

Sam Coffman

Organizer of Wilderness Medicine and Herbology (San Antonio Region)



The Herbology Core Course is a series of classes offered at the Helotes Creek Nature Center by Sam Coffman that provide a comprehensive introduction to using herbs for healing. It is an introduction to historical concepts, terminology, anatomy and physiology, energetics and plants in their role of providing us with good health.

The focus will be on local herbs in the San Antonio area (as well as the desert Southwest) but this course also covers the full spectrum of general herbology. Terminology, anatomy and physiology, energetics of Western herbs, wildcrafting and preparations (tinctures, salves, cough syrups, poultices and infusions), herb walks and medicinal plant identification, modern and ethnobotanical data, home herbal first aid, shopping for herbs, connecting with the plant world, and much more.

Click on Calendar to see class detail through March.

helotes creek nature center