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# DOMINION HERBAL COLLEGE

North America's Oldest School of Herbal Medicine

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Accredited by the Private Career Training Institutions Agency (PCTIA)



Institution #283

## FIELD EXPERIENCE

### 35 HOURS

Instructor Netta Zeberoff, MH, RHT will introduce herbs and seeds for a garden and take students on hikes through the beautiful Kootenay valley of British Columbia, Canada with its pristine forests, marshes, rivers, lakes and creeks over a 5-day period.

Students will actively participate in wildcrafting, herb identification, gardening herbs, permaculture, foraging, preserving and cooking. Students will spend time learning herbal medicine making; preparing the dispensary, bottles and labels; making herbal preparations, tinctures, salves and capsules. Students will learn ecologically sustainable and practical ways of gathering and making herbal medicine.

**Admission Requirements:** Dominion Herbal College Chartered Herbalist Diploma Program

**DHC Certificate:** Dominion Herbal College will issue a certificate upon completion of the Field Experience.

**Dates:** August 12 – 16, 2013

**Hours:** 9:30am – 4:30pm

**Location:** 1853 Pass Creek Road  
Castlegar, BC V1N 4S6  
Canada

**Instructor:** Netta Zeberoff, MH, RHT was born in Nelson, BC, Canada to a traditional Doukhobor healing family. Netta graduated from Dominion Herbal College in 1980 and is honored to have been a protégé and an apprentice of Ella Birzneck, RMT, MH, EP. An accomplished Herbalist, Netta has been teaching, guiding nature walks and lecturing for three decades.

Cell: 250-365-1511

Email: [florettenetta@gmail.com](mailto:florettenetta@gmail.com)

**Field Experience Information:** Students will be provided with handouts and paper and are expected to keep a daily journal. Students are required to participate in clean up after the completion of all projects. Students should bring clothing in preparation for sunny, rainy and chilly weather. Students must bring working clothes in addition to their wardrobe. Good working, walking shoes will keep your feet comfortable on our wildcrafting hikes. Students with special dietary needs should bring what they need, however Castlegar does have a lovely health food store should students need to purchase any items. Students staying at a campsite must bring their tent, sleeping bag and other camping supplies.

**Accommodations:** There are bed & breakfast, hotel and motel accommodations within a 20-minute drive from the location. There are also modern campsites within a 20-minute drive from the location.

For more information contact Netta.

**Message From the Instructor:** *Mother Earth truly has given us an abundance of herbs. We shall explore plants such as the lemon balm, spearmint, peppermint, pipsissewa, arnica, native wild ginger, strawberries, raspberries, stinging nettles, catnip, comfrey, plantain, Oregon grape and more. We shall discuss their lore and uses and seasonally harvest or forage for our light lunch. We shall use these and various herbs in the making of various herbal concoctions.*

*There will be samples of the products we make and harvest to take with you. You can make more new products to share with family and friends when you get home. These homemade items can be great gifts.*

*It is a pleasure to be able to share some of the treasures of the knowledge that my teachers and ancestors have passed on through the generations. With mutual respect we welcome you to a place where one can find serenity in the tall wooded forests, laughter in the streams and healing in one's heart all in the process of learning the art and lore of Herbal Medicine and Permaculture.*

*Sincerely with Peace, Good Health, Love, Light, Joy and Happiness – Netta*

### **Field Experience Outline:**

**Actions and Folklore of Herbs** - The teachings of our ancestors and the role that herbal substances play in the human body. During daily herb identification walks we shall discuss the folklore of herbs and take in the advice of our forefathers.

**Capsules and Pills** - This is one of the most convenient ways to take herbs internally if you are traveling. We shall experiment with herbs and explore the art of making pills and capsules.

**Compresses and Poultices** - Simple ways of applying herbs for injuries.

**Cooking** - A vital integration of permaculture. We shall make healthy lunches using domestic and wildcrafted herbs and vegetables.

**Decoctions** - A more vigorous extraction for roots and barks.

**Dispensary** - Learn how to set up for your own dispensary. Learn how to store and label products.

**Foraging** - We will look for wild edibles and harvest with respect to our Mother Earth.

**Gardening** - Being self-sufficient is a lot of hard work. Permaculture is truly at its best when the household is able to produce everything for itself. This includes having enough milk, eggs and produce for consumption and enough compost/manure for organic gardening to nurture the population in one's community. This is usually a lot easier when there is a group of dedicated people working together. Actual hands-on work in the herbal gardens is required for procuring one's DHC certificate. This includes seeding, cultivating, weeding, preparing the ground for new herbs, planting, transplanting, thinning, fertilizing and pruning herbs. Garden work depends on the time of year. We shall review plans on planting a herbal garden.

**Healing Ointments and Salves** - We shall make a first aid salve utilizing the different herbs that Mother Earth has to offer.

**Infusions** - We shall make several different kinds of infusions. Students will get a chance to sample the different kinds of teas that one can make from our bountiful Mother Earth. We have a pot of tea ongoing, be it made from the heat of the sun or from the heat of the water in the kettle, we shall partake of daily herbal infusions.

**Lozenges** - These are simple and economical to make. They are ideal for remedies to help the mouth, throat and upper respiratory tract. We shall combine our garden herbs, tinctures and decoctions in the experimentation episode of our lozenge making.

**Oils** - The active plant ingredients can be extracted or infused in an oil medium. The oil can then be used for massage oils, creams and ointments. There are many herbs available for fresh extractions.

**Potassium Broth** - The ingredients are readily available in one's kitchen and is easy to make and invigorating to drink.

**Steam Inhalants** - An ideal way to deal with conditions such as coughs, asthma and bronchial conditions.

**Suppositories and Pessaries** - These are designed to enable the insertion of remedies into the body using different kinds of herbs for various conditions.

**Syrup** - Onion syrup is one of the easiest cough syrups to make, but we shall also explore other herbs and syrups.

**Tinctures** - This is a wonderful way of preserving the vital elements. Some herbs need more than water to extract their vital elements.

**Water-based Creams** - A very nice way of making face creams and lotions. There is such an abundance of cosmetic herbs right at our fingertips.

**Wildcrafting** - Living so close to nature with acres and acres of forests, meadows, valleys and hillsides makes harvesting wild herbs outdoors fun and interesting. There is such an abundance of wild herbs in this area including arnica, cleavers and uva ursi. Plants are seasonal. What one finds in the spring cannot always be seen in the fall. Wildcrafting is also being abused by those who simply come to the area and pillage it. There is a right way and a wrong way of doing things. We must always be thankful to our Mother Earth for everything she gives. There will be hands-on identifying and conscientious wildcrafting.