

**32nd Annual  
Columbines School of Botanical Studies  
2016 Course Descriptions**



PO Box 50532  
Eugene Oregon 97405  
[www.botanicalstudies.net](http://www.botanicalstudies.net)  
541-687-7114

## Course of Study

**The Columbines School of Botanical Studies** offers a unique educational program ranging from entry level lectures in community herbalism to a three year program including botany, ecology, wildcrafting, plant pharmacy, physiology, pathophysiology, and clinical herbalism. Operating for over three decades, we specialize in field programs where the majority of the classes are outside with the plants for a truly 'hands on' experience.



Students may follow two tracks through three years of study: the Apprenticeship Track or the Lecture-Only Track. During the full Apprenticeship, students enjoy both hands on fieldwork and traditional lectures. Students experientially learn field botany, ecology, and wildcrafting techniques while defining your relationship with nature. The lecture component provides the inside classroom environment required for note taking and lecture-based learning.

Columbines School awards a Certificate of Completion for each year of the Apprenticeships or Lecture-Only programs.



## Course List

### Apprenticeship Track

#### 1<sup>st</sup> Year Apprenticeship Program

*Upon completion of the Apprenticeship, you will be able to identify, locate, harvest, process, and use unfamiliar plants outside of the class setting. These skills will apply throughout the world beyond the Pacific Northwest.*

##### Spring Term (April-June):

10 field trips, 1 overnight field trip, and 23 lectures (2-3 lectures/ week: 1/week discussing field trips and practicing plant identification; 1/week covers Herbal Concepts and Northwest Materia Medica; 1/month Herbal Preparations Lab)

Pre-requisites: none

Instructors: Brounstein, Yeager, Brae.

\$3150 includes a \$400 non-refundable deposit. Prepayment discounts available.

##### Summer Term (July-September):

4 overnight field trips and 8 lectures.

Pre-requisites: Successful completion of 1<sup>st</sup> Year Apprenticeship Spring Term.

Instructors: Brounstein, Yeager, Brae.

\$1800 includes a \$300 non-refundable deposit. Prepayment discounts available.



#### 2<sup>nd</sup> Year Apprenticeship Program

*Students learn how to familiarize themselves with new ecosystems by exploring many ecosystems throughout Oregon. Outings are roughly 1/3 botany, 1/3 ecology, and 1/3 wildcrafting and preparing medicinals.*



##### Second Year (April to November):

8 field trips, 1 overnight field trip, 1 three day field trip, and 18 lectures.

Pre-requisites: Successful completion of the 1<sup>st</sup> Year Apprenticeship.

Instructors: Brounstein, Yeager.

\$2160 includes a \$300 non-refundable deposit.

## 3rd Year Apprenticeship Program

### Wild Food Tending (April to September):

*Students locate, identify, harvest, tend, and prepare wild foods. We will explore multiple regions in Oregon and the traditional foods that come from those landscapes and cultures. We will expand our definition of wildcrafting to consider what role we may play in actively tending plant communities.*

2 day-long field trips, 4 overnight field trips, and 1 three-day field trip.

Pre-requisites: Completion of the Second Year Apprenticeship Program.

Instructor: Brae.

\$1810 includes a \$350 non-refundable deposit and a refundable lab fee of \$300. Prepayment discounts available.

### Clinic Roundtables

*Lectures for clinical interns and those on the Clinical Internship wait list. Interns and practitioners discuss important clinic cases.*

Pre-requisites: 2<sup>nd</sup> Year Apprenticeship or 2<sup>nd</sup> Year Lecture-Only Program. Instructor approval.

Instructor: Brounstein.

\$15/hour



## Lecture-Only Track

### 1<sup>st</sup> Year Lecture-Only Program

#### Herbal Concepts and Northwest Materia Medica

*Teaches fundamental principles of herbalism using a selection of Northwest medicinal plants. Herbal preparations and medicine making labs are included throughout the year.*

### 1<sup>st</sup> Year Spring Term (April-June):

13 lectures (32.5 hours):

Pre-requisites: none

Instructors: Brounstein, Staff.

\$390 includes a \$50 non-refundable deposit.

### 1<sup>st</sup> Year Summer Term (July to September):

8 lectures (24 hours).

Pre-requisites: Successful completion of Spring Term Lecture-Only Program or Spring Term 1<sup>st</sup> Year Apprenticeship

Instructors: Brounstein, Staff.

\$290 includes a \$50 non-refundable deposit.

## **2<sup>nd</sup> Year Lecture-Only Program**

*Topics may include local materia medica, handling and using drop dosage herbs safely, clinical intake, case history review, and clinical assessment techniques. This class is designed to help the student of herbalism understand chronic illness in a clinical setting.*

## **2<sup>nd</sup> Year Lecture (April-November)**

18 lectures (54 hours)

Pre-requisites: Successful completion of 1<sup>st</sup> Year Apprenticeship, 1<sup>st</sup> Year Lecture-Only Program, or one year of herbal study from another institution (if approved by instructor)

Instructor: Brounstein.

\$675 includes a \$50 non-refundable deposit.

## **3<sup>rd</sup> Year Program**

### **Clinical Internship**

*Interns sit in with an herbalist and client in the clinic, assuming increasing responsibility as their skills increase.*

Pre-requisites: 2<sup>nd</sup> Year Apprenticeship or 2<sup>nd</sup> Year Lecture-Only Program. Instructor approval.

Hours may be used as clinical experience for the American Herbalist Guild Professional Membership.

Instructor: Brounstein.

### **Clinic Roundtables**

*Lectures for clinical interns and those on the Clinical Internship wait list. Interns and practitioners discuss important clinic cases.*

Pre-requisites: 2<sup>nd</sup> Year Apprenticeship or 2<sup>nd</sup> Year Lecture-Only Program. Instructor approval.

Instructor: Brounstein.

\$15/hour





## Electives

**Available after completing 1 Year of Columbine School**

**\*Available to students on the Lecture-Only Track**

### **Fall Field Elective (September):**

*Continuing botanical skills and fall harvesting techniques for those students who wish to continue weekly field trips after the Summer Term of the first year Apprenticeship Field Program has ended.*

1-3 field trips as weather permits.

Pre-requisites: Completion of 1<sup>st</sup> Year Apprenticeship.

Instructors: Yeager, Brae.

Price TBA.

### **\*Physiology for the Herbalist (September-November):**

*Covers basic physiology concepts including membrane physiology, the nervous system, and the digestive system. Required text: The Physiology Coloring Book by Kapit, Macey, and Meisami.*

18 lectures (36 hours).

Pre-requisites: Completion of 1<sup>st</sup> Year Apprenticeship, 1<sup>st</sup> Year Lecture-Only Program, or comparable experience (as approved by instructor)

Instructor: Brounstein. \$450 includes a \$50 non-refundable deposit.

### **Springtime in the Sonoran Desert (March):**

*Students discover Sonoran Desert ecosystems of Southern Arizona and Northern Sonora, Mexico, camp on the beach along the Sea of Cortez, and wander through old growth cactus “forests” with free time for personal exploration.*



1 week field trip consisting of 5 teaching days in Arizona and Mexico.

Pre-requisites: Completion of 1<sup>st</sup> year Apprenticeship.

Instructors: Brounstein, Brae.

We accept only eight students, so timely enrollment is encouraged.

\$850 includes a \$400 non-refundable deposit.

Prepayment discounts available.

### **Southern California Botanical Adventure (March):**

*Tour southern California ecosystems from coastal chaparral lands to hillsides of Shooting Stars, to the Sonoran desert.*

1 week field trip consisting of 5 teaching days.

Pre-requisites: Completion of 1<sup>st</sup> year Apprenticeship.

Instructors: Brounstein, Brae.

\$850 includes a \$400 non-refundable deposit. Prepayment discounts available.

## Chasing Spring (March):

*Combining Springtime in the Sonoran Desert and the Southern California Botanical Adventure, we begin with the blooming flowers along the Sea of Cortez on mainland Mexico and follow Spring north over a two week stretch into Southern California.*



2 week field trip consisting of 10 teaching days.

Pre-requisites: Completion of 1st year Apprenticeship.

Instructors: Brounstein, Brae.

\$1700 includes an \$800 non-refundable deposit. Prepayment discounts available.

## Available during or after 2<sup>nd</sup> Year of Columbine School

### \*Physical Assessment Skills (November):

*Lab class teaches physical assessment skills for clinical herbalists including legalities, ethics, vital signs, deep tendon reflexes, neurological screening, HEENT (head, ears, eyes, nose and throat). This is not a class in diagnostics, but rather one of "red flag" assessment.*

6 lectures (18 hours).

Pre-requisites: Enrollment in or completion of 2<sup>nd</sup> Year Apprenticeship, Second Year Lecture-Only Program, or comparable experience (as approved by instructor).

Instructor: Brounstein.

\$360 includes a \$50 non-refundable deposit.





## 32<sup>nd</sup> Annual 2016 First Year Apprenticeship Field Program

### Northwest Herbs, Global Concepts

First Year Apprentices study approximately 20 plants in depth. These herbs serve as an accessible medicine chest and a basis for further learning. By locating, harvesting, and processing these roots, barks, leaves, flowers, and seeds students learn a wide variety of techniques and ecosystems. This program covers hundreds of medicinal, edible, and poisonous plants that we don't harvest. Apprentices gain the knowledge to identify, wildcraft and use these plants safely, although they are not studied in depth.



Upon completion of the Apprenticeship, students are able to identify, locate, harvest, process, and use unfamiliar plants outside of the class setting. These skills will apply throughout the world beyond the Pacific Northwest.

### Topics Covered

- 🌸 Botanical Terminology
- 🌸 Plant Identification through Keys: Practice is the only way to master this skill.
- 🌸 Plant Identification through Field Characteristics: Certain plants are identifiable without a key by their unique markings.
- 🌸 Family Identification: We will cover the major plant families of the Northwest. This is a very useful plant identifying skill.
- 🌸 Plant Pressing: This will be an optional activity.
- 🌸 Ecosystem Identification
- 🌸 Locating Stands of Herbs: Our program is unique in that we focus heavily on teaching the skill of finding your own populations.
- 🌸 Tending and Propagating Stands of Herbs
- 🌸 Wildcrafting: We will explore values and techniques for different types of harvesting.
- 🌸 Herb Quality
- 🌸 Transporting Fresh Herbs



- 🌸 **Cleaning and Processing Herbs:** This is an essential part of plant harvesting. We will use all the plants collected by the class. Apprentices will keep a complete selection of herbs.
- 🌸 **Food and Spice Plants:** We will have the opportunity to sample many wild foods.
- 🌸 **Poisonous Plants:** For safety, we will learn to identify plants that are poisonous or of unknown edibility that may be mistaken for useful plants.
- 🌸 **Herbal Preparations:** We will discuss poultices, teas, tinctures, oils, salves, facial astringents, lozenges, and more. We will make many herbal preparations in the field with fresh herbs. Apprentices keep a complete selection.
- 🌸 **Forest Ecology**
- 🌸 **Threatened, Endangered, Rare, Sensitive, "To Watch" and "At Risk" Plants and Ecosystems**



### **You Must Want To**

- 🌸 **Commit yourself to work hard.** You cannot break field trip appointments, and must reasonably plan to finish the Apprenticeship.
- 🌸 **Learn plant identification** through keys and field characteristics.
- 🌸 **Learn our wildcrafting methods,** including a high regard for the local ecosystems and the continuation of the stand. This includes gathering nothing but garbage during field trips without permission.
- 🌸 **Locate your own personal stands** of medicinal and food plants.

### **What to Expect**

Field trips focus on identifying, locating, and tending stands of herbs. We will harvest and process some medicinal herbs and stop along the way to enjoy food and spice plants.

We will leave Eugene between 8:00 and 8:30 AM. We will return at dark (approximately 7 PM). Do not make appointments for after the field trips, as you may wish to remain in the woods longer for hot springs, swimming, changing flat tires, and other unforeseen exciting experiences. Pack a good lunch and an extra meal. Once the class starts, there may not be bathroom facilities. Bad weather will not stop us from taking these trips.

Class sizes are small with generally six apprentices per field trip. With two teachers on each trip, we can provide individual attention. We teach through the oral tradition of repetition. Class participation is required.

We encourage and arrange carpooling. Drivers will receive a per trip maintenance reimbursement from the school for wear and tear on their vehicles. The gas expense is shared with the passengers in the car.

There will be one weekend and one weekday group per week, each identical in material. Apprentices will be able to schedule one of these days even with a weekend job or Monday to Friday, 9 to 5 employment. The lecture schedule will be arranged around the fieldwork.

If you miss three field trips in the Spring Term, you cannot continue as an apprentice. One cancellation without notice (no-show) on a field trip is grounds for expulsion. Please turn off cell phones and recording devices. Do not bring dogs, llamas, friends, or a rushed attitude on field trips.



This Apprenticeship requires commitment and many hours of driving. It is exciting and rewarding in many ways, however, it is also hard work, and is not for everyone.

Overnight Trips are similar to one day trips but with a closer feeling for the earth. We will go to remote and powerful places. We will use the botanical and ecological skills learned in the Spring Term to locate and harvest medicinal and food plants. We generally car camp.

### **What Equipment Will You Need?**

- ⊗ *Flora of the Pacific Northwest* by Hitchcock and Cronquist, University of Washington Press. This is sometimes available used. Please obtain this book early, as it becomes nearly impossible to find in March and will require special ordering.
- ⊗ *Medicinal Plants of the Mountain West* by Michael Moore, Museum of New Mexico Press. We will use the new 2003 revised edition.
- ⊗ Tuition includes a copy of the *Class Workbook*, handouts, and notes for the Apprenticeship. We will also provide a complete botanical identification kit, consisting of a hand-lens (loupe) or magnifying lens, a sharp razor knife, a dissecting tool, a metric ruler, and more.
- ⊗ Daypack
- ⊗ You will need a cutting board, pruning shears (clippers), sharp knife, vegetable brush, and other harvesting and processing supplies during this term.

- ☼ Foul weather gear: This is exceptionally important and includes a raincoat, rain pants, rain hat, change of shoes, and waterproof boots for walking in mud and standing in 6" of water.
- ☼ Camping gear: We will be car camping, so bring all the camping gear necessary for your comfort.

### **Extra Expenses**

- ☼ You will be making a variety of herbal preparations, so be prepared to buy gallons of alcohol, a gallon and a half of olive oil, and a few cases of wide mouth mason jars (1/2 pints, pints, and perhaps a few quarts).
- ☼ Carpooling expenses

### **Upon Completion of the Apprenticeship**



Apprentices come from diverse backgrounds and take this course for a variety of reasons. They are health professionals, botanists, students, herbalists, survivalists, and folks who know nothing about plants or nature but want to. What you take with you from this Apprenticeship depends on what you're looking for and what you put into it.

We will award a Certificate of Completion to those students who have successfully attended 80% of field classes and lectures during both the Spring and Summer Terms. You will NOT be able to use this to start practicing naturopathy or diagnosing and prescribing. This is not a skill easily obtained in a few months' study.

This Apprenticeship has been used for biology or botany credits in State Universities and High Schools. Arrangements need to be made by you with your school. Some apprentices have secured botanical jobs from the US Forest Service and other public and private agencies. College requirements are often waived in entry level positions in lieu of the experience of the Apprenticeship. Anyone seeking to become a naturopathic health practitioner needs to know where plant medicines come from (not the health food store) and develop personal associations with the plants they prescribe. Most naturopathic schools lack wildcrafting courses. This Apprenticeship is an ideal first year introduction to herbal medicine.

Not everyone will become clinical herbalists, naturopaths, botanists, or disappear into the forests to live on wild foods. Most continue to harvest and make yearly batches of extracts for themselves and their families. Everyone will, however, define his or her relationship with nature in a way that will last a lifetime.



## Instructors and Staff

**Howie Brounstein** has taught botany, herbalism, and wildcrafting extensively for decades, including at such herbal establishments as the Southwest School of Botanical Medicine. He is the co-owner and a primary instructor of the Columbines School of Botanical Studies and has a busy clinical practice in Eugene, Oregon. He is well known for his brilliant in depth teaching style and his passionate love of plants.

**Steven Yeager** has been studying our local flora and ecology since 1995, both wildcrafting and preparing herbal preparations for himself and the community. He enjoys botanizing and exploring Oregon's wild places. He was the manager of the Columbines and Wizardry herbal business and has been a teacher in the Apprenticeship Program since 1997. He is laboratory and quality control manager at Mountain Rose Herbs. In 2011 Steven became an elected trustee of the American Herbal Products Association (AHPA) and is currently participating with many of the AHPA's committees.

**Heron Brae** is a northwest-born botanist, herbalist, rewilder, and wildcrafter. Since 1997 she has studied plants through the Wilderness Awareness School, Columbines School of Botanical Studies, Colette Gardiner, and Evergreen State College, where she earned a BS in botany and ecology. She lives in the woods near Ashland, Oregon, and spends her time working towards interdependent ways of living with wild plants through restoration forestry, crafty harvesting projects, community building, and independent ethnobotanical research. She guest teaches regionally in various venues, specializing in wild foods tending and rewilding culture.

**Mel Kasting** is the administrator and a graduate of the Columbines School of Botanical Studies. In addition to Columbines, she has taken online classes through the North American Institute of Medical Herbalism and has interned with Howie Brounstein and other herbalists in the Eugene area. She spends her off hours seeing clients, wildcrafting, and medicine making for her business, Artemis Herbs.



## How to Apply

Lectures require a deposit to reserve enrollment. We require an interview only when applying to the First Year Apprenticeship Program. Interviews start in September for the Spring Term of the following year. The Field Apprenticeship will fill very quickly, as there are only 18 spaces available. Interviews last about three hours. It is important that prospective apprentices understand what the Apprenticeship involves.

Interviews are required for the Spring Apprenticeship field work only. You do not need an interview for a lecture series like Herbal Concepts, Physiology for the Herbalist, etc. Interviews will be conducted in person and last two to three hours. We will cover our course description and teaching methods in depth. This time allows you to interview us and become familiar with our teaching styles. Interview scheduling begins in September, 2015. We process applications on a first come first serve basis, so you may not receive a call to schedule an interview until later in the fall. If accepted, a \$400.00 non-refundable deposit will be required to hold your place in the 2016 Spring Program.



To arrange an interview, register for a lecture series, or for more information regarding specific classes, call us in Oregon at 541-687-7114. Email [info@botanicalstudies.net](mailto:info@botanicalstudies.net). Columbines School of Botanical Studies at PO Box 50532, Eugene, OR, 97405. Visit the Web Page at <http://www.botanicalstudies.net>.

### Financing

We do not give grants, scholarships, or loans. Payment plans are available on a case-by-case basis. All money paid is non-refundable. If you are unable to participate, all money except the deposit will be applied as credit for future classes.

Columbines School of Botanical Studies  
PO Box 50532  
Eugene, OR, 97405.

Visit the Web Page at <http://www.botanicalstudies.net>

