



Course Prospectus

Grass Roots Herbal Foundations



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Welcome to Grass Roots Remedies Co-operative & Grass Roots Herbal Foundations

Community or grass roots herbalism is at the core of our work at Grass Roots Remedies Co-operative. We share the belief that community herbalism can be a powerful way of responding to many of the systemic challenges that capitalism brings up. Part of the beauty of community herbalism is the diversity of practices that it encompasses: community gardening, activism, collective care, health clinics, family herbalism, medicine making, community support groups and much more.

Established in 2015, under the banner of “Folk Medicine for All Folk” - our aims include facilitating and supporting access to holistic approaches to individual and community health. Along with working in a range of communities through herbal workshops and volunteering, we have been delivering herbal courses since 2016. Grass Roots Herbal Foundations came about as we identified with others that the practicalities of community herbalism were a missing element in a lot of current herbal education. We are working with other course leaders and partners to identify how Grass Roots Herbal Foundations can best complement other course offerings across the UK. We see this course as contributing to a robust training environment for herbalists, adding another dimension to the magic and science of working with plants and people.

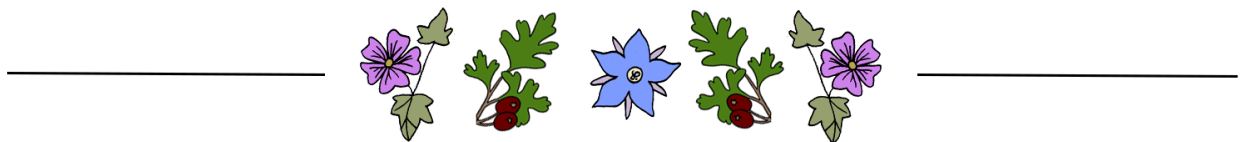
If you are wanting to explore the connections between plants and people with your wider community, Grass Roots Herbal Foundations is for you. Rooted in social and environmental justice, this course will support your transition from a home herbalist, grower, forager or community worker into a community herbalist. As well as being beginner-friendly, previous students have come from professional and volunteering backgrounds in community work, outdoor education and health, including holistic health.

We have lovingly crafted seven different areas of study that we feel are integral to grass roots herbalism. The forty five medicinal plants covered over the year have been selected for their medical value and accessibility: the plants are all either easy to grow, easy to find in your local supermarket or common wild plants that are easy to forage, forming an accessible medicine chest for the community.

The seven modules look at:

- Plants and people in the modules Herbal Allies and Community Herbalism & Community Herbalism in Practice
- Practical herbalism in the modules Sensory Herbalism, Remedy Making and Ecological Herb Gardening
- In-depth herbalism in Herbal Actions, Constituents & Energetics and Herbal Therapeutics

Below is a little more information about each of our seven modules along with the learning outcomes.



Plants & People: Herbal Allies

The Herbal Allies module is the backbone of the course focusing on building your relationship with individual herbs as you develop your toolkit as a community herbalist. We've chosen to focus on plants that are either inexpensive to buy, abundant to forage or easy to grow. So, whether you're already a food lover or kitchen herbalist, herb grower or wild forager, or *maybe* a combination of two if not three of these, we are sure that some of the forty-five plants that we will focus on will already be familiar to you.

We invite you to use your Herbal Allies Handbook as both a reference and also a jumping off point in order to develop your own connection with these plants - an ever evolving relationship. Your own experimentation and reflections are key to this, and we offer this module and course in general as a starting point on this journey.

The plants we focus on represent a range of ways that we can use herbal medicine to support ourselves and others. We will expand on this in our module Herbal Actions, Energetics & Constituents. In this Herbal Allies module - from a model developed by Michigan herbalist, jim mcdonald - we will focus on pairs of Foundational Actions of plants: Astringents & Demulcents, Aromatics & Bitters and Relaxants & Stimulants, including guided tea tastings of plants which typify each of these Foundational Actions.

Learning Outcomes

On completion of this module, you should be able to:

- Gain knowledge and understanding of forty-five herbal allies and an additional five endangered or at risk medicinal herb species, including their up to date botanical names
- Show understanding of the herbal actions, energetics & constituents of the plants covered
- Show understanding of the main uses & indications of the plants covered
- Have an understanding of relevant safety information for each plant covered



Plants & People: Community Herbalism & Community

Herbalism in Practice

This module brings together our collective years of learning and developing as we slowly work towards our core aim of making herbalism more accessible to people, regardless of their socio-economic background. We believe that herbal medicine is Folk Medicine - the medicine of the people - which traditionally was free whereas you had to pay to see a physician. This system is now reversed, with costly appointments with medical herbalists being inaccessible to most, we strongly believe that herbal medicine should still be the people's medicine.

In this module we outline systemic societal barriers faced by many folk in our communities, including the effects of trauma and/or marginalisation and histories of injustice. We also look at practicalities on how to develop our own work in communities to be more inclusive and accessible, with the aim to support folk facing intersectional barriers.

In this module we also look at the practicalities of being a community herbalist - starting from the big question "What is a community herbalist and how does that differ from being a clinical herbalist?". We cover setting up and developing projects, including working with volunteers and running workshops and also the legal and ethical framework of being a community herbalist, including practising safely and when to refer on. Most of all, we hope this will allow you to become a reflective practitioner of community herbalism.

Learning outcomes

Semester 1: Where Politics Meets Plants: Why we are passionate about community herbalism. On completion of this section of the module, you should be able to understand that:

- Health is part of the broader social context and consider the structural socio-political components influencing health
- Trauma has an influence on health
- Community herbalism can be used as an active strategy towards addressing structural health inequalities

Semester 2: Setting up Projects & Running & Evaluating Workshops. On completion of this section of the module, you should be able to:

- Understand the variety of forms that community herbalism can take and outline three different approaches to community herbalism
- Outline how to set up a community herbalism project and engage local communities and/or communities of interest
- Investigate different models of resourcing a community herbalism project
- Create meaningful volunteering roles
- Structure a community herbalism workshop with clear aims
- Understand and apply different pricing models for financial accessibility
- Collate feedback to evaluate a community herbalism workshop
- Make changes to a community herbalism workshop based on feedback and changing needs

Across Semesters: Thinking about accessibility & inclusivity. On completion of this section of the module, you should be able to:

- Understand the importance of building inclusivity and accessibility into the beginning of any community herbalism project
- Understand some of the barriers to involvement in a community herbalism project from various perspectives including how to support volunteers from a range of backgrounds
- Understand the term intersectionality

- Reflect upon your own life experience and how this informs your expression of community herbalism, particularly with relation to involving people with different life experiences to you
- Reflect upon some examples of community herbalism in practice and how they work towards supporting more diverse spaces

Across Semesters: Community Herbalism in Practice. On completion of this section of the module, you should be able to:

- Define the role/s of a community herbalist
- Understand the limitations of a community herbalist including safe practice and when it is appropriate to refer on
- Understand the guidance and legislation which cover the various roles of a community herbalist



Practical Herbalism: Sensory Herbalism

Our Sensory Herbalism module invites you to explore our herbal allies from your direct experience - an approach that underpins our work in community herbalism and gives voice to many different kinds of 'knowing'. This sort of practice may be very familiar to some of us and perhaps quite a new approach to others. This module offers a deepening to our relationship with the earth, with the plants around us and with ourselves - developing an understanding that all forms of knowing have significance - be that from a teacher, a book or your own direct experience. We hope to rekindle an older way of knowing that many indigenous people practice around the world, and to bring it to our community herbalism practice.

Learning Outcomes

On completion of this module, you should be able to:

- Be familiar with what is meant by 'sensory herbalism'
- Use mindfulness techniques to feel into the bodymind, before meeting a herb
- Become familiar with at least four nature connection practices
- Become familiar with at least six somatic practices
- Be aware of what challenges may come up for us while developing these skills



Practical Herbalism: Ecological Herb Gardening

Community herbalism holds a beautiful opportunity to respect and (re)connect with the *more-than-human* world. Grass Roots Herbal Foundations focuses on herbs that are easy to grow, easy to forage or easy to buy from a local shop. A large proportion of them fit into the easy to grow category and we feel that creating spaces to cultivate them can nurture the plants, the humans and the rest of the animals too. We also feel that getting to know our herbal allies as living beings as well as potent remedies is all part of the medicine, and hope you enjoy the themes covered in this module as we look at different aspect of cultivating plants - from the designing of spaces and the sourcing of sustainable materials to the plant care itself before we focus on harvesting and processing these gifts from the land.

Learning Outcomes

On completion of this module, you should be able to:

- Understand the categorisation of plants into species, genera and families and how this can aid identification
- Describe and name the basic botanical structures that make up a plant
- Demonstrate understanding of some basic principles of permaculture design
- Understand the importance of sourcing our seeds, plants and other materials from reputable and sustainable sources
- Complete a basic herb garden design
- Understand the importance of soil health and some practices to build the soil
- Describe six ways in which you can incorporate wildlife friendly practices in your gardening
- Describe simple organic pest and disease management strategies that can be used to control five common garden problems
- Understand the basic principles of herb cultivation, propagation & organic principles of care

Demonstrate understanding of best practice for sustainable harvesting, drying and storing herbal material



Practical Herbalism: Remedy Making

Let's get down to some remedy making. There are so many wild and wonderful ways people have prepared herbal medicines over the centuries and across cultures, with

recipes being honed over generations just like many delicious foods. Of course sometimes it is hard to define where 'food' ends and 'medicine' begins, and the different preparation methods introduced in this module will feel like they are at different points along that spectrum. In this module, you will learn the what, why and how of a range of herbal remedies - with practical pre-recorded 'How To' videos from the garden and kitchen - giving you a base to explore your herbal allies in many different forms. Why might you consider choosing an infused vinegar or herbal glycerite over an alcohol tincture sometimes and when is best to use a cream rather than a balm? We also include practical tips and tricks to keep your remedies well preserved and potent.

Learning Outcomes

By the end of this module you should be able to:

- Describe at least ten different preparations and how they can be made
- Understand that each preparation method can be made in a variety of ways, influenced by cultural, historical and individual preferences
- Understand the factors influencing the preservation and storage of different herbal preparations, and best practice for making potent medicines that last
- Source relevant materials e.g. packaging, equipment
- Apply the principles of phytochemistry to remedy making with a particular focus on principles of synergy, solubility and the properties of solvents



In-Depth Herbalism: Herbal Actions, Energetics & Constituents

In effect this module is all about how plants do what they do in our bodies. This is our module where we get to geek out on herbal theory, and is a really key element of the course. We have brought these three important threads together as they combine to form a broad understanding of the effects of plants. This is often referred to as both the science & the art of herbalism. The three threads are:

- Herbal Actions: descriptions of the effects that a plant has on the human body and/or psycho-emotional state e.g. Bitter, Demulcent, Aromatic, Anti-Microbial and so on
- Herbal Energetics: how the qualities and actions of the plant relate to the innate forces of temperature, moisture and tone both for the plant and the person e.g. Warming, Moistening. The combination of herbal actions and energetics tells you a lot about how you might effectively use the herb
- Herbal Constituents: the chemical compounds in the plant which influence the effect on the human body e.g. Tannins, Flavonoids

Our aim is not to dictate that “all plants with this action / energetics / constituent act in this particular way”. Rather, we are giving insight into the themes and patterns across groups of plants to help us get to know individual herbal allies better. All of this really helps any student of herbs to understand how to use them skillfully in practice. In essence, this teaches us how to choose the most effective herb for the job, and to understand why it is an appropriate choice.

Learning Outcomes

Herbal Actions. On completion of this section of the module, you should be able to:

- Understand how herbal actions deepen understanding of the practical use of herbal medicines

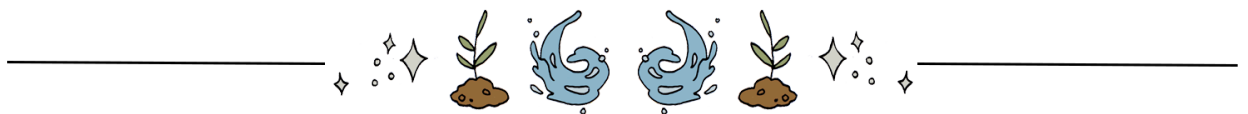
- Have an understanding of the herbal actions of forty-five plants
- Understand the Foundational Actions model, as proposed by Michigan herbalist jim mcdonald
- Explain the six Foundational Actions and name plants which demonstrate each action
- Outline ten to twenty common Primary and Secondary Actions and name plants which demonstrate each action

Herbal Energetics. On completion of this section of the module, you should be able to:

- Explain the basic principles of traditional Western herbal energetics - focusing on the qualities of hot, cold, moist, dry, tense & lax
- Understand why these principles are integral to the practice of modern Western herbalism
- Explain the energetic qualities of forty-five herbs

Herbal Constituents. On completion of this section of the module, you should be able to:

- Explain some foundational principles of chemistry
- Understand the pros and cons of focusing on single plant constituents in the context of herbal medicine
- Understand the relevance of sensory input in relationship to plant constituents i.e. reading the tastes, feel, scent and colours of plants
- Understand ten categories of plant constituents including examples of herbs within that category and their related therapeutic applications
- Understand the energetics of plant constituents



In-Depth Herbalism: Herbal Therapeutics

'Herbal Therapeutics' refers to the theory and practice of using herbs for treating ailments & for general constitutional support. This module brings together elements from the whole course to help solidify your knowledge and understanding, and to be able to apply it to real world examples. We cover five physiological systems of the body, looking into common health issues that arise within those systems, and which categories of herbs are suitable for treating them. Choosing the most suitable herbs with nuance and consideration involves bringing in your learning from the other course modules, particularly Herbal Actions, Energetics & Herbal Allies.

We introduce the Respiratory, Immune, Digestive, Musculoskeletal & Psycho-emotional/Nervous systems, as well as a specific emphasis on the biology & effects of Stress. We provide some simple & realistic case histories for you to put your knowledge into practice.

Learning Outcomes

By The End of this Module the student will be able to:

- Understand the basic principles of herbal therapeutics
- Have a simple understanding of the respiratory, digestive, immune & musculoskeletal systems as well as the impact of stress
- Understand herbal actions & energetics relevant to each of these five areas
- Understand some common ailments arising in each of these five areas or systems and identify which herbs may be appropriate to suggest with these common ailments and why
- Practice pulling all these threads together through simple case studies



What Does it Look Like in Practice?

Grass Roots Herbal Foundations is delivered over three semesters from Autumn to late Spring. We offer a combination of online learning tools, an online discussion space and in-person options along with curated plant profiles and comprehensive additional resources. Students will also gain access to our Community Apothecary where you can purchase your own blends of small batch tea mixes and tincture simples.

We are offering Grass Roots Herbal Foundations as two different modes of study - Online only or Blended which is the online course plus additional in person elements. All students complete Self-Assessment through regular quizzes to consolidate their learning. All students also have the option to add Formal Assessment, with assignments and feedback from our tutors staggered throughout the course.

See our course year planner at the end of this document for a one page visual overview of all course dates for both online, blended and assessed students.



Online Course Structure

Grass Roots Herbal Foundations runs over three semesters, with new content being released throughout the year - allowing you to focus on specific areas of study each time.

Self-Assessment: throughout the course there will be exercises, case histories and quizzes to help you to assess your ongoing learning, for example case histories in the Herbal Therapeutics module and a range of nature connection and somatic practices to follow within the Sensory Herbalism module.

Teaching Zooms: nine live two hour long Zoom lessons, roughly corresponding to the previous content drop.

Online Course Dates & Content

The online course dates are for online only and blended course students.

Semester One: October 8th 2026 - December 18th

Content Drop One October 8th:

You will receive: · our welcome lessons helping you to settle into the course · an introduction to Sensory Herbalism introducing the concepts of sensing into the earth, the herbs and the body and offering several practices of each · Where Politics Meets Plants: Why we are passionate about Community Herbalism · what is a community herbalist, exploring different models of community herbalism · introducing inclusivity and accessibility followed by a focus on anti-racism and welcoming migrants and thinking about class within community herbalism · an introduction to Herbal Allies and a focus on our astringent and demulcent herbs.

Content Drop Two November 6th:

You will receive: · an introduction to Ecological Herb Gardening · plant identification · soil health · sourcing quality plants and seeds · the principles of permaculture and garden design · introduction to Herbal Actions, Energetics and Constituents · an introduction to

Traditional Western Herbal Energetics and the six tissue tastes · using herbs energetically · Herbal Allies bitter and aromatic herbs.

Content Drop Three November 27th:

You will receive: · Studies cover an introduction to Remedy Making · Different preparation methods · infusions and decoctions · herbal syrups · food as medicine · wild fermentation · infused vinegars · alcohol tinctures · packaging and suppliers · an introduction to Herbal Therapeutics · the respiratory system, Energetics, Actions & Herbs · the Respiratory System · respiratory system case studies · Herbal Allies relaxant and stimulant herbs ·

Zooms are all held on Thursdays 6.15-8.15pm:

- Zoom one: October 8th - welcome to the course
- Zoom two: November 5th - discussing themes of content drop one
- Zoom three: November 26th - discussing themes of content drop two

Semester Two: January 15th 2027 - March 29th

Content Drop Four January 22nd:

You will receive: · further Sensory Herbalism practices · setting up community herbalism projects · resourcing community herbalism projects · working with volunteers · planning & developing workshops · project development and evaluation · regulations and the law · safety and red flags · LGBTQIA+ folks and accessibility · neurodivergent folks and accessibility · Herbal Allies bitter and aromatic tea tastings · Endangered and At Risk Herbs ·

Content Drop Five 19th February:

You will receive: · Ecological Herb Gardening wildlife friendly gardening · plant health · Actions, Energetics and Constituents · introduction to herbal constituents · a sensory approach to chemistry · Carbohydrates · Lipids · Amino Acid Derivatives · Simple Phenols &

Polyphenols · Terpenes · Essential Oils · Resins · Steroids · Alkaloids · the energetics of plant constituents ·

Content Drop Six 12th March:

You will receive: · Remedy Making herbal infused oils · herbal ointments and balms · herbal creams · glycerites · aromatic waters · chemistry in remedy making principles · Herbal Therapeutics the immune system · energetics, actions & herbs and the immune system · immune system case studies · the digestive system · energetics, actions & herbs of the digestive system · digestive system case studies · principles of healthy eating ·

- Zoom four: January 21st - discussing themes of content drop three
- Zoom five: February 18th - discussing themes of content drop four
- Zoom six: March 11th - discussing themes of content drop five

Semester Three: April 23rd - June 21st

Content Drop Seven 30th April:

You will receive: · Community Herbalism chronic health & disability · parents, carers & wee yins · bringing it all together · product making rules & regulations · Herbal Allies relaxant and stimulant mystery teas · Ecological Herb Gardening cultivation and propagation · cuttings, harvesting & processing · seed saving · dividing roots ·

Content Drop Eight 21st May:

You will receive: · further nature connection and somatic practices · Herbal Therapeutics the nervous system and stress · energetics, actions & herbs of the nervous system · stress, the nervous system and stress case studies · the musculoskeletal system · energetics, actions & herbs and the musculoskeletal system · the musculoskeletal system case studies ·

- Zoom seven: April 29th - discussing themes of content drop six
- Zoom eight: May 20th - discussing themes of content drop seven
- Zoom nine: June 10th - discussing themes of content drop eight



Blended Course Structure (15 spaces)

Full Online Course: eight course content drops with ongoing self-led testing and nine teaching Zooms (see online course content in Online Course Dates & Content above), plus:

Eight Additional Teaching Days: Diving into the online course material offering hands on remedy making, exploring our herbal allies, herb gardening practice and group discussions.

Six Saturdays 10am - 4pm at the Drylaw Neighbourhood Centre in North West Edinburgh, further exploring the course content.

Two days on Zoom in December & February: 10am - 4pm including an extended lunch and homework break.

Blended Course Dates

Dates for 2026-27 student group all Saturdays 10-4pm:

1. *October 24th*
2. *November 14th*
3. *December 5th (zoom)*
4. *February 6th (zoom)*
5. *February 27th*
6. *March 20th*

7. 8th May
8. 29th May



Optional Assessed Route

Formal Assessment: in addition to the self-assessment, you will also have access to more formal assessment with feedback from our tutors. Assessment will include plant profiles, case histories and submitting additional quizzes and tests.

Formal Assessment can be added by any student - online or blended - on payment of the assessment fee (see 'what does the course cost?'). Five submission dates through the year break up the coursework into smaller chunks and are submitted at specific times.

See the 'Formal Assessment Submission Checklist 2026-27' on page XXX at the end of the prospectus.

Semester 1 submissions by: Monday 4th January

Semester 2 submissions by: Monday 8th February & Monday 29th March

Semester 3 submissions by: Monday 10th May & Monday 21st June



What Does the Course Cost?

We are offering the course on a sliding scale and are able to offer 2 spaces at the subsidised price of the scale on each version of the course.

Online Only Course: £600 (2 spaces); £1000; £1250

Blended Course (online + in person element): £800 (2 spaces); £1500; £1750

Optional Formal Assessment: an additional £200 to the online or blended course fee.

We understand that students may need to spread the cost of the course, so fees can be paid in either 1 or 3 instalments, with an admin fee for the instalments option. Further, we have an Early Bird offer during May and June, paying in 6 installments.

Enrolment fee: Please note 1/3 of your full course price is non-refundable. Read more in the FAQs.



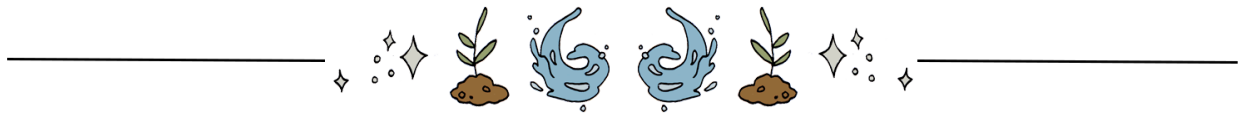
Why Do We Use A Sliding Scale?

Our core aim in Grass Roots Remedies Co-operative is to try & make herbal knowledge, skills & consultations accessible to everyone. As well as running herb walks, courses & workshops we also provide a community herbal clinic in Wester Hailes, South West Edinburgh which runs by donation to local people (as far as we know the only one of its kind in Scotland). We also run a free programme of community workshops in the neighbourhood.

We use a sliding scale in our workshops and courses: a sliding scale is a mechanism where people pay different fees according to their income & access to resources, so that services can be made accessible to as many people as possible, & folk are less financially excluded. A sliding scale means that everyone pays a similar proportion of their income for the same service.

This increases access for people who are systemically excluded from participating in community activities such as people of colour, people with disabilities or health conditions, LGBTQ* & working class communities, immigrants & women-led groups.

By paying a higher rate on the scale if you can afford it, you are enabling us to carry out our core work of providing free and low cost education & herbal consultations in areas of deprivation. We really appreciate your continuing support.



Meet The Tutors

Ally Hurcikova (she/her) is a Medical & Community Herbalist based in Edinburgh. Her role in the co-op is to create & deliver courses & workshops, tend to the plants on Lauriston Agroecology Farm & to oversee the community clinics in Wester Hailes & North Edinburgh. She's a recovering social scientist who likes to bring some philosophy & general geekiness to her fellows in the plant world. Other than that, she is a mother to three budding plant lovers, and when she finds the time can be found knitting, admiring woolly jumpers, and urban homesteading.

Catriona Gibson (she/her) is a medical and community herbalist living in Glasgow where she facilitates community workshops along with having a herbal practice based at

Woodland Herbs. Catriona's work with the co-op focuses on practical community herbalism, the theory of this practice and the joy of getting folk outside. She has been running our foraging course, Wild Things, in Glasgow since 2021 and you'll often see her in the city's parks and wild spaces hunting for interesting new plants to explore with. Catriona is also part of Plot 26 - a community herbal teaching allotment in South Glasgow. Outside of work, you'll find her out on adventures with Bear the Jack Russell - exploring Scotland by train.

Soraya Bishop (she/her) is a community herbalist with a background in ecology, conservation, community gardening and social and environmental campaigning/organising. Along with other GRR co-op members she believes that social and environmental justice and community herbalism are deeply intertwined. Soraya co-creates and co-facilitates the co-op's workshops and courses in sustainable foraging practice, herb gardening, sensory herbalism and practical remedy making and helps manage one of GRR co-ops larger medicine gardens at the Lauriston Agroecology Farm in North West Edinburgh. When Soraya isn't at work you can find her cooking for her fellow house mates in a North Lanarkshire housing co-operative she calls home, listening to the birds or a good bassline, getting out into the wilder parts of Scotland and watching Iranian new wave cinema.



Frequently Asked Questions

What is Grass Roots Remedies Co-operative

This course has been created by Grass Roots Remedies Co-op. We are an Edinburgh & Glasgow based workers' cooperative whose central philosophy is that herbal medicine is

the medicine of the people and should be accessible to everyone. We offer a series of practical courses and workshops, run the Wester Hailes Community Herbal Medicine Clinic, and the North Edinburgh Community Herbal Clinic in Granton, support student herbalists with their clinical hours, grow herbs in our garden at the Lauriston Agroecology Farm, and produce simple resources to enable folks to practice herbalism at home.

Find out more about us all on our website - www.grassrootsremedies.co.uk

Do I need any herbal knowledge to do this course?

The course is open to people with no prior herbal knowledge or experience. If you do have experience personally or from other herbal courses, we think that the broad reach of this course will offer new learning and the opportunity to further integrate the foundational principles of herbalism if they are already familiar to you. As we explore the fundamentals of herbalism in depth in this course, to start off with this can be a lot for folks without any prior experience. However, these concepts are referred back to again and again as we move through the semesters to slowly embed the theory for anyone new to herbal medicine. You may wish to give yourself some extra time in the early semesters to get to grips with the content if you are completely new to herbalism.

Are there any extra costs to studying this course?

As this course is all about accessible community herbalism there is no expectation to buy any expensive herbal kit, with most remedy making using equipment you will likely already have in the kitchen and inexpensive ingredients from supermarkets such as sugar, vinegar or oil. Having said that, it is up to you as a student whether you would like to source more expensive ingredients as you study the course and we find there is usually a range within our student cohorts. Extra to the online course:

Blended students will need to travel to North West Edinburgh for six in-person teaching days 10-4pm. Depending on how far away you live you might need to stay in accommodation around these days.

Optional assessed route students pay an extra £200 on top of course fees. One assignment asks you to grow some seeds. Each student will supply their own compost and pots if growing inside.

Several herbal books are recommended throughout the course. Again, there is no expectation to buy these books, the recommendations are there for those who have the means to and want to add to their collection. We also recommend plenty of websites & podcasts which will provide a wealth of information beyond the course content without needing to buy anything extra.

How long will I have access to online course materials?

We give all Grass Roots Herbal Foundations students two years and nine months access to the online course (two years after the end of the course). For example if you study Grass Roots Herbal Foundations October 2026 - June 2027, you will have access to online course materials until June 2029.

What plants does the course cover?

The course focuses on forty commonly available herbs, and we highlight a further five endangered/at risk species. We will meet the main forty through at home or in person tea tastings, theory around their actions/energetics & constituents, & discussions of case studies where we might use them. We'll also highlight a few more outside of the official 40 as we go along because there's just too many amazing plants out there! For students on the assessed route, there is also an assignment to write your own monographs on a further five herbs, bringing the total number studied up to fifty.

Our main forty plants in focus + five at risk species include:

Vervain, Motherwort, Elecampane, Wormwood, Artichoke, Milk Thistle, Chamomile, Lemonbalm, Skullcap, California Poppy, Passionflower, Garlic, Chilli, Horseradish, Ginger, Elder, Cinnamon, Rose, Raspberry Leaf, Nettle, Hawthorn, Sage, Oats, Calendula, Comfrey, Borage, Solomon's Seal, Flax, Marshmallow, Couchgrass, Cornsilk, Sweet Violet, Peppermint, Rosemary, Thyme, Angelica, Hyssop, Fennel, Lavender, Basil, Black Cohosh, Golden Seal, Basque Flower, Echinacea & Arnica.

I have studied GRR co-op's 'Wild Things: a year of wild food & medicine' course. How is this course different?

Over 80% of the plants in Grass Roots Herbal Foundations are not included in Wild Things - of course we've included a few wild favourites like Nettle & Hawthorn who we couldn't bear to leave out! Grass Roots Herbal Foundations also focuses on herb cultivation rather than foraging. Grass Roots Herbal Foundations is also a much more in depth course requiring more study time - see 'How much time do I need to study this course?'.

What will I be able to do at the end of the course?

Completing the course will give you the skills and confidence to share your herbal knowledge with your community - spreading the message of Folk Medicine for All Folk:

- Identifying communities with resonance for you and creating, delivering and evaluating workshops with your community.
- Growing, preparing and crafting remedies for you and your local community
- The potential for links to clinical practitioner training: whilst developing the course, we have kept in mind and tried to map against entry requirements to UK-based Herbal Medicine Practitioner Courses. Examples include, the range and number of plants covered on the course, the depth and breadth of the course, reflected in the

time required to complete it and the types of assessment and self-assessment we have used

You can read more about what a community herbalist is in our blog post here:

<https://grassrootsremedies.co.uk/2025/09/11/what-is-a-community-herbalist/>

How much time do I need to study this course?

While we acknowledge that different folk will take more or less time to work through a course, we have included the below as a guideline:

Online Only Course:

If you have chosen to study the online only version of the course we suggest at least:

10-15 hours a week. This includes the weeks in between semesters to complete all the lessons.

Blended In-person element:

If you have chosen the blended In-person element, this will require an additional 8 sessions of 6 hours each (all on Saturday throughout the year).

Assessed route:

If you have chosen the formal assessed route for either the online or the blended course, expect an additional 20-25 hours per semester.

Are there any in person elements I can come to?

Yes! Check out the blended course information above. The blended course consists of the online course plus eight additional teaching days. This means you will work through online content in our lessons which are released in bite sized chunks over the course that consist of videos, handouts, quizzes and more, as well as attending the live zooms too. As a

blended student you will then have the opportunity to put all this learning into practice with fellow students at the eight additional teaching days.

The six in person teaching days are in the Drylaw Neighbourhood Centre in Edinburgh. If you have any accessibility queries please get in touch at hello@grassrootsremedies.co.uk

If you book onto the blended version of the course we will be in touch with more details about our in person sessions.

How can I connect with other people doing this course?

The course has its own dedicated Discussion Space where students can ask questions, share ideas and reflections with each other and the tutors. We also meet on a live zoom nine times over the course.

There is also the opportunity to come to an additional eight teaching days (six in Edinburgh and two online). If you are interested in this then book the 'blended' course.

How can I ask course tutors questions during the course?

We will be available to answer any questions via the discussions space of the online course. If you have a private question you can email us at hello@grassrootsremedies.co.uk

I don't have a garden, can I still study this course?

You do not need to have your own garden to study this course (though we whole heartedly encourage everyone to get involved in their local community growing space!). You will be encouraged to sow some seeds as part of our Ecological Herb Gardening module, and if you don't have access to an outdoor growing space can sow seeds on your windowsill.

My circumstances have changed, what is your refund policy?

We understand that students may have a change in circumstances resulting in the course fee needing to be used in a different way and not pursue the course at this time. In order to honour this, whilst also maintaining a sustainable business model, we have decided to set the following parameters:

Enrolment Fee: The enrolment fee is non-refundable – this is ⅓ of the complete cost of your course booking (or the first payment of three instalments or the first & second payment of six instalments).

Before September 1st: On request, we can refund any additional payments over the enrolment fee, less £20 administrative charge.

From September 1st: We are not able to offer any refunds this close to the course start date. We also expect students to honour any unpaid instalments of the course fee.

I still have a question, how should I contact you?

If you can't find an answer to your question above, email hello@grassrootsremedies your query

Formal Assessment Submission Checklist 2026/27

	Sensory Herbalism	Ecological Herb Gardening	Herbal Allies	Community Herbalism	Actions, Energetics & Constituents	Remedy Making	Herbal Therapeutics
January	X	Garden Plan	Five mini monographs	X	Energetics essay	<i>Plan Remedy Making</i>	X
February	Reflections on two sensory practices	X	X	X	X	Two preparations practical & write up	Additional case study questions: Respiratory
March	X	<i>Plan Seed Cultivation</i>	Three full monographs	Workshop Plan & Project Showcase	X	<i>Plan Remedy Making</i>	X
May	X	X	X	X	Constituents Multiple Choice Questions	Four preparations practical & write up	Case study: Gastrointestinal & Immune
June	X	Seed Cultivation	X	Workshop reflections	X	X	Case study: Musculo-skeletal & Nervous

Semester
DatesContent
Drop

Zooms

YEAR PLANNER 2026-27

In Person Days -
Blended Students
OnlyAssessment
hand-ins - Assessed
Students Only

Oct	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
								C1	Semester 1														IP1														
Nov	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							
	Z2 C2 IP2 Z3 C3																																				
Dec	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
	IP3*																																				
Jan	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
				S1											Semester 2																Z4	C4					
Feb	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28									
	IP4* S2 Z5 C5 IP5																																				
Mar	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
											Z6	C6											IP6											S3			
Apr	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							
																								Semester 3								Z7	C7				
May	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
	IP7 S4 Z8 C8 IP8																																				
Jun	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							
										Z9	Celebration										S5																
Jul	1	2	3	4	5		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
Aug	1	2	3	4	5	6	7	8	9	10	11	12	13	Summer stay in touch Zooms (optional) dates TBC					19	20	21	22	23	24	25	26	27	28	29	30	31						
Sep	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29								





