

Grow Your Own Medicine Without Owning Land

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*Intro and
Check In*

Arriving

Land Acknowledgment and Grounding





Overview

- Arrival/Land Acknowledgment
- Why
- Where to grow
- How to get started
- Challenges and pitfalls
- Plant recommendations
- Q & A
- Meditation/reflection + sharing throughout



Why grow

Where to grow - connection

Indoor

Deck/Balcony/Fire Escape/Rooftop

Parking Strip

Seed bombs

P-patch

Neighbors

School garden

Food forest



Getting Started

- Observe
- Build relationships
- Start small
- Chose plants you already know or have affinity with
- Water





Sourcing Your Plants

Purchase

Rescue

Cuttings

Seeds

Seedlings

Exchanges

Challenges and Pitfalls

- Disturbance
- "Beauty" matters
- Water
- Soil
- Short-term





*Movement +
Reflection
Break*



Plant Recommendations

- Indoor
- Pots and Containers
- Ground
- Short-term

Indoor

- Aloe
- Basil
- Turmeric
- Rosemary
- Thyme
- Parsley
- Catnip
- Ginger





Pots & Containers

- Lavender
- Sage
- Scented Geranium
- Mint
- Lemonbalm
- Chamomile
- Tulsi

In the Ground

- Calendula
- Borage
- Violet
- Lemonbalm
- Nettle
- Yarrow
- Echinacea
- Elecampane
- Aster
- California Poppy
- Motherwort
- Feverfew





Short-term garden

- What plants are already there?
- Are there mature "rescue plants" you can move into your garden?
- Annuals that easily self-seed: calendula, borage, nigella, feverfew, mint, California poppy
- Sunflowers
- Clover
- Cosmos

Q & A





Closing

Thank you so much for being here!

You can find me @[_slow_rising](#) on Insta.