

HedgeWych Wylds/BackWoods Basics
2019 January First Ever! Newsletter



Happy New Year everyone!
And Welcome to a New “gathering” Year

And to this new First ever! Backwoods Basics Newsletter, that I hope will provide us all with a new fun way to connect, keep informed and uptodate on all backwoods basics’ events, classes and goings-on. It can also be a meeting place for sharing of ideas, thoughts and “goings-on” that you want to get out there too. So send me in your submissions to our newsletter.

**I would like to begin this new adventure by offering a prayer:
a prayer of thanks and gratitude to the creator, Great Spirit, for the continued health and beauty of our mother Earth. I offer a prayer for her children, all her children; two legged, four legged, those with fins and those with feathers, the plant folk, and the green medicine people. That the harmony of life be respected by all and the balance be restored. For the protection and preservation of all life. Blessings – All my Relations - Let it be.**

This Newsletter is intended to provide a community space to come together in with our concerns and celebration, stories and experiences of a common love for this beautiful “blue” planet we call Earth.

*“I dedicate this space, to the continued Preservation of the Wild Lands
and their Folk Herbal wisdom.”*

BwB Calender of Events, Classes, Festivals for 2019

- January 29** **Early Bird registration deadline** for your 20% discount on the Backwoods Basics' program. ***Fast Approaching!**
- February 1** **Imbolc – Festival of Brighid; Celtic New Year**
- February 17** **Spring Gathering & Celebration**
location: the Chemainus River
10 til noon All Welcome! Free Offering to all!!
- March 9** **Open House and Registration** for all Backwoods Basics spring classes. This will be your last chance to ask questions and get your registration in. Mark it on your calendar, facebook. Come on out for a complete overview of course details, a great social time to meet folks and decide if its right for you! Details to follow.

First Day of Classes

- March 16/17** **On the Sunshine Coast**
BwB will be in **Roberts Creek** with
Total Immersion Wildcrafting starting March 16,
10 am to 4 pm
Just Medicine Making on the Sunday, March 17,
10 am to 4 pm
- March 23/24** **In the Cowichan Valley**
BwB will be offering, once again, back in the Valley;
Total Immersion Wildcrafting on Saturday
10 am to 4 pm
and ***Just Medicine Making*** on the Sunday
10 am to 4 pm
(exact location will be revealed, as soon as I know)

Backwoods Basics On the Coast

at the Roberts Creek Hall, Roberts Creek, B.C.

March 16/17

a two day workshop on west coast indigenous medicine.

Total Immersion Wildcrafting takes you out into the woods/field, identifying, gathering and learning about the practical application and traditional usage of our abundant west coast medicine plants.

Just Medicine Making takes place on the sunday with an “in the workshop” style class using the plants collected the previous day. A beginners level class that includes the fundamentals of “folk” medicine making, simple physiology and the creation of practical folk remedies, safe and effective for the whole family!

Backwoods Basics in the Cowichan

location to be revealed at a later date – you’ll know as soon as I know!

Total Immersion Wildcrafting/Just Medicine Making

March 23/24

Basically the same format as “On the Coast” but with different location, plants may vary from region to region, the intent and purpose remains the same.

****If you missed the original mail out with full course details and registration forms please let me know and I’ll send you the full package!!***

the Festival of Brighid



February 1 marks the first day of Spring in the Celtic calendar.

Imbolc, the Celtic feast of Spring's awakening.

A return of the rising earth forces -
growth, birth, renewal and new life.

A rebirth.

*"Old woman winter, Cailleach, the old veiled one,
is reborn in the form of the young maiden, Brighid;
goddess of fertility, child birth, and cattle.*

*From her flowing milk, pours forth new life
to the land and turns scarcity into abundance."*

A Celebration of Spring

Spring blows in early on the west coast, with a prayer and offering in the Celtic tradition of Imbolc, followed by gathering cottonwood poplar medicine. A tree of Life and Breath; it breathes and chatters with the slightest breeze, like a thousand wind chimes calling you. *It was believed that the tree was inhabited by spirits, a messenger between worlds.* I have come to know it for this life giving, breathing quality, that cleanses away the stagnant air of winter, clears energy blockage and strengthens the Immune system. Think Respiratory and Immune here! Folklore and remedies, the poplar's role in Immune System health and the health of our interdependent Eco System, will be explored. On **February 19** we will gather on the banks of the Chemainus river for a Celebration of Spring and to "kick off" the Backwoods Basics year. **All of you are invited - free and open to all!**

Contact me for details. 604-989-8095

From Beyond the Hedge; the HedgeWych tradition

In Old England, the towns folk lived in villages carved out of the wilds, as they became more civilized they planted hedges around their villages to keep the wild things out and as protection for their children. The healer; the “HedgeWych”, lived on the edge, where she would often hop over the hedge to gather her medicine; barks and berries, and to talk to the wild things. Thus gaining much wisdom for her healing arts. She was held, by the town folks, with both awe and fear, but for her healing they would come.

This is the HedgeWych tradition!

Nettles and friends

There are so many rich nutrients springing forth at this time between winter and spring, while the earth is still cold with its winter mantle in place. Dandelion greens, tender and sweet, chickweed and berry shoots, and not to forget the great gift to nursing mothers; Stinging Nettles! All of these wild herbs I have mentioned are rich in calcium, iron, potassium, vitamin C, A, and in some vitamin D and K. The deep wisdom of our mother earth in knowing just what we need this time of year, as we shake off the heavy slumber of wintertide.

Nettle Soup

1 onion diced
4 garlic cloves, pressed or diced
1 stock of celery, chopped
1 carrot, chopped
1 potato, chopped, skin on
1 handful fresh washed *Nettles
1 cup cream (or coconut cream)
salt and pepper to taste



sautee in a cooking pot with a little olive oil first three ingredient, when onions and garlic are transparent add the carrots and potato and cover with water or stock. Simmer for 20 mins. til the potatoes are fully cooked, add the nettles, remove from heat. Let sit for ten mins. Place in blender with a cup of cream or (my favorite coconut cream). Blend and return to cooking pot. Add salt and pepper to taste. Reheat gently – don’t boil! Serve warm with melted cheese (optional) on top and good bread.

****Again if you did not receive the original mailout from Backwoods Basics regarding Spring courses for 2019 and would like to, contact me at:**

604-989-8095

backwoodsbasics.info@gmail.com

I would be happy to send you a package

and if you would be so inclined, by all means pass it on!

Help me get the word out please.

I would be most grateful!!

A Call out for Submissions to Our Newsletter

Send me your thoughts and I'll pass them on.

**Stories and experiences from the wyld; wildcrafting excursions and wanderings,
- eco concerns and environmental "hotspots"**

Personal feed back on content and focus of newsletter.

All gratefully accepted!

Keeping it real!! Let me hear your voice.

Send your contributions to: Sheila Wray or Backwoods Basics

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Ladysmith, B.C. V9G2A5

wildmedicine.info@gmail.com

(I need to reserve the right to determine relevance based on the spirit of this newsletter)