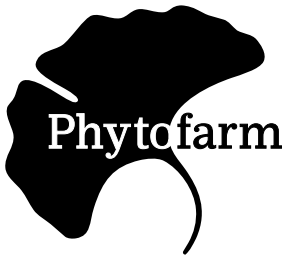




# phytofarm apprenticeship



## apprenticeship in herbal medicine

2020/2021

Phytotfarm herbal learning garden is a 20 acre property in the beautiful Okuti Valley, in Little River on Banks Peninsula. The property has been developed over the last ten years by herbalist and naturopath Valmai Becker as a repository of plants and learning centre. The gardens, manufacturing and drying sheds have been purpose built to provide a practical learning experience in herbal medicine. Valmai has forty years of experience, both as an educator and clinician and has inspired many to embrace the healing properties of plants in their daily lives as medicine and as a source of well being.

The apprenticeship programme offers a thorough instruction in the growing, harvesting, processing and manufacture of a wide range of herbal products. Students in the programme are encouraged to develop and explore personal areas of special interest and build confidence with medicinal plants that easily grow. The four seasons are celebrated with the students discovering culinary herbal delights of the spring garden, to exploring the abundance of the summer garden and blending quality products from the drying room during the autumn and winter seasons.

The apprenticeship is intended to develop in the student a passion for herbal medicine, exploring our relationship with plants in this exciting area of health and well being.

### **Tutor: Valmai Becker**

*Valmai has had many years of experience in graduating students into the healing profession, gardening projects, and has been successful in the management of four businesses, reflecting her enthusiasm and love of all things natural.*



## what is special about this apprenticeship?

A number of colleges in New Zealand offer a high standard of professional education in herbal medicine. However, while students typically attain high levels of academic understanding and clinical practice, many of them lament the lack of hands-on experience with plants especially in relation to identification, plant management and manufacturing.

The Phytotfarm apprenticeship programme is a unique approach to herbal medicine education and provides an excellent start for those venturing for the first time into any herbal medicine study. Equally, anyone who has already completed formal studies in herbal medicine will gain practical experience of great benefit to their clinical practice. Phytotfarm is a landscape of diversity and includes open pasture, forest, wetland and formal gardens, making it the perfect place to bring “the garden pharmacy” into “the kitchen pharmacy.” The apprenticeship covers in detail the manufacture of medicinal products that reflects the traditions and philosophies of herbal medicine. On the course attendance days a tasty Phytotfarm lunch will be prepared and shared. Valmai loves to freedom cook with fresh food and a fusion of herbs. The lunch will be an opportunity for a discussion on “Staying Healthy with the Seasons”.



## the essence of spring

four days of hands-on experience in the culinary delights of the herb garden, exploring a range of tastes from sweet to bitter, aromatic blends, nutritional benefits and the visual appeal of colour from flowers and leaves.

### Getting set up – Equipment, resources, core ingredients, suppliers, terms and definitions

#### From the garden

- Familiarisation of Phytofarm gardens, site development, types of herb gardens
- Identification of edible plants
- Plant/person relationship
- Stories and language of plants
- Plant profiles of the spring herbs

#### From the kitchen

- Culinary herbs and nutrition
- Including herbs as a healthy choice, disease prevention
- Edible Plant Nutrition - Herbal Cook School
- Ways to preserve herbs for culinary use
- Fresh versus dried
- Spring health discussion

#### From the drying room

- The ambient drying room
- Drying room procedure
- Creating harvest logs and drying room records
- Harvesting, drying, preparation and processing of culinary herbs
- Screens and preparation of culinary grade herbs
- Blending herbal beverages from aromatics

#### Student Homework (10 hours)

Write a profile for 10 plants with nutritional benefits under the following headings:

Names – Botanical & common, habitat and cultivation, identification of plants using your senses, part used, plant actions, harvesting and drying, processing, precautions for use, manufacturing products, market potential.  
(A list of the 10 herbs and samples of how to prepare this information will be given in the course manual).

#### Practical Research Project – Develop Your Ideas (5 hours)

Select and profile a plant from the spring collection.

From the knowledge you have gained research a recipe, make a product and describe its market potential. This will also provide an opportunity for Valmai to mentor your ideas.



## the essence of summer

four days of hands-on experience in manufacturing celebrating the abundance of the summer harvest.

### Getting set up – Equipment, resources, core ingredients, suppliers, terms and definitions

#### From the garden

- Gather and harvest aerial parts of plants
- Optimum times for harvest
- Plant profiles of the summer herbs

#### From the pharmacy kitchen

- Make ointments, creams, balms, salves & gels
- Core ingredients, single preparations, synergistic combinations
- Recipe variations
- Infused summer oils – methods of infusion and pressing oils from flowers and aerial plant parts
- Summer health discussion

#### From the drying room

- Drying for best quality

- Temperature control; stripping & storage
- Maintaining records
- Screens and preparation of tea grade herbs
- Blending herbal beverages, percentages, strengths and combinations made from aerial parts of plants
- Quality and potency of medicine

### Student Homework (10 hours)

Write a profile for 10 plants under the following headings:

Names – Botanical & common, habitat and cultivation, identification, part used, plant actions, harvesting and drying, processing, precautions for use, manufacturing products, market potential. (A list of the 10 herbs and samples of how to prepare this information will be given in the course manual).

Practical Research Project – Develop Your Ideas (5 hours).  
Select and profile a plant from the summer collection.

From the knowledge you have gained research a recipe, make a product and describe its market potential. This will also provide an opportunity for Valmai to mentor your ideas.



## the essence of autumn

four days of hands-on experience in the collection and processing of berries. The incredible value of plants grown for their roots, and the manufacture of tonics.

### Getting set up – Equipment, resources, core ingredients, suppliers, terms and definitions

#### From the garden

- Mulching, dead heading; pinching
- Wild crafting, the ethics and guidelines for collecting from the wild
- Value of Roots - Digging roots and rhizomes, harvesting roots, re-planting roots, cleaning and preparing roots for drying
- Plant profiles of the autumn herbs

#### From the pharmacy kitchen

- Distilling your favourite herbs into hydrosols
- Blends and singles for oxymels
- Blends and singles for syrups and herbal honey
- Blends and singles for plant tonics
- Liniments
- Throat sprays
- Recipe variations
- Autumn health discussion

### From the drying room

- Preparation and drying of roots
- Blending herbal beverages from berries and roots
- Plant actions and considerations of compatibility

### Student Homework (10 hours)

Write a profile for 10 plants under the following headings:

Names – Botanical & common, habitat and cultivation, identification, part used, plant actions, harvesting and drying, processing, precautions for use, manufacturing products, market potential. (A list of the 10 herbs and samples of how to prepare this information will be given in the course manual).

Practical Research Project – Develop Your Ideas (5 hours).  
Select and profile a plant from the autumn collection.

From the knowledge you have gained research a recipe, make a product and describe its market potential. This will also provide an opportunity for Valmai to mentor your ideas.



# winter



## the essence of winter

four days of hands-on experience in the drying room. Blending from dried plant material and making warming protective remedies.

### Getting set up – Equipment, resources, core ingredients, suppliers, terms and definitions

#### From the garden

- Planning changes for the new season
- Plant profiles of the winter herbs

#### From the pharmacy kitchen

- Make pastes
- Preparations for the skin
- Tinctures - methods of preparation
- Powders and capsules
- Creams for internal use
- Recipe variations
- Herbal first aid kits
- Winter health discussion

#### From the drying room

- Blending herbal beverages from roots and winter warming mixtures
- Keeping the drying room tidy and organized
- Managing dried herbs, storage and containers

### Student Homework (10 hours)

Write a profile for 10 plants under the following headings:

Names – Botanical & common, habitat and cultivation, identification, part used, plant actions, harvesting and drying, processing, precautions for use, manufacturing products, market potential. (A list of the 10 herbs and samples of how to prepare this information will be given in the course manual).

Practical Research Project – Develop Your Ideas (5 hours).  
Select and profile a plant from the winter collection.

From the knowledge you have gained research a recipe, make a product and describe its market potential. This will also provide an opportunity for Valmai to mentor your ideas.

# tutor

## valmai becker presenter of all things herbal

Valmai Becker is a Registered Naturopath & Medical Herbalist and a Professional Member of NZAMH.

In the 1980's she operated The Old Shipping Office, an Akaroa restaurant popular for its provincial cuisine, artful plate design and use of herbs and edible flowers. She attained a Diploma in Naturopathy (ND) in 1980 and established and managed a clinical practice for eight years, specialising in using the philo-

sophies and traditions of natural medicine and a holistic self-healing model of wellness. She used herbal medicine, nutrition and massage therapy to manage acute and chronic conditions. Valmai is a well known naturopath and professional Member of New Zealand Association Medical Herbalists. Her passion for natural medicine took her into the realm of education and for 17 years until 2005, she was a Co-owner and Director of Canterbury College of Natural Medicine. As the course director she wrote curriculum to New Zealand Qualifications Authority standard for the Diploma programmes taught at the college and she tutored many aspects of natural medicine. Phytofarm is now her primary passion and brings together a number of her skills – gardener, teacher, learner and care taker of 20 acres of forest and gardens. Valmai invites you to join her for an inspirational learning experience in herbal medicine, wellness and creating your own garden pharmacy.

# key facts

**Attendance:** 4 Weekends, one each season

Friday, Saturday, Sunday, Monday from **10am - 4pm**

Total Attendance Hours: **96**

Home Work: **10**, Hours each season: **40** Total Hours: **136**

**Spring 2020:** November 27, 28, 29 & 30.

**Summer 2021:** January 22, 23, 24 & 25.

**Autumn 2021:** March 26, 27, 28 & 29.

# student info

**Entry** into the apprenticeship programme is open to anyone with an interest in medicinal plants, no previous gardening or herb experience is necessary. **Please request and complete an application form.** The application form should be completed by **1 November, 2020**. All places on the apprenticeship will be advised in writing by **10 November 2020**.

Fees paid in advance for the full year are **\$4,000**.  
Apprenticeship fees are due by **15 November 2020**.

Seasonal payments (paid one month prior to the commencement of each season) **\$1,100**. Includes G.S.T., all tutoring, materials, ingredients, course manual for each season and lunch on class attendance days.

The apprenticeship has been developed as a hands-on herbal experience. On successful completion of it, attendance at all seasonal weekends and completion of plant profiles, Valmai Becker will be awarding a Phytofarm Certificate in Herbal Apprenticeship. The course is not NZQA accredited so student study loans and allowance will not be available to students.

**Refunds/Withdrawals :** There will be **no refunds** once the programme has commenced. If there are some extenuating circumstances why completion is not possible, it can be negotiated at another time with the payment of a 10% surcharge on the seasonal rate.

**If you have any questions we welcome your contact by phone 03 325 1314 or email [valmai@phytofarm.co.nz](mailto:valmai@phytofarm.co.nz)**

## Accommodation options

Accommodation in Little River is in addition to the course fee. The six hour days will be detailed and physical so it is ideal to stay in Little River, relax and share some out-of-class time with the other students.

### **Phytofarm:**

- One bedroom apartment, bathroom, kitchen facilities and outdoor terrace, \$140 per night.
- Classic Café Marshmallow camper \$70 per night.
- Glamping bell tent \$60 per night.

*Please enquire for details.*

**House Rental option for all students:** A charming river side cottage, comfortable, warm, linen supplied, attractive garden, modern cooking facilities, log fire, walk to Phytofarm from \$190 per night. Share with 4-7 students [www.holidayhouses.co.nz/properties/19565.asp](http://www.holidayhouses.co.nz/properties/19565.asp)

**SiloStay:** Unique accommodation in the heart of Little River using innovative eco-friendly design. View on [www.silostay.kiwi.nz](http://www.silostay.kiwi.nz)

**The Twisted Ngaio Bed and Breakfast:** off the grid accommodation with queen sized rooms own ensuite and superb panoramic view out over the valley. View [www.holidayhouses.co.nz/properties/54537](http://www.holidayhouses.co.nz/properties/54537).

## Summer only accommodation options

**Okuti Garden Eco Stay:** This beautiful property is within walking distance of Phytofarm and offers a variety of accommodation including a house truck \$50, yurts from \$40, tent sites \$10. Breakfast available for \$15. Cooking facilities are available in the garden kitchen that is surrounded by pick-your-own culinary herbs. [www.okuti.co.nz](http://www.okuti.co.nz)

**Little River camping ground and Manaia native reserve** provides a little piece of paradise in a bush and stream setting. Powered sites suitable for campers \$25, tent sites \$10 and cabins available. [www.littlerivercampground.co.nz](http://www.littlerivercampground.co.nz)

[www.phytofarm.co.nz](http://www.phytofarm.co.nz) · Phytofarm  
166 Okuti Valley Rd · Little River 7591 · New Zealand

