



LILIUM INITIATIVE
AMERICAN GROWN ASIAN HERBS

ANNOUNCING OUR DIVERSITY STATEMENT

Lilium Initiative, along with Americans everywhere, was shaken by the events of 2020 and the brutal police murders of Breonna Taylor and George Floyd. Although excessive force used against black bodies has been a continuous aspect of United States history, this recent onslaught of grief has mobilized change all over. The incredible amount of protests across America and the world had a huge impact on policy in cities and states throughout the US. As reported in Axios, this powerful movement has already motivated change; many states and cities have moved to ban chokeholds - including Minnesota, Seattle, Connecticut, New York, parts of Iowa, Texas, Colorado and Florida. Many other places like Philadelphia, Seattle, Berkeley, and San Francisco have placed bans or moratoriums on the use of tear gas (Axios). This is a time of reflection and reckoning in our culture to uproot the structural racism that is still rampant in America.

As a budding organization, we want to participate in this massive change by examining our values and ways that we can be more accountable to

DONATE TO OUR DIVERSITY SCHOLARSHIP FUND

Please help us bring more BIPOC farmers and acupuncturists to our events by making a contribution today.

[Learn more about our Diversity Fund.](#)

what is needed in our field. We are actively seeking ways that we can support farmers and herbalists to work together towards a more diverse group. Lilium is a values-based organization, and our Diversity and Inclusion Statement reflects our values around oppression and justice.

This is only a statement and thus only a beginning. We are eager to brew up some exciting projects and other action steps to follow the guidelines of the statement. Our first step has already begun with a generous donation from volunteer John Maynes, for scholarships for BIPOC farmers and acupuncturists to attend our workshops.

We are grateful for the opportunity to continue to grow as an organization and community. Please join us in this national conversation.

FARMER'S CORNER



Andi Houston, of the Academy for Five Element Acupuncture in Gainesville, Florida, forest farmer and Lilium Initiative volunteer did an interview with one of Lilium's farmers Jonathan Major from Southern Oregon. She did both a written interview and also an online interview of Jonathan to learn more about his work and journey to get here. You can find the complete interview on our [website](#).

Andi: "How did you get started?"

Jonathan: "In 2011 my partner of 12 years and I bought a piece of land in a rural farming area

of Southern Oregon. Over a few years we built a home and were then wondering how to best offer something back to our community. I had studied and am currently practicing Acupuncture. The dream of having medicine growing on the land has been active in my imagination for decades. Through friends and farmers, I learned about Peg Schafer's work, and went to meet her. I was instantly inspired and signed up for her internship program. I made sure I spent as much time learning with her as I could. Prior to this, I have had lots of gardening experience, Permaculture design training and some WWOOF experiences. I started to grow five different medicinals on a very small scale and connected with a local farmer as a mentor. He helped me understand how to approach the land and start to cultivate crops. Slowly each year I have built up the soils, expanded my experiments, and focused on growing a few plants at a larger scale while I continue to grow more perennials, trees, and vines from seed. Peggy has been an indispensable mentor, guide, and resource over the years."



Andi: "What aspect of medicinal herb farming do you find the most difficult?"

Jonathan: "Am I doing it correctly? Will those seeds ever germinate? (They often do, maybe weeks or months later). These are often the questions and concerns that come up for me with new plants and the reality of longer gaps between planting seeds and harvesting medicine. I also am challenged by the immense amount of work that spans the extremes of physical labor, organization, marketing and communication."

COMING IN 2021! ORGANOLEPTIC ANALYSIS WORKSHOP

Lilium Initiative is planning a CEU class in early 2021 for farmers and acupuncturists to learn about organoleptic characteristics and evaluation of Asian herbal medicine. Andy Ellis, of Spring Wind Herbs, and Peg Schafer, of Chinese Medicinal Herb Farm will teach attendees to identify characteristics of medicinal materials using the five senses. Peg will help farmers understand how to achieve this kind of quality in their growing and harvesting. We will ensure the event will be safe for people to attend. Look for our upcoming announcement coming later this year.

A Big Thank You to Yellow Emperor

Yellow Emperor just donated \$3,000 toward the production of our upcoming Organoleptic Analysis workshop. Yellow Emperor is a custom liquid extract contract manufacturer that serves the dietary supplement, food, and personal care industries. They started in 1981 with a focus on TCM formulas, and now have many clients that also use Western and Ayurvedic formulations. As a benefit corporation, they value sustainability and found us in their search for US-based herb farms.

This donation makes a huge difference in our capacity to ensure this a memorable event. Please join them in supporting us to bring this opportunity to the public. If you're able to please consider contributing \$5, \$10 or \$1,000. All donations will help to make this a powerful experience. Please email info@liliuminitiative.org or donate securely through our [website](#). Please add "5Senses" in the note so we know what your donation is for.



HERBAL SPOTLIGHT

Agastache rugosa

Pinyin Medicinal Name: Tu Huo Xiang

Common Name: Korean Mint

Agastache rugosa, commonly known as Korean mint, is one of two herbs used as the Chinese medicine huo xiang. It is a long-lived deciduous perennial of the Lamiaceae, or mint, family, and is a native of East Asia. The other herb used as huo xiang is *Pogostemon cablin*, commonly known as Patchouli. According to scholars, the use of two herbs for huo xiang arose because *Pogostemon cablin*, used in Classical Chinese Medicine, and the stronger smelling of the two plants, was available in the south of China, in Guangdong. *Agastache rugosa* was found in the north of China to use as a suitable replacement. When *Agastache rugosa* is used as the medicine, it is known as tu huo xiang; when *Pogostemon cablin* is used, it is known as guang huo xiang. *Agastache rugosa* is not to be confused with Anise hyssop, *Agastache foeniculum*, which is often found in gardens and has the characteristic anise-like fragrance of *Agastache rugosa*. There are many *Agastache* hybrids with showier flowers in a variety of colors used in the gardening trade.

In its native habitat, *Agastache rugosa* grows in moist grasslands, valleys and streambanks. As a farm plant it prefers full sun, moderate water, and average loam, but in the garden it can do well in part shade. *Agastache rugosa* can tolerate wet winters, drought and heavy soils. Even though it is a member of the mint family, it does not produce runners, making it a suitable companion in a bed of mixed plants.

Easily propagated by seed or by dividing clumps, the growth habit of *Agastache rugosa* is upright, up to 3 feet tall, forming a slowly spreading clump. In mid to late summer it produces fragrant

flower spikes with purple bluish inflorescence, and is attractive to bees, hummingbirds, butterflies and other pollinators. Like all mints, the stems are square, and its blue green leaves are toothed, lance to ovate shaped, and also fragrant. It is harvested during June, July, and August; the stems, leaves and young flower spikes are harvested together, and a second harvest is possible after the first cutting as long as temperatures are still hot and thus eliciting the sought after biochemical components.

As a Chinese medicinal, tu huo xiang, is an "Aromatic Herb that Transform Dampness". It is acrid and slightly warm, entering the Lung, Spleen and Stomach channels. It is considered one of the "best herbs for reviving the Spleen transforming process, helping it better metabolize food and fluid" (Tierra). However, used injudiciously, its drying nature can cause Deficient Blood or Yin (Tierra) and it is, "contraindicated in cases of yin deficiency with heat signs and Stomach fire." (Bensky).

Agastache rugosa leaves can be enjoyed as a beverage tea, though in Chinese medicine it is most commonly found in combination formulas with other herbs, addressing a range of conditions, and contributing its action as an aromatic stomachic.

Bensky, Dan. Gamble, Andrew. Chinese Herbal Medicine Materia Medica, revised edition. Eastland Press Inc. Seattle WA 99749. 1993. p. 213-214.

Ellis, Andy. Founder/owner of Spring Wind Herbs, Inc., personal communication, July 20, 2020.

"Huo Xiang." [Jade Institute](#).

Martin, John. *Agastache rugosa* (Korean Mint). [Gardenia Creating Gardens](#). Accessed 7/15/20

Schafer, Peg. The Chinese Medicinal Herb Farm. Chelsea Green Publishing. 2011.

Tierra, Lesley. *Healing with the Herbs of Life*. Crossing Press, US. 2003.

MEDICINAL FUNGI VIRTUAL WORKSHOP

Our fiscal sponsor, The Sonoma County Herb Association (SCHA) hosted a 2-day online webinar called The Healing Power of Medicinal Fungi in July. It was a fun and interesting virtual conference with well-known and engaging speakers at the top of their fields. Speakers such as Dr. Christopher Hobbs, Brian Kie Weissbuch, George Vaughan, Daniel Winkler and a host of others gave lectures on a host of topics. Fungi growing and medicinal fungi medicinal applications were covered with the latest scientific detail. The culinary aspect of these healing mushrooms was beautifully

demonstrated (and filmed!) through the lens of traditional Taoism.

Lectures were offered for CEU credits for Chinese herbal practitioners. While the focus was on medicinal mushrooms, there were also cooking demos and panel discussions. Subjects covered cultivation and extraction techniques and ethical wildcrafting and foraging methods. The webinar will be available soon via [SCHA's website](#)

One of the highlights was a cooking demonstration with medicinal culinary mushrooms from Nam Singh of the Academy of Healing Nutrition.

WORK EXCHANGE OPPORTUNITY



[Flower of Life Farm](#) in Kauai is offering positions in Chinese medicine garden management and work-exchange opportunities this Fall.

POSITION 1: GARDEN CO-MANAGER

Requirements:

*Gardening experience with organic veggies and/or medicinal herbs. Knowledge of traditional herbal medicines is a plus.

*Interest in building an herbal garden from scratch, taking a leadership and educational roll for new/young farmers

*25hrs/week maximum (weekends off)

*3 month commitment minimum, with possibility to stay longer.

POSITION 2: FLOWER OF LIFE FARM FELLOWSHIP

Work-exchange position (up to three positions available)

Working hands and willing hearts needed to help create a Chinese Medicinal Herb Garden in Kauai, Hawaii.

- Work hours 7-12pm daily, with weekends off.

- Minimum 3-6 month commitment

- No prior gardening experience necessary, but resume must show clear interest in horticultural, herbal, or ecological fields.

For more information and to apply please visit liliuminitiative.org/flower-of-life-farm