

Susun Weed ~ 2026

www.susunweed.com

845-246-8081 PO Box 64 Woodstock NY 12498

Register for classes at www.wisewomanbookshop.com

April 10: *Moonlodge*

April 11: **Woodland Wonders Hands-on:** Meet ramps, coptis, dwarf ginseng, bloodroot, hepatica, and more

April 12: **Spring Tonics Hands-on:** Make nettle soup and a wild salad; find brassicas, alliums, sweet birch

April 18-19: *Work-exchange Weekend*

May 1: *Moonlodge*

May 2: **Wisdom of the Trees:** The Ancient ones gift us medicine from oak, pine, poplar, willow. . .

May 3: **Women's Wisdom:** Herbal allies for fertility, menopause, menses, and more

May 5: Shamanic Herbal **Apprentices**, Spring Group begins

May 16-17: *Work-exchange Weekend*

June 5: *Moonlodge*

June 6: **Great Remedies 1, Hands-on:** Identify, harvest, prepare and use the very best herbal remedies

June 7: **Your Herbal Garden, Hands-on:** Best herbs to grow, best weeds to "cultivate," free herbs for you to plant

June 27-28: *Work-exchange Weekend*

July 7: Shamanic Herbal **Apprentices**, Summer Group begins

July 9-12: **Green Witch Holiday**

July 10: *Moonlodge*

July 18-19: *Work-exchange Weekend*

July 24: *Moonlodge*

July 25: **Herbal Pain Relief, Hands-on:** Ally with cannabis, skullcap, poppies, St. Joan's wort, arnica, sweet clover

July 26: **Great Remedies 2, Hands-on:** Yarrow, mullein, mints, mallows, clover, more

August 1-2: *Work-exchange Weekend*

August 3-9: **Green Goddess Apprentice Week**

August 7: *Moonlodge*

August 28: *Moonlodge*

August 29: **Strong Bones, Strong Muscles, Hands-on:** comfrey, calcium, vitamin K, mitochondria

August 30: **Herbal Medicine 101, Hands-on:** Begin here. Simple, safe, effective remedies from your yard.

September 8: Shamanic Herbal **Apprentices**, Autumn Group begins

September 12-13: *Work-exchange Weekend*

September 25: *Moonlodge*

September 26: **Adaptogens, Hands-on:** Live longer, live better, feel great, adopt adaptogens

September 27: **Nootropics, Hands-on:** Forget supplements; Green allies keep your memory sharp

October 10-11: *Work-exchange Weekend*

October 23: *Moonlodge*

October 24: **Wild Seeds, Hands-on:** Harvest and learn to use wild amaranth, lamb's quarter, plantain, other seeds

October 25: **To Sleep, Perchance to Dream, Hands-on:** Green allies for deep sleep and vivid dreams

Nov. 7-8: *Work-exchange Weekend*

Nov. 13: *Moonlodge*

Nov. 14: **Winterize Yourself, Hands-on:** Brown fat, antivirals, boneset, elder, echinacea, sage

Nov. 15: **Dig Roots, Hands-on:** Dandelion, burdock, chicory, elecampane, poke, and more.

Green Blessings!