

*Everyday  
Empowered*

# Herbal Winter Dreaming Workbook

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# Welcome to our Winter Herbal Dreaming 2024

*Winter Herbal Dreaming* is part of my personal practice in planning and managing my herbal home and I'm so excited to share it with you!

I'm talking about 3 areas during our *Winter Herbal Dreaming* session. Personally, they're all relevant for me to reflect on each winter, however you might find one speaks more to you. Take this all as an invitation and adapt to find what works for you.

Note – this handout is a summary of some of what's covered in the live session/ replay, and I'll go into more depth there.

## Section 1: What do you want to learn this year?

Herbalism has many meandering trails and ultimately they all lead to the same place. Rather than jumping from trail to trail, it can be really helpful to pick one and follow it for a ways, before veering onto another track.

There's no right place to start, or continue – which is the beauty (and sometimes the overwhelm) of home herbalism. You can start or continue with what calls you, what you need or what you've got.

Some trails you might wander this year (*more detail in the live/ replay session*):

1. remedy techniques
2. focusing on one herb at a time
3. getting hands on – learning to grow, forage, harvest and dry your herbs
4. organ system learning
5. specific health concerns

Because these trails meander, you might find you start with one, then that detours into another seamlessly. However, thinking back to what we talked about with common mistakes, try to stick with one long enough that you feel a certain level of familiarity and 'auto-pilot-ness' about it

## Section 2: Home herbal planning

How we set ourselves up at home is a big part of how easy it is to make and use herbs at home. If we don't have the herbs on hand, we can't use them. If our herbs are scattered all over, then we can't find them when we need them.

During winter, it's lovely to pause and reflect on our home systems and reflect on what – if any – changes we can make so it's easier for us this coming solar year.

There is absolutely no right or wrong way to do any of this. We've all got different personalities, likes and dislikes, time constraints, needs etc. The most important thing is you find what works for you!

And also don't get caught in fantasies of *"this would be better if..."* If you can change things then do. If you can change them a little, then do that. If just need to change your mindset about it, then do that. Within your unique story, just make it the best you can in your situation.

### Storage

- Where are you storing your herbs? Is it working for you? How might you make it work better?
- How are you organizing your pre-made remedies? Is it working for you? How might you make it work better?

### Making

- Where are you making your remedies – is that working for you? How might you make it work better?
- Do you have everything you need to make your remedies? If you want to learn new remedy preparations this year, have you got everything you need?

### Inventory Management

- Do a stocktake – what herbs, remedy-making supplies and pre-made remedies have you currently got at home?
- How are you keeping track of your herbs, supplies and remedies throughout the year? Is it working for you?
- Does anything need to be composted?
- Do you need to buy or grow any more herbs or buy supplies?
- If you're a gardener, you might have additional questions about your growing rhythms, garden supplies, harvesting and drying processes etc – use these questions to prompt you in that space too.

## Inventory Reflection

- What did you use a lot of over the past year?
- What were your go-to herbs or remedies?
- Was there anything you wish you'd had that you think would still be useful this coming solar year?
- Are there herbs or remedies you thought you'd use but didn't use them?
- If you garden: did you use the herbs you grew? Were there any that grew particularly well in your garden? Any that didn't thrive?
- If you garden: keep track of time for planting, harvesting etc. It can help you plan and make time for it this coming year.

## Section 3: Seasonal planning

This section invites you to think about your family and what you might need this year.

- What are common health issues that you want to care for this year?
- Are there any seasonal remedies you need to have on hand?
- Are you growing herbs that you'd like to learn how to use? What remedies will you make with them?

## Planning your solar year

Reflecting on all this, let's put it together into a plan. Use the answers from all 3 sections to guide your answers

As we spoke about at the start, from a seasonal living standpoint, winter is more about dreaming and planting our seeds of intention. Spring energy is more about creating specific vision boards and action plans. So you might find you prefer actually making your calendar in springtime, when that planning energy is there to support you. Or you might like to do it all at once now.

I'm including all this info as part of our *Winter Herbal Dreaming* session, but you might actually prefer to do this sort of planning at the start of each growing or foraging season.

As I've said a lot, find what works for you. And know this is a starting place, you can definitely change your mind and update as the year progresses.



| Month     | To learn | Remedies, herbs, supplies to have on hand | To plant/ harvest |
|-----------|----------|---|-------------------|
| July      |          |   |                   |
| August    |          |   |                   |
| September |          |   |                   |
| October   |          |   |                   |
| November  |          |   |                   |
| December  |          |   |                   |
| January   |          |   |                   |
| February  |          |   |                   |
| March     |          |   |                   |
| April     |          |   |                   |
| May       |          |   |                   |
| June      |          |   |                   |

## Get to know me

I'm Cat Green, folk herbalist and community educator and I'm on a mission to get herbs back where they belong – in our homes!

I teach simple, home herbal skills in a fun, straight-up way! Funny noises, everyday language and stories - everything I do is about making it as simple as possible for you to use herbs at home!

I started Everyday Empowered [and run monthly herbal medicine workshops](#) on the Sunshine Coast, as well as organise the popular community gathering [HerbFest](#).

[I teach courses in person and online](#) and I sell [DIY Remedy Kits](#) to save you time, money and overwhelm when it comes to making remedies at home. I love working with Heidi Merika to make the DIY Kits and 2 online courses.



Learn more: [www.everydayempowered.com.au](http://www.everydayempowered.com.au) or you can [read more of my story](#)

I'm so grateful you joined me in my annual *Winter Herbal Dreaming*. I hope it's been useful for you – I'd love to hear any stories or thoughts if you want to share them during the live or email afterwards.

Here's to a great year of home herbalism! Cat

### **Using this work**

I'm lovingly sharing a personal practice in hope that it helps make your home herbal life easier!

If you want to share this workbook or practice with others, I'd so appreciate your respect in naming where you got it. That way it honours the years of work I've put into learning and practicing herbal medicine and seasonal living. It also allows me to keep showing up and doing what I can to get herbs back where they need to be – in homes on every street in Australia!

Thanks so much, Cat

