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Attack of Food and Farms Symposium No: 2

Living off-grid is attainable in the northeast and an integrated generator system is key.

Growing food all year long is attainable with a 4 season geodesic dome. (www.growingspaces.com)

Growing your own food to supplement your diet may seem difficult, but start off small. Pick a few plants to start if you are new at it.

You don't need a big space to grow food and medicine.

Build local networks so you can trade or purchase food from small growers. Keep it local.
www.localharvest.com.

Work toward self-sufficiency by using these networks to save food for the year and trade food if possible.

Canning may be intimidating, but it's really not. Find someone to learn from or watch a video. Learn fermentation too. A super easy way to preserve the harvest. If neither of these things appeals to you, use the freezer. Most vegetables can be frozen right off the vine (tomatoes and herbs) or blanched quickly, then bag and put in the freezer.

Decentralizing our food system is key to building resiliency and independence. The federal government is not going to save you. Act locally, think locally.

Learn herbal medicine by finding an herbalist/ wild forager near you. Medicine is literally everywhere. Find someone like me in your area. We can show you the medicine that grows all around you.

Start a small medicinal garden. Perennials are typically very easy to grow. Choose a few to start. My suggestions:

Lemon Balm (antiviral for Epstein Barr and other herpes viruses)

Mint (detoxifying, digestive support)

Calendula (anti-inflammatory inside and out. Liver, immune support) Not a perennial, but reseeds easily.

Culinary herbs are medicine too: thyme (expectorant, anti-microbial), oregano (anti-microbial), Rosemary (anti-microbial, helps with memory, thyroid support)

Bee balm (digestive, anti-microbial for candida)

Happy growing!

~Sara Woods Kender
Clinical Herbalist
Reiki Master
Dirt Worshipper

