

Fall workshops on Native American uses of wild herbs for medicine and food.

It is a one-weekend (two day) hands-on class: register for either ANTH E221 or WOST E221 (one credit hour). Students can enroll for either September 6 & 7, or October 4 & 5. Students will learn to identify plants of medicinal, food, and symbolic value, learn the traditional uses of them, and learn how to (and actually make) salves and tinctures from the plants. In addition this course is similar to an ethnographic field experience, as you will be exposed to a different culture.

The workshops will be taught by Shawnee herbalist Patsy Clark and held at Bittersweet Cultural Center (Patsy's home and herb farm) near Rochester, Indiana, about 75 miles to the southeast of the IUN campus (and 50 miles south of South Bend). Students will spend two pleasant days outdoors and indoors at a site dedicated to the preservation of native plants and ancient customs, and be exposed to a worldview that is probably quite different from their own, especially in regard to the relationship between humans and nature. The course is both informative about plants and about Native American culture. Patsy will teach students to identify and process indigenous plants and understand their traditional uses for foods, medicines, and rituals; emphasis is also placed on the role of this traditional women's knowledge in the culture of local tribes. Workshop also includes information and demonstrations of traditional uses of sacred plants, such as for smudging, sweating, etc. Course is for historical and cultural information only, and does not imply medicinal effectiveness of the plants, but many people (including myself) use them regularly.

There are lectures, demonstrations, and some hiking through moderately hilly terrain (about a mile each day). Patsy will lead us on those hikes and also shorter walks through several acres of her wooded property, identifying and gathering herbs, and we will make some lotions, tinctures, or salves that you can take home from those plant materials. She will tell us about the traditional uses of dozens of plants: medicinal, food, ritual, and material – for making things. I have done this workshop several times before and it is a unique and pleasant experience. The workshop is different every time, partly because different plants are available, and partly because Patsy responds to the students' interests; she is one of the most pleasant people I know. If we are lucky she may talk about and show us some of the special places on her property, like the Medicine Wheel.

The workshop is basically a camping trip; we stay in the woods a quarter mile behind Patsy Clark's farmhouse and eat home cooked family camping food. There is a new Super 8 motel in Rochester, about 15 miles away, so students now have the option of staying there overnight. It is possible to commute from home, but note that the class starts very early in the mornings on Saturday and Sunday, and goes late into Saturday night around a big bonfire. Better to enjoy camping in your own tent or stay in one of two real tepees or in the primitive lodge (there are a few cots and lots of foam pads, bring a sleeping bag and maybe an air mattress for cots or floor). The meals that her cooks provide can be vegetarian or other special needs, let us know, but I do not think they can do vegan. Your tuition pays all the workshop costs except food, supplies, and usage of the site, so bring \$ 50 to give Patsy for that. Your grade is determined by your participation and by a brief open-notes exam before we leave Sunday afternoon. There is no other assignment, but you must bring two required plant identification books (available at the IUN bookstore).

We will try to help in arranging car pooling; email me if you need a ride or offer one. I believe it is now possible for students to see the roster in Oncourse and contact each other.

The workshop and campgrounds are for registered students only, no children nor guests can accompany you.

Send an email to me (Bob Mucci) at Rmucci@iun.edu for more information. You can call me at 773-929-0456 with questions or changes of plans

If you are registered and decide not to come, you must drop the course by that Friday at noon; if you stay registered and do not come you get an F. There cannot be any grades of Incomplete. You may have to come to IUN to drop, I do not know if it will be possible to drop it on the web on that date.

Two Required books:

These should be available in the IUN bookstore.

The Green Pharmacy Herbal Handbook by James A Duke.

Rodale press. ISBN 978-0312981518 (Costs about \$ 7 in this economy edition, there are larger versions available too.)

Field Guide to Medicinal Plants and Herbs of Eastern & Central North America by Foster & Duke. (Peterson Field Guides) 2nd Revised Edition, 1999 or 2000. ISBN 978-0395988145 Costs about \$20.

If you want to leave with samples to make a portfolio of the plants you have identified, you might consider bringing paper envelopes or plastic sandwich bags in addition to a notebook (she provides you with a clipboard and printed handouts).

Wear layers of clothing with lightweight long pants and shoes and socks to protect from plant life as we will be hiking a bit, but be able to layer off to shorts for hot afternoons; and bring a cap to keep off the sun. Sun lotion and insect repellent are good ideas, too.

Other features of this workshop: Set up camp there on Friday evening any time after 5 pm, or arrive by 8 am Central Daylight Time Saturday morning (9 am EDT); hot breakfast is provided if you get to the table by 7:30 am CDT Saturday, and there will be continental breakfast (rolls, fruit, coffee, tea, juice) as the introduction to the course begins at 8 am. There will be activities and lectures and hikes all day Saturday and into the evening (break for lunch in her house, usually something like sloppy joes and cold side salads); big bonfire Saturday night after her family cooks dinner for us over open fires – usually roasted meat, lots of veggie side dishes, and open fire fruit cobbles. The course continues after dinner with storytelling, discussions, questions and answers by the fire, s'mores, and if we are lucky, a drumming demonstration. Sunday starts with a cook-out substantial breakfast near the lodge 8 am CDT, more lectures and activities, a review session, a lunch of leftovers, a study hour, and an exam. The course ends about 3 or 4 pm CDT on Sunday.

Don't forget to bring the two books, pens, pencils, paper for taking notes, and cash or a check for \$50 made out to Bittersweet Cultural Center to cover the fee for food, supplies, and camping. (Note that the total cost including tuition is still much less than the cost of her private, briefer workshops.) She provides jars and bags for the medicines you make. Besides taking notes, you will want to take some leaves and seeds as samples of the plants (hence the envelopes and plastic bags) and you can even bring containers for plants as she usually offers us some whole plants for our gardens at home.

The very last hour on Sunday afternoon will be spent writing answers to an exam about what you have learned; this exam plus your general participation will determine your grade. The exam is open notes, so take notes in lecture and on walks, and copy relevant materials from the book into your notes during breaks. If you take lots of notes, it should be easy to get an A or a B.

The meals that her family provides are campfire group meals that feature hearty meats and several vegetable side dishes (including some from her organic garden). At least two of the meals will be cooked near the lodge in big iron pots and skillets over open fires. My experience is that these are truly delicious, hearty, and healthy meals with a great variety of side dishes to choose from. If you are a vegetarian let me know and they can increase the veggie dishes to accommodate whatever number. Let us know if you have other special needs, such as no pork, and they will try to have more dishes as appropriate. But under these conditions they really cannot do vegan or extreme needs like low glycemic or gluten free.

We will not have any access to refrigeration or electricity. Patsy will have cold water, lemonade, and/or iced tea for us at all times, but you are welcome to bring snack bars, etc, just in case. There aren't many places nearby to eat anyway, maybe twelve miles to the closest ones in Rochester. There are about six beds in the primitive lodge, but no linens, so bring your own sleeping bag and pillow. Best to bring your own tent and maybe an air mattress for tents, cots, tepees, or floor; but there are a dozen large foam pads that serve nicely as mattresses for floor or teepee. There is no electricity in the lodge, so flashlights are a good idea, and of course there is no refrigerator nor air conditioning. We will be able to park our cars near the lodge to unload. The lodge is huge, so even those tenting, or sleeping in the nearby tepees, can store some of their stuff in the lodge.

Note that there are no shower facilities for us; in fact there is no running water at the lodge or campground. The toilets there are portapotties. But that is only for the evenings and early mornings. We will spend much of each day in or near Patsy's house where there are sinks with hot water and flush toilets -- but we cannot use the bathtub.

No pets, no fireworks, no guns and no alcohol. We are serious about the no alcohol rule; this is a special place to Patsy, her family, and those sharing her culture; they visit here and have ceremonies here. We are guests in their house, and we must respect their rules. Anyone who brings or consumes any alcoholic beverage will be asked to leave immediately, and will get an F in the course. Smokers should bring a container to dispose of the butts. Recycling bins will be provided, please use them.

Driving Directions:

You need to arrive by 8 am on Saturday morning Central Daylight Time; that is 9 am EDT, an hour ahead of IUN/Northwest Indiana/Chicago's CDT time. Since it takes 2 hours to drive from IUN to Patsy's, that means leaving IUN at 6 am CDT (or leave Merrillville at 6:30). Most of you will probably want to come Friday night and camp. I will be leaving IUN at 3 pm CDT Friday if you want to follow my car (I can also take two passengers. To get a map, go to Google maps and type in: 8642 W County Road 400 N Rochester, IN 46975; note it is about twelve to fifteen miles to the northwest of Rochester. If you arrive on Saturday, just go in the big house on the right when you arrive. If you arrive Friday, continue down the wheel ruts that extend from the driveway, or ask anyone you see, or ask at the large house on the right, for directions to the campsite and lodge. Or at Google maps, click on satellite view, zoom in, and you can see the driveway going straight back to the lodge and camping area. Her house is the big one with the red roof and the loop driveway in front, and the lodge itself is octagonal with a grey roof. Note there will be no food for us on Friday, so eat on the way (Knox has many places) or bring a bag dinner. Or set up camp and drive fifteen miles to eat in Rochester, which is what I do. There are also motels in Rochester; easiest way to get from Patsy's to Rochester is to go back west a mile to Route 17, go south four miles to Route 14, and take Rt 14 east ten miles to the intersection of Route 25; motel and food is to the south (right) on 25. If you stay on 14, you will come to my favorite local restaurant, *Los Compadres* (on the right).

Two routes from Merrillville:

1) Take US 30 east towards Plymouth; on US 30 you will cross US 35 and then Indiana 23, and then look for the sign directing you to turn right for Culver and Culver Academy; follow the sign by turning right onto Rose Road (it's a country lane); (if you miss the turn onto Rose Road, don't panic, just stay on US 30 until you come to Plymouth and take Indiana 17 south to Culver – its about 15 minutes longer that way). On Rose Road proceed south past the cows until it becomes Sycamore and then joins Indiana 17. Stay on 17 south past Culver. About eight miles past Culver, watch for County Road 400N – there is a sign at the corner pointing east to Leiter's Ford (it's a place, not a car dealership). Go east on county 400N for one mile and watch for the Bittersweet sign in the trees on your left at 8642 W 400 North; actually I find it easier to look for the "Caution Blind Driveway" sign on your right, it is exactly across the road from Patsy's. If you get lost or delayed, the phone # there is 574-542-4063.

2) This route takes you thru Knox for food. Follow US-30 East for 25 miles past Valparaiso; turn south on US 35 toward Knox. In Knox turn left at Indiana Rt 8, E Culver Rd; Go 5 miles, turn right at Indiana Rt 23. Go 4 miles, turn left at Indiana Rt 10; Go 5 miles, turn right at Indiana 17. Go 8 miles and turn left at W County Road 400 N; there is a sign at the corner pointing east to Leiter's Ford (it's a place, not a car dealership). Go east on county 400N for one mile and watch for the Bittersweet sign in the trees on your left at 8642 W 400 North; actually I found it easier to look for the "Caution Blind Driveway" sign on your right, it is exactly across the road from Patsy's. If you get lost or delayed, the phone # there is 574-542-4063.

My cell phone is 312 806 8722; I will be camped at Patsy's Friday night, but cell reception is not reliable there.