying to figure out as well. At the time, there weren't many naturopathic physicians. I was just starting to hear about that type of a path, but it wasn't accessible where I was in the Midwest. You couldn't be licensed in a lot of the states, so I didn't really—and I didn't know anyone. I didn't even know that herbalism was like—that there were herbalists. We were living in Minneapolis for a bit, the summers during college, and then when I was in med school for a while, there was this really cool herb shop called Present Moment. I didn't realize until just recently that that was Matthew—where Matthew Wood was working back in that same era.

Rosalee de la Forêt:
Oh, wow!

Leanne Hatfield:
That was kind of funny because—and we'd go in there and just—it was the first place that I saw all of the jars of herbs. I was like—it was so intriguing to me and I think he, actually, is the one who recommended my first herb book. I was reading herbal books during this time when we were—before I went to med school. While I was in med school, I was reading herb books while I was studying pharmacology, really identifying plants and just being outside is what really hooked me into just like, "Oh, wow, there's so much. There's so much."

In my first wild flower identification book my husband gave me so long ago, he wrote on the inside, “Little help opening that next can of worms. I hope there are many more.” It’s so funny because, yeah, we did open a can of worms. I just wanted to eat good food, which is why we wanted to grow good food. We were learning about organics. We were learning about the way that food was raised commercially, the way the animals were treated in some commercial operations. We just wanted to make a difference and do good things.

I went to a medical school that was focused on rural—setting you up to work in rural communities, so it really was a good fit for me that way. And then I went into a family practice residency and that’s how we ended up in Marquette in the Upper Peninsula of Michigan. There are not many—I think, actually, this is really the only one where it’s in a small town. Most residencies are in larger towns and associated with larger universities.

It just so happens that all of my grandparents were born in the Upper Peninsula, my parents were born in the Upper Peninsula, so this was a familiar place. The first piece of land we bought had been my grandfather’s. We had an antique apple orchard there. We started growing shiitake mushrooms, our first gardens, and our first miserably failed herb gardens, long before I knew that you couldn’t just stick a lot of medicinal seeds into the ground and that they would just grow into these beautiful plants. We planted a lot of ginseng there, thinking that was going to be easy. That was not easy. That was not easy. So, yeah, I just really enjoyed being outside.

I was in a family practice and I spent a lot of time with women and young children, and attending births. That was kind of what ended up being what really called to me, although I worked folks of all ages. I had beautiful elders that I worked with, but witnessing births was really a beautiful thing for me.

So, we just bought another piece of land that was closer to where I was working. My husband built us a house. We started a farm. We home-birthed our babies and homeschooled them.

The plants had just kind of been weaving throughout all of that. As my kids—I had three little kids and there was a point in time where I was driving into town to go to work and they were staying with Jeff at the farm, I was passing people that were leaving town, going to the farm. I was driving into town. I was like, "Hmm. Let's change that." I stopped my clinical practice so that I could just be home with my family and help with the farm, and then that just opened up much more time for me to dive further into growing plants and working with plants. It really changed my perspective a lot about herbal medicine.

The first plant that I used on a daily basis was during my first pregnancy, and that was raspberry leaf, which was one of the reasons why I thought it would be a fun one to talk about today. And then having young kids, I just wanted to—"Oh, I need to make salve!" All of the things that—so my—clinically, other than really basic things that I could do while I was in the clinic—I mean, it was—it's like doesn't everyone experiment on their own family first, or wellness? It just kind of blossomed from there and growing more plants and learning much more about medicine making. It's been quite a fun progression.

Rosalee de la Forêt:
So, when you were in practice, were you working with herbs at that point or were you more like-

Leanne Hatfield:
I was a little bit, but what was really difficult—the thing that I really loved about my practice was I loved the patients. I loved being in the room with the patients and trying to help them find their own ways to healing and reserving pharmaceuticals only for when really necessary or important. But the system isn't really set up very well, as far as short visits, but I tried to do as much lifestyle medicine as I could within what I was doing but it was tricky. Honestly, it was hard to know that I could help more than I could in the situation that I was.

Now, I have—my office is at the farm and is just completely independent. If someone wants to come see me, they have to drive out to the farm to see me, and we can sit and talk for two

hours and really get to some of the roots of the problems and not just put the band-aids on, and that feels really good.

Rosalee de la Forêt:
Yeah.

Leanne Hatfield:
And just even driving out to the farm and being there and the energy that that place holds is, I think, somewhat healing to a lot of those folks as well.

Rosalee de la Forêt:
Definitely.

Leanne Hatfield:
So-

Rosalee de la Forêt:
One thing that—that's—when we talk about "Is herbalism relevant today? How do herbalists fit inside of our health system?" I think about that a lot. We often have the privilege and the blessing of being able to sit with someone for two hours in ways that physicians just never can, as far as—well, insurance companies are in charge of things. It just seems like—I just think that's such a beautiful—it could possibly be such a beautiful complementary thing. Let's say someone's main concern is hypertension, they could sit with an herbalist, for example, have that time to look at things holistically, talk about things, really work on all these different levels, and then maybe perhaps the medication is beneficial for them long-term, short-term. Maybe they need some physician support for that. Meanwhile, they're also getting this additional support. So, it's not even like an "either or" but how can we complement it.

So I think about that for chronic things of just how much herbalists could actually take a load off the system and really help people with their needs. I also think about acute things and

how much herbalists can—not acute like car accident acute, but minor issues that fill up emergency rooms that herbalists could help with in terms of colds and flu—these things that, again, could take the burden off the system. But there's just not a lot of opening for that, I don't think, yet.

Leanne Hatfield:
No, not yet, and I hope—I hope that there is because—I mean, you're right on. I've listened to you talk for—about metabolic health for three hours. I'm like, yes, you understand and you have all of these tools that so many people could benefit from. So, I've been really impressed with the level of knowledge and understanding that a lot of herbalists that I've worked with—that they have. It's really impressive and I think that that's—would be eye-opening to some physicians to realize, "Oh, this is not just using—pharmaceuticalizing a plant, using-this-for-that." I mean that is how a lot of people start their journeys with herbalism and it totally makes sense. That's a typical introduction. I've been—I've been really impressed with what I'm hearing. I did go to medical school. I have a lot of years of education and I'm hearing people talking, and I'm reading books that—and they're right there, you know. They understand things. They understand the basics, but also with a broader lens which is just so helpful. There's actually one-

Rosalee de la Forêt:
There's something to be said that we're just in this age of information where that information is available, whereas, say, 50 years ago, the information was not readily available. You had to go to school and go through all the rigamarole for it. That's kind of a different era that we're living in, but we haven't adjusted for that.

The thing with herbalism, of course, is that we're not standardized. We're not licensed, and so you can't say there's this broad base of knowledge. Herbalists have widely varying amounts of information based on whatever – their interests, where they went to school, etc. There's that widely varying thing, but something I think about, Leanne, is—let's say we were registered as a group—herbalists were registered. Licensed is what I actually meant to say,

"licensed as a group." What would happen then is that then we would take insurance. And you know what would happen then? Then we would get 15 minutes with people. So it's kind of an interesting thing. It's like our biggest hurdle is also our biggest blessing.

Leanne Hatfield:
Yeah, and it's the same thing with midwifery. There are some very similar thing—there's—it's a different model of care which can be very appropriate for a lot of people, but it's not—it's tricky. Now, there is licensure and that has changed it. There's so much—unfortunately, there's just so much lack of general knowledge about true health and what really causes health, and that you have an innate healing potential—like supporting your own healing potential—excuse me—which is what is so beautiful about herbalism is these plants are helping you heal yourself, and helping you with connect with different things that can help you heal. Yeah, I mean I actually don't want herbalists to be—to go through the licensure thing. There is definitely differing levels of knowledge and there's a lot of great information out there. There's also a lot of not-so-great-information out there. I'm a—I'm a great cross-referencer. I love books and I will—if I'm looking—if I'm trying to figure something out, I will spread out all of the books. I'm looking at all of these different perspectives. I love the chemists, I love the witches. I understand both of those languages.

Rosalee de la Forêt:
I like that. I really like that.

Leanne Hatfield:
And I think because I have a Western medical background, I understand things in some of the language, but I know that with herbalism that that's not all of it. I know there's so much more. I think that's part of what just being so connected with nature and—you learn a lot.

Rosalee de la Forêt:
Yeah, yeah.

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.

Let's talk about some of that in a very practical sense. Let's dive into raspberry. I love that this was a major ally for you from the get-go. I'm excited to hear more about it. I just—I'm thinking about my big row of raspberries at home. One thing I love about this plant is how accessible it is. This is not a plant that's precious on the top of a mountaintop that we have to really think about, is this sustainable? This is very accessible medicine, so I'm excited to drum up excitement for it.

Leanne Hatfield:
Honestly, Rosalee, that's one of the reasons why I chose this plant was—when I first was invited to be on your podcast, my brain starts going to, "What cool things do I grow? Oh, rhodiola. That's cool," but that's not accessible to most people and it's not appropriate for most people. They might not have access to it or ever heard about it. I just felt like speaking about something that is so available. If you look at the maps of the United States, raspberry grows in at least 40 of the states, and Canada, and parts of Mexico, and Europe, and Asia, and so it can be a big ally for a lot of people. I love that it is an herb but it's also a food, and-

Rosalee de la Forêt:
Love it.

Leanne Hatfield:
We are—I spend most of my time—we have a farm. That's what—we have between six and nine people working on our farm. It's all organic and we do grow a lot of berries. I think most

people know that berries are really a superfood. From hearing you talk, I know how much you love the phytonutrients, and so I'm like, "Hmm, that's really fun that it's a food, but it it's also an herb."

I'll back up a little bit because the other reason that I wanted to talk about raspberry is last winter, I was working with a woman who was pregnant. I didn't have copious amounts of raspberry leaf for her and we set out to find organic raspberry leaves that were grown in the United States, and it was very difficult. We could find lots of places to order organic raspberry leaves that were grown overseas. Probably, some of the smaller places, the smaller farms were maybe sold out and so it wasn't accessible. Searching all of these different ways, I'm like, why if it grows so well across our country, why can't we be harvesting it here? That really triggered—I just think it's a really important thing to think about, like where are we—how far are we getting our herbs from? And then how fresh are they? How are they treated? How was the earth treated? The water? The air? Berries are always on the Dirty Dozen, as far as contamination. So, then what about the leaves? From a—for a plant that's so readily accessible, I guess I'd like to say let's get some more harvesting and drying so that we can get it closer to the people that need it. Raspberry leaves dry really well. They're not tricky to dry, like taking a long time at a certain temperature. They dry out really beautifully.

Rosalee de la Forêt:
You're coming from a humid place, so-

Leanne Hatfield:
And they still dry quite well.

Rosalee de la Forêt:
The thing is, there are so many organic raspberries out there in the United States. That's pretty—like you can readily buy the fruit. I'm guessing that if people—if there was the demand for it, there would be more people here in North America interested in selling off their raspberry leaves too.

Leanne Hatfield:
I think maybe those raspberry farmers don't necessarily know or they're just set up to do a certain thing-

Rosalee de la Forêt:
Exactly.

Leanne Hatfield:
And don't have—so, it's just—I do think too that there's an energetic imprint of the plants that are closer to you that are probably more healing than ones that were grown and shipped from halfway around the world. Those were a few thoughts I had when I'm—shout out for the common raspberry! A lot of people are pulling them out because they can be-

Rosalee de la Forêt:
Basically, you want to start a raspberry revolution.

Leanne Hatfield:
I think because—I mean it's—a lot of—like when you mention raspberry leaf, most people who know about it as herbal medicine, think about it as a woman's herb. Indeed, that's how I got interested in it was its support for pregnancy and—but it is so much more than that as well. The—so I read a—it's interesting when plants have been used for so long in so many cultures, and then science is now proving that indeed they work or they indeed can be supportive. But recent research does show that if a woman is consuming raspberry leaf during pregnancy that there can be better outcomes with labor and birthing, less intervention and without risks. I did find, however, one study that showed that high-dose raspberry leaf intravenously, in mice, was toxic.

Rosalee de la Forêt:
Okay.

Leanne Hatfield:
If there's any mice out there listening, please don't use IV high-dose raspberry leaf.

Rosalee de la Forêt:
Okay.

Leanne Hatfield:
But drinking it as teas in infusions seemed very safe for women. And there are so many minerals in the leaves, so the leaves have the fragrine in there, which is what is helping with the uterus. I also think this is kind of an interesting thing because like we talk about toning the uterus and-

Rosalee de la Forêt:
[crosstalk]

Leanne Hatfield:
If you hear that and you know—the way that it was explained to me long ago was it helps coordinate contractions. It helps with contractions but it helps with the relaxation of the uterus as well, so it's more efficient because you're contracting and you're relaxing. But in the same language of high tone—toning a uterus to someone else might mean sustained contraction, like you're adding tone to a muscle, and medically, that would be considered not great. So, the different language I thought was kind of interesting, like that might be why if you tell a doctor that you're taking raspberry leaf to tone your uterus why it might seem scarier because that's not what it does. It's not like it causes sustained contraction. It helps coordinate. It helps the muscle contract. It helps the muscle relax, and-

Rosalee de la Forêt:

It would be interesting to know where that terminology comes from because it is very herbal. That's very herbal terminology. I was—I understand it the way that you described it at first, like helps coordination. I always—it makes things more efficient and run better.

Leanne Hatfield:
Yes.

Rosalee de la Forêt:
But it does imply what you said, like elongated contractions, stronger contractions, something like that.

Leanne Hatfield:
Which could not be good for a baby.

Rosalee de la Forêt:
Right, right. Yeah, yeah. I'm just kind of curious. That would be a very nerdy thing but maybe somebody out there listening wants to do like, "Where did that language come from? Where did we get that?" There's a lot of older language within herbalism that doesn't necessarily makes sense in today's world, but we make it make sense because we have our terminology that we love.

Leanne Hatfield:
Yes.

Rosalee de la Forêt:
Hey, friends. It's Rosalee. If you've been nourished by this podcast, if it has helped you feel more connected to the plants or more grounded in your own herbal path, then I'd love to invite you to join the Herbs with Rosalee Podcast Circle. This special membership helps make the podcast possible. It supports everything we do behind the scenes, and it gives you a chance to go even deeper with the content that you love. Inside the circle, you'll get exclusive

herbal resources, live classes each season with some of my favorite herbal teachers, and a private space to connect with fellow plant lovers. It's where the heart of our herbal community continues to grow. To learn more and join us, visit HerbalPodcastCircle.com. Your support means the world and it helps this podcast continue to bloom.

Leanne Hatfield:
Well, if by drinking raspberry leaf tea, if it increases your chances of having a vaginal birth without intervention and is not harmful, that's a great thing! Can too much of a good thing be too much? Yes. You have to listen to your body. I don't think overdoing anything is too good.

The minerals that are in the raspberry leaves also are so supportive of pregnancy. One thing that I was just recently reading which I thought was pretty fascinating is that the spring leaves are higher in some minerals, and the fall leaves are higher in other minerals. And so, for me, that's a great thing because I never harvest as much as I want in the spring because I'm busy. And then, so it's like I get some and then, you know, you can get some in the fall, and if you mix them together, maybe that's a really beautiful way to use the plant.

I also read a study that showed that organically grown raspberry leaves and berries, as well as wildcrafted raspberry leaves and berries, did have more minerals in them than commercially grown. And that makes sense just because of the basics behind organic agriculture, as far as feeding the soil and giving back to the earth. I thought it was really interesting that there was actually a study that I found that studied that.

Rosalee de la Forêt:
Yeah, that's fabulous. But the spring and the fall—it makes me think I want to see people, like you said, more widely available local raspberry leaves. It could be even labeled the "spring harvest" and "the fall harvest."

Leanne Hatfield:
Right. I think that-

Rosalee de la Forêt:
Do you happen to remember what was the difference between the spring and the fall in terms of mineral content?

Leanne Hatfield:
What was different about them? Just that there was kind of—like calcium and magnesium were going up throughout the season. Whereas, maybe it was zinc that was falling a little bit, so that there were just like some were coming down. We don't want to be harvesting in the middle of the season because that's when the plants are putting all of their energy into their flowers and into their fruit, and so that's why I do spring and fall. It's also a great way if there are raspberries growing around, just to prune them back because they do like to spread. I have some that I think might open my front door and come right on in.

Rosalee de la Forêt:
That sounds like raspberry.

Leanne Hatfield:
Yeah. And there's also all of these other phytonutrients and we think of them as being in the fruit, but some of them are also in the leaves. I think that's pretty fascinating too. Like we were saying, raspberries as a superfood, has—berries have a lot of great information available that, yes, they are very good for us. They are strongly antioxidant and help supporting the cardiovascular system, and nervous system, and digestive system. They are anti-inflammatory and they also are anti-mitogenic and mutagenic, so it's helping prevent cancers and helping cancers from spreading. Those same phytonutrients are in the leaves as well.

Rosalee de la Forêt:
That's cool.

Leanne Hatfield:

Yeah, it is cool. It is really cool.

We think about raspberry leaf as being a woman's herb, and indeed, a lot of cultures have used it for supporting pregnancy, but they're—it's also beneficial for prostate health and that has to do with the anti-inflammatory bits and the antioxidant bits, and also, preventing and treating prostate cancers. When I first heard that it was good for men's health as well, I was wondering if it was like a pelvic floor support thing with the fragrine but it's not the same—it's not the muscle support. It's the other bits.

Rosalee de la Forêt:
So, it's not toning the prostate?

Leanne Hatfield:
It's not toning the prostate, which I think would have been really cool. Maybe it is. I just haven't found that information about that.

Rosalee de la Forêt:
So, now, we don't necessarily know then, is that what I'm hearing?

Leanne Hatfield:
I just haven't—I haven't found a link or I haven't found that information saying that it tones the prostate, but if the prostate is enlarged or there are symptoms with the prostate, because it's so strongly antioxidant and anti-inflammatory that it can help with those symptoms as well. But it's not because of the—it's not the fragrine doing the toning—I don't think but I could be wrong.

Rosalee de la Forêt:
Yeah, that's the thing with plants. We don't always know.

Leanne Hatfield:

The more you know, the more you know you don't know.

Rosalee de la Forêt:
That is cool to hear, Leanne, because if you're going to give the base—super basic information about raspberry, you're going to say it's a woman's herb most often used during pregnancy. That's just like the most basic superficial thing that you just see repeated, so I always love it when we dispel the "women's versus men's herb."

Leanne Hatfield:
And all—all genders need minerals. All genders need minerals. One of the things that I love about raspberry leaf and its mineral composition is it's really high in calcium, but it's—it has phosphorous in it but it's pretty low, and so it has a really beneficial calcium to phosphorous ratio. You are actually more able to use that calcium because it's lower in the phosphorous. Even in plant—in soil science or in other—the calcium and the phosphorous can make it harder to absorb each other in a plant and a human, and so it is beneficial in that way that the calcium is so much higher than the phosphorous.

Rosalee de la Forêt:
Since you're talking minerals, let's dive into your recipe real quick because this sounds like a great way to enjoy those minerals. You're sharing a raspberry leaf vinaigrette with us. Will you walk through this recipe? Basically, convince us why we want to make it.

Leanne Hatfield:
Okay, well, first of all, the disclaimer is that the recipe totally stressed me out. I mean, not in a bad way, but I overthink it a lot because when—I mean I live on a farm and I eat what's available. I live very seasonally and so I don't really follow recipes, and making a different type of herbal product, yes, but like a food product it's just not—it's not what I do, and so I definitely was overthinking how to do it. What I wanted to do was come up with something that wasn't just the leaves and just the berries. I wanted to pair them together.

Rosalee de la Forêt:
Nice.

Leanne Hatfield:
And I also wanted to, you know, also do the shout out for, "Hey, can you get these locally? Can you make this dressing and put it on greens that you grew or you get from your local farmers market?" That's kind of why I ended up doing it.

But the basic—using vinegars for—as a menstruum to pull out minerals of plants, herbalists do that. I do that as well but I've always used more of the apple cider vinegar for that. I do that and then when I'm making bone broth, I put my herbal vinegars in when I'm cooking down the bones to get more minerals, as well as the benefit of making it a little more acidic, to pull more minerals out of the bones. But I wanted to try—I had never tried extracting herbs in balsamic vinegar, which is my preference for a salad dressing, so I experimented. Is it going to—and I thought it turned out really great! I really loved it. My favorite basic vinaigrette has been balsamic vinegar with organic olive oil, and then some maple syrup. We tap maple trees. All the time—you can get any kid to eat salad if you put that salad dressing on there because it's delicious. And so, basically—I mean I wrote out—I don't see—I didn't see how it came across, but basically, you can either be nerdy about it and do a one to five ratio, or you can just put as many leaves into the vinegar as you can. So, you get to pick. You could be nerdy or not because I don't think it really matters when you're just trying to get the minerals out.

I did use dried raspberry leaves for this. I think that because—you could use fresh, but I think that just because of the fresh—the moisture diluting out the vinegar, I think it is better probably to use dried. But if you have fresh and you want to try it, that's fine too. I just—for two weeks—I did the ratio. I did the one to five because I'm used to weighing and measuring, and let it sit and strained it all out, and pressed it as well as I could. I went out and I harvested some raspberries, and got the maple syrup and I just kept messing—I was kind of measuring and messing with the ratios because I wanted it to be—I never measure to make a salad

dressing, but I wanted it to be easy for someone else to try it. And so, what I came up with I think was really delicious.

I did not strain out the seeds. The seeds do not bother me, but I did put that little disclaimer. Some people might not enjoy having the seeds right in there, but just leave them in there if you can because you don't need to get rid of them. I also think that it's—I use the maple syrup, but there's a lot of folks have access to local honey and I think that would be also a way to put a little bit of sweetness in there. You can adjust it to your own liking and you can add all kinds of other herbs if you want. The possibilities are kind of endless when you're making a salad dressing. Most raspberry vinaigrettes, if you were to read the ingredients, they're not—for one, they don't have the leaves, but there's a lot of other things in there that really aren't that great. This is a true—raspberries, vinegar, raspberry leaves, a little bit of sweetener, and olive oil, and then you can salt it to taste.

Rosalee de la Forêt:
It sounds so delicious.

Leanne Hatfield:
It turned out great! I was like, "Oh, gosh. I hope it's good," but it did. I really, really liked it a lot.

Rosalee de la Forêt:
Thank you for creating a recipe for us.

Leanne Hatfield:
You can use whatever color of berries. We grow the four kinds of berries. We have a lot of wild raspberries around, but we grow golden berries, and blush, and red, and black, and so—and they all taste very different. You can mix them all in if you want extra phytonutrients.

Rosalee de la Forêt:

Love it.

Leanne Hatfield:
Put them on top. My question to you, Rosalee, when you're counting how many different plants that you're using in your meal, would you count each of the different colors as one? Or if it's just raspberries, would that be—raspberries are just one?

Rosalee de la Forêt:
No, I would count each one. I'll use four. I'd use four because there's got to be different phytonutrients.

Leanne Hatfield:
They are!

Rosalee de la Forêt:
Absolutely, 100%.

Leanne Hatfield:
I love that. The golden ones have more of the carotenoids, whereas, the blacks are highest in anthocyanins, and then the others are in between. They all do taste different.

Rosalee de la Forêt:
Yeah.

Leanne Hatfield:
And they have different seasons as well. I was out—and we've already had a frost—and it's been really kind of chilly, but I went out there today. I walked up and down the rows and I was able to eat four different kinds just snacking.

Rosalee de la Forêt:

Nice.

Leanne Hatfield:
As I was thinking about doing this today, I'm like, "I should go and find some raspberries." There are still a few flowers coming and there are still pollinators out there on them. I love that as well about this plant because the birds love this plant. The pollinators love this plant. It creates a lot of habitat for other plants and for other little animals. There were still—there were still bees out there today. I don't think any of those—those are like last flowers. Those are not going to probably ripen into a berry, but there's still bee food.

Rosalee de la Forêt:
Yeah, yeah, it's nice. Like you said, just feeding the whole ecology there. For listeners and watchers, if you visit the show notes or the video description, you can download your own recipe card to get this recipe. We heard it from Leanne, it's amazing. The thing that I'm thinking about too is I want this for sure, and I'm also thinking what a cool gift this could be, whether if you grow your own raspberries, or maybe if there's CSA near you, or you could do a U-pick, or somehow you craft this with your own hands, and you give a little gift set. Give a little extra virgin olive oil and a little raspberry vinaigrette, give a little gift package. That's a cool gift. I'm really into gifts. That's what I'm thinking.

Leanne Hatfield:
That would be delicious.

Rosalee de la Forêt:
Delicious and from your own hands, it would be really lovely. Thank you so much for going the extra mile to-

Leanne Hatfield:
It's just funny that it was just—I couldn't—I couldn't make a recipe. I'm like, "How do I…

Rosalee de la Forêt:
You did it.

Leanne Hatfield:
I did do it.

Rosalee de la Forêt:
I have a question for you, Leanne, about the gifts of raspberry. I'm in my mid-40s, pretty sure no kids are on the way, does raspberry have relevance in my life? We hear about it's being linked for women for childbearing and pregnancy. Are there gifts beyond that?

Leanne Hatfield:
Yes. Well—and even though it's often linked to pregnancy, just menstrual health, in general. It can be very supportive of women if they're having a lot of cramping or if they're having heavier bleeding. The tannins and the astringency can help with that as can the minerals. It's easy to be mineral-deficient. The one thing about raspberries because it is—there are—there's a lot of astringency, is it can get drying. And so, as you go through your 40s and into your 50s, maybe energetically, you'd want to make sure that you are balancing it with other plants. It might not be the time that you really need to be drinking raspberry leaf infusions, but maybe adding it into tea blends and supporting menstrual health. It pairs beautifully with nettles, which is for all ages and stages. It's so beautiful. So-

Rosalee de la Forêt:
Could you give a description? Because some people might not know the difference between a raspberry infusion versus a tea. Or you could just talk about your favorite ways to prepare this as medicine.

Leanne Hatfield:
Sure. So, a tea would be a smaller amount, so maybe you'd be putting a tablespoon of plant into a cup of water, and pouring the boiling water over it. Whereas, when I make an infusion,

I'm doing more of like a big handful of it into a quart jar and letting—pour in the boiling water, and then letting it steep longer, which would be at least four hours, 12, sometimes overnight, depending on— make it easy for yourself. It doesn't have to be a particular time, but at least four hours, and then you can heat it back up if you want to. At this point in time, I'm in my 50s, I don't make raspberry leaf infusions anymore. I do add it to some of my tea blends and I like it that way, but I don't think that I need as much—I don't need as much of that fragrine and I don't need as much of those tannins anymore. I think if you listen to your body—there was times—and I remember as soon as I was pregnant with my second pregnancy, I'm like, "Oh, great, I get to drink raspberry leaf again!" My body wanted it.

Rosalee de la Forêt:
I love that.

Leanne Hatfield:
And I will say that I probably drank too much too soon because I could tell, "That's too much, just back off a little bit." You don't have to drink an infusion every day.

Rosalee de la Forêt:
Was that a feeling like you got dry eyes or dry mouth?

Leanne Hatfield:
No, I just—I actually just could feel that it was—it just was too—it was too tonifying per se. I could just feel the energy was too intense, and I just didn't need—you don't need that in early pregnancy. In early pregnancy, you're more minerals and it's just a little more gentle up to it. My body would crave it when I was pregnant and after childbearing years, I still really liked it but I wasn't as drawn to it. I really wanted nettles then more. That's where I am still, although I really like the pairing of the two, but I mostly blend with a little less raspberry because of the astringency, and a little more of the nettles just as a really lovely nutritive blend.

Because it's very astringent, it can be a nice gargle if you have a sore throat. Or if you're having diarrhea, you can use that astringency to your benefit.

Rosalee de la Forêt:
As you were talking about that—talk about underrated, again because it is potentially so accessible and easy to get in this world where herb prices are rising exponentially. This is something that could be locally cultivated, a beautiful, sustainable harvest, and also, affordable as well, going beyond just uterus-prostate health. Like you said, this is an astringent. Astringents are so helpful for all the things, from diarrhea to sore throats.

Leanne Hatfield:
And I do think that for folks that don't have a good drying set up, it's a really nice plant because you can basically just hang it in a dark room and it will dry really nicely. You don't have to have dehydrators and dehumidifiers or drying racks or any of that, so I think that's cool. It's just kind of easy. You know, if herbalism is medicine for the people, I just think these accessible plants are really important. Before the show, we were talking about dandelion, talking about nettles – these are really important. Yes, there are times that we might need other plants that are a little more forceful or specific, but everyone needs nutrients, and-

Rosalee de la Forêt:
From a wide variety of sources as you were saying, so-

Leanne Hatfield:
Yes, yes. There's—raspberry also is being shown to help with some insulin resistance and bringing down blood sugars. With the cardio—with some cardiovascular support, through both the minerals and the phytonutrients—that's a lot of people. There's a really—it's a bit of a crisis in our country, all of the metabolic illnesses. This might be an accessible and inexpensive thing to add that is safe and you don't have to question as much like, "Can I drink a cup of raspberry leaf tea while I'm taking a certain medication?" It's a—it's different than

some of the other ones. That being said, blood thinners and green things, be careful. But most people know that one.

Rosalee de la Forêt:
Alright. I didn't see that coming for insulin resistance, although the berries are often discussed in terms of—or just being a lovely dessert, most people can tolerate them in a good way.

Leanne Hatfield:
They have the fiber in there to help balance the natural sugars in there. You can buy in most stores organic frozen berries. Those are getting much more accessible. I do really shout out the—if you don't know—you know the growers, it doesn't matter if they're organic or not if you know how they're growing. But if not, I do like to shout out about that because the Dirty Dozen has—this year, three of the Top 12 contaminated foods are berries, so I think it's worth paying attention to.

Rosalee de la Forêt:
Absolutely. That's a good tip on the frozen too—something you can enjoy all-year round. It does seem to be pretty readily available, as well. This has been fabulous on raspberry. I don't want to stop you if you have more; if there's anything else you want to share about raspberry.

Leanne Hatfield:
Things will just keep bubbling on up there. I do have a sweet story about raspberries.

Rosalee de la Forêt:
Let's hear it.

Leanne Hatfield:
I was spending some time with some young children that I was trying to get to know. I saw them eating berries—raspberries out of plastic container as their snack. I'm like, "Oh, they like

berries." Later on in the day, I took them—I'm like, "Do you want to go pick raspberries?" And these kids didn't—they couldn't connect that the plant and the berries were the same as what was—that they were eating for their snacks. They were very sheepish. They didn't know how to pick them. They were like, "What do we do?" I'm like, "Well, pick them!" "I don't know how." I'm like, "Alright, well, here, let me." "What do I now?" I'm like, "Eat them." "Right now? Right here?" I'm like, "Yeah, just eat them." It was such a beautiful way to show a kid that the food comes—connecting this food that they eat all the time back to a plant that was growing from the earth, in the sun. It was—it was just a really sweet raspberry moment.

Rosalee de la Forêt:
And the joy of [crosstalk]

Leanne Hatfield:
Oh, the joy, yeah.

Rosalee de la Forêt:
In your mouth.

Leanne Hatfield:
Right, especially if you didn't know that you could do that because it just—it never been—not everybody lives where—if you live in the middle of the city, perhaps, maybe you've not seen raspberries growing. It was a nice way to plant a little seed into some young kids like, "Yeah, plants—they come from plants!" Your food comes from plants.

Rosalee de la Forêt:
Ten years from now, I'm going to be interviewing one of them for the show and I'm going to be like, "How did you get into herbs?"They'll be like, "Well, I was with Leanne Hatfield in the raspberry patch."

One of the first dates I went on with my now husband, we went out to a U-pick raspberry farm. We were adults at that stage. I remember thinking like, "This is so cool." [unclear] We harvested so many and made them into jam and gave them away as gifts. I remember even as an adult, I thought it was freaking cool, but you know, plant person.

Leanne Hatfield:
Yes. For me, berry-picking is very—it feels very ancestral. I know, at least my grandparents were berry pickers—and my parents, and my kids. It's a thing. Shout out to the rose family! Who doesn't love the rose family and all of the beautiful plants and medicines that we get from them?

Rosalee de la Forêt:
Good mention, the Rose family. They could also [crosstalk]

Leanne Hatfield:
They are easy to identify, as well, which is also good for people who are learning how to forage, or aren't sure. Raspberries are much easier to identify than perhaps a certain mushroom if you've not—if you don't know what you're doing.

Rosalee de la Forêt:
Right. That's a really good point as well.

The other thing, when you were talking about harvesting spring and fall, one thing I love about raspberries is those leaves will tell you when to harvest them because in the summer, my leaves look horrible. Like you said, they're going into the flowers. They're going—they've just put all their energy out into making this beautiful fruit. It's like the leaves really do tell you. I always say just harvest those when they look really fresh and vibrant because there's all sort of leaves going on and the raspberries [unclear]. You have how your canes are growing, if they're evergreens, if they're—whatever. Just lots going on with the raspberry so sometimes like, "Do those leaves look good? Alright, harvest them."

Leanne Hatfield:
Right, exactly. Not during the flowering or the berry stage, but otherwise, they're not going to be bad.

Rosalee de la Forêt:
Thank you for sharing so much about raspberry. Thanks again for the recipe. I'd love to hear what's going on in your herbal world. Do you have any offerings out there? How can people stay in touch with you? All of that good stuff.

Leanne Hatfield:
Well, right now, what will be happening, like I said, we had a frost and so now, it's going to be like root harvesting for me, is kind of my herbal world for a bit, and I will be digging all sorts of roots and processing those. Our farming season kind of goes through the end of November, and then depending on the weather—we have a lot of hoop houses. It just—it's hard—it depends on the weather. Every year is very different, but we're getting to the point in time and some of that is because of the darkness that I will have a little more time, and then I get to dive into all of the books I've been wanting to look at all summer, and finish up some of the classes that I started taking.

Right now, I'm trying to do some more local classes as a way to just—I'm busy, and so it's a great way for me to share information and spend time with a group of people, versus like a one-on-one consult, which is also then—it's also more affordable, and so I love that community aspect. I'll soon be dreaming up like what do I—what are the next steps or what am I going to do? I do some writing over the winter so I look forward to diving into that. I'm not teaching—I don't teach any online classes. At least, I haven't yet. Like I mentioned, when we were starting that the tech thing is not—the being outside in the nature thing, I got that down. The tech thing—that's not necessarily the best. I really like being with people in person, so—and I am busier during the farming season. In the winter, I usually do have more

patients that come on out, so that's—and most of the time, the folks—they get it. They know that I'm busier in the summer, and in the winter, my time can be a little more expansive.

Yes, so I usually go to the Midwest Women's Herbal Conference—in May will be the next one. That's the closest conference for me, that, and then the Great Lakes Herb Faire, which is not very close. Even though it's in Michigan, it still takes me almost eight hours to get there.

Rosalee de la Forêt:
Oh, my gosh.

Leanne Hatfield:
I live quite a bit north of there. We'll see. I'm going to—we'll dream up next summer. Right now, I'm just finishing up this season. I was just at the BotanicWise conference two weekends ago, and that was a lovely new experience for me. I got to meet a lot of new people that was—it was great to go to a totally different part of the country and just see how strong and vibrant their herbal community was. That was nice.

Rosalee de la Forêt:
Lovely. I've never been there. It would be nice to go.

Leanne Hatfield:
Yeah. We do local farm tours and things like that. We have very-not-active-social medias, but they're out there. The name of our farm is Seeds & Spores Family Farm. We're in Marquette, Michigan and that's where you can find me.

Rosalee de la Forêt:
Perfect! Lovely.

Leanne Hatfield:
Especially at the farmers market.

Rosalee de la Forêt:
Nice, nice. You do have lovely products. You, I think last year, gifted me this really lovely herbal salt.

Leanne Hatfield:
Oh, the herbal salt.

Rosalee de la Forêt:
Salt is like my love language.

Leanne Hatfield:
That was—that was an experiment, that one, yeah. I'm always trying to—I'm trying to play around a little bit more with the way that I'm making different products, and it's been really fun. I'm also trying to focus. I grow a lot of different plants. Unless you had an herbalist telling you that, "This would be a good, supportive plant for you," a lot of people don't know about them or—so I'm really trying to focus on plants that are really good for a lot of people. This recent farm tour that we did, I didn't even go into the perennial herb garden. I could do a whole—it's like you can do an herb walk just walking around, looking everywhere. We have all these different little habitats and ecosystems on the farm, and so that was a fun realization, like I don't even need to go talk about any of these other plants because there's so much available just all around. I'm reframing some of that kind of stuff, like where do I want to put my energy making medicines with.

Rosalee de la Forêt:
Just from your sharing too, I can really appreciate the seasonality aspect of just your whole life as a farmer. It's just the natural aspect of things.

Leanne Hatfield:

Yes, and living so far north, we will soon be under a lot of snow. It's a very short, intense growing season, but I get to—I have backcountry skis. I love hopping out my front door and skiing around, and get to go different parts of our land that are less accessible during the summer just because of the growth of everything. That's really beautiful.

Rosalee de la Forêt:
Lots of beautiful ways to embrace the seasonality as well.

Leanne Hatfield:
Oh, yes, yes. Our lives are very seasonal and I love that. I think it keeps things really fresh and really real. We eat really seasonally and we live really seasonally.

Rosalee de la Forêt:
That's beautiful. Leanne, before you go, I have one last question for you. And this is it. This is one of my favorite questions for the last question, actually: what's the mistake that you've made with herbs that ultimately made you a better herbalist?

Leanne Hatfield:
Well, I would—and there's actually many ways I could answer that question, but really, for me, that is thinking about using—using a plant to replace a pharmaceutical. Like the pharmaceuticalization of plants: this-plant-for-this-symptom. Like I mentioned earlier when we were talking, I think that that is a really easy way to start learning about herbs, but it's just such a fraction of what the herbs have to offer us. The herbs are so much more than just the sum of their active constituents. Transitioning from that—and I think that some people get stuck there and they don't necessarily ever realize that's just a part of it. It's been a really beautiful journey to—the layers that just keep—they just keep revealing themselves, like how much deeper—I mean herbalism is—it's kind of a way of life as well, and so it's been really—that fits really well with my just general love of nature and the seasonality of my life, and the importance that food has. I'm really glad that I was able to step out of thinking of the plants as their active constituents. And they're very important, but I just—I think—and I shouldn't

say that that's wrong because it's a—it was a way that I started to learn and it's how I think that I'm—the plants kept revealing, "No, that's just not it," and that's not really just how it works with people either. Everybody's different. Every body is different. Every—a symptom in every person is not the same, so yeah.

Rosalee de la Forêt:
It's definitely so much more fun too is the thing, I think, once we move beyond this-for-that or constituents, another world of herbalism just keeps opening up bigger and bigger. Like you said, it can become a lifestyle easily.

Leanne Hatfield:
And there's just so much in the interconnectiveness of the plants, and how they grow and just—it's fascinating. That's why it will be fun to dive into all kinds of new books and dive down different rabbit holes this winter, and see where I pop up.

Rosalee de la Forêt:
Have you read the book *Farmacology* by Daphne Miller, I believe?

Leanne Hatfield:
Yes.

Rosalee de la Forêt:
I was thinking, if you haven't read that book that might be your new favorite book. It's one of my favorite books. I love that book a lot.

Leanne Hatfield:
It was a really great book. There's also in the—I read that one a long time ago. Another book that a long time ago, even probably before I was interested in herbs was—there's a book called, *The Farmer and the Obstetrician*. It's actually, I think, written by a French man. I think he's French. Anyway, but it was very interesting.

Rosalee de la Forêt:
I'm going to check it out.

Leanne Hatfield:
Yeah.

Rosalee de la Forêt:
Awesome! Leanne, thank you so much for your time. Thanks for being on the show. I deeply appreciate it. Thanks for bringing the love of raspberry. I'm going to make an infusion of raspberry tonight, so-

Leanne Hatfield:
There you go.

Rosalee de la Forêt:
I'm excited.

Leanne Hatfield:
I have some in my tea right now.

Rosalee de la Forêt:
Lovely, lovely. Thank you so, so much, and I look forward to seeing you again. Hopefully, at next year's Great Lakes Herb Faire.

Leanne Hatfield:
Yes. Yes, I will be there.

Rosalee de la Forêt:
Awesome. Thanks again.

Leanne Hatfield:
Have a great evening.

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 Gloria Walker in California. Gloria brings a wonderful sense of curiosity and experimentation for herself and friends. When she began exploring oxymels, she really dove in. Gloria said that she let her "inner mad scientist" out to play while testing different combinations of oregano vinegar, apple cider vinegar, plain honey, fresh sage honey, and dried rose petal honey to discover which flavors she liked best. I really love that approach to herbalism, so rather than simply following the recipe, Gloria got curious, experimented, and tasted her way towards what worked for her. Her playful thoroughness is such a joy to see in our Rooted Medicine community. To honor her contributions, Mountain Rose Herbs is sending Gloria a $50 gift certificate to stock up on their incredible selection of organically and sustainably sourced herbal supplies. So, thank you, Mountain Rose Herbs, for supporting our amazing students. And if you'd like to be an herbalist, you can check out my foundational courses at herbswithrosalee.com.

Okay, you've made it to the end of the show, which means you get a gold star and this herbal tidbit.

In this episode, Leanne shared how hard it was to find organic raspberry leaf grown in the United States, even though raspberry grows in at least 40 states. It got her asking some big questions: how far are herbs traveling to reach us and how fresh are they, how are the land,

the water, and the people who harvest them treated along the way? If those questions stirred something in you, I highly recommend Ann Armbrecht's book, *Following the Herbal Harvest: A Search for the Healing Promise of Plant Medicines*. Ann is an anthropologist who set out to follow herbs from the places they grow all the way to the bottles on our shelves, meeting harvesters, farmers, buyers, and the companies making the products so many of us use every single day.

What I appreciate most is that it isn't a book of simple answers or even easy villains. Ann really shows us the complexity of the herbal trade, including painful history, while also sharing the people and companies working to do better. Her conclusion is absolutely a hopeful one that she shares with us. It all comes back to relationships and caring for everyone in the web, from the plants to harvesters, to you. You might know this book by its original hardcover title of *The Business of Botanicals.* The paperback, better title. It also includes a new epilogue about the work of sustainable herbs initiative which Ann founded. I think this book is an amazing book. I think all herbalists should read this book. It's a wonderful companion to this conversation, and may be also a nudge to say hello to your local raspberry patch.

As always, thanks for joining me. See you next time.