

HERBAL SAFARI[©]

AT BULL BROOK KEEP

WHAT TO EXPECT
THROUGH THE SEASONS



SYLVIA BURGOS TOFTNESS

WELCOME

I look forward to walking Bull Brook Keep with you – spotting useful plants, enjoying the fresh air, and gathering samples. During our Herbal Safari © we'll meet helpful herbs, shrubs and trees, share observations, insights and questions, and we'll consider how to learn going forward.

I hope to see you soon!

Sylvia Burgos Toftness, fellow explorer

The intent of Herbal Safaris is to offer information of a general nature to help you in your quest. Herbal Safari guided walks, conversations and written materials, shared at the farm or electronically, are intended as information resources. They are meant to introduce you to helpful plants in their natural setting. No written or verbal materials are meant to be prescriptions or substitutions for professional medical care or treatment. They should not be used to treat a serious ailment without prior consultation with a qualified health care professional.



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WHERE TO START

Herbalism may be new to you. Maybe you forage or wildcraft. Perhaps you're a couple of years into this journey and are feeling a bit overwhelmed.

Regardless of your level of experience, an Herbal Safari provides a time of enjoyable learning and sharing.

These adventures are about investigating helpful plants in their natural settings: pastures, shady woods, and soggy bogs.

These walks are also about what to harvest when: barks and buds in early spring, flowers as weather warms, leaves and fruit in summer, roots in fall.

While there are dozens and dozens of wild and cultivated plant species across the farm - and in your yard - don't worry. We'll focus on a few at a time.

"Weed" is not a category of nature but a human construct, a defect of our perception."

Michael Pollan, *Second Nature: A Gardener's Education*





LET'S TALK

Exploring the helpful plants around us is exciting, challenging, eye-opening, and often frustrating.

So many plants! Are they all safe? Are they OK for children?

When's the best time to gather herbs?

Can you substitute them for conventional remedies?

Does it take lots of time and memorization?

Good questions. Now, take a deep breath. You can start from where you are.

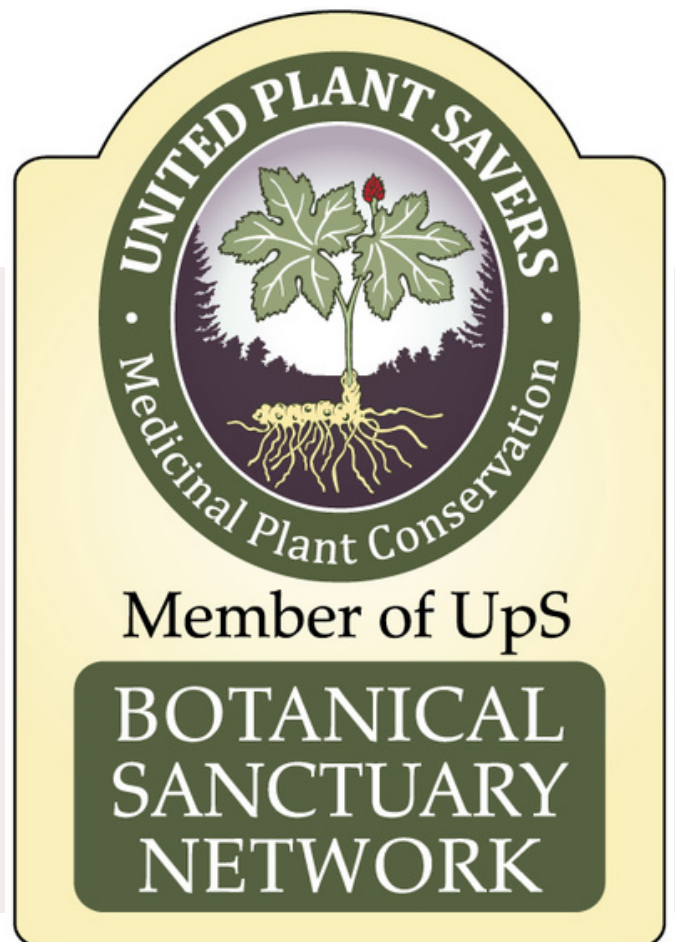
AN HERBAL SAFARI IS...

- A 3-hour tour of the herbs, shrubs and trees in season
- A chance to relax and enjoy plants up close & personal
- An introduction to seeing the wealth around us
- An opportunity for adult* herbalsits to meet and share

We'll consider...

- Holistic herbalism
- Herbal & conventional remedies
- Which herbs are right for you, and when
- Ways to study
- Responsible wildcrafting (harvesting wild plants)

Bull Brook Keep is a member of the United Plant Savers' Botanical Sanctuary Network



RELAX

- Start from where you are
- We'll see lots of species, but focus on those that may matter most
- We'll keep a special eye on those plants you'll likely find in your own backyard
- We'll share experiences and insights
- We'll consider ways to make this life-long pursuit manageable

*So much to learn.
So much time to
learn it.*

Every Herbalism Student





BOOK YOUR SAFARI

The landscape changes in color, texture, density and diversity throughout the year.

For example, early spring is the best time to harvest barks: willow, alder and prickly ash and aspen. St. John's Wort shows its bright yellow flowers in mid-June. And hawthorn fruit (they look like cranberries) are ready in late summer, as is yarrow. Late fall's the time to dig up roots. Choose two or more Safaris to experience the variety.



Scan or bit.ly/3Oilfub to learn more and to book your Herbal Safari

The barks of trees are best gathered in the spring, if it be of great trees, as oaks or the like, because they come easiest off, and so you may dry them if you please, but indeed your best way is to gather all barks only for present use.

Nicholas Culpepper, 1616-1654

YOUR CHECKLIST

What to Wear

Please wear clothes that suit the weather, ground conditions, and amount of time we'll be outdoors.

- Long-sleeved shirt
- Long pants
- Hat
- Sturdy, closed-toed shoes/boots (depending on weather)
- Insect repellent

What to Bring

Consider using a small shoulder or backpack, or a fanny pack. Don't weigh yourself down.

- Water bottle
- Magnifying glass
- Garden gloves
- Camera or smartphone
- Notebook and pen

We will

- Spend about 2.5+ hours walking, examining plants, trees and shrubs, and taking samples.
- Share a demo outdoors or indoors.
- Wrap up with a chat over a beverage and fresh muffins.

Handwashing and toilet facilities will be available

ABOUT

Hi. I'm Sylvia Burgos Toftness:
farmer, herbalism student, radio
host/producer, and teacher.

It's been a winding journey. Born in
the Bronx, I transplanted to the shores of
Lake Superior as a news reporter at KDAL
TV/Radio, Duluth, MN.

After that stint, I spent 35+ years in
public relations for corporations, nonprofits,
and for organic farming organizations. I also
taught at the U of MN-Duluth, and Wheeling
College, West Virginia.

Fourteen years ago, my husband Dave
and I began breeding, grazing and direct-
marketing grass-fed-grass-finished beef. It
was while moving cattle every day that I
noticed the plant diversity in the pastures,
shady fence lines, and boggy stream banks.
Mind blowing!

(I was first introduced to plants
decades earlier, while shadowing my
grandmother in her small New York garden.)

Fast forward to today, and I've been
wildcrafting in every season, and studying
formally for several years. Dozens of
homemade tinctures and oils line the root
cellar. I have a growing library of books, and
love podcasts by credible herbalists.

Perhaps, like you, I often wonder if I'll
ever get a real handle on this huge topic.

Fortunately, many of our wise teachers
counsel us to take a breath, slow down, and
learn by meeting plants in their element.

And that's what an Herbal Safari is all
about.



Sylvia and Dave have six grown children, and
three herb-gathering grandchildren.
In 2022, the Center for Rural affairs awarded her
an Environmental Leadership Award. She serves
on the board of the Wisconsin Agricultural
Tourism Assoc., and has served on the boards of
Midwest Organic & Sustainable Education
Services, and the Farm Table Foundation.

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*Sylvia is a member of North Country
Herbalist Guild, the American Botanical
Council, the American Herbalist Guild, and
Herbalists Without Borders.*





*SAFARI FOR CHILDREN

Herbal Safaris are designed for adult and teen explorers. That said, we know one of the most powerful things we can do is introduce our youngsters to the power and wonders of nature.

Consider a **Safari Field Trip** for youngsters 5-years old and older. Every two children must have an adult to supervise.

If you have a homeschool or friends' group interested in bringing school age children for an herbal field trip, just **give a call, 651-238-8525.**

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