

**Logan Keister:**

So, this is probably the most ubiquitous medicinal mushroom that everyone is walking by. I can almost guarantee you that you've walked by this mushroom in the woods at some point.

**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](https://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.

This week's Student Spotlight is on Gina Hudson in Illinois. Gina is currently enrolled in both the Herbal Energetics Course and Rooted Medicine Circle, and she's lighting up both with her humor, her insight, and creativity. Her reflections are full of vivid imagery like puff balls as drama queens, as well as deep plant connection. In the Sweet module, she worked with marshmallow in tea, face masks, and even hair care, calling the experience "a journey to the fountain of youth." Her joyful approach reminds us just how fun and transformative herbs can be.

To honor her contributions, Mountain Rose Herbs is sending Gina a \$50 gift certificate to stock up on their incredible selection of sustainably sourced herbal supplies. Mountain Rose Herbs is my go-to for high-quality organic spices, herbal remedies, and even hard to find botanicals.

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If you'd like to explore Mountain Rose Herbs' offering and support this show in the process, you can find the special link in the show notes.

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](https://HerbalPodcastCircle.com). Your support means the world and it helps this podcast continue to bloom.

I'm excited to bring you this episode with Logan Keister. If you live near a conifer forest, then chances are red-belted conk grows near you. It's incredibly common, and yet often overlooked. In this conversation, Logan shares how this mushroom is worked with differently than other medicinal mushrooms. He offers fascinating insights into its ecology and gives a fantastic recipe for making your own mushroom extract powder, which is my favorite way to work with mushrooms. This is seriously cool stuff. I learned a lot and I think you will too.

For those of you who don't already know him, Logan Keister is a clinical herbalist, educator, medicinal herb farmer, and permaculture designer, born and raised in the coniferous forests of Noti, Oregon. He has worked with many clients with a diverse range of health concerns over the years and helped them to address their concerns using the vitalist approach to herbalism. He currently resides in Noti, Oregon where he runs his own small business, Noti Botanica, where he sells herbal remedies, offers holistic health consultations, and shares his teachings on herbalism. Logan received his training in clinical herbalism and botany at the Columbine

School of Botanical Studies, the Matthew Wood Institute of Herbalism, the School of Evolutionary Herbalism. He also has a B.S. in Horticulture, and a Permaculture Design Certificate from Oregon State University.

Logan, thank you very much for being here. I'm so thrilled to have you on the show.

**Logan Keister:**

Thank you so much, Rosalee. I'm really happy to be here.

**Rosalee de la Forêt:**

We got introduced through a mutual friend, Mason Hutchison, from HerbRally. I've since been checking out your stuff. Really excited to chat with you and excited to hear your plant story. I've just read your bio. You studied with some of my favorite people, so that's awesome. You're doing so many awesome things. I'd love to start back in the beginning. How did the plants call you on this path that you find yourself on now?

**Logan Keister:**

Great question. My plant journey has been interesting. It feels like every kind of job I've ever had was herbalism direct—directly involved in herbalism or herbalism adjacent, so everything seemed to call me that way. I guess to start out, when I was young was I was raised out in the forest of the Coast Range in Oregon on a small property. We had about five acres of forest and big organic garden. At an early age, my parents would take me out foraging for wild mushrooms. We go out and pick chanterelles, hedgehogs, and boletes. We'd also, during the summertime, of course, that's the time for salmonberries and thimbleberries, blackberries. Very early age, I was steeped in the realm of foraging for wild food. That was just a regular part of my life. It's interesting nowadays, people think it's really cool, but back then, it felt like a dorky family activity. I always enjoyed it.

As I got older and I got into high school, my very first job was actually as a commercial forager, going out in the woods with one of my good friend's father, Bob Sherry.

I'm still good friends with him today. He was kind of a character and stuff. He'd drive us out in his van. He's like, "Come on, boys. We got to get up on them hills. The chanterelles are popping now. We got to get them. The early bird catches the worm," kind of mentality. We'd be out there picking chanterelles, harvesting Oregon grape, cascara, miner's lettuce. I got this early exposure and I was like, wow! All these plants like Oregon grape, for me, was interesting. "Wow, this plant grows everywhere. People are actually paying money for this stuff? What are people using it for?" It got me interested there.

Then as I graduated high school, I needed to get a big boy job because commercial foraging is really tough work. You often don't make very much money. You're out in all weather conditions. Some days you make—you really make a killing, and then other days, you're working for less than minimum wage. I needed a little more steady income coming in, so I started actually working at Mountain Rose Herbs where I met our mutual friend, Mason. I was probably 19 years old at this time. Essentially, my job was I was an herb cleaner. I would get hundreds of pounds of herbs like, "Okay. There's some debris in this chamomile. Why don't you just pour out pounds of it and just sift through it, make sure it's all clean." I did some Quality Control work as well. For me, it was really interesting because I went from being out in the woods and just gathering all these wild plants, selling them to buyers to all of a sudden I'm in this massive warehouse that just has shelves full of thousands of pounds of herbs. I was realizing, wow. Okay. There is actually something to this herbalism thing because I can't imagine this huge massive warehouse selling all these different plants unless they did something.

The nice thing about Mountain Rose Herbs is they left out a free table to employees, so if a plant changed its lot number or if it was a customer return or something like that, they just put it out on a free table. I was just kind of sifting through those herbs and I got really interested. Some of them were herbs like ginseng, eleuthero, *rhodiola*, things that were like energy stimulants because I was a young guy and I'm like, "Give me the herbs that will make me want to go lift weights and go for long trail runs." I was just getting really into those herbs. I was like, wow! These herbs, they definitely work. I could feel their effect really strongly.

Also, being as a young guy, I was also interested in psychoactive plants and the exploration of consciousness through altering one's consciousness through different plants. I was just really fascinated with the different ways plants could alter my consciousness and understand different aspects of myself and how I perceive the world. Plants sometimes can make you feel really stimulated. Some can make you really relaxed. Some can just give you all kinds of entheogenic experiences, and I felt that for me, that was another thing that really called me into the plant realm because it was just, "Okay, if these herbs can do all these things to alter my consciousness, who's to say they can't alter functions of the body and have the power to heal as well?"

### **Rosalee de la Forêt:**

It's so fascinating that you worked physicality with plants, like harvesting plants, then cleaning at Mountain Rose Herbs, and then really took a long time—you're kind of like, "Oh, there might be something to it. Oh, there might be something to it." Just interesting because I just think of—I think of it the opposite way, like people get into herbs and then they become harvesters, or they get into herbs and then they have the herbal jobs. It's fascinating that you did the other way around. I'm sure highly influenced by your family, just like, "This is what life is. We go harvest plants. It's normal."

### **Logan Keister:**

Yeah, because I think there's two ways that people get into herbalism. The two main ways: one is the love for nature, then the other one is going through your healing journey. I've been very blessed that I haven't had any hard physical illnesses or ailments that have made me go seek out that path. For me, it was always just the love nature and that's what eventually led me to go to herb school because I just kept meeting all these students, because I knew a lot about the native plants. I was a commercial forager and all that stuff, but then I kept meeting all these people and they'd be like, "Oh, yeah." They knew all the Latin names. They showed me how to identify herbs that I didn't know as much about. I was like, "Wait. These folks are from California and Colorado. How did they know more about my native ecology than I do?" I just kept talking to them. I realized they all went to the Columbines School of Botanical

Studies. I kept meeting all these Columbines students everywhere, I'd meet these really cool people who had a lot of plant knowledge. It hurt my ego a little bit that they knew more about our local ecology than I did. I consider myself an outdoorsy guy. I'm really into the plants. I knew the mushrooms. I was like there might be something to this herbal education because at the time, you know, you're just Googling stuff, looking things up that way. I actually went to a talk with a friend of yours, jim mcdonald. Mountain Rose Herbs was hosting the Free Herbalism Project. He did this whole class on Energetics of Aphrodisiacs. [crosstalk]

**Rosalee de la Forêt:**

I feel like that was an epic class. People still refer to that class today. I hear people bring up that class a lot. It was an epic one, apparently.

**Logan Keister:**

It was amazing. They actually have a recording of it on Mountain Rose Herbs podcast, if anyone's interested checking it out. It's down in the archives somewhere. To me, it was—at first, I'm like, okay. I can just Google what's a good aphrodisiac, but for him, he was like, “Oh, wait. Let's break down how these actually work. If someone is lacking moisture, could a demulcent be an aphrodisiac? If someone”—and they he'd about the power dynamic within relationships. It was just so holistic. It wasn't just like, “What herbs are aphrodisiacs?” and it's like, “Damiana or cacao” or whatever. It was more like, this guy is really going in-depth and looking at the whole patterns of the body, patterns of relationships. It really showed me that this is the power of having an herbal teacher. I went to the Columbines School after that and really fell in love with learning about the plants, because Columbines School is a very botany heavy focused and ecology heavy focused herbal program, which I thought all herbalists did that. I thought all herbalists were like out in the woods and out harvesting because that was all the herbalists I was around. I learned later that like—that's actually a pretty unique experience to go out in the woods and key out plants, and get a really strong, heavy knowledge on botany and ecology. For me, that's been the huge foundation of my herbal practice and how I work with herbs—it's very bioregional.

**Rosalee de la Forêt:**

Just want to give a shout out to Howie. Howie is just so awesome. It's such a great school. It's been around for so long. That is such a special aspect of a school. That's also how I started out. Not in Columbine, but studying ecology and out in the field, foraging and keying out plants. Like you, I was surprised to find out that that is not necessarily normal. It was interesting later to find what I call "pharmacist herbalists," they don't know the plants at all. It's just the thing that they're prescribing. It was shocking to me because I didn't know that people did that, so it's interesting we have that similar—similar in-the-field background. But big shout out to Howie.

**Logan Keister:**

For me, it was I had no interest at all in clinical herbalism at this point. I was more like I want to know all the plants for my own sake, just to help me feel connected to all the plants around me and know how I can work with these different plants. I was always into wild foods and things like that. It wasn't until I got my second year in the program, then he starts offering, "If anyone is curious, they can come into the clinic with me. You can intern under me and I can show you how to work with clients." I was like, "Well, since you're offering, I might as well check it out." I think that's where I really fell in love with clinical herbalism because it was pretty incredible for me to be able to sit alongside my teacher and have people come in with very serious ailments, things you wouldn't think normally people could treat with herbs if you're outside the realm of herbalism. I shouldn't say the word "treat," but to assist people on their healing journey through the power of herbs. You got to watch your language as a clinical herbalist. Being able to see that first hand was wow! Okay. There is something to this clinical aspect of herbalism and really got me fascinated with that side. I've been practicing clinical herbalism since 2018.

Just also beyond that, I also got a degree in horticulture. I've worked at a lot of—at Oregon State University, I've worked for a lot of different medicinal herb farms, including Strictly Medicinal Seeds, so I actually consider Richo Cech to be another great mentor of mine. I worked for him for three years. We worked together every day and we're still really close

friends. That was pretty amazing because it kind of took the world from learning all the wild plants, working with those, to going to Mountain Rose, and you're seeing all these dried herbs in boxes, and then all of a sudden I'm growing all these plants that I was working with so many years ago at Strictly Medicinal Seeds because he had the largest collection of native medicinal plants in the entire world. I got to grow pretty much all the medicinal herbs in Southern Oregon, so that's how I've gotten to work, see every plant from seed to full grown plant, then to harvesting the seeds. It's been really incredible getting that experience as a very hands-on herbalist as well. That's a little bit about my plant journey. Today, I have a clinical practice. I make herb products and do a lot of education as well.

**Rosalee de la Forêt:**

You do a little bit of everything there. I'm sure we'll talk more about that. I'm just fascinated too, just like you said—you've been a forager, a grower. You've been working in the warehouses at Mountain Rose Herbs. I don't know exactly what my question is, Logan, but I feel like you have this very unique perspective of behind-the-scenes of plants and how they might reach us. Some people are never involved in the growing or the harvesting of the plants. Do you have any insights or thoughts about that? Again, that's kind of a general question, but I'm just curious with your experience in terms of how we can be the best herbalists, and how we can get the best herbal quality. I don't know. Something about that. Is there a question in there for you?

**Logan Keister:**

What comes through me with that kind of inquiry is, for me, plants are really about relationships. It's not to say, I think they're like, you can look at a system like Chinese medicine where you kind of just pick up the formula, and you know this formula fits this pattern of disease. You're kind of detached from the medicine making process or what the herbs are. For me, I have a lot of first hand experiences with these plants. They are like friends to me. When I'm alone, I spend a lot more time out in the forest talking to the plants, talking to the animals, the fish, spending a lot of time just relating to plants. I feel for me, that enhances my herbal practice because I get to know the herbal plant almost like the way you know a



friend or a person, so when a client comes to me, it's almost like, "Oh, hey. You want to meet my buddy? You want to meet my friend? You haven't met Oregon grape before? I think you guys will really get along. You got a little down-here-stuff going on. Oregon grape loves that kind of stuff. I think you guys will really have a good conversation." [unclear] I think for me, I have a very relational practice with herbalism. I think that can benefit a lot of people. It's not so much as herbs in bottles or dried herbs, but we actually get to see the plants and get into it through all the stages of life. It gives you a whole different respect and perspective on those herbs.

**Rosalee de la Forêt:**

Thank you for that. I was also wondering—you're born and raised in Noti and live there now. It's interesting. You don't often meet people who are living in a place where they are born and raised. I'm wondering what it's like to be there in the community where you're from and then now, there as an herbalist. It's an interesting take. It's not just bioregional in that you moved to the region, and now you're immersed there, but this is where you've been born, raised, through and through.

**Logan Keister:**

I know a lot of people move away from home and I have too. I try to—I did a stint up in Washington. I was working at Bastyr University. I'm like, "It's a little too rainy and cold up here," so then I started to move down south. I was down in Southern Oregon, I was working with Strictly Medicinal Seeds down in Williams. I'm like, "It's beautiful down here, but it's a little hot and dry," and then go back to a place where you're like, "This is just right."

**Rosalee de la Forêt:**

"This feels like home."

**Logan Keister:**

For me, I think there's just something really beautiful for me because I've walked a lot of places where I go to harvest plants. These places I've walked since I was a very small child,

even my parents just carrying me on a backpack as a baby through the forest. I feel when I talk about, lead plant walks out here and I do stuff in this region, I've sat with these plants my entire life. I know this area so well. It's not just—and I never get bored of it. There's just so much. In a small area, I'm always discovering new places and finding new communities of plants that I can come and access. For me, living, just feeling, having this very strong sense of place—I think a lot of people are missing that, but I'm really proud to be where I'm from. I really love the native ecology. I love the plants here. I see the highs and the lows. We have a big timber industry here, so I see the ways in which having a timber industry gives us access to more public land. The timber companies open up their land to us to be able to explore. There's a lot of beauty there because we have all this area to explore. Also, the ways that the ecology is often mismanaged so I can have a more in-depth approach to how I discuss these issues because I've studied it both formally in my education, but I've also gotten firsthand experience growing up and watching clear cuts happen, and then watching the forest regrow, and seen how the plant communities change based on that. That's my little spiel on that I guess.

**Rosalee de la Forêt:**

It's interesting because there's a difference between reading that in a textbook and that being a lived experience, and knowing what that's like on various levels from your own, just what you're seeing to what you're feeling as you go through those processes of watching the clear cut to the regrowth. It's a beautiful thing to be able to have that strong sense of place and to be able to call on that.

**Logan Keister:**

Yeah.

**Rosalee de la Forêt:**

Logan, you've chosen a mushroom for your plant today, which I always love that herbalists are so inclusive that we invite mushrooms into our herbal materia medica.

This is a new one for the show, and it's honestly a new one for me too, so I'm excited to hear what you have to share about the red-belted conk.

**Logan Keister:**

I actually did a class at the Good Medicine Confluence last year. I did a whole two-hour class just on this mushroom.

**Rosalee de la Forêt:**

Wow.

**Logan Keister:**

Because—and I called the class “the most ubiquitous polypore.” This is probably the most ubiquitous medicinal mushroom that everyone is walking by. I almost guarantee you that you've walked by this mushroom in the woods at some point. *Fomitopsis pinicola* or red-belted conk, is a polypore mushroom, meaning it's one of our shelf mushrooms. You'll often see it growing off of the tree like a large shelf. This is similarly related to reishi and turkey tail, artist's conk, and these other shelf mushrooms.

You'll notice one of the unique, distinguishing characteristics, what you get from the name, is red-belted conk or red ring conk. It has this little ring that you often see on the outer edge of the cap usually when it's younger. It will often be brown to black on the top part, and then it has a white-pored surface underneath. It's really cool because you can actually find this mushroom growing in pretty much every continent besides Antarctica, because everything grows everywhere besides Antarctica, apparently. It's a really wonderful mushroom. It's everywhere, but not many people are working with it.

It's really cool in multiple ways. One way I really like to use it is it's really excellent when used for a lot of digestive things. I guess I want to talk a little bit more about ecology first, because I have a thing where it's hard for me to get so much talking about how we work with the herb before I talk about the way it grows. For instance, one interesting thing about with that red

ring on it is it's a brown rot fungi, so that means it helps to degrade cellulose within trees. It's a cellulose-eating-mushroom. You often see it on standing trees. When it helps to degrade that cellulose, it makes it so other species are able to come in and penetrate the tree, like insects start coming in, you start getting bark beetles underneath. One thing, one of our great birds out here is the red pileated woodpecker, the largest woodpecker in North America. It will start—once the red-belted conk comes through, it starts degrading the cellulose. It starts making it able so that they can start making these big holes inside of the tree, which then create these large cavities for them to create their own nests and stuff, and other birds and other creatures, and squirrels will come and live in those cavities. I always find interesting that there's that association because you got red pileated woodpecker with a red band around its head, and then you got the red-belted conk with the red band around it, and they have that kind of common association, which I always thought was pretty interesting.

It gets a lot of its nutrition from the tree itself. A lot of times you've seen these different constituents being derived from the sap and the phloem. Interesting thing too, I remember the illustrator was asking me, "Are there any insects or birds that associate with this mushroom?" Really interesting thing about this mushroom is it actually releases pheromones for different species of beetles and flies. You'll often see in the springtime around here, you'll see—it just looks like club beetle or club fly underneath there. You'll see a bunch of beetles and they're all like courting each other and mating, kind of a mating frenzy going on underneath this mushroom.

**Rosalee de la Forêt:**

That's fascinating.

**Logan Keister:**

The bugs are drawn to go mate under—because they're sitting underneath the cap. They're literally getting doused with spores. You can imagine these bark beetles getting covered in spores as they're having their mating frenzy down there, and then they're going,

start nibbling, get into another tree and start delivering spores with their mouths that way. So it kind of actually spreads the mushroom that way which is pretty fascinating.

When I say *Fomitopsis pinicola*, I know there are going to be mushroom nerds out there go like, “You live in the Pacific Northwest. You guys don’t have *Fomitopsis pinicola*. You have *Fomitopsis schrenkii*, *mounceae*, and *ochracea*. So, which one are you talking about?” I’m like, “To you guys, that is a very recent distinction. Like plant taxonomy, mushroom taxonomy is like a whole mess. They’ve been changing mushroom families. They found out that even though our species is identical to the ones that you would find in Eurasia or in Europe or in Asia, they’re still finding that there’s enough genetic differences that they’re going to break them up into these separate categories. Even though they’re completely morphologically, exactly the same, even if you had a microscope, you couldn’t tell them apart, even though they can enter—they can mate with each other and create fertile offspring, even though that they have pretty much the same constituents that you would use as an herbalist medicinally, they still thought, “Let’s just break them up into these separate categories because the ITS region on the genes is enough different that we think we can make this call.” I like to call it the *Fomitopsis pinicola* species complex. That’s how I try to settle on that whole issue you call it the “species complex,” which is scientifically accurate, so you’re not going to have people get mad at you for that. You got to get your PhD somehow. I don’t blame them.

**Rosalee de la Forêt:**

That’s a good way to look at it.

**Logan Keister:**

It’s been kind of broken up into these separate species. That’s why I call it the most ubiquitous polypore because they have these species growing in all these different countries. I guess I’ll talk now. I’ve talked a little bit about the ecology. I could keep going on and on about that. Let’s talk about the-

**Rosalee de la Forêt:**

I have a question for you, Logan.

**Logan Keister:**

Go for it.

**Rosalee de la Forêt:**

I looked up red-belted conk to prep for this. I did—when I looked at the photos, I was like, “Oh, I’m pretty sure I see that everywhere.” I live in the dry side, so it’s not like mushrooms are as ubiquitous here as they are in other places, but I still see it. But then I was like, “But have I seen it?” because I know that identifying mushrooms can be difficult. Are there lookalikes? Am I seeing red-belted conk out there or could it be one of ten other different mushrooms I’m seeing?

**Logan Keister:**

That’s a great question. One thing to put your mind at ease is, now, I guess—I was about to say “Don’t quote me on this,” but it’s on a podcast so I guess I have no help. As far as I know and as far as I’ve been told, there are no toxic polypores in the United States. I believe the only toxic polypore mushroom is in Australia because everything toxic is in Australia.

**Rosalee de la Forêt:**

That is a fact.

**Logan Keister:**

As far as I know, there’s no toxic polypore, so even if you did make a mistake, it will likely not be deadly. Of course, do your own research. Make sure you have proper identification. I say the really good way to identify it is you’re not going to see many mushrooms that have this brown on the top with a red band or red ring around it. Of course, they also change when they’re older. When they first start coming out, they’re little white—they look like little ping pong balls, then they start to get a little reddish yellow tinge to it, as they grow out more,

you start seeing more of the brown black. Even when they get really mature, often times, the red ring will completely disappear. It will just have like a brown surface on the top, a brownish, blackish surface. That does make identification a little bit hard. If you get to know a lot of the other polypore mushrooms that are in your area, I say just start off by identifying some of the other common polypores in your area, because usually—depending on where you're at, there usually won't be too many in the area. I'd say just start with doing proper mushroom ID to see if are there any other in your area because I can't answer. I can answer for my own area.

**Rosalee de la Forêt:**

Right.

**Logan Keister:**

You could say *Ganoderma applanatum*, people can make that mistake, but it's not as likely. I'd say it's like with any kind of herb or plant, you have to really take proper identification in your own hands. I'd say the risk factors for making a mistake with *Fomitopsis pinicola*, especially in the United States, and anywhere besides Australia, as far as I know, is very low.

**Rosalee de la Forêt:**

Cool. Thanks for that.

**Logan Keister:**

Speaking a little bit more about how I like to work with *Fomitopsis pinicola*, there is actually quite a bit of research out there on it and there's some traditional usage, not only with some of the North American tribes out here. There's also some research in Asian medicine systems, like in Chinese medicine, for instance. I'd say one of main indications is it's very—I like to work with archetypes in my plant stuff. I always see it as like a very martial mushroom. It's got this red ring around it and some of its traditional uses have been for instance, for clot—stopping bleeding. I can take the powder and it's like a hemostatic agent, so it will help to actually stop bleeding.

It's very antimicrobial. Imagine this mushroom that has to sit on a tree. It can't go run away from predators. It has to create a lot of compounds within it to help avoid predation. It's a very nice antimicrobial, very nice hemostatic. It's also got compounds in it that are very anti-inflammatory. When I was—back in the day, when I was out picking with Bob in my early wildcrafting days—this is the very first medicinal mushroom I actually ever got to work with besides some entheogenic ones, but that's a story for another day. This is the first medicinal mushroom I got to really work with and Bob was like, "Oh, yeah. You boil these things through in a pot of water. Boil the crap out of it for two hours, drink ten cups of tea, and you'll have yourself some euphoria." I'm like, "Euphoria you say? That sounds pretty cool," so I tried it out. I remember I made—we boiled a big polypore. We took a bunch of cups of tea. We boiled it for two or three hours. I remember just drinking a few cups of tea. I just remember feeling this very relaxed feeling. It just felt like this very lucid, dreamy kind of feel. I was feeling very calm. He said he knew it as the "logger tea." He said the old Oregon loggers used to take it and they'd brew it into a tea. It was a very anti-inflammatory, so they use it for their aching ankles and legs after a long day of working, and it helped them get to sleep. I use it in that way, a little bit as a calming nervine, and as an anti-inflammatory or inflammation modulator, depending on whether you're anti anti, call it an inflammation modulator. That's probably more accurate, anyways.

I've worked with it that way, as a nice mind-alterer. It's also really excellent for all kinds of GI inflammation. That's probably my main indication when I work with it as a clinical herbalist, is for any gastrointestinal inflammation, inflammation of the stomach. It's really high in antioxidants, so it's really good at—with oxidative stress, especially in the liver, so I use it. When I'm formulating with it, I'm usually thinking, okay, if I'm making a GI restoration formula or a liver formula, I'm often adding a double extract of *Fomitopsis pinicola*, red-belted conk to that extract. I find it works really well for gastrointestinal inflammation, which is quite common, so it's a really good one there.

### **Rosalee de la Forêt:**

Is it bitter, Logan?



**Logan Keister:**

Oh, yeah, great question. Yeah, it is very bitter. It has a very strong bitter flavor. It's probably one of the more bitter of the medicinal mushrooms. It also has some nice aromatic compounds as well. They're quite intense. It's also like with a lot of the medicinal mushrooms, they've been studied a lot for—with the beta-glucans and stuff. They have a lot of properties that are inflammation modulating, immune modulating, and have cancer benefits, benefits like anti-carcinogenic, especially with all the high-antioxidants in there, and also beta-glucans helping too. I've studied from the whole way that medicinal mushrooms help with cancer.

Essentially, when you have cancer, it's almost like this overgrowth of a cell in the body that's evading detection. Your body normally is supposed to notice like, "Hey, there's this overgrowth of this tumor here. We should probably get rid of it," but the outer electrical charge of the tumor is evading detection. What the beta-glucans do is when you consume the mushroom, they're taken down into your small intestine. They're broken up into little bitty, itty-bitty pieces. We can't digest any of these carbohydrates, these beta-glucans, but they're carried by our macrophages throughout our bloodstream and they are able to mark these very sparse—they'll mark little inflammation modulating areas where the cytokine signals—cell signals throughout the body. They'll be able to latch on to these tumors that are evading detection from our body. They're not there to kill the cancer, but they're basically putting a big red flag there. They're saying like, "Hey, body. You've been missing this." It can latch on there even if our bodies own electrical charge has been able to miss it. It's like, "Hey, someone marked this off. We should probably clean this up. We should do something right here." Imagine the inner construction crew of our body noticing these little flags like, "Alright, this is your next job," kind of a thing. That's one way I see it being useful in those cases. I usually use it for gastrointestinal cancers, esophageal stomach cancers, things like that.

I got a funny story about it, one time. I like to work with archetypes, you could say. I remember I was doing a meditation. I had—if you know Jason Scott from Feral Fungi? I got one of his early preparations of a spagyric, like an alchemical extract of red-belted conk. I was living on this Tibetan Buddhist property at the time. I was like, "I want to get in the garden.

I'm just going to do this little meditation on the day and the hour of Mars," because I work with it as a martial medicine because it has the red color of Mars. It works on the blood. It works on heat, inflammation. It works on the inner warrior of our body, our immune system. I'm like, "That fits the Mars archetype, the archetype of the warrior."

I was sitting in the meditation garden. I'm sitting there, getting centered, and taking some deep breaths, took three drops of the tincture right on the hour. I was feeling it. Then all of a sudden I'm like, "What is that?" (makes chirping sound) and I realized these two squirrels I've been seeing chasing each other all morning. They were way on the other side of the property, but then all of a sudden, they decided to come, ran all away across all the trees and come right above me in my little meditation spot. Above me, they're like (makes sounds) looking down at me from this branch, probably 15 feet above my head. I'm like, "Squirrels, I'm trying my meditation right now. I'm trying to be spiritual. Get out of here!" Then they just keep (makes sound) and then they literally started banging on the branches, and they're banging on the branches like little war drums. I've never seen squirrels banging on the branches. They're right above my head and barking at me like crazy. I'm like, "My God! Why are these squirrels so aggressive? Why are they coming at me? Oh, wait a minute. They're kind of being like little Martians. They're like little warriors right now, beating their war drums, and getting mad at me." I'm like, "Oh!" It's like you take the medicine within you, but then it starts showing up on the outside of you in ways you won't expect.

### **Rosalee de la Forêt:**

You called them in.

### **Logan Keister:**

Sometimes I could use the *Fomitopsis pinicola* that way to work with martial archetypes. I work with people who tend to be a little agro and aggressive, have a lot of heat and inflammation, maybe they're more prone to acute sickness and illnesses and stuff that come on hot and fast, but tend to die away quickly. I tend to work with it that way because it helps calm that inner warrior. I see it as kind of like their true warrior, is saving them energy for

when the real battle comes, and they're not just getting mad at the fly that's flying around their face and using up all their energy at that. I see it's really good for the—some people who have that warrior archetype strong within them, but they turn everything into a battle, when they really should be conserving their energy for the true battle ahead.

**Rosalee de la Forêt:**

Fascinating, Logan. It's really interesting. I'm trying to think—I don't think I work with any other mushroom as such a strong digestive, inflammatory modulator in that way. Maybe reishi, a bit. That's the one that comes to mind. It's interesting. I'm fascinated now about the red-belted conk. I'm really excited for the recipe that you shared with us, the extract powder. I like that you opened it up so people can make this recipe with any kind of—most any kind of mushroom, I guess we could say. Would you mind walking us through making this extract powder? Maybe even starting with, why would we make an extract powder?

**Logan Keister:**

Yeah! This was a technique I actually learned from Dr. Christopher Hobbs. I actually got to meet him at one of the Free Herbalism Projects. He really turned me on to this way. His book, *Medicinal Mushrooms: The Essential Guide*, has been a really big influence on the way I like to teach about medicinal mushrooms. We mentioned before the camera came on is a lot of people are like, "I got some chaga," or "I got some reishi. Can I just throw a little bit of water on it, steep it for five minutes, and then drink it?" It's like, well, mushrooms—they take a lot longer to give off their constituents. When I usually give talks I talk about the whole structure of mushrooms and why it's really important that we actually really heavily process our mushrooms.

Mushrooms, for instance, we don't want to be eating any mushrooms raw. They have really—all of their beta-glucans, those super desired beta-glucans that everyone talks about, these carbohydrate chains, they're bound into hard chitin. For those of you who aren't familiar with chitin, chitin is what crab shell is made out of. You can imagine all these constituents—they're bound into this hard crab shell. Also, a lot of mushrooms contain

compounds like hydrazines, which will easily steam off and can be cooked off but can be toxic to liver unless you cook them. If you go to the salad bar and you see those raw mushrooms in the salad bar, don't, don't. Just stay away from those things. Cook your mushrooms before you put them in your salad. Maybe not even put mushrooms in your salad. I'm not judging anyone else who puts mushrooms in their salad. I put mushrooms on everything else but my salad.

We want to be able to cook these mushrooms. You can cook them really thoroughly. Especially, the more woody and harder the mushroom is—something like a chanterelle or like an oyster mushroom or shiitake, I can just chop that up, throw in a pan and sauté it for a while. I can sauté it for 15 or 30 minutes, and it will be usually pretty good to go and eat at that point, depending on how thin it's chopped up. With our more harder polypore mushrooms, we really want to apply a lot of heat to them.

There are a lot of different compounds within these medicinal mushrooms. Oftentimes, some are very water-soluble like all the beta-glucans we're mentioning. There are some that are more alcohol-soluble, like some of our triterpenes. A lot of people do the double extract method where you make a water decoction, and then you make a tincture, and then you combine the water decoction where the mushrooms are boiled for a few hours into a tea with the alcohol extract into a tincture and you combine the two together, which is great. I still do those a lot. However, Christopher Hobbs really turned me on to mushroom extract powder because you literally throw out nothing. All of the things when you're doing the double extract, is after you make your tea, after you make your tincture, you have all these leftover mushroom, the little slices or if you blend it up or however, you're going to throw that in the compost when you're done. The thing is, beta-glucans, what they are is they are the structure of the mushroom itself. They are what gives it its firmness and its pliability. They are the bound structure. Everything you're throwing out is what you're trying to get out of the mushrooms. When we make a mushroom extract powder, we literally consume the entire mushroom and we set nothing to waste. Some people may ask me off and they're like, "Can I just take a mushroom and just powder it up as it is without doing any kind of cooking or

boiling?” You can but it’s going to be way less bioavailable. Remember that. Those beta-glucans are bound into that chitin, so even if we powder it, it’s really hard to release those compounds. What we usually do in the mushroom extract powder is, first thing, get your mushroom. You can do this with any kind of mushroom. I’ve done it with things like matsutake. I’ve done it—which are really gentle. I’ve done it with—are those fireworks?

### **Rosalee de la Forêt:**

The world is very excited about getting mushrooms, apparently. They celebrate it with fireworks.

### **Logan Keister:**

For those of you who are just listening, it’s this rain of fireworks just popped up on my screen. I don’t know what that was about. Anyways, just starting with this mushroom extract powder, first thing, you start with your mushroom. You can use softer mushrooms or you can use more hard mushrooms. Things like reishi, they’re an annual mushroom. They tend to be fairly hard, but not quite as hard as the red-belted conk is. When you’re harvesting any polypore mushroom, if it’s fresh, chop it up the day you pick it. They get so hard the next day you pick your reishi, you pick your artist’s conk, your red-belted conk. They turn into like a piece of wood, and you literally have to bring out the electric saw. I learned that because I got some agarikon and it had been harvested a long time ago that someone had found on the ground, so it wasn’t processed. “Here, take this agarikon. You can process it.” I got that from Christopher Hobbs. Man, I had to hit that thing with my table saw. It was so hard to cut through. Avoid using a table saw. You can get it done with a sharp kitchen knife if you start processing it the day you get it.

What you do is you start cutting them up in nice thin slices. Once you get it cut up into thin slices, I usually like to cover it with some water and then put it into a high-powered blender. I use one of the Nutribullets that—not the weak Nutribullet, the 1200 watts or however many watts, super power Nutribullet, and that really just blends it up really fine. After I get this nice mushroom slurry, I like to throw it into the Instant Pot or pressure cooker, and then put it

under high heat for 45 minutes to an hour. If you don't have a pressure cooker or an Instant Pot, just use a big pot of boiling water. It works great. I usually, if I'm going to be doing that, I would be cooking it for a lot longer. Usually, I do three or four parts water to one part mushroom, and I just cook it down until it's barely like a thick mushroom slurry you can get. You evaporate as much water off as you can. I still do that too if I'm doing the pressure cooker as well because you're going to want to cook off as much water as you can in the pot because the next step is you're going to want to put it into the dehydrator.

You're going to take this mushroom slurry that you've cooked down, and then you're going to add it on to some baking sheets if you're going to put it in your dehydrator. I have these little silicone racks that I use. If you don't have those, you can use wax paper to add this mushroom slurry to it. If you don't have a dehydrator, you can use the oven. I've done that before and the oven works quite well. You just put it on a very low heat. I usually dehydrate it between—let's see—I think between 120 to 150 or 170, depending what the lowest setting on your oven is. There's no problem using a decent amount of heat. You just don't want to be burning the material, so I think keeping it below 200 is important. Basically, you want to keep dehydrating it until it turns into this thin, mushroom cookie. It's going to be like a cracker. It should crack really easily. You should be able to feel all around. There's no soft spots, all the water is completely out of it.

Once you've gotten it fully dry, dehydrated, it has turned into a mushroom cookie or cracker, you're going to take that mushroom cracker, break it up, throw it back into the high-powered blender, and just hit that thing hard. Just hit it with all the force you can. Get that thing as a fine of a powder as you can because the more fine those particles are, the better it's going to—it's more bioavailable it is, essentially. Then once you got that, you pretty much got this amazing mushroom powder. You can put it into a jar and store it in a cupboard. You can put it into bags. Now, you've literally thrown out nothing. You're consuming the entire mushroom. All the constituents are there. All the beta-glucans, all the triterpenes, all the phenolic compounds are all there within this powder.

It pretty much lasts indefinitely as far as I know. I've talked to some chemists about it who work with mushrooms. Dr. Maria, she was telling me that some of the antioxidants—not the antioxidants, but the terpenes, the diterpenes and triterpenes may degrade over time, but you're not going to lose any of the beta-glucans. Those are carbohydrates. Their structural components, they don't really degrade with time. I'd still probably use it within ten years, ideally. That's pretty darn well compared to a lot of other extracts out there. It can last many, many, many years. What's great about it too is it's super user friendly. You can add it to whatever you want. You can put—you can just make a thing of hot water, drop a teaspoon in there, stir it up, and you got yourself an instant mushroom tea. You could add it to your cooking. You're making a broth, just add it to there. Maybe you're making your eggs—*Fomitopsis pinicola* probably wouldn't taste great in eggs. Other things like reishi or something like that, you can easily drop these things into your yogurt, for instance, if you do yogurt and granola in the morning. Add it to soups, stews, pastas. This mushroom extract powder is just super user friendly, so that's why it's really excellent and you're not losing anything.

One thing is it's a bit—even though the recipe is pretty simple, it does take—it's a little—it's quite a bit of work. It's taking quite a few hours and usually doing it over a day or two. Definitely, when people are charging extra money for the mushroom extract powders, it may be because of all the processing, especially if you're using wild mushrooms like I do in my practice, it takes quite a bit processing. But once you got it made up, it's like, man, it's amazing stuff. I do this with reishi and turkey tail. I'll give these powders out to my family and friends. They're really excellent.

### **Rosalee de la Forêt:**

Thank you so much for describing that. This is my favorite way to work with mushrooms, by far. It's cool. I feel like you just made it really accessible. Like you said, it takes some time but the steps are easy though. You don't need a lab to process it. Like you said, there's all different kinds of mushrooms you can do it with, it lasts for such a long time. I'm really curious now what the double extract method, what a chemical profile of that would be vs. these extracts.

Just out of curiosity. It's like you're saying, you're not throwing anything away with the powdered extract, so it would be an interesting comparison to see what's the difference between those two. You don't happen to know, do you?

**Logan Keister:**

You're going to get far less beta-glucans in the double extract because it's pretty much going to be all the water-soluble beta-glucans. It's usually when you get the double extract, you could see that little bit of powder at the bottom. It should look a little bit cloudy. If you don't see the cloudiness, it's probably a bad sign that you don't have a very beta-glucan rich double extract preparation. I know Warren G., the alchemist who does a lot of work for a lot of big herb companies. He says sometimes he gets complaints about that. They're like, "Hey, we don't like all this cloudiness down there." He's like, "That's the medicine right there."

**Rosalee de la Forêt:**

The good stuff.

**Logan Keister:**

"We want a clean looking product, so you got to take it out of there." That's a big no-no. Pretty much when you look at a mushroom extract powder, it's pure beta-glucans. You're not losing anything. Everything that you're throwing out is you're losing nothing of the structure, so definitely you're going to get a lot more beta-glucans. There could be some benefits to having the triterpenes. I've had some people ask me, "What if you did an alcohol soak before you did the mushroom powder? Would that help to make any of the triterpenes more soluble into the mixture?" I haven't come up with a good answer. I think theoretically it could. I think also too, you're not losing any of the triterpenes throughout the process. Everything is still there contained in the mushrooms. It could be potential that an alcohol wash could. Potentially, it helps strip more of them from the surface, but the thing is you're not losing anything. I imagine you would still have more of those phenolic compounds still quite bioavailable.



**Rosalee de la Forêt:**

It's a good point. Also, it just makes me think that often my answer to this kind of thing is, "That's why we work with things in all of the ways." The powdered extract is my favorite, but there's something to be said for all the different ways we work with these beings, whether it's just spending time with them out in the forest or a double extract or an extract powder. So many different ways. I really liked your description of how these beta-glucans might be working, and that they're helping our immune system to activate and recognize things in our body that we want to clean up. It was a great description of that. That is the reason I feel like I get mushrooms in my life everyday. I think it's something—I always hate to say everybody should get mushrooms, but I kind of feel like that. Why not? These things are just so incredibly powerful on so many different levels that you've been describing, from their ability to modulate inflammation, to ability to activate and train our immune system. Yeah, I'm a big fan of the mushrooms and I really love the extracts for that too.

Is there anything else you'd like to share about the red-belted conk before we move on, Logan?

**Logan Keister:**

Oh, boy. I think from what you were just saying, it made me think a lot about the way mushroom medicines work in the body. I was mentioning there, for instance, when we're talking about the uses for cancer, is that these compounds don't just go in there and they just eliminate the cancer, whatever, or they're directly attacking the cancer, but they're kind of flagging things—that's like a long, slow process. It's something that I see a lot of people make the mistake when they're buying mushroom products, is they buy enough, maybe they get a month's supply of it. When it runs out, they're like, "I got it in me so that's good." I think it's really important to be really targeted when we're working with medicinal mushrooms, know what kind of medicinal mushrooms we should be taking and make a commitment that we're going to take them for a long time.

For one example—I know this isn’t red-belted conk, but for some of the research they did on lion’s mane, for instance. They had a bunch of 65-year olds who were suffering from Alzheimer’s, dementia. Maybe it wasn’t full on Alzheimer’s, but they were having some cognitive impairment, and so they started taking lion’s mane for about a six week-trial. They found once they stopped taking lion’s mane, after taking it for—I think it was like maybe—I think it was like two to three month-trial they did it, and then after six weeks of not taking it, they were just back to baseline. I think of that a lot when we’re working with medicinal mushrooms is I hate to tell, like you say, “You got to take medicinal mushrooms everyday. Everyone should be taking these things.” It’s like if you feel like you have an issue that would benefit from medicinal mushrooms, like you’re worried about cancer or maybe have lion’s mane. You have cognitive impairment or some neurological disease or something like that that you’re dealing with, you should make the commitment that “I will take this everyday for four to six months,” or at least five to seven days a week. I usually say five days a week because that way if you missed a couple of days, you’re not kicking yourself in the butt like, “I missed three days,” like “Oh, I’m only one day off my schedule,” so I would say five days a week. Make it easy for people. But if you fall off that train, you miss a day or two, it’s not a big deal. You can just get back on. If you just take something for a short term, it’s not to say you won’t get any benefits. You will get benefits, but if you’re looking to target something specifically, you should really make a commitment like, “I have some GI inflammation. I’m having some issues with my liver. I’m looking to work on some of my stress and the way I’m interacting with the world, my chronic inflammation,” make a commitment that whatever protocol you’re on, you’re going to stick with it. I’m sure you as a clinical herbalist, you see that a lot where people maybe they don’t stick to the protocol you give them, or they do it for a few days or like, “I did this for a week and I didn’t notice anything,” you’re like, “It’s going to take you about a few months actually to get out of this nutritional deficiency you’ve been suffering with for your—the past ten years. You’re making up for ten years of poor diet, poor assimilation or what have you,” so you should really make a commitment when you work with medicinal mushrooms.

**Rosalee de la Forêt:**

That's wonderful, Logan. The word that's coming up for me right now is relationship. I love how you said that that's how you approach herbalism and your relationship with plants is through that--deepening time spent with them. It just comes out like your description of how to make the powdered extract, doing that is relationship building to be that involved with the medicine making process, and then the relationship also of working with a plant or mushroom, in this case, for an extended period of time. That word "relationship" is running through and through in everything that you're sharing with us.

**Logan Keister:**

Yeah, yeah. I thought of a couple of other fun uses. This one I learned from Ja Schindler, *Fungi for the People*. He says he really likes to use red-belted conk when you're out on the trail, or you've been out backpacking, and get that blister on the back of your foot. He'll cut off a thin slice of the mushroom, put it in there in his boot to bring down the inflammation on the blister spot, help to prevent any infection from happening. But also, really excellent for stinky boots! It has these very nice aromatic compounds that are very disinfecting and neutralizing. You cut off a small piece, drop it in your boot, and it will help to disinfect that as well. So, good for stinky boots.

**Rosalee de la Forêt:**

I was not expecting you to say that. That's great! I'm about to head out on a trek, actually, and blisters are the thing I fear the most, so thank you for sharing that too.

There are several things I would love to talk about with you, Logan, in terms of what you're up to. One thing is that you had mentioned before we went on air about doing a fire ecology walk. I'm just kind of curious about that, and maybe other classes you might be teaching in either your area or out and about, because I know that's happening as well.

**Logan Keister:**

Sure! The other day, I was doing some work with Fusee.

**Rosalee de la Forêt:**

I subscribe to their newsletter.

**Logan Keister:**

Oh, cool.

**Rosalee de la Forêt:**

Randomly.

**Logan Keister:**

I have a good friend of mine, she works with them. She said, “Hey, I know you lead a lot of plant walks in the area. Maybe you’d like to do a fire ecology walk for us. The whole idea behind it is to take people out into forest fire areas and teach them about the importance of fire ecology, because out here on the West Coast and a lot of places around North America right now are experiencing a lot of wildfires.” Or around the world I should say. There’s been a lot of wildfires due to suppression of indigenous practices regarding prescribed burnings, and indigenous burning practices. I’ve been reading the *Lewis & Clark* diaries recently and stuff. They would say, “We wanted to talk to the Sioux tribe, so we just set the prairie on fire,” because that’s the signal like, “Hey, we’re over here!” and they will come over. It’s interesting because we’re so far away from that like, “We want to talk to the neighbor. Let’s just set the backyard on fire, and then they know to come over to say hi to us.”

**Rosalee de la Forêt:**

It wouldn’t go over well.

**Logan Keister:**

It wouldn’t go over well. I’m going to be doing some work with them this summer and leading some fire ecology walks where I walk around and share a lot about fire ecology. Having been raised in Oregon, walked a lot of these trails and seen how—even though they talk about people—people talk about that horrible devastation of fires and how the ecology is gone

forever. Your favorite swimming hole will no longer be what it was. You come back a couple of years later, a few years later, and the plants are coming back just fine. The ecology is not destroyed. This ecology is adapted to be around fire. I really am looking forward to sharing more with people on the importance of fire ecology. I've done some talks on this before, so now to get to do more opportunities to share that, I'm really looking forward to.

For other events I have coming up, I'm not sure when this is going to be released, but Good Medicine Confluence is coming up August 17th through the 20th. This will be my third year going, and it is, by far, my favorite herbal gathering. Jesse Wolfe Hardin has become a really good friend of mine. The way he throws gatherings is just so infused with myths, poetry, and just brings all kinds of people from naturopathic doctors to herbalists, to alchemists, to land tenders, just a really eclectic mix. When I'm there, I feel like I'm around my people. I'm really excited because I've never been to New Mexico, and this year is going to be in Ghost Ranch in New Mexico, which apparently Georgia O'Keeffe made her last paintings there. Apparently, it's supposed to be spectacularly beautiful, so if you're interested in that, I'd highly recommend going.

**Rosalee de la Forêt:**

Cool. It's a stunning location. It's actually where I first met jim mcdonald in person so it holds a special place in my heart.

**Logan Keister:**

That's awesome. Other things that are going on with me, I'm doing some work with HerbRally. I've been doing work with HerbRally for a while. I'm working on a class right now that's on harvesting invasive species and species that are labeled as pests and things like that, which is—this has been a really exciting one for me because I talk a lot about my work with plants and mushrooms, but I also am very into fishing, hunting and these other forms of gathering wild foods. I work a lot with things that people label as like garbage, pests and things like that. For me, it's like it's first frugal nutrition course is very pertinent there, where it's like this thing that people are saying like, "Don't touch that. That's gross. Don't eat your weeds.

Don't eat crawfish, they're gross. River lobsters-- you shouldn't be eating those." I'm like, "Actually, they're quite delicious if you know how to work with these things," so I'm really looking forward to sharing more on that. That will be coming up soon. Also, doing some work with Herbal Academy. I've been making a lot of herbal monographs for them. I have a few more coming out this summer. I'm doing a gardening course with them--permaculture and gardening course, so if you're interested in learning how to grow medicinal herbs next spring, we're going to be having that class be released. I've done a whole written portion, a lot of video classes. I'm really excited to release that one.

One last thing, was the Conscious Growth Convergence, that's an event that happens out of Lost Valley out in Dexter, Oregon. It's going to be happening October 5th, I believe. It's going to be a three-day gathering, full of music and workshops. My buddy Satesh, she just throws really intentional gatherings. I feel like it just really brings the community vibes. It's very much more—what's a good word for it? Very relational, I guess would be a good word for it. It's really about building relationships with the land around you, tending circles. There's going to be a lot more classes, not just on herbal stuff, but a lot on how to relate together as a community, how to embody certain practices and movement, things like that. There's going to be dancing. I'm really looking forward to that one. I'm doing the plant walk for that as well.

**Rosalee de la Forêt:**

Cool.

**Logan Keister:**

I believe that's all. I know I have some more stuff that's coming up, but that's all that's coming right now. I don't want to overload y'all.

**Rosalee de la Forêt:**

You should definitely mention your own website, Logan. I was just checking it out on your website. You've got a blog with some cool articles on there. This is notibotanica.com. You also sell herbal products as well.

**Logan Keister:**

The website has been a really good way to help have all my work on one platform. When you use social media, it kind of scatters you in all these directions. It's nice to have a website where you can find everything I'm offering. I'm able to actually give out some of my longer form writing because I do a lot of writing. Social media, they try to bring down our attention span so we can only handle small little paragraphs here and there. It's nice to have my whole herbal formulation workshop thing. It's something like 30 pages long. It tells you all about herbal formulation, which is something that isn't as common to see discussed. I have a lot of cool writing on there. It's a good place to find me for consultations or if you have any other inquiries about my work, it's a really great place to find me.

**Rosalee de la Forêt:**

Awesome! Before you go, I have one last question for you, and that's, "Are there any new skills or things you're working on in regards to herbs or mushrooms?"

**Logan Keister:**

Yes. One thing, I've been—I've studied alchemy for quite a number of years, but I've been studying with Robert Allen Bartlett recently to bring my studies up a notch. Studying with him has been really amazing. For those who aren't familiar with Robert, he's a huge figure in the alchemical community. He's been practicing for a long time. I was reading his books a decade ago. To be actually studying with him now has been really powerful and upgrading my realm of what I can do with herbal extractions, working with the distillation equipment, various other apparatuses to really improve my herbal medicine-making abilities. I've been really enjoying that. Also, I've just been—like I was mentioning with the work I've been doing with HerbRally, I've been really excited about sharing more about my work and outdoor skills, the ancestral skills. I do a lot of work. I'm working with kids this past year. I've been getting more experience working with fifth and sixth grader for the Oregon Outdoor School. That's been really fun teaching them about foraging, tracking, and all these various outdoor skills. I work a lot with a lot of ancestral skills people. I've been really excited to share more about my work in the realms of gathering wild foods, making fire, tracking, hunting, fishing, and these kind of

other things that I use to sustain my life, and just some other big things going on in my life. I'm getting married in September and I'm building a cabin right now. So, building myself a house and getting married. It's been a really fun time for me right now. It's a pivotal year for me, so I'm really excited about what the rest of the year holds. I've just been working really hard at that. That's what's been going on in my world. There are million other things, that's the gist of it.

**Rosalee de la Forêt:**

That's awesome, Logan! Congratulations on getting married, building a house. That's all amazing. I'd love to hear about the ancestral skills as well, something near and dear to my heart too. You are a man of many talents with lots going on. I definitely recommend people check out your website, [notibotanica.com](http://notibotanica.com), to see all there is. It's been a pleasure to get to know you and have you on the show. Thank you so much for being here.

**Logan Keister:**

You as well, Rosalee. It's been a real honor to have you reach out to me. I was very excited because I've been following your work for a number of years. I really love your podcast, so I was really excited that you decided to reach out to me. I was like, "Oh, my God! Rosalee? No way. That's awesome!" I'm really honored to be here. Thank you so much for having me on the show.

**Rosalee de la Forêt:**

Thank you so much, Logan. Have a good one.

**Logan Keister:**

You as well.

**Rosalee de la Forêt:**

Thanks for being here. Don't forget to head over to the show notes at [herbswithrosaleepodcast.com](http://herbswithrosaleepodcast.com) to download your beautifully illustrated recipe card.



There you can sign up for my newsletter, which is the best way to stay in touch with me, and you can find more from Logan at his website, [notibotanica.com](http://notibotanica.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:

Emilie Thomas-Anderson is the Project Manager who oversees the entire podcast operation from guest outreach, to writing show notes, and on and on. I often tell people I just show up! Emilie does most of the heavy lifting.

Nicole Paull is the operator for the entire Herbs with Rosalee School and Community. She keeps an eagle eye view on everything to ensure it's running smoothly.

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 and I know you love them. Once the illustration is ready, Jenny creates the recipe cards, as well as the thumbnail images for YouTube.

Alex is our behind-the-scenes tech support and Social Media Manager, and Karin and Emilie are our Student Services Coordinators and Community Support. If you've written in with a question, undoubtedly, you got help from them. 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, reviews and ratings.

One of my very favorite things about this podcast is hearing from you. I read every comment that comes in and I'm excited to hear your thoughts.

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

I was curious to learn more about red-belted conk ecology, so I looked into it, and here's something I found out: So, it's not just a tough shelf fungus. It's also a post-fire strategist. Its thick-walled spores can survive really harsh conditions, including forest fires. After the flames die down, it's often one of the first fungi to move into the charred remains. But it doesn't just decompose what's left, it really transforms it. It breaks down the wood. It alters the pH and chemistry of the log, making it more inviting for other organisms like mosses, lichens, and even other fellow fungi. In that way it helps to set the stage for a whole new forest community to emerge.

Thanks for joining me on this herbal adventure. See you next time.

Hi, it's Rosalee. If this podcast has brought you inspiration or grounded you in your love of herbs, I'd love to invite you to join the Podcast Circle. Your membership helps support the show and it gives you access to live herbal classes, exclusive resources, and a warm community of fellow plant lovers.

Learn more and join us at [HerbalPodcastCircle.com](https://HerbalPodcastCircle.com). Your support truly helps this podcast thrive.

Thank you.