



ARBOR VITAE

SCHOOL OF TRADITIONAL HERBALISM

ArborVitae Professional Program 2016-17

Foundational Year Student Assignments

All assignments should be submitted in electronic form through the student portal by logging into the Student Login on arborvitaeny.com.

Please seek to make the file size of uploads low

<https://smallpdf.com> offers an easy way to compress resolutions of docs pdf jpg & ppt

Instructions: In the student portal, all homework assignment types are listed on the right-hand side bar. Click on the type of assignment (e.g. "Homework - Class & Reading Reflection") and then click on the month the assignment is for (e.g. "October Reading Reflection" - this is due November 1st and is based on the readings assigned for October). Click "view the lesson quiz" to access the questions (also stated below) and to type in your answers. Please note that for each month of Reading Reflections, the questions are repeated on the same webpage for Reading 1, Reading 2, and Reading 3 (same with Class Reflections). You can click on "Save Assignment" at the bottom of the page to return later and complete it, or click on "Complete Assignment" to have the assignment submitted to the TA, who will review it. You will receive an email once the TA has reviewed your assignment. The TA will provide comments on your homework, so please review the TA's comments once your work has been reviewed. This is an important part of the learning process. You will need to return to the "Homework - Class & Reading Reflection" page and click on the "October Class Reflection" option to access and answer the questions about the classes for that month. Please click on each homework assignment type to complete the required homework.

Questions about assignments (content/due dates) should be directed to our TA, Sam Perry, at coursework@samuelperry.net

Questions/problems with uploading assignments (using the student portal) should be directed to Laura E & Laura S at ask@arborvitaeny.com

Assignments will be assessed as excellent, complete or incomplete

'Outstanding Achievement' designation on certificates will be assessed by assignment excellence as well as handing in assignments on time

Summary of Assignments Due:

1. Monthly Assignments for classes: submit reflections on 2 classes and 2 readings – due the 1st of every month Nov – May except Jan 1*
2. Monthly herb focus & herb medicine preparation – due 1st of every month November-May except Jan 1*
3. Monthly therapeutic and herbal food preparation – due 1st of every month November-May except Jan 1*
4. Monthly tongue and pulse practice - due 1st of every month December-May except Jan 1*
5. Botany Assignment One: due December 14, 2016
6. Botany Assignment Two: due April, 15, 2017
7. Tissue States: due January 17, 2017 – beginning of winter/spring semester
8. Herb profile oral presentation – on date signed up for
9. Herb medicine and/or food preparation to share in class - on date signed up for
10. Herb profile written work – due April, 15, 2017
11. For each class that has required reading, students should do the reading before the class. Please see the syllabus for specific readings.
12. A&P Quizzes: Due 13 days after each video is released

*NOTE: All monthly assignments (#1-4) are due ONLINE by Nov 1st (for October assignments), Dec 1st (for November assignments), Feb 1st (combined for December and January assignments), March 1st (for February assignments), April 1st (for March assignments), and May 1st (for April assignments). Please note that the first assignment for #4 is due Dec 1, not Nov 1.



To Submit Online Monthly (by the 1st of each month):

1. Monthly Assignment: Class & Reading Reflections:

Due: 1st of every month Nov - May except Jan 1

- For each month of class we would like you to reflect on 2 classes and 2 readings.
- Your reflections on October classes and readings are due November 1st online; November reflections are due Dec 1st, December and January reflections (combined for a total of 3 reading reflections and 3 class reflections) are due Feb 1st, February reflections are due March 1st, March reflections due April 1st, and April reflections due May 1st
- We encourage you to reflect on the following questions as you participate in class and read the books, and to write down any questions you have or wish to discuss in class or in one of the monthly Q&A sessions.

Part I: Class Reflections

Reflect on the following questions for *two classes from the previous month*. All questions are listed online in the corresponding homework response section.

We also encourage you to write down any questions you have or wish to discuss. These can be discussed at one of the monthly Q&A sessions or in another meeting, or with the TA.

1. Title of class
2. Instructor
3. Open-ended Reflection: Please reflect upon a class during this past month. Please include any insight, feedback, comments, or questions you have.

*Optional food for thought:

- Did the class and/or instructor give you new insights into approaching herbal medicine or a specific aspect of herbal medicine, or did something presented in the class or some aspect of the instructor's teaching style inspire you in some way?
- How did the class and/or instructor strengthen your foundation and/or complement the other aspects of the program?
- Did anything presented in the class confuse you?
- Is there something(s) presented that you disagree with or question, and why?
- Do you have feedback or constructive criticism for this class and/or instructor?

Part II: Reading Reflections including reading from program core texts, handouts, and extra articles

- Reflect on the following questions for your response *from at least two readings from the previous month*
- Note these do not have to be readings from the same classes you reviewed.
- All questions are listed online in the homework response section.

1. Reading (article, book title and chapter, etc.)
2. Open-ended Reflection: Please reflect upon a reading you did this past month. Please include any insight, feedback, comments, or questions you have.

*Optional food for thought:

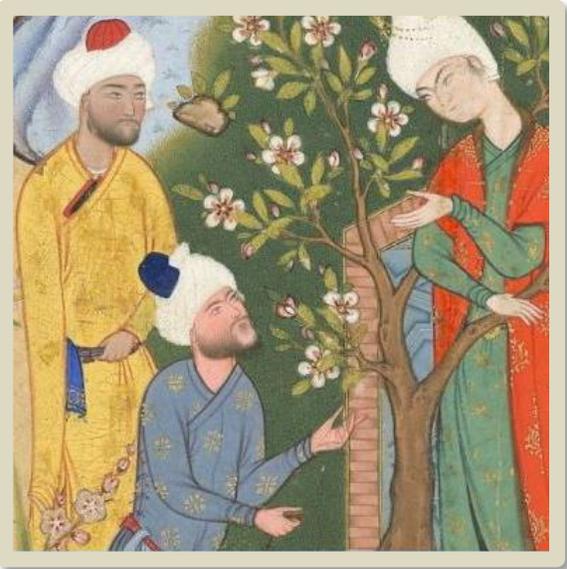
- How has the reading given you new insights into approaching herbal medicine or a specific aspect of herbal medicine, or has something in the reading that inspired you in some way?
- How has the reading strengthened your foundation and/or complemented the classes you took?
- Has something(s) confused you in the reading?
- Is there something(s) you disagree with or question, and why?

2. Monthly Assignment: Herb Focus & Medicine Preparation

Due: 1st of every month November – May (except January 1st)

Starting in October choose one herb from our materia medica list each month to focus on and spend some time with.

- Make at least 2 herb preparations. We strongly encourage you to make a number of preparations from your chosen herb. To complete all the required 20 herb preparations (see below) through the year some months you will need to make at least 3 preparations for most herbs (there are 6 Monthly Herb Focuses and a total of 20 herb preparations).
- Throughout the year your herb preparations should include: at least 6 infusions, at least 6 decoctions, at least 1 cold infusion or sun tea, at least 3 alcohol tinctures, at least 1 vinegar, at least 1 electuary or oxymel, at least 1 herbal oil, at least 1 or salve or cream. There are other options as well, such as herbal powder, herb poultice, herbal talisman, flower essence, and/or an herb-based food. (The latter can be included here or it the therapeutic food assignment.)



- You may also use others preparations of the herb to experience your chosen herb in a number of ways.
- If there is the opportunity, it desirable to experience the plant growing (or dormant in the winter), and then if the opportunity also presents itself responsibly, ethically harvest or wildcraft the herb. However we know that the winter in NYC does not offer those opportunities easily.
- Take your herb preparation and experience how the herb makes you feel through the month and record your impressions. Consider too your organoleptic perceptions of the live plant (if possible), dried and prepared herb.

For each herb of the month, please answer briefly online:

1. What is the common and Latin name of the herb you focused on?
2. What part(s) did you use (i.e. root, leaf, flower, seed etc), and what form(s) (fresh or dry)? How did you source it?
3. What preparations did you make from your herb?
4. What was your experience and/ or method of making preparations?
5. **Taste:** Which of the 6 (or more) tastes (salty, pungent, sour...) do you perceive? Note: an herb can have a mix of tastes and often do. If you offered it to another: How did it taste /feel to you and the people you may have shared it with?
6. **'Temperature':** Does the preparation seem warming, cooling or neutral to you?
7. **Other organoleptic sensations:** as it applies to your preparation describe your experience of the raw and prepared herb – smell, touch (feel), visual (color etc.) Any

other properties you may notice (such as mucilaginous, or an 'energetic' experience such a sensation in one part of the body

8. How would you compare and/or contrast the different preparations of the herb?
9. What was your experience of taking in, working with and connecting to the herb for the month?
10. Optional: Did you offer the herb to anyone? If so, what was their experience?
11. Optional: Draw a picture of the herb (from a photograph is fine if the live plant is not available) and/or an imaginative image of qualities and energies you perceive in the herb. NOTE; This exercise is NOT about drawing an exact representation but connecting to aspects of the plants through form and color. The image does not need to look like the plant. Upload your picture here.

3. Monthly Assignment: Therapeutic Food & Herbal Food Preparation

Due: 1st of every month November – May except Jan 1st

- Each month, starting in October, make **at least one herbal and/or therapeutic food recipe**. Making more than one is strongly recommended, and your notes from more than one preparation can be included in the homework.
- Throughout the year your food preparations should include: at least 1 herbal broth (with bones or vegetarian), 1 cultured food, 1 cultured drink, 1 herbal pesto/ paste.
- Recipes can be found in handouts associated with classes (including: seasonal health recipes from the Winter Health handout, Spring health handout, Materia Medica profiles or some other herbal food recipe for seasonal health, Food As Medicine or Culture (is) Everything, Food as Medicine class, broth and quick recipes handouts) and Caldecott's book. You may also use other herbal recipes that you discover or create.

For each of the therapeutic, herbal foods, please answer briefly online:

1. What you prepared
2. Your recipe ingredients
3. Your experience preparing it, such as: complicated? easy?
4. How does it taste /feel to you and the people you may have shared it with?
5. **Taste:** which of the 6 (or more) tastes (salty, pungent, sour...) do you perceive? Note: an herb can have a mix of tastes and most often do.



6. **Temperature:** whether the preparation seems warming, cooling or neutral to you,
7. **Any other properties** you may notice (such as mucilaginous, or an 'energetic' experience such a sensation in one part of the body) **Other organoleptic sensations:** as it applies to your preparation describe your experience of the raw and prepared herb – smell, touch (feel), visual (color etc.)
8. Your personal experience of the preparation? (Pleasant? Medicinal?)
9. How did you or others use/ consume it? For what conditions/ situations do you think it would be useful for?
10. Anything else you may want to share about the preparation would be welcome.

4. Monthly Assignment: Tongue and Pulse

Due: 1st of every month December – May except Jan 1st

Every month starting in November conduct at least one pulse assessment and one tongue assessment. Write down and/or draw what you see. For the tongue, **Take a picture or make a simple drawing.** (Please reduce the file size of your pdf with a tool such smallpdf.com) Do your best to interpret what you see or feel, although if you don't feel confident with that, just describe it as accurately as you can.



To submit online:

1. Tongue description using terms and concepts used in class and from the reading. Include and upload a drawing or photo.
2. Pulse description using terms and concepts used in class and from the reading.
3. [Optional] Diagnostic or pattern assessment based on tongue observations.

To Submit Online by Specific Due Date (one-time assignments):

5. Botany Assignment One

Due: December 13, 2016

Find a patch of land in a park, abandoned lot, or park convenient to you (near home or work for example) and use your books to identify at least three shrubs or trees, and five wildflowers / herbaceous plants growing there. Keep in mind

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that these books only include plants that are native or naturalized – plantings, landscaping, ornamentals, etc. may not be in there! Write down the species you think you have identified and a brief description (a couple of sentences or the equivalent in key words); **Take a picture or make a simple drawing.** (Please reduce the file size of your pdf with a tool such smallpdf.com) Contact Richard if you are having trouble with this – and choose a patch of land that you will want to get to know well, as you’ll be returning there throughout the year as the seasons change. If you are not sure of your identification, list the possibilities you have found.

Note this assignment is to be submitted twice – once for each semester – with a different set of plants each time.

6. Botany Assignment Two

Due: April 15, 2017

Find a patch of land in a park, abandoned lot, or park convenient to you (near home or work for example) and use your books to identify at least three shrubs or trees, and five wildflowers / herbaceous plants growing there. Keep in mind that these books only include plants that are native or naturalized – plantings, landscaping, ornamentals, etc. may not be in there! Write down the species you think you have identified and a brief description (a couple of sentences or the equivalent in key words). **Take a picture or make a simple drawing.** (Please reduce the file size of your pdf with a tool such smallpdf.com) Contact Richard if you are having trouble with this – and choose a patch of land that you will want to get to know well, as you’ll be returning there throughout the year as the seasons change. If you are not sure of your identification, list the possibilities you have found.

Note this assignment is to be submitted twice – once for each semester – with a different set of plants each time.

To submit online:

Name the seven plants (three woody plants, four herbaceous plants) you identified with a written description of what botanical features you observed that aided you in identifying the plant. Include a simple line drawing or photo for each plant. Note that you still need to describe the plant in addition - photos alone are not sufficient!

- | | |
|-----------------------------|--------------------------|
| 1. Scientific name of plant | |
| a. Common name(s) | b. Botanical Description |
| 2. Scientific name of plant | |
| a. Common name(s) | b. Botanical Description |
| 3. Scientific name of plant | |
| a. Common name(s) | b. Botanical Description |
| 4. Scientific name of plant | |
| a. Common name(s) | b. Botanical Description |
| 5. Scientific name of plant | |
| a. Common name(s) | b. Botanical Description |
| 6. Scientific name of plant | |
| a. Common name(s) | b. Botanical Description |
| 7. Scientific name of plant | |
| a. Common name(s) | b. Botanical Description |



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Upload file(s): drawings, sketches, photos, additional plant identifications (beyond the seven listed above)

7. Tissue States

Due: January 17, 2017

- Consider one person's condition and/or ailment from the perspective of traditional western herbalism's energetics of tissue states.
- We recommend you chose a relatively simple (perhaps acute) condition, but also if it seems to be a complicated condition you can choose one aspect to focus on (such as one body system or organ).
- You may choose a person you took their tongue and pulse for assignment #4. Also, you can consider yourself if you prefer.

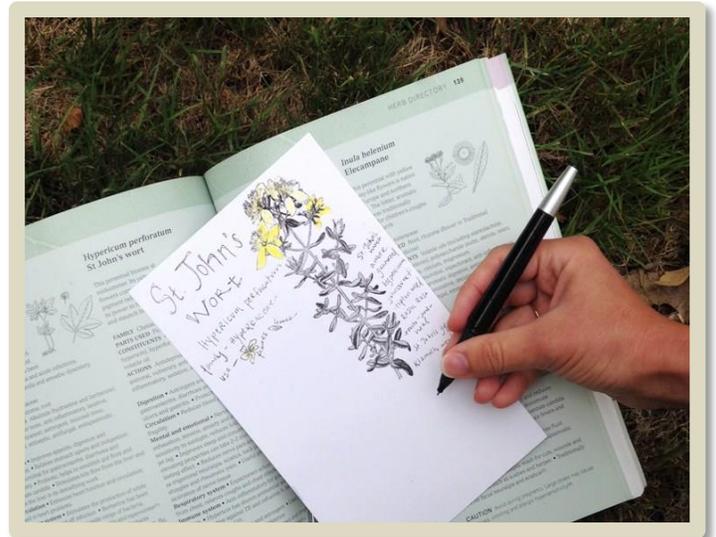
For each of energetic assessment, please answer briefly:

1. Briefly describe the condition / ailment. If it seems to be a complicated condition you can choose one aspect of (such as one body system)
2. Would you consider the person's tissue state to be hot (excited), cold (depression), damp (stagnation/torpor), dry (atrophy), tense (wind/ constriction), or damp (relaxed), or a particular mixture?

8. Materia Medica presentation

Due: Oral presentation to be made during school year before April 15, 2017

- Sign up for one herb on our materia medica list, and prepare 5-10 minute oral presentation on the plant for class.
- Your oral presentation should briefly cover the topics listed below for your written materia medica, with an emphasis on your personal experience and thought.
- Your oral presentation can be the same herb as your written profile or a different one
- Encouraged brief outline of major points of presentation



- The date of your presentation will depend on the materia medica class schedule, to be coordinated with Claudia and Richard.

Let us know:

1. Name of the herb you are presenting on.
2. The date you are assigned to present.
3. Confirm the date you made your in-class presentation.

9. Herb medicine or food preparation to share with class

Due: One time sharing during school year (with an option for 2)

Based on your herb medicine and therapeutic food assignments and other experiences, students continue to explore and develop their own herbal preparations.

Each student will sign up for one class date (with an option for 2) throughout the year, on which she/he will come to class with a preparation to share briefly with the class.

- Sign up for at 1-2 times to bring an herb medicine or food you made to share with the class. (You do not need to say what you will bring in ahead of time.)
- The date of your sharing will be on classes with Claudia and Richard (not guest teachers).

The sharing can include:

- An herb medicine of your choice, such as: tincture, vinegar, pastille, oxymel, electuary, oil, salve, cream, liniment, etc. -- simple or formula
- An herbal therapeutic food such as: tea or herb fermented soda, other ferments, pesto, broth, herb ball etc. -- sweet or savory
- Please briefly share your experience making the herb preparation - recipe or method and bring enough for students to taste or sample. The sharing of your preparation will likely be before a break and the class sampling held during the break.

Let us know:

1. The date you are assigned to share
2. Confirm the date you made your in-class sharing
3. What herb preparation you shared

10. Materia Medica: written plant profile

Due: Plant profile paper to be submitted by April 15, 2017

The written work should be an in depth consideration of one plant, approximately 5-10 pages, and include:

- Latin name, common name, botanical information, interesting history and/or ethnobotanical information
- Herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and cautions



- Experience of making various preparations of the herb (see medicine making with apothecary notes below)
- Drawing / artwork of plant or photographs. The drawings/ artwork can be botanical in representation or a representation of energetic aspects of the plant you perceive or feel
- Personal experience of the plant, observation of its action in another, and any case studies you may have or know of as significant

Upload your plant profile paper on student portal

II. Course readings: Please see syllabus for detailed readings. Assigned readings are due prior to the class.

12. A&P Quizzes: Quizzes are due 13 days after each video is released online. Videos are released on Tuesdays, about every 2 weeks (see syllabus for exact dates). Quizzes are due 13 days after the video is released (two Mondays after). For example, for video 1, released on 9/20, quiz 1 is due 10/3, and so on.