

# **Community Supported Medicine Program (CSM)**

## **Herbal Medicinal Boxes FAQ**

### **What is included in the Herbal Medicinal Box?**

Option1: Biweekly, you will receive 5 fresh medicinal herb bundles (simple herbal preparations to support your overall health, body radiance and well-being). Plus one container of fresh pickles or dry herbal confetti mix booster guaranteed to raise the vibration of any meal. Just sprinkle on top and feel your body come alive. This is a wonderful way to work plants as medicine.

Option 2: Biweekly, you will receive 5 fresh medicinal herb bundles PLUS herbal based value-added products (seasonal herbal products processed from herbs growing in the local herb garden. Choice of: 1 bottle of Hattie Carthan wet green seasoning, 1 bottle of Hattie Carthan dried spice, 1 Hattie Carthan custom tea blend, 1 herbal based body butter or her massage oil.

You will also receive sample of new items coming into the apothecary store on an intermittent basis and invitations to wellness workshops and seasonal community gatherings and events held within the Hattie Carthan Community Food Pathways.

### **Do I need to pay for the whole season up front?**

We offer two options. Pay for the whole season or pay monthly. The six months season is from July through December. For the whole season, pay \$300 or \$600, depending on the option you choose. Or pay monthly \$50 or \$100, respectively. We do require that you make a commitment to participate in the program for the entire season (July - December), so you should be prepared to make a payment for each of the six months.

### **What forms of payment can I use to pay for my food?**

We currently accept Cash, EBT (Food Stamps), WIC FMNP and Senior FMNP Checks. You may also pay Monthly or seasonally via Donate PayPal on our website. Simply Indicate in the Transaction Memo Line what you are paying for - e.g. July Payment herb box#2

<https://www.paypal.com/donate?token=kZstRGdq0TzTjc9IMXK5jiXhTUGxZgKC-jnYQUEssxjakOEM8nlSEnuzzdY-JWDSsgnlZDY4ZDJfkC6K>

## **How and when am I charged for my Herbal Medicinal Box?**

The full season may be paid upfront on your first pick up day or in advance online at the Donate button. Monthly payments are due when you pick up the first of the month in the Saturday market. When you go to the Box pick up table, they will steer you to the market coordinator table to accept and record your payment. You must present your full monthly payment at that time to receive your box. A paid slip is issued which enables you to pickup your box for that month.

## **I'll be going on vacation for a week in August, can I cancel my order for a week?**

When your application is approved for the Herbal Medicine Box program, you commit to receiving a Box for the six months of the farmers market season. The season begins July and ends December. Due to the deep discounts being offered in the program, we are unable to make refunds or prorate orders. If you will be out of town and/or do not wish to receive a box one Saturday, please call or email and inform us so that we do not prepare a box for you.

## **Do I pay more for months with more pick-ups?**

No, we require the same monthly payment for each month.

## **Where do I get my Herbal Medicinal Box?**

Your box is picked up at the Hattie Carthan Community Farmers Market biweekly, Saturdays 10am -12pm. The Hattie Carthan Market is located on Clifton Pl. by Marcy Ave. next to the Hattie Carthan Community Garden. Take the G to Bedford/Nostrand or B38 to Marcy Ave.

## **Where does the herbal medicine I'm receiving come from?**

All of the herbal bundles and the herbal based value-added products at the Hattie Carthan Community Supported Medicine Program come from our garden plots and our Herban Farm. Grown by our resident farmer Yonnette Fleming who has been a practicing plant and sound medicine woman, crafting high vibrational food and body care products for over 30 years in Bedford Stuyvesant. Farmer Yon is the creatrix of the local farmer market, herb farm, ancestral apothecary and labyrinth herb garden in Brooklyn, NY.

In 2022, we welcome our second ancestral apothecary store in the big Saturday market on Clifton Place offering our community shoppers the Sacred apothecary experience now at the market.

## **What are some examples of the herbs included?**

Some examples of herbs we will have available are (but not limited to!): Arugula, Dandelion leaf/root, Egyptian onion, Hattie Carthan garlic, Chickweed, Calendula, Everlasting, Nettles, All Heal, Shadow Bennie, Spanish thyme, oregano, shi-so, rosemary, lavender, Jamaican thyme, Sage, chamomile, feverfew, Vervain, Skullcap, Peppermint, Spearmint, chocolate mint, Lemon Balm, Marshmallow, Motherwort, Mugwort, Chamomile, Tulsi basil, Comfrey, Amaranth, Echinacea, Catnip, Hyssop, Angelica, Borage & more!