



HERBS
with ROSALEE

Mylanda Ogundipe:

What herb could I not do without? And immediately I thought of turmeric. Turmeric is beneficial—it's thought to be beneficial for every organ in the body. If you're not using it already, if you're not partnering with it or working with it, definitely give it a try.

Rosalee de la Forêt:

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

Turmeric might be one of the most popular herbs in the world and that popularity can make it easy to overlook just how profound this plant really is. In this episode, I'm joined by Mylanda Ogundipe, and our conversation takes turmeric out of the supplement aisle and back into real life. We talk about turmeric as a daily food, as long-term support for inflammation, and how it's been woven into Mylanda's family care in the context of sickle cell disease. It's a beautiful sharing about what happens when you truly partner with a plant over time.

If you enjoy this episode, please give it a thumbs up so more plant lovers can find us, and be sure to stay tuned to the very end for your herbal tidbit.

Mylanda, I'm so pleased and so honored to have you on the show. Thank you so much for being here.

Mylanda Ogundipe:

Thank you so much for inviting me. I'm so excited.

Rosalee de la Forêt:

Absolutely! This is going to be fun. This is going to be so much fun. We got to be in class together a lot. I have had a year worth of amazing questions and curiosity coming from you. I'm excited to hear more from you in this podcast. I'm so excited for your chosen herb, but



before we get there, I'd love to begin by hearing your plant path and all the things that have brought you here to us today.

My linda Ogundipe:

Yeah, so, as I thought about this question—I'm going to try to do, I guess a really high-level because as I thought about it, I was like, "Oh, okay. I went down a lot of rabbit holes before getting here," but I think the main thing is I think my path to herbalism started before I actually realized I was on a path to herbalism. My maternal grandmother made what I would now call, "infusions." She made topical infusions that were kind of like petroleum-based. This was back in the '80s, early '90s, probably before that, actually. They were for hair growth and aches and pains. You could put it on your joints. You could put it in your hair. It wasn't—it wasn't necessarily a family secret because I think my mother might have the recipe and I think some of my aunts might have the recipe, but it wasn't something she shared freely. But one day, out of the blue, she just gave me the recipe, and I like to think she saw something in me that I didn't see in myself because, again, we didn't think of her as an herbalist. I never heard anybody refer to her as an herbalist. I don't think we thought of what she was doing as herbalism.

Fast forward a few years, I had a really good friend teach me how to make body butters. This was back in the early 2000. I really enjoyed it so much so that for a little while, I sold body butters. I would infuse them with different kinds of essential oils for aches and pains, kind of hearkening back to my grandmother without really realizing it. And then, fast forward again, and our daughter was born. She was born with something called "sickle cell disease." I don't know if you're familiar with it. It's an inherited red blood cell disorder and it causes pain and inflammation in the body. I think that's kind of where I really started to narrow my focus. It's something uniquely heartbreaking when you have a child who's like 18 months old, three years old, four years old on morphine because she's in so much pain that nothing else can do anything for it. As a parent, you just have to let the medicine do what it can do. You're just constantly told there's nothing you can do about it.



For me, I don't accept that. I was like, "Well, I'm going to start looking into holistic pain management practices," so I started studying meditation and yoga. In the winter of 2022—I don't know if you remember this, but there was a really big children's Motrin and Tylenol shortage. What that means for us, because when she's in a pain crisis, we rely on those medications—and what that meant for us is that if we didn't have those at home to try and treat first, that means we have to go straight to the hospital.

And so, through yoga I found Ayurveda. What interested me about Ayurveda is that in India, you have—I believe it's the third highest population of individuals with sickle cell disease. I was like, "Okay, let's—let's look into this and see how they handle sickle cell disease." What I discovered is that—I mean, it was a lot of herbalism, and so I started kind of veering directly down that path of herbalism. Once I started learning about it and studying it, I realized I had been on this path. Looking back on it, I had been on this path so closely to herbalism. It was this massive thing that had essentially been next to me my whole life without me realizing it.

It was funny because it made me think of the fact that we recently moved to California to the East Bay area, and we're like three miles from the ocean. We've been here for over a year and we have not been to the ocean yet. I'm kind of embarrassed to say that. It's not until we're driving somewhere that we look over and we just see the ocean and it's like, "Oh, okay. Yeah, we're right next to the ocean." Looking back on it, it's like that's what herbalism has been for me. There have been all these times in my life starting with my grandmother, with my friend where I was just so close to herbalism and didn't even realize it.

In January of 2025, both my daughter and my mother had severe health issues. My daughter was in the hospital with pneumonia, and in that same week, I got a call saying that my mother had a stroke. After that, I was just like, "Okay, I need to get intentional. I need to be focused. I really want to buckle down and understand herbalism, and understand herbal remedies, and how to help my loved ones and my community." Honestly, enter Rooted Medicine Circle



because—I think I applied in January 2025 and I got accepted, and I guess the rest is history. Here we are.

Rosalee de la Forêt:

Here we are. That’s such a powerful thing to call—be called in through need—through the need of your loved ones and just that feeling that there must be something else out here for these—for these things. I also think—I’m not a super esoteric person, but I see this over and over again so I can’t ignore it. I feel like the plants call to us and then we don’t always listen the first time. I see that over and over. It’s like your maternal grandmother, there was the call, and then the body butters was the call. They just keep calling out until finally, they really get our attention because I see that just part of the story over and over again like, “I started, but then I got distracted, and then I started and then I got distracted,” until finally, the plants just keep coming for us. I think they know there are people out there and they come for us.

Mylanda Ogundipe:

Yeah, definitely. That’s—that’s definitely how it felt. It’s like they’re just going to keep tapping me on the shoulder until I say, “Yes, here I am.”

Rosalee de la Forêt:

For people out there listening—I bet there are people out there who are like—because we have people who are listening to this podcast who are just very—very starting to be curious about herbs, then people who are clinicians that have been herbalists for decades. For those of you out there who are just feeling the call, it’s real. They’re going to keep calling.

Mylanda Ogundipe:

It is.

Rosalee de la Forêt:

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



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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.

Thank you so much for sharing your story. I'm looking forward to learning more about that and hearing more about Rooted Medicine Circle, but before we go there, I'm so excited to talk about turmeric.

Mylanda Ogundipe:

You and me both.

Rosalee de la Forêt:

Yay. Good, good. So, turmeric, gosh, it's one of the most popular herbs of our time. Sometimes I feel both that it's overrated and underrated in a way, in that it's so popular, it's so studied. Everybody knows turmeric, yet sometimes I think it gets—now I'm almost seeing that reverberation of it gets kind of dismissed because it's so popular. I don't know. Right now, I am personally relying hardcore on turmeric. I'm taking 12 grams a day, at least.

Mylanda Ogundipe:

Oh, wow.

Rosalee de la Forêt:

For just—I'll be quelling some inflammation and it's been amazing. I'm just really seeing it turn things around, so I'm just in this mode of "I love turmeric so much!" I'm really excited.

Mylanda Ogundipe:

Do you make your own pills?



Rosalee de la Forêt:

Yeah, oh, yeah. For that—because I can only take that much powder in capsule form. I cannot take it in another form. The cost of—I mean, to buy that many is insane, so it's been [crosstalk]

Mylanda Ogundipe:

And as—as you mentioned on the Rooted Medicine website, supplements aren't super trustworthy all the time.

Rosalee de la Forêt:

Yeah.

Mylanda Ogundipe:

And so the best way to do it is to do it yourself.

Rosalee de la Forêt:

Absolutely. There are certainly good brands out there that I would trust, but the price of that would really be—I don't know how I would even price that out, but I'm—I'm guessing we would be looking at—I don't know—\$10 a day.

Mylanda Ogundipe:

A day.

Rosalee de la Forêt:

Yeah, versus so little to make your own. We've been watching the Planet Earth series. It's this documentary about the earth narrated by David Attenborough. It's so stunning.

Mylanda Ogundipe:

Oh, David.



Rosalee de la Forêt:

And so we've been watching one of those a night and I just make capsules. I do struggle sometimes making capsules because I just want to watch the beautiful images, but I like to do something at the same time. Anyway, enough about me and turmeric, Mylinda, sorry. I just have a lot of joy for turmeric right now. I would love to hear why you chose turmeric to speak about today.

Mylinda Ogundipe:

So, if I may, interestingly enough when I first got the—the invitation to come on here, after the shock, wandering around my kitchen in pure shock and joy and just excitedness, my first thought, interestingly enough was parsley. I'll tell you why because—and hopefully we'll get to it later—when I did my capstone projects, I was looking up information on parsley. I noticed that you didn't have a parsley episode and I was like, "Someone needs to do parsley." But as I sat with it and thought about it, there was a period in time where parsley—it was really hard to find in bulk for some reason. I don't know if it was out of season or what was going on, but I couldn't find it and the little bottles in the store were super expensive. I said, "I'll just go without parsley for a little while." I was like, "I shouldn't do that because I felt like I could do without it." I thought what—what herb can I not do without? And immediately I thought of turmeric because before I even thought about going down this plant path, years ago I was buying turmeric by the pound because we use it in everything every single day. I thought okay, if I couldn't find turmeric by the pound, would I buy little expensive bottles. The answer was "yes" because I'm just not going to be without turmeric. What originally brought me to turmeric was not medicinal at all. It was just culinary. We lived in an area, a kind of—it wasn't remote but we didn't have a lot of restaurant diversity, and so we really love Indian food and Jamaican food. Of course, turmeric is featured very heavily in both of those, and so while we were living there, I just started making our own dishes. Once I started studying Ayurveda and then I found out about all the benefits of turmeric and the inflammation modulation, given that sickle cell is—it's a red blood cell disorder, but it's also an inflammatory disease. A lot of people don't look at it that way, but it causes a lot of inflammation in the body. Once I realized



that, I think I unconsciously decided this was going to be our family's ally for life, and then I just started buying it by the pound.

Rosalee de la Forêt:

I love that. We have something in common too, Mylinda. I—I do live very remote. We do not have restaurant diversity either. We noticed that every time we went to the big city, which is an hour and a half away—it has 100,000 people—we would always go to the Indian restaurant, hands down every single time. And then one time, we were sitting there at the Indian restaurant and my husband says, “Indian food is really my favorite food.” He’s French. He’s very understated and doesn’t really have favorite anything. I kind of hold all that energy of that side of the—our relationship. I was like, “Yeah, me too.” I was like—we only get it once or twice a year when we come to the city. So, we changed that. Now, almost all—all of our meals, I will say are Indian-inspired.

Mylinda Ogundipe:

Really?

Rosalee de la Forêt:

Yeah, and it’s just everything he makes now is pretty much an Indian recipe and/or just inspired by curry and that sort of thing, but we also go through a whole lot of turmeric as a culinary herb too. I love that we have that in common.

Mylinda Ogundipe:

That's funny because our nearest restaurant when we were—our nearest Indian restaurant where we were living where we were living, it’s two hours away.

Rosalee de la Forêt:

Wow! It’s worth the trip, but probably doesn’t happen a lot.



Mylanda Ogundipe:

It was definitely worth the trip.

Rosalee de la Forêt:

You started working with turmeric kind of as a family—it sounds like as a foundational health like, “We’re going to put this into our food,” as this kind of inflammation-modulating culinary benefits. Then I imagine things grew from there, but I want to hear the next stage.

Mylanda Ogundipe:

You mean how we use it now or-

Rosalee de la Forêt:

Yeah, yeah, yeah, how it—how it shows up in your life today.

Mylanda Ogundipe:

It’s mostly still culinary, but in, I guess medicinal amounts. We’re plant-based, so a lot of the stuff we make will have turmeric for coloring. Again, that’s where it started for us from the culinary aspect, but once I realized the medicinal benefits—I’m from the South, so I make grits. When I make grits, I actually put a nice dose of turmeric in there to boost the color and give it that medicinal quality. I recently came across a recipe by Robin Rose Bennett in one of her books. It’s a yogurt. I don’t know if you’ve seen it before, but it’s like a turmeric yogurt. I adjusted it, so I put turmeric, cinnamon and ginger in it with a little bit of honey. We just love that. If you can tell by the theme it’s all about blood-moving and things like that. Turmeric, in particular, is special to us because, again, with sickle cell, you can have a lot of—it affects all of the organs, but the gallbladder is particularly susceptible. That can be one of the ones that shows up pretty prominently early along with the spleen. When we learned about how—how it helps the liver and it helps the gallbladder function and moving bile and all of that, it was just like, of course, we have to—we have to incorporate this into—into every single thing that we can. I feel like—I feel like in one of the classes, you talked about how you can’t feel the bile moving. You just have to rely on the fact that if you’re not having those issues, it feels like it’s



working. And so, we're really fortunate because our daughter hasn't had any gallbladder issues. Again, it's very common to have them, especially around her age. I feel like it's really—it's really helping manage her health holistically.

Rosalee de la Forêt:

Oh, my gosh. You probably heard me say this before, I always think like if I were a multimillionaire, I would fund so many studies. I want to know that study with people with sickle cell anemia and how is turmeric helping to support their health. That was actually a question I had for you, is that if you—I realize it might be difficult to tell, but ways in which—I don't know, maybe like a before-and-after-turmeric for your daughter if there were things you noticed or what you've already said. Well, it feels like turmeric is a wonderful preventive because these problems that are expected to be problems aren't problems.

My linda Ogundipe:

I think one of the things that was the most telling to me is that I think Jamaica has a really good quality of life for people with sickle cell, even though the medical system is different. What you'll see in Jamaica is turmeric in their curry and hibiscus as well. With those two, we've been very fortunate in that she hasn't had a pain crisis since the summer of 2023. That's pretty big because at one point, she was having them probably four times a year, being hospitalized and all of that. Once we shifted to incorporating these more holistic approaches, we saw a marked difference. It was almost immediate.

Rosalee de la Forêt:

That's amazing, My linda. That just—oh, man. It just makes me think how many people out there are dealing with this who could really use this information because that's just huge! It's really huge, and then I could say that about every single disease pathology out there. I do wonder—what do people do without herbs? I honestly think about that all the time. I just had a neighbor call me yesterday and they—she is a bit older. She was having lots of croupy cough, she said, and she was having trouble breathing. She wasn't sleeping at night. She was really struggling. She's like, "Do you have anything?" so, I made her some tea and I gave her



some garlic oil to put on her feet. Today, she called me, “I slept 13 hours last night. My cough is so much better.” It was just one of those moments, again, I’m just like, “What do people do without herbs?”

My linda Ogundipe:

Suffer?

Rosalee de la Forêt:

I just don’t know.

My linda Ogundipe:

Unnecessarily.

Rosalee de la Forêt:

Unnecessarily. I’ve never worked with anyone with sickle cell before, and so this is very eye-opening to me and just feels very hopeful and inspiring. Go ahead.

My linda Ogundipe:

The thing that really pulled me into herbalism and just deciding, “Okay, I need to do this,” is that in a lot of the herbal communities that I was kind of jumping around in, I would ask that specifically like, “Hey, do you—have you ever worked with someone with sickle cell?” It’s interesting because it’s the most common inherited blood disorder in the United States, but I didn’t have anybody to guide me. Everyone was like, “That’s interesting. We should have some information about it. I’ll work with you on it.” For various reasons, it didn’t really happen, and so at a point, I just decided, “Okay, I need to be the herbalist that I need,” and that’s how this came about.

Rosalee de la Forêt:

Thank you because I know you’re not only helping your own family and your daughter, but you’re going to be a resource for many, which is obviously very important.



Mylanda Ogundipe:

[unclear]

Rosalee de la Forêt:

Yeah. With turmeric, maybe you've already answered this, but is there anything that has surprised you about turmeric as you've been working with this lovely plant?

Mylanda Ogundipe:

I talk a lot about my daughter, but because it's our collective ally, one thing that did surprise me, and it probably shouldn't because I read that—in *Healing Spices*, I think it says that turmeric is beneficial—thought to be beneficial for every organ in the body. Midway through my cycle, I usually have really bad ovulation pain and cramps and digestive discomfort. One night, I couldn't sleep. I was just like, "Okay, let's—let's try golden milk and let's put some nutmeg in it because I need to sleep," and the relief was almost instantaneous. Ever since then, I started partnering with turmeric for my cycle. I feel like it has evened out and become a lot more pleasant I think because of turmeric's effect on the liver, but also because it has an affinity for the reproductive system which you don't hear a lot about.

Rosalee de la Forêt:

That's the thing. That's why I say sometimes we underrate it because there is something with turmeric. What doesn't turmeric do? My mentor, Karta Purkh Singh Khalsa, he had a great quote, something like turmeric is a "medicine cabinet in a curry bowl," which is just so true.

Mylanda Ogundipe:

I believe it.

Rosalee de la Forêt:

I love that you mentioned golden milk too. I was just sipping on some golden milk yesterday and just thinking, "Oh, my gosh. This is so creamy, so delicious, so yummy." Again, it's like the medicine cabinet in a delicious beverage.



Mylanda Ogundipe:

The way that you—your recipe, kind of sautéing the spices in the oil first, that is a game changer. That’s not the way I was taught to make it, and so starting to do it that way, it just infuses so much better, I think. You get that because it—it—it creates a more aromatic experience as well. Like you said, it makes it so creamy.

Rosalee de la Forêt:

I think those spices need the heat to activate them. I notice a big difference too. Speaking of KP, my mentor, I’m pretty sure I learned that from him. It’s been a while now. I always love to give—give credit where credit is due, but sometimes when it’s been a couple of decades, I’m like, “Hmm.” It’s hard to always remember, but I’m pretty sure I learned that from KP. I could just say anything I’ve ever learned about turmeric comes from KP [unclear]

So, you’ve talked about working with it as a culinary and we’re going to talk about your recipe in just a second. You talked about golden milk. I’m just curious. Do you ever work with it as a tincture?

Mylanda Ogundipe:

I haven’t yet.

Rosalee de la Forêt:

I haven’t either, for the record. I’m kind of not interested, but I thought I would ask. Just out of curiosity.

Mylanda Ogundipe:

I’m actually interested in—I’m actually interested in working with it as an oil. Have you worked with it as an oil?



Rosalee de la Forêt:

No, not like—I mean, the first thing I think of is like an external oil? Because I don't know. I just feel like it will get everything orange.

Mylanda Ogundipe:

It will.

Rosalee de la Forêt:

Yeah, maybe that doesn't matter.

Mylanda Ogundipe:

It definitely will, but we're—we're okay with that. I think I'm going to—that's—that's been a thought that I've had for a while. I want to—and I may mix it with something else. Rosemary had an email go out a little while ago where she mentioned a calendula oil where she put turmeric in it, I guess for the color and stuff. I was like, "Hmm. What about a calendula and turmeric infused?"

Rosalee de la Forêt:

That sounds nice.

Mylanda Ogundipe:

I may have to try that.

Rosalee de la Forêt:

My other favorite way to work with turmeric is as a juice. Do you ever work with it as a juice, like a fresh juice?

Mylanda Ogundipe:

I haven't. I want to because I've seen people juice ginger and turmeric. The only time I work with turmeric fresh is when I'm making fire cider. I'll chop up the root and put it in there.



Rosalee de la Forêt:

I actually—I bought a juicer just for turmeric, but that’s—and I did it for that one recipe. It’s the only thing I do, but it’s fresh turmeric, fresh ginger and apple.

Mylinda Ogundipe:

Yes.

Rosalee de la Forêt:

It tones it down a little bit. There is just something that’s just so vibratory, just like “wooh” with the fresh turmeric that’s fun. When the turmeric—I live, again, remotely—where it’s not like I live in Hawaii and the fresh turmeric is so bountiful and beautiful all the time, but when we get it in fresh, it looks really good. I’m like, “Okay, it’s turmeric juice time.”

Mylinda Ogundipe:

I was—I was just going to ask is that something you do in the summertime?

Rosalee de la Forêt:

You know, my favorite thing is actually at the onset of a cold or a flu. There’s something about it, now, I just absolutely crave it. So, if I feel something coming on, it’s like—and I will freeze it in the freezer too so I can have it available as needed. I love—it’s just so spiky—spicy. It just feels nice. I bet—I could see this you could dilute it a bit. Juice it up, put it in sparkling water and have it as a nice summer beverage. You just gave me that idea, Mylinda.

Mylinda Ogundipe:

Yes, I’m definitely going to have to try that now because we have—we have a lot of fresh turmeric at the store. I have to look at it because you made a good point if it looks good, so though it’s there, I’ll have to make sure it looks good before I get it.



Rosalee de la Forêt:

Here's—this is my slippery slope. I went to the thrift store and I got a juicer for a dollar at our local senior thrift store, and that was the entry way in because I'm like, "Oh, another appliance and another thing," and got it, and used it and it worked like you would expect a dollar juicer to work. I mean, probably new it was like a \$20 juicer or something, but it wasn't really fabulous. I did—and I used that for quite a while, but there was so much juice left in the pulp that was it's just not like—I feel like I wasn't getting my money's worth out of the turmeric and ginger and everything because it was still so moist. I was like wasting the plant because it was not really juicing it very well.

Mylinda Ogundipe:

Did you ever use the pulp at all?

Rosalee de la Forêt:

I—I did not think I did that, but now, I got a juicer that's like—it's like dry. I think it works a little better. Anyway, that's just my—it's nice to try. Maybe try the thrift store version, see if you're into it. Upgrade if necessary.

Mylinda Ogundipe:

I'll definitely have to do that.

Rosalee de la Forêt:

Or, you know, you might find a good one at the thrift store though. Alright, so we've covered that. Let's talk about your recipe because this looks absolutely delicious. I am envisioning it over my sweet potato fries. That's what I'm thinking. It's the Creamy Golden Sauce. Walk us through it.

Mylinda Ogundipe:

I love it so much because I feel like it's the perfect, little inflammation-modulating delivery system because it has-



Rosalee de la Forêt:

That's like music to my ears, Mylinda.

Mylinda Ogundipe:

It has the turmeric. It has the ginger, and then the sunflower seeds or hemp seeds as the base, and then black pepper, of course, to boost absorption. Lemon juice, and I think I may have apple cider vinegar and honey. The interesting thing is my daughter has a lot of allergies. One of them, which is—her allergist said it is a rare allergy, but I don't think it necessarily is, but it's to mustard. This kind of gives you like a mustard-reminiscent kind of thing. The way that we use it is on black-eyed pea fritters, and it's

Rosalee de la Forêt:

Whoa.

Mylinda Ogundipe:

And it's so good.

Rosalee de la Forêt:

Personal question – what is a black-eyed pea fritter?

Mylinda Ogundipe:

You take black-eyed peas, cook black-eyed peas-

Rosalee de la Forêt:

Those are my favorite, just FYI. These are my favorite, oh my gosh-

Mylinda Ogundipe:

Are they really? Then you're going to love this. You're going to love this.

Rosalee de la Forêt:

My family is from Texas, so this is like—this is ultimate comfort food.



Mylanda Ogundipe:

My family is from Texas.

Rosalee de la Forêt:

Aah.

Mylanda Ogundipe:

Look at us.

Rosalee de la Forêt:

Yeah!

Mylanda Ogundipe:

So much in common. Yes, you take the black-eyed peas. You mash them up, mix flour in there. Like I said, we are plant-based so we don't do egg, but I guess you could probably put an egg in there. And then we do Italian seasonings, and you just put it in the pan and fry it. Make a little—a little cake, put it in the pan, fry it. Not—not really fry it but kind of sauté it, brown it on both sides like a—like a normal fritter. Put the sauce on it and you're going to love it. I'm going to—you're welcome in advance.

Rosalee de la Forêt:

Oh, my gosh. This is going to be amazing. This is going to air after New Year's, but I host New Year's for our dear friends and farmers. Of course, for New Year's we have-

Mylanda Ogundipe:

Black-eyed peas!

Rosalee de la Forêt:

Black-eyed peas. I always make a big pot of the black-eyed peas, but now I think I'm going to double up. We're going to have black-eyed pea soup and they're going to have the fritters to



dunk in it, and I'm going to be their favorite person with the Creamy Golden Sauce. This is going to be amazing! I will give you credit while I'm receiving all of the praise.

Mylanda Ogundipe:

Yes. I think—I think you'll really like it. It's salt and pepper to taste. Yeah, it's—it's delicious. We just slather it on there.

Rosalee de la Forêt:

Nice, nice.

Mylanda Ogundipe:

The thing about it is that it will thicken over time. If you make it a day in advance, if you think you're going to use the whole thing, you can put a little water in it to loosen it up. I like to make it the day of just so it's the consistency that I like it to be, because once you add water if you don't use it all up, it's going to go bad quicker.

Rosalee de la Forêt:

I see. What I love about this is you could make it up and just put it on everything.

Mylanda Ogundipe:

Yes, absolutely. You said sweet potatoes, and that's so funny because I haven't tried it on sweet potatoes, but this morning I was thinking it would probably be really good on a grain bowl or a sweet potato bowl. So, sweet potato fries, yes.

Rosalee de la Forêt:

I'm kind of obsessed with sweet potato fries right now. That's actually what we're having for dinner.

Mylanda Ogundipe:

Ooh, yummy.



Rosalee de la Forêt:

So, that was very much on my mind. Thank you so much for sharing this recipe with us, Mylinda. For the listeners and watchers out there, we love to hear it when you make these recipes and hear how yummy they are, how your family enjoyed them. Please leave us a comment and let us know how that goes. The fun thing about that is when we hear from people about them making the recipe, we often inspire other people to make the recipe. I found that the best way to enjoy herbs and get the benefits of herbs is to actually take them and not just listen about them. That's just a hot tip for you right there. That's why we always feature the recipes that give people fun and practical ways to work with these plants.

Hey, it's Rosalee. You know, creating this podcast has been one of the most rewarding parts of my herbal work, and if you found something meaningful here, whether it's a new perspective, a favorite recipe or just a sense of calm, I want to let you know there's a good way to go even deeper. It's called the "Podcast Circle." Inside you'll get access to live classes taught by some of my favorite herbal teachers, behind-the-scenes updates, and a beautiful library of herbal resources that we've gathered over the years. But more than that, it's a space to connect with fellow plant lovers who care about the same things you do. And truly, your membership helps make this podcast possible. It's how we keep the episodes coming and the herbal goodness flowing. So, if you're ready to be part of something more, something rooted in connection, head over to HerbalPodcastCircle.com. I'd love to see you there.

Before we move on, is there anything that you'd like to share with turmeric that we haven't covered yet?

Mylinda Ogundipe:

Like you said, I think because it's so ubiquitous that people don't appreciate it. It's everywhere. Like you said, it's kind of taken for granted. The only thing I will say is if you're not using it already, if you're not partnering with it or working with it, definitely give it a try because it's so amazing. For us, again, it's culinary, but it's also medicinal and it just makes everything taste so much better. We put it in—anytime I make rice, it's the base for—I make a



veggie broth powder. It's the base for the veggie broth powder. I make a curried cauliflower—roasted cauliflower, so it's mostly turmeric and paprika, and just—start putting it on everything.

Rosalee de la Forêt:

Like you said, you'll know you're doing things right when you're buying it a pound at a time. That's a great amount of turmeric to use. It's lovely. Thank you for sharing so much of your love of turmeric. I'm feeling—I was already a turmeric fan, and now I'm like, "How much more can we put into our meals?" I'm very excited about black pie—black-eyed peas fritters too, so that's going to be fun.

My linda Ogundipe:

Yes, yes, yes. I can—I can send you a recipe if you want.

Rosalee de la Forêt:

Okay. That would be great. Thank you. So, we've talked about turmeric. We talked about your plant path and you mentioned Rooted Medicine Circle being an important part of that, which is, of course, a big honor. I'd love to talk more about that. This is our—this will be airing the last week of enrollment for Rooted Medicine Circle in 2026.

My linda Ogundipe:

Yay!

Rosalee de la Forêt:

It is a fun time. It's always fun to see who's joining us for the year. I—I'm curious what—you maybe have already answered this a bit, but what inspired you to join Rooted Medicine Circle? I know the plants were calling you from here and there, and then Rooted Medicine Circle came up. What was it that made you feel like, "Oh, this is the—the thing that I—I want or need at this point?"



Mylanda Ogundipe:

As we were talking about it before, I think you all do an excellent job of organizing and marketing yourselves. The Rooted Medicine Circle website actually does an excellent job of understanding the lay of the land of what herbalists, aspiring herbalists, current herbalists, seasoned herbalists are going through. Especially, at this point in time, we're in a unique time where there's so much information on the internet, and now with AI, there's so much not great information on the internet. I think what—what drew me to Rooted Medicine Circle, #1, was you and Emily. I actually got Wild Remedies in January 2024.

Rosalee de la Forêt:

Oh, cool.

Mylanda Ogundipe:

Yeah. I—I had—I think that was the first time I heard of both of you. It was so funny, you know, with the plants tapping me on the shoulder. From there, I just—it was always like, “Rosalee, Rosalee, Rosalee,” and then when I was in other herbal programs and we started talking about energetics. Of course, you're a rock star, so you came up all the time. I was like, “Okay, let me—let me go see what she's about.” When I found the website and it just talked about this structured, seasonally-aligned program that helps you become a better herbalist, teaches you how to work with plants, and basically develop a deeper connection with the earth, I think that was what really brought it—really endeared me to the program. I could go back to the ocean metaphor. I think with herbalism, depending on how and where and when you decide to just dive into it, it can be really chaotic and disorienting. I think Rooted Medicine Circle provided a lifeline and calmed the waters, so that you can understand the lay of the land, like “What is it that I'm doing, and what is it that I want to do?” and getting a better understanding of how we fit into everything and how it all connected.

Rosalee de la Forêt:

Oh, I love that. That's—it feels so good to hear what we're trying to do is what's happening. I don't know if you've heard this, Mylanda, how Rooted Medicine Circle came about was



because we wrote Wild Remedies, and then the people who bought Wild Remedies, we asked them, “What do you want from us next?” They said, “A medicine making course.” Emily and I, Emily Han and I both said, “No, thank you.” It was just not a lot of interest to us, but then we both kept thinking about it. We both kept coming—bringing it back to the table, and then this idea emerged that it wasn’t simply a medicine making class, but also a connection class and how do we infuse the connection that we have to the plants through the medicine making, through the seasons, and also giving the “why” behind it, because like you said, there’s so much information out here these days. If we don’t know the why behind the medicines we’re making, it’s hard to make great, potent medicines. Also, we eventually found our passion for it. I know Emily and I, both, it’s something that we love so much so it’s nice to hear how that landed.

Mylanda Ogundipe:

It definitely—it’s definitely exactly—I imagined it’s exactly landing the way that it you all envisioned it, because with Wild Remedies, I really enjoyed—there are parts where you can do journal entries and things like that where you do reflections. The same thing exists in Rooted Medicine Circle. Now that you say that, I’m like, “Of course! Why didn’t I realize that before that it’s like an extension and an—and an expansion?”

Rosalee de la Forêt:

I like that “extension and expansion.” At its heart, Rooted Medicine Circle is a medicine making course. I’m curious, is there a particular medicine that sticks out for you that you made this past year?

Mylanda Ogundipe:

Well, aside from all of them, my favorite was hydrosols. I loved—I loved the idea that I could make a hydrosol from stuff that we already just had in the house. The—I literally like—as I was making it I squealed as the little container inside the pot was filling up. “Yes! It’s working!” And so when it was done—we talked about this in class—it wasn’t super fragrant. I was like, “Aah,” but we workshopped during the Q & A. You all workshopped with me ways to harvest



so that it would be more—more fragrant. What I ended up doing with it was actually using it to make a shampoo. It was the base of the shampoo that I would make later. So, hands down, hydrosol, but second to hydrosol was the syrups. Ginger syrup is something that we keep on hand in the house. We—mostly we make ginger ale with it, but also, if we make a tea, we'll put a little ginger syrup in it instead of honey.

Rosalee de la Forêt:

Oh, nice, nice.

Mylanda Ogundipe:

It's delicious.

Rosalee de la Forêt:

Those are two fun medicines. I love that you chose hydrosols too, as the first one. There's something just so magical about hydrosol. Like you said, it's so easy to get super excited about it. Cucumber hydrosol is one of my favorite hydrosols. I love that it's just super accessible too. You could make some very—I don't know—highfalutin kind of hydrosol from these special plants from your garden. You can also go get some mint or some cucumber from the store or lemons and make hydrosols out of that.

Mylanda Ogundipe:

Oh, wow, cucumber hydrosol! Okay, that's—yeah! That sounds so refreshing.

Rosalee de la Forêt:

It's so refreshing. Yeah, it's so refreshing.

Mylanda Ogundipe:

My favorite hydrosol is tulsi because, gosh, it just smells so good. I keep a tulsi plant by the front door and so whenever I'm going or coming, I kind of tap it a little bit so that it gives me some of the fragrance.



Rosalee de la Forêt:

Oh, it's lovely. That's probably one of my most—well, that neroli, tulsi, rose—all of them so lovely.

In Rooted Medicine Circle, as you know, we have five modules, five different themes. There's awareness, reciprocity, interdependence, community, and self-care. I was just wondering if there was one that popped out for you that meant a lot to you or any stories you have to tell about how the themes showed up for you.

Myllinda Ogundipe:

I would say awareness, like we were talking about. I think—I think at various points, the intentionality behind the course becomes so clear because with awareness being the first one, it becomes the framework through which you see the rest of the modules. While I loved awareness, later when we got to self-care, that one was super important to me because at the time that we were doing it, my husband was out of the country. I was solo parenting my daughter and I'm still very hands on with taking care of my mother while she recovers from her stroke. It just gave me the opportunity to tune in and—and using awareness to see, okay, where am I not taking care of myself and how can I take care of myself a little bit better? Because leading up to that, there's interdependence and reciprocity, and things like that. It's so important to—to develop that, but you go back to that idea that you can't pour from an empty cup, and so understanding how important it is to take care of yourself and understanding how easy it is to say that versus do it. I think that module really helped me hone in on that idea of, "Okay, these are little things that I can do to take care of myself a little bit better while I take care of everyone around me."

Rosalee de la Forêt:

I'm so glad that that resonated with you. The world asks so much from us right now, and like you said, you can't pour from an empty cup. I'm a big believer in the self-care for all of us. I feel like even now there can be a stigma against that or this feeling of selfishness around it. I



think the more we bust that open and practice radical self-care and self-love is a powerful thing for all of us, that then ripples out to benefit our friends and families as well.

Mylanda Ogundipe:

Definitely. I think I really like the community came after self-care because like you're saying, it ripples out. During the—the community module, what I really focused in on was my daughter created this little—I call it a “fairy garden,” because she decided to put all these seeds together really close in a really small space. I'm just like, “That's not going to work,” but she was like, “I'm going to do it,” and so I said okay. What ended up happening—it was interesting enough, black-eyed peas, sweet potato, sunflower seeds, and I think a couple of other things, and what ended up happening is that she got these tiny, little plants of everything. Everything grew and it was just a little miniature version of it. To me, it was like a microcosm of the idea of community wherein we can all share resources. We may not grow as big as the biggest sunflower seed or whatever or sunflower plant, but we can all have enough to create. When she got these little black-eye pea pods, I was just like, “Really? You got seeds!”

Rosalee de la Forêt:

Wow.

Mylanda Ogundipe:

It was—it was a really nice reminder that community comes in different forms and resource sharing is so important.

Rosalee de la Forêt:

Beautifully said, Mylanda. Let's go from there to your capstone project then. So, you chose to do the certificate path, which means that every module, you submit your questions and responses—or your responses to our questions through each time, and then through the whole year, there's this capstone project that's looming. You kind of did two capstone projects, so I'd love to hear about them. What were they? What was it like to create them? We'll dive in more, but let's hear about them.



Mylanda Ogundipe:

Like you said, I'm kind of an overachiever but I'm also indecisive.

Rosalee de la Forêt:

I see.

Mylanda Ogundipe:

I was just like, "Let me do these two completely different capstone projects." It's so funny when I submitted it to Emily, she was like, "I see you're doing two. Now, feel free to just do one." I thought about that. I was like, okay, I have this "emergency exit." If I—if I really need to, as I get closer to the end; if I feel like I can't pull it off, I can—I can just submit one and that's fine.

I ended up doing two. The first one was—I ended up calling it "A Spectacular Study of Wild Flowers," and it was all about dandelion. That came about because I was listening to your podcast with Brigitte, I believe, with Dandelion Medicine. I read that book and loved it, and then we went to the library and checked out every book that they had on dandelion, and it's a lot. The—the interesting thing is because, actually when I first started—because I'm very ambitious, when I first started, I was going to do five different plants for that. This was actually me scaling it back. I wanted to do plantain and nettle and—and a couple of others. Interestingly enough, even though dandelion is viewed as this invasive weed, there is so much—so many children's books about it and how amazing it is, making wishes on dandelions and things like that, but there's not a lot of children—children's books, at least at our library, about many other plants. So, then I was like, "Maybe I can do a children's book," and then I was like, "No, no, no. Okay, come on. Let's scale it back. That's enough." The dandelion one is an activity book that has crossword puzzles, word searches, cryptograms, things like that. Then the other one I did because-



Rosalee de la Forêt:

Can we talk about the illustrations real quick, on the dandelion?

Mylanda Ogundipe:

Oh, yes!

Rosalee de la Forêt:

From my experience, as I'm reading this—I read the story about the capstone before I see the capstone. Your story about it was, "A friend offered to do some illustrations for me," and then I saw the illustrations, and I was like, wow! Anyway, I'll let you tell the story.

Mylanda Ogundipe:

She's going to be listening to this, so thank you, Dimitrea. We're out here in the Bay Area and we just happen to have really talented friends. We're having a play date with my daughter and her granddaughter. I'm printing the—my—my paper so that I can edit and things like that because I like editing on—on the page. She sees it and she's like, "Oh, that looks interesting," because she had been doing—completely unrelated, she had been doing some dandelion illustrations of her own. She was like, "Can I take a look at that? Maybe I'll add some images to it for you," and what—what I turned in is her maybe adding some images. They're just absolutely beautiful. She does a lot of graphic—kind of graphic novel type where it's like panels. You have characters and things like that. I think we ended up with one of a page of a cartoon illustration kind of. I don't want to say "cartoon" because to me, that doesn't—it doesn't do it justice. It's just this beautiful page of artwork that has our little ones playing with dandelions in it.

Rosalee de la Forêt:

It's so lovely and I love your reflection too of just how your capstone became in itself like a community project because of Dimitrea's work. It's really lovely.



Mylanda Ogundipe:

Yeah, it's one of those things where you don't—you don't really recognize the—the amazingness of your community until something like that happens, and it's just like, “Oh, really? Like this? You want to help me with this project just for fun? Thank you.”

Rosalee de la Forêt:

Yeah, yeah, it's beautiful. Now, I'll let you talk about your second capstone project.

Mylanda Ogundipe:

Yes. So, because sickle cell advocacy is at the heart of everything that I do, the second one was Kitchen Herbalism for Sickle Cell Support. It was like the—the perspective was from the—from the perspective of the caregiver since that's what I am, because in the sickle cell community, you have parents who have sickle cell with kids who don't necessarily have sickle cell or parents that do have kids that do have sickle cell. But for our particular case, we don't have sickle cell. We carry the trait, but our daughter has sickle cell disease. It was meant to show that you don't need all these fancy supplements because when I had read about how some of these supplements aren't necessarily putting what they say they're putting in there, I got really concerned because our child is so young, and it's like what if what they're saying is in there isn't in there and I've just been giving her this? As opposed to if we're—if we're looking at it from a culinary perspective and—and a kitchen herb—herbalism perspective, I know exactly what's going into her body because I'm putting it in there.

Again, being very ambitious, I think—I think it had gotten up to 21 different herbs that I was going to put in it, and I finally just parsed it down to eight. It ended up, I think, being 50 something pages just with the eight. Again, parsley is in there, ginger, turmeric, and things like that. I do plan to do another one because I do want to have this available for people in the sickle cell community that is not necessarily culinary, but more so like apothecary. The—the reason why I focused on kitchen herbalism in this one was because when—when I first started, I was—I was introduced to all these kind of herbs that aren't really local, so you have to find someone who carries them. You have to make sure they were a trustworthy source, and things



like that. But with this, you can just go to the—I made sure that everything that was in there was something that you could get from the grocery store because that was really important to me. I didn't want people to feel like it was inaccessible like, "I've got to find"—I don't want to—I don't want to say any particular one because it's like that's local for somebody, but there are certain ones that are not just local for everyone, and these are local for most people, so I really like the idea of that.

Rosalee de la Forêt:

It's a wonderful resource, Mylinda. I can hear you're just getting started.

Mylinda Ogundipe:

Thank you.

Rosalee de la Forêt:

I know there are folks out there who are probably wondering or they want to see your capstone projects, so what we're going to do is we're going to have links in the show notes for more information on how—how folks can check those out. So, thank you for sharing that with us.

Mylinda Ogundipe:

Perfect.

Rosalee de la Forêt:

I forgot to say this earlier too, but as always, we also have the beautifully illustrated recipe card available as well, so check out the show notes there too.

Alright, Mylinda. I'm curious. What would you say to someone who is feeling curious about Rooted Medicine Circle? Or maybe on the fence like, "Should I do it? Should I not do it?" What would you tell them? Please say convincing things that they should do it. Just kidding. No pressure. No pressure. You can say what you want to say. I'm not biased.



My linda Ogundipe:

My first question is, how can you be on the fence? You have Rosalee, you have Emily-like, fence? Karin, Emilie. Yeah, I think—I can't think of a single person who would not benefit from Rooted Medicine Circle, like I said, whether you're seasoned, whether you're new, whether you've been doing it for a while. There is so much information and so much material that there's something for everybody. I can't imagine that even if you've been doing this for a long time that there's not something that you would get from it that you didn't know before. And also, the idea that—what is that? I think it's the saying like if you ask a thousand different herbalists how to make something, you'll get a thousand different answers. Even if you already know how to make something, chances are, you probably aren't making it like this. It just gives you an additional—an additional approach to—to these kind of common herbal remedies.

Rosalee de la Forêt:

Thank you for that. Occasionally, Emily and I disagree on how to make something, so we even share our difference. Just like you said. That was [crosstalk]

My linda Ogundipe:

That was—that was always so nice to see you all like, “Okay, Emily does it like this, and Rosalee does it like this,” and then you can figure out where you fall. Maybe you do it more like Emily, maybe you do it more like Rosalee. It's nice to see how you can sometimes even blend those two together.

Rosalee de la Forêt:

We do. We do have a fun time showing this, like you said, the—the myriad of ways. You were—I've had you in a couple of classes. You've been a star student. You show up with curiosity. You were there so often. I got used to you being there. It was so lovely. There are some people who are watching this right now who are like, “I am actually in. I'm going to be in Rooted Medicine Circle this year.” So, as a star student, I'm wondering if you have any advice for somebody who is just starting Rooted Medicine Circle?



My linda Ogundipe:

Yes! I would say as much as possible, try to fully immerse yourself in the program. Like you said, I did the certificate path because I like—I don't—I don't necessarily like self-paced courses. I feel like had I not done the certificate path, it would have turned into a self-paced course, and I would have let life get in the way and I wouldn't have been able to finish in a timely—in the amount of time that I wanted to finish. I feel like if you're starting, as much as possible, attend live. The recordings are great. It's amazing that you have access to the recordings, but there's so much magic that happens when you're in the room and you're in the community, and you're able to ask questions and get your questions answered in real time, and you can follow-up like, "Okay, that's the answer, but now I have a little bit that actually, opens up another question that I have." That's really nice. That actually happens even if you're not in the live Q & As.

What I will say is that Emily is absolutely amazing doing the feedback. I would—I have this tendency for things to happen. Maybe I'll make a dandelion root tincture and it has a bunch of inulin in it, and it's like, I've never seen this before, and so I could send you all a picture. I can put it in with my module and Emily can respond, "Oh, no, that's fine. That looks fine." So, I'm like, "Okay. I feel better now." Or if I have questions about anything along the process, I can put it in my module and she would always give personalized, detailed feedback. She would also ask me clarifying questions if I had a question that maybe needed a little bit more of an in-depth answer. You—don't think that if you don't attend live that you won't get that personalized response and feedback. You will and, like I said, it's something magic about being just in the community with everyone.

Also, I would say to maybe take it slow. There's so much information. The thing that I really enjoyed when the class first opened up was the moon class. We never really—we—we talked about the moon all throughout, but we never really went into that, so I really loved that there was this—its own section where you just got to hear Rosalee telling about the moon. There's that. There are recipes. There's just—there's gardening, creating your own herbal garden. There's wildcrafting. There's just so much that's in the course, but outside of the actual



Rooted Medicine Circle modules and the things that you're—you're reading in the—the notebook and all of that. So, I would say be ready to return as much as you need to, just soak it all up and take your time soaking it up because it's there and it's—it's wonderful information.

Rosalee de la Forêt:

My linda, thank you so much! Emily and I just poured our heart into this, so it's just so lovely to hear what we've done is—is being—just to hear it reflected back, I guess. I—I love that you mentioned the feedback. Emily is so incredible what she does with the module reviews and everything, and you think that's one of the most valuable parts of Rooted Medicine Circle is it's not a Do It Yourself course. You actually do have to make the medicines yourself, but—but we're there with you every step of the way. We always want people to feel super supported and lifted up, so that the end result is confidence. That's what we're going for.

My linda Ogundipe:

Yeah, absolutely. I walked away feeling like you all wanted me to understand and succeed as an herbalist. I feel like anybody who takes the—the course would absolutely walk away with the same feeling because it's not one of those situations, like you said, where you're kind of just on your own. If you want to do the medicine making live during the demos with you all you can, and if you run into an issue you can ask questions in real time while you're doing it, while we're doing it. That's just—that's something that I had actually never seen before and I loved it.

Rosalee de la Forêt:

It's such a pleasure to have you there as I've said before. It's been lovely. To close up, My linda, you had shared some really interesting plantain stories and I am a big plantain fan. It's in the logo. It's in Herbs with Rosalee logo. It's plantain in there because this plant is a “wower.” I feel like—I mean, I've watched so many people whose trajectory of herbalism was shifted because of plantain, including my own. I would love it if you'd be willing to share those plantain stories with us that we can be wowed.



Mylanda Ogundipe:

Definitely. The first one was like a Lemony Snicket's Series of Unfortunate Events that led to my daughter having a thigh-full of splinters. We were somewhere on a wooden bench. This was the first time she's ever gotten a splinter. Obviously, she too was an overachiever because she got a bunch of them at one time. And so, we were in the car. I pulled as many as I could out in the car and then we got home. I got the splinters and pulled more out, but then there was just one area where she was just, "I feel like something is still in there." And where did my mind go? I'm like, "Plantain--it draws things out." I made a dried plantain infusion, essentially. It was still--so, this part I feel was important because the module came out on a Wednesday where we talked about compresses and fomentations, and things like that. It came out on a Wednesday. She got the splinters on a Thursday, so the very next day after it came out. I had already been reading about it, and so it was just such great timing. Great timing or bad timing, I don't know.

Rosalee de la Forêt:

Way to stay on the class materials, Mylanda. Like, right on it.

Mylanda Ogundipe:

I do. I was. Yes, so I made the infusion. I got cheesecloth. At first, I did a dried poultice where I put all the--the herbs in the cheesecloth, and just put it on there. After a while, I just create a compress and laid the--the soaked cheesecloth on her leg. The swelling went down pretty significantly, but then the next day, it was still going down but it was still red. Again, because she had sickle cell, we have to be very careful about infections and things like that because people with sickle cell have a compromised immune system. We decided, okay, it's still a little red, still a little raised, so we're going to take her to Urgent Care, and so we went to Urgent Care. The doctor said, "Okay, there's an infection brewing and you just have to let it run. You just have to let it become infected, and then you'll go see the dermatologist, and the dermatologist will take care of it after it's infected." To me, that's like I don't want to let it get infected.



That night we came back home and plantain compresses for days. For two days in a row, we did the plantain compresses. Two days in, the swelling had gone down. To me, there was no sign of infection. It was still a little raised, so we still kind of kept doing it. A week later, we got into a dermatologist because they did a rushed referral. By the time we got to see the dermatologist, the dermatologist said, “No, there’s no infection. There’s nothing in there. It’s fine. She’s good.” We’re like, “Yes, plantain!” I became “mama witch” after that, like, “Where’s your witch juice? Put it on there.”

Two weeks later, the other story—two weeks later, again, my overachieving child got a cut or something on her finger. I assumed it was just a paper cut or something like that, but days later, it was swollen. It had a little yellow under the surface, kind of the way that the Urgent Care doctor had described what a full-blown infection would look like. It was kind of what looked like was developing here. Again, we were like, “Okay, if it continues to look bad, we will—we’ll take her to Urgent Care again, but first, plantain.” This time, we made a plantain soak. Just had a little container, made an infusion, and just had her put her finger in it. I think—I’m going to say the next day, the swelling had gone down—because it was pretty pronounced swelling—the next day, the swelling had gone down and two days later, it popped and it was just gone, like—like it had never existed. After that, it was like, “Plantain for everything!”

Rosalee de la Forêt:

You know, one thing that I loved about when I read these stories too, Mylinda, is that you’re using dried plantain, which there was a time in my herbal path that I would have been like, “Oh, you can’t use dried plantain.” But I have since learned that is not the case, but I loved reading that about this because it’s—plantain is so readily available to most people fresh for a portion of the year, at least, but dried, to have that on hand and have this powerful medicine that can prevent infections, treat infections, prevents—just amazing. I love plantain.

Mylinda Ogundipe:

It absolutely is, and to your point, I think a big thing about herbalism to me is not only trusting yourself with the plants, but trusting the plants themselves. And so, I think everyone is going



to have a different experience, especially with live plants. When I started with Rooted Medicine Circle, I got a series of plants and one of them was nettles. I was a little afraid of nettles because everyone's like, "You going to get stung. You have to wear gloves. You have to be very careful. It's just going to sting you." The funny thing was I don't really like gardening with gloves, so I never really wore gloves. The funny thing was I would work with nettle and if I was very gentle and, "I'm just going to prune this one. I would get stung every single time, but if I just went it there and went for it, I never got stung. I feel like that was nettles telling me, "Be assertive. Go for it!" I don't tend to be a very assertive person. It's interesting to have the plants speak to you and help bring things out of you that you didn't really think about. I think {crosstalk]

Rosalee de la Forêt:

That's so beautiful. That's why I love being an herbalist too. No shade on the functional medicine folks, whatever. They have a lot to offer as well. When they talk about herbs, they're like—not that I don't talk about studies too, but they'll say, "Ethanol extract of nettles has been shown to reduce A1C levels in diabetic patients." That's the discussion they're having. I love that this is the discussion we're having. Nettle teaches you to be assertive. That's the lesson that I need! That's what comes out of relationship with the plants. They aren't just something that we're using. They're something that we're forming a relationship with. Your stories just beautifully illustrate that.

My linda Ogundipe:

Thank you. Rooted Medicine Circle, just to circle back to that one more time--Rooted Medicine Circle really teaches you how to develop a relationship with the plants. We didn't get to talk about it, but that idea of sit spots where you can just sit during each module and observe different plants and the plants in that environment, or even the—just the life in that environment whether it's bugs or whatever. I think Rooted Medicine Circle does a great job of teaching you how to form relationships with the plant and the earth, in general.



Rosalee de la Forêt:

It's just been such a pleasure to have you in class. It's been such a pleasure to have you on the podcast. Thanks again so much for staying in class and for sharing these fabulous recipes now and your stories about plantain. Just everything has been so lovely, Mylinda. Thank you so much.

Mylinda Ogundipe:

Absolutely, yes. Thank you so much for having me. Just like with Rooted Medicine Circle, my only thing is I wish it was longer. I wish this conversation was longer and I wish Rooted Medicine Circle was longer, but I understand that you can't just do Rooted Medicine Circle forever, just one long, continuous. The next best thing is, again, access to the recordings. I just thank you so much for inviting me on to talk about it. I feel like it was really—it really changes the way that you view herbs and the earth and the relationships that you build. I'm just so grateful and so thankful for having been a part of it, and being able to be under the—the tutelage of you and Emily, and being supported by Karin and Emilie. It's just a great community. Everybody should join.

Rosalee de la Forêt:

Thank you so much, Mylinda. It's been an absolute pleasure.

Mylinda Ogundipe:

Thank you. Thank you. Thank you.

Rosalee de la Forêt:

Thanks so much for listening. You can download your illustrated recipe card from today's episode, just head over to herbswithrosaleepodcast.com or check out the show notes for a link. And 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.



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This podcast is made possible in part by our awesome students. This week's Student Spotlight is on Sanjaya Singleton in Mississippi. Sanjaya joined Rooted Medicine Circle in 2025 and brought deep care and intention to both the medicine making and naturalist practices. Over the years, she shared how her relationship with plants transformed. She went from believing she did not have a green thumb, to wanting to be surrounded by green life everywhere. Her capstone project, *Where Green Still Grows*, beautifully explored the surprising harmony between wild nature and an urban golf course, really showing how Rooted Medicine Circle opened her eyes to the beauty that was already around her.

To honor her contributions, Mountain Rose Herbs is sending Sanjaya a \$50 gift certificate to stock up on their incredible selection of organically and sustainably sourced herbal supplies. Thank you so much to Mountain Rose Herbs for supporting our amazing students.

And if you'd like to study with me and live out your dreams of being an herbalist, you can check out my foundational courses at herbswithrosaleepodcast.com.

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

You'll often hear that turmeric has to be taken with black pepper, and pairing turmeric with black pepper or other pungent herbs like ginger can be absolutely a wonderful choice, but this strict advice mostly comes from research on isolated curcumin, especially, thinking about curcumin combined with another extract made from black pepper. Curcumin supplements have their place. I'm not opposed to them, but they're not the same thing as working with whole turmeric. Whole turmeric behaves differently. When you use the whole root, the rhizome, particularly as food, it's already bioavailable in ways that isolated curcuminoid extracts simply aren't. Traditional cultures didn't pair turmeric with fats and warming spices because turmeric was ineffective on its own, but because those combinations support digestion, enjoyment and long-term sustainable use. It's a great reminder that whole plants



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offer a level of complexity and balance that isolated constituents simply can't replicate, and that different forms of a plant can serve different purposes.

Thanks for joining me in this episode. I'll see you next time.