



THE HERBAL GARDENING COURSE OUTLINE

UNIT 1: LAYING THE GROUNDWORK

Lesson 1: Introduction to the Course

- Welcome to the Herbal Academy's Herbal Gardening Course!
- VIDEO: Welcome to Unit 1 with Lisa Olson, RH(AHG)
- The Herbal Academy Garden Planner
- Here's How the Course Works
- VIDEO: Navigating the Student Dashboard with Amber Meyers

Lesson 2: Introduction to Herb Gardening

- Why Grow Your Own Herbs?
- A Brief History of Herb Gardening
- Every Herb Garden is Different | Your Green Thumbprint
- Herb Gardening Versus Vegetable and Flower Gardening
- Getting Started
- VIDEO: Growing Herbs (and Confidence!) with Pamela Spence, MNIMH
- Key Gardening Terms to Know

Lesson 3: Useful Gardening Tools and Supplies

- Gardening Tools and Supplies
- Caring for Gardening Tools and Equipment

Lesson 4: Soil and Garden Ecology

- What is Soil?
- Nutrient Cycling
- Nutrients
- Pollinators and Beneficial Insects
- VIDEO: Plant Spotlight: Anise Hyssop with Hannah Lasorsa
- VIDEO: Plant Spotlight: Echinacea with Lisa Olson, RH(AHG)
- VIDEO: Plant Spotlight: Angelica with Lisa Olson, RH(AHG)
- Garden Pests
- How to Assess and Amend Garden Soil
- Home Gardening as Stewardship
- VIDEO: Land Stewardship with Renee Prince, RH(AHG)



Lesson 5: Choosing a Garden Site: Beyond Soil Considerations

- Healthy Garden Soil
- Sunlight
- VIDEO: Plant Spotlight: Hyssop with Hanna Lasorsa
- VIDEO: Plant Spotlight: Elecampane with Lisa Olson, RH(AHG)
- VIDEO: Plant Spotlight: Violet with Lindsey Feldpausch, RH(AHG)
- Precipitation and Water
- VIDEO: Plant Spotlight: Chamomile with Lisa Olson, RH(AHG)
- Terrain and Topography
- VIDEO: Microclimates in the Garden with Robyn Chubey
- Indicator Plants
- Pest and Disease Risk
- Accessibility and Convenience
- Aesthetics and Other Considerations
- Bringing it All Together
- VIDEO: Site Planning with Shona Richter MacDougall, RH(AHG)

Lesson 6: Planning Your Herb Garden

- Choosing a Garden Bed Type
- VIDEO: Plant Spotlight: Cayenne with Robyn Chubey
- Choosing a Layout
- VIDEO: Garden Tour with Jane Metzger
- VIDEO: Sacred Garden Design with Sarah Wu
- Choosing a Theme
- VIDEO: Plant Spotlight: Mugwort with Logan Keister
- Choosing the Right Herbs For Your Garden
- Scale
- Gardener Capacity and Accessibility
- Skill Level
- VIDEO: How to Plant an “Unkillable” Herb Garden with Alyssa Dalos, RH(AHG)
- VIDEO: Plant Spotlight: Catnip with Selima Harleston Lust
- VIDEO: Plant Spotlight: Motherwort with Logan Keister
- VIDEO: Plant Spotlight: Skullcap with Lisa Olson, RH(AHG)
- VIDEO: Plant Spotlight: Nettle with Stacy Karen
- VIDEO: Plant Spotlight: Lemon Balm with Sarah Wu
- Time Commitment
- Accessibility and Inclusive Gardening
- Layout, Spacing, and Companion Planting in the Herb Garden



UNIT 2: BRINGING IN PLANTS

Lesson 1: Choosing Plants

- VIDEO: Welcome to Unit 2 with Lindsey Feldpausch, RH(AHG)
- Initial Considerations
- Choosing Pollinator-Friendly Plants
- Choosing Herbal Varieties
- VIDEO: Plant Spotlight: Yarrow with Cristina Asensio Foley
- Climate, Zone, and Garden: Personalizing Your Herb Choice
- A Note on Native Plants
- Design Tips and Tricks
- Where to Purchase Plants
- Choosing Healthy Plants
- Choosing Appropriately Sized Plants
- Putting it All Together

Lesson 2: Starting Seeds

- Sourcing Seed
- Planning
- Seed Viability
- Equipment
- When to Start Seeds
- Scarification and Stratification
- VIDEO: Plant Spotlight: Marshmallow with Jane Metzger
- VIDEO: Plant Spotlight: Wood Betony with Logan Keister
- Seeding Depth and Density
- Watering
- VIDEO: Seed Starting with Richo Cech
- When to Transplant
- VIDEO: Potting Up Seedlings with Lisa Olson, RH(AHG)
- A Step-by-Step Guide to Germinating and Caring For Seedlings
- VIDEO: Plant Spotlight: Tulsi with Shona Richter MacDougall, RH(AHG)
- Seed Saving
- VIDEO: Plant Spotlight: Arnica with Logan Keister
- VIDEO: Plant Spotlight: Feverfew with Robyn Chubey

Lesson 3: Plant Propagation

- When to Use Forms of Propagation Other than Seeding



- Cuttings
- VIDEO: Plant Spotlight: Mint with Sarah Wu
- VIDEO: Plant Spotlight: Rose with Lindsey Feldpausch, RH(AHG)
- Layering
- VIDEO: Plant Spotlight: Lavender with Sarah Wu
- VIDEO: Plant Spotlight: Passionflower with Lindsey Feldpausch, RH(AHG)
- Dividing
- VIDEO: Planting Garlic with Jane Metzger
- VIDEO: Plant Propagation with Logan Keister

Lesson 4: Planting

- Hardening Off: Preparing Herbs For Transplant
- Choosing a Day/Time to Plant
- Planting Seeds
- VIDEO: Plant Spotlight: Calendula with Logan Keister
- VIDEO: Plant Spotlight: California Poppy with Hannah Lasorsa
- Planting Starts
- VIDEO: Transplanting with Lisa Olson, RH(AHG)
- Planting Established Plants in Containers
- Planting by the Moon
- VIDEO: Lunar Rhythms with Sarah Wu
- Troubleshooting

UNIT 3: TENDING AND HARVESTING

Lesson 1: Weed Control and Pest and Disease Management

- VIDEO: Welcome to Unit 3 with Hannah Lasorsa
- Weed Control
- Conscious Weeding
- VIDEO: Conscious Weeding with Renee Prince, RH(AHG)
- Pest Management
- VIDEO: Plant Spotlight: St. John's Wort with Stacy Karen
- VIDEO: Plant Spotlight: Ashwagandha with Jane Metzger
- Disease Management
- VIDEO: Plant Spotlight: Bee Balm with Lisa Olson, RH(AHG)



Lesson 2: Feeding and Watering

- Feeding
- VIDEO: Plant Spotlight: Thyme with Logan Keister
- VIDEO: Composting Made Easy with Renee Prince, RH(AHG)
- Watering

Lesson 3: Putting the Garden to Bed and Extending the Season

- End-of-Season Garden Care
- Extending the Growing Season

Lesson 4: Harvesting Techniques

- Planning the Harvest
- Proper Identification
- Tools of the Harvest
- When to Harvest
- VIDEO: Plant Spotlight: Oats with Shona Richter MacDougall, RH(AHG)
- Techniques for Harvesting
- VIDEO: Plant Spotlight: Shiso with Robyn Chubey
- VIDEO: Harvesting Flowers with Lisa Olson, RH(AHG)
- VIDEO: Harvesting Aerial Parts With a Hori Hori Knife with Jane Metzger and Taylor Parra
- VIDEO: Collecting Seeds with Jane Metzger

Lesson 5: Drying and Processing the Herbal Harvest

- Handling the Harvest
- The Drying Environment
- Drying Methods
- VIDEO: Drying Herbs in a Dehydrator with Jane Metzger and Taylor Parra
- VIDEO: Plant Spotlight: Oregano with Robyn Chubey
- Processing Dried Herbs

UNIT 4: SPECIALTY GARDENING TECHNIQUES

Lesson 1: Permaculture

- VIDEO: Welcome to Unit 4 with Selima Harleston Lust
- A Brief History of Permaculture
- Zone Theory
- VIDEO: Plant Spotlight: Sage with Sarah Wu



- VIDEO: Plant Spotlight: Comfrey with Cristina Asensio Foley
- VIDEO: Plant Spotlight: Gotu Kola with Sarah Wu
- Ten Multi-Use Herbs For the Permaculture Garden
- Permaculture For the Home Herbalist
- VIDEO: Permaculture Design Principles for the Herb Gardener with Logan Keister

Lesson 2: Container Gardening

- Why Container Garden?
- Herbs Suitable for Container Gardening
- VIDEO: Plant Spotlight: Lemongrass with Abril Donea
- VIDEO: Plant Spotlight: Ginger with Sarah Wu
- VIDEO: Plant Spotlight: Turmeric with Sarah Wu
- VIDEO: Plant Spotlight: Rosemary with Selima Harleston Lust
- Planning the Container Garden
- Potting Soil
- Planting Into Containers
- Repotting
- Watering
- Maintenance
- Putting it All Together
- VIDEO: Container Gardening with Cristina Asensio Foley
- Hydroponics
- VIDEO: Hydroponic Gardening with Selima Harleston Lust

Lesson 3: Shade and Forest Gardening

- Cultivating At-Risk Woodland Herbs
- VIDEO: Create Your Own At-Risk Herb Shade Garden with Dr. Jeanine Davis
- VIDEO: Plant Spotlight: American Ginseng with Renee Prince, RH(AHG)
- VIDEO: Plant Spotlight: Black Cohosh with Lindsey Feldpausch, RH(AHG)
- Growing Trees and Shrubs
- VIDEO: Pruning Trees and Shrubs with Logan Keister
- VIDEO: The Healing Properties of Banana with Joshua Kwaku Asiedu

Lesson 4: Small-Scale Production Gardening

- VIDEO: Scaling Up the Home Herb Garden for Small-Scale Production with Shona Richter MacDougall, RH(AHG)

Lesson 5: Course Conclusion

- VIDEO: Congratulations and Farewell with Lisa Olson, RH(AHG)