

Community Supported Wildcrafting/Work Exchange

Looking for sustainably-harvested herbs to make
your own powerful medicine?

Interested in getting out of the city for a few days and botanizing
with an experienced herbalist?

Join our CSW!

Led by Nathaniel Whitmore

Nathaniel Whitmore is an experienced wildcrafter, botanist, herbalist and shiat-su practitioner with a homestead in Glen Spey, NY. He regularly hosts herb walks and classes throughout the greater NYC area. Through this CSW he seeks to provide community herbalists with access and knowledge to the botanical diversity throughout the Tri-State area.

How Does Our CSW Exchange Work?

Herbs will be delivered once a month throughout the growing season to a TBD (but easily accessible) NYC location.

In addition, those interested in gaining valuable wildcrafting experience are invited to join Nathaniel at his cabin in Glen Spey and assist in the CSW gathering process. Participants in the work exchange will gain experience in identifying and gathering plants first-hand and will also receive a price break!

Shares will be diverse and abundant. In addition to wildcrafted herbs, local farms will supply non-native medicinals. Be ready to dry or process medicine on pick-up day!

CSW Options

A: Pick up in city only \$200

B: One weekend of work exchange . . \$100

C: 4 weekends of work exchange . . . FREE

**The work exchange weekends take place Friday - Sunday. All involved should be prepared for hard work outdoors. Expect to camp outdoors although there are alternate lodging options in the event of inclement weather.

Distribution Location: **ArborVitae School of Traditional Herbalism**

80 8th Avenue (Entrance on 14th St.), Room# 1302, NY, NY 10011

Sunday Distribution Dates: May 7, June 4, July 16, August 6, September TBD

Pick-up Time: **2-4PM**

Questions? Want to sign up? **Angelica Vargas** angelicavargasnyc@gmail.com