

2023 HERBAL JUSTICE & MUTUAL AID

Spoonful Herbs(501c3)- City Market Seedling Grant

SPOONFUL HERBALS' MISSION

It is our mission to share joyful, hands-on education and wellness through plant medicine while honoring all of our herbal traditions.

Herbalism, when conducted by white herbalists with ignorance of Eurocentrism, institutional racism, Black, Indigenous, People of Color (BIPOC) histories, and cultural appropriation, runs the risk of contributing to racism and perpetuating harm.

At Spoonful Herbals we are committed to the ongoing work of decolonizing ourselves and the field of community herbalism. Herbalism can also be a movement to combat oppression and dispossession and to heal the fragmentation and unworthiness created by centuries of settler colonialism and capitalism on this earth- we strive to practice herbal medicine through this lens everyday.

PROPOSAL SUMMARY

Nourishing ourselves and our neighbors with wild medicine (from plants and fungi) is an affordable and evidence-based way to reconnect with the land and heal this food and medicine access and distribution issue. Connecting to nature- in our woods and backyards-through wild medicine brought into our homes and bodies, cultivates ecological, citizenship and stewardship, nourishes us, and creates opportunities for sustainable and enjoyable community action.

The seedling grant from City Market allows us to formalize our Greater Burlington Area Mutual Aid: Food & Herbal Justice (GBAMA: FHJ) efforts and deepen our connections with community organizations and members experiencing limited access to food and natural remedies.

CORE ACTIVITY #1: WILD WEEDS PESTO

- Received and processed fresh wild-crafted plant material from Spoonful Herbals, Burlington Parks and Recreation, the Intervale Community Farm, and the Intervale Center.
- Demonstrated wild weeds pesto making (with samples and a bike blender!) at the City Wide Nature Celebration.
- Produced 20 quarts of nutrient dense wild weeds pesto (\$400 value)
- Ingredients: Garlic Mustard, Chickweed, Nettle, Arugula, Violet leaves, Dandelion, Olive Oil, Lemon Juice, Sunflower Seeds.
- Donated to Food Not Bombs & Conscious Homestead.

CORE ACTIVITY #1: WILD WEEDS PESTO



CORE ACTIVITY #2: MEDICINAL PLANT DONATIONS

- Dug, potted and distributed just over 100 medicinal plants (primarily perennials) to community organizations (a \$500 value).
- Recipients included Conscious Homestead, Free Farm/Kunsikeya, New Farms for New Americans, Rose Core Collective, the Schoolhouse school garden, and Alnobaiwi.



CORE ACTIVITY #3: JAPANESE KNOTWEED HARVEST



Harvested, processed and dried 63oz of roots (\$126 value) for donation

CORE ACTIVITY #4: ELDERBERRY ARONIA SYRUP



In collaboration with UVM Service-Learning students, harvested, processed, bottled and labeled 75 4oz bottles of syrup for donation to Conscious Homestead's BIPOC Care Kits (\$1500 value)

CORE ACTIVITY #5: GLEANING AND WILDCRAFTING



COMMUNITY IMPACT SUMMARY

With \$3,300 in support from City Market and collaboration from our partners, we produced ~**\$2,526** in added-value products created from community green spaces and donated to community members!

We also compensated 3 BIPOC collaborators for their labor in partnering with us (\$250).

“Through my experiences this semester, I was able to put into practice a more sustainable form of activism and leadership, and am moving forward with the ability show up for myself and my community with vitality, resilience, and a receptive mind.”

- UVM Intern with Spoonful Herbals, Fall 2023

NEXT STEPS

We deepened our partnerships with Shelburne Farms, Conscious Homestead, Free Pharm, Food not Bombs, City Market, Intervale Community Farm, the Intervale Center, and Alnobawi.

We are leveraging our partnership with the Intervale Center to apply for multi-year funding and create a “Community Gleaning and Wildcrafting Guild” and a “Community Forest Garden.”

THANK YOU for your investment in us and the community!!

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