

# ALDE VALLEY SPRING FESTIVAL 2020

*On a Turning Wing : A Celebration of Birds, Flight & Migration*

## OPEN STUDIOS : HERBER & CO

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At the heart of *Herber & Co's* practice is Sarah Frances. It has been a delight to be able to welcome Sarah to White House Farm and to the Alde Valley Spring Festival Workshop Residencies. Her presence has introduced an extra layer of knowledge about plants and their dietary, medicinal and other health-supporting roles to the farm alongside the work of our permaculture adviser and gardener Sam Starke. And it has been exciting to see the seeds of new ideas and plans begin to take root and grow quite literally.

If we can learn to appreciate plants as source of support for our health and general well-being (or through periods of sickness or during times of stress) then the world around us can seem a more welcoming and protective place. Over the past 18 months at the farm we have been slowly nurturing fruits, vegetables, herbs and dye-giving plants to support the farmyard classroom, Festival events and Sarah's research into herbal soaps and shampoo bars. This all ties in with the farm and Festival's aims to welcome more knowledge, learning, ecological enrichment and employment to this little corner of the Alde Valley and it is exciting to be able to welcome Herber & Co and Sarah back for the Spring Festival's online Open Studios.

For more information and all sales please contact the Festival office :

**[enquiries@aldevalleyspringfestival.co.uk](mailto:enquiries@aldevalleyspringfestival.co.uk)**

## MAKER'S STATEMENT

Based in the *Herbernaculum Studio*, on site at White House Farm, year-round, since beginning my time in residency I've produced a range of natural, herbal soaps labelled 'Herbernaculum', and alongside this, delivering walks, talks and workshops that focus on herbology; the identification, growing, harvesting and use of herbs.

'In the *Herbernaculum Studio* I continue to produce herbal soaps, and experiment with new recipes, using the natural cold-press making method, which enables the soap to retain its emollient properties. I choose herbs and pure essential oils that have traditional uses for skin and hair, for example, those with calming, soothing qualities like Chamomile and Mallow, others such as Sage and Rose are enriching, Meadowsweet and Birch are refreshing, and Nettle and Oat provide invigorating properties to my blends.

Additionally I'm busy developing the herb beds that surround the workshop, with plants either from cuttings or biodynamic seed stock. From Valerian, St John's wort, Hyssop, Fennel and Yarrow, to Costmary and Figwort to name just a few, we are building up an exciting little physic garden. I am currently planting seedlings such as Milk Thistle, Meadowsweet and German Chamomile and making root divisions of Elecampane, Sweet Cicely, Echinacea and many more. It's a work in progress, but nevertheless very fulfilling. All of these herbs will be available for appropriate use within the green pharmacy preparations for our upcoming workshops.

I studied Herbology at The Edinburgh Botanic Garden where the ethos of seed-to-syrup is at the core of their practice. For me, the Studio Residencies at the Farm, have offered the opportunity to be at once quiet, settled, contemplative, safe and welcome to continue this seed-to-syrup ethos. My work with herbs and experimenting practically with their uses has led to the soap-making and other explorations into combining herbs that I both grow and gather. Having the herb-beds around the studio enables me to think long term for the future use of plants, have stock beds for propagating and also introducing herbs for everyone to engage with and meet, whether at the festival occasions, or more specifically during a practical workshop on site.

Working with herbs engages with my core affinity to the plant world. Interactively understanding an individual plant, and being seasonally aware of its cycles, vulnerabilities and strengths; these all make up the essence of what even the most common “weed” can impart to us at any one time.

My work is borne through this unique environment on the farm that channels energy, enthusiasm and creative expression. Here, I have time for plans and ideas to evolve, and to explore them to fruition. My time here began with a residency, and now I have a full-time studio, where I can grow, gather and create from the natural world around me.

It's great to have a location within this stunning farmed landscape for which to share with likeminded people, and to be able to create within the workshop. During the festivals, the joy for me has been the interaction with people who visit me to share their knowledge and anecdotal experiences of herbs. Drawing from this I'd like to initiate a hub to have a local repository to begin an ongoing collection of remembered remedies (the recollections of how we remember the use of home remedies within our lives can form an invaluable piece of rich social history).

Plans for future workshops will unfold as we emerge from this period of uncertainty, but we have exciting ideas for drop-ins, open studio gatherings and workshops based on the seasonal herbs and our event themes. In the meantime, I am honoured to be a part of the Alde Valley Spring Festival.'

**Sarah Frances      [www.herbernaculum.co.uk](http://www.herbernaculum.co.uk)      @herbernaculum**

**Find out more about HERBOLOGY WORKSHOPS : [www.herber&co.co.uk](http://www.herber&co.co.uk) or @herber&co.**

**Stock Items listed for Sale : Soap and Shampoo Bars created by Sarah Frances, in the  
*Herbernaculum Studio* at White House Farm**

**Enquiries welcome :**

**For all sales & more info : [enquiries@aldevalleyspringfestival.co.uk](mailto:enquiries@aldevalleyspringfestival.co.uk)**

# HERBER & CO

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## NATURAL SOAPS & SHAMPOO BARS



### 1. SUDS LORE [40 Bars in Stock]

Suds Lore Soap : £6.00 / Bar

Chamomile Infusion with Pure essential oils of Lavender, Cedarwood & Geranium.

*'A gentle soap for treating yourself, leaving you feeling calm and revitalised.'*

**Natural Ingredients:** sodium olivate, sodium cocoate (organic), sodium palmate (rspo sourced, organic), sodium shea butterate (organic, unrefined), aqua, glycerine, sodium cocoa butterate (organic, raw unrefined), sodium castorate, matricaria recutita, lavendula angustifolia oil, cedrus atlantica oil, pelargonium graveolens, citral, geraniol, linalool, citronellol, limonene.

Dermatologically tested and EU certified.

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## NATURAL SOAPS & SHAMPOO BARS



### 2. OAT SOAK [20 Bars in Stock]

Oat Soak Soap : £6.00 / Bar

Oat infusion with pure essential oils of Cinnamon Leaf & Sweet Orange.

*‘An established favourite that is both nourishing and stimulating, leaving you feeling happy, clean and ready to take on the day (or night!)’*

**Natural Ingredients:** sodium olivate, sodium cocoate (organic), sodium palmate (rspo sourced, organic), sodium shea butterate (organic, unrefined), aqua, glycerine, sodium cocoa butterate (organic, raw unrefined), sodium castorate, avena sativa bran, citrus x sinensis oil, cinnamomum zeylanicum leaf oil, cinnamyl alcohol, eugenol, cinnamal, coumarin, benzyl benzoate, linalool, citral, limonene.

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## NATURAL SOAPS & SHAMPOO BARS



### 3. THROUGH THE YARROW [25 Bars in Stock]

Through the Yarrow Soap : £6.00 / Bar

Yarrow infusion with pure essential oils of Pine, Lemongrass & Tea Tree.

*Blended with fresh, mood lifting aromas to evoke a sun-filled afternoon by the river. This soap bar is inspired by 'The Narrows', a secret tidal waterway on the river Alde. Cleanses body and soul.*

**Natural Ingredients:** sodium olivate, sodium cocoate (organic), sodium palmate (rspo sourced, organic), sodium shea butterate (organic, unrefined), aqua, glycerine, sodium cocoa butterate (organic, raw unrefined), sodium castorate, Achillea millefolium, pinus sylvestris leaf oil, cymbopogon schoenanthus oil, melaleuca alternifolia leaf oil, geraniol, linalool, limonene, citral.

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## NATURAL SOAPS & SHAMPOO BARS



### 4. MELLOW MALLOW [10 Bars in Stock]

Mellow Mallow Soap : £6.00 / Bar

Mallow & Hibiscus infusion with pure essential oils of Geranium, Bergamot & Patchouli.

*'A wonderful soap, blending herbal extracts for a deeply soothing aroma of musk, fruit & flora.  
Rest and cleanse wherever you take it.'*

**Natural Ingredients:** sodium olivate, sodium cocoate (organic), sodium palmate (rspo sourced, organic), sodium shea butterate (organic, unrefined), aqua, glycerine, sodium cocoa butterate (organic, raw unrefined), sodium castorate, malva sylvestris, hibiscus rosa-sinensis, pelargonium graveolens flower oil, pogostemon cablin oil, citrus aurantium bergamia fruit oil, cital, limalool, limonene, geraniol, citronellol.

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## NATURAL SOAPS & SHAMPOO BARS



### 5. ELDER ORE [40 Bars in Stock]

Elder Ore Soap : £6.00 / Bar

Elderberry infusion with pure essential oils of Clove, Sweet orange, Cinnamon & Lemongrass.

*‘A fragrant soap, with rich colour from berries gathered by the river Ore. Feel radiant with magic.’*

**Natural Ingredients:** sodium olivate, sodium cocoate (organic), sodium palmate (rspo sourced, organic), sodium shea butterate (organic, unrefined), aqua, glycerine, sodium cocoa butterate (organic, raw unrefined), sodium castorate, sambucus berry, citrus x sinensis, oil, Cymbopogon schoenanthus, oil, cinnamomum zeylanicum leaf oil, Eugenia caryophyllus bud oil, eugenol, geraniol, citral, linalool, limonene.

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## NATURAL SOAPS & SHAMPOO BARS



### 6. WILDLY ROSE [36 Bars in Stock]

Wildly Rose Soap : £6.00 / Bar

Rose Petal infusion with pure essential oils of Rose, Geranium & Frankincense.

*'An absolute favourite, this soap is packed with delicious aromas, a beautiful rose flower infusion, and rosehips, all gathered and dried on the farm. If you know the ancient powers of the rose this is the one for you. Rosehip seed oil and Frankincense pure essential oil add extra skin toning properties to the Blend. Each batch varies in colour and appearance depending on the rose harvested, making each bar unique.'*

**Natural Ingredients:** sodium olivate, sodium cocoate (organic), sodium palmate (rspo sourced, organic), sodium shea butterate (organic, unrefined), aqua, glycerine, sodium cocoa butterate (organic, raw unrefined), sodium castorate, rosa spp. flower petal, rosehip seed oil, rosehip powder, pelargonium graveolens flower oil, citrus grandis peel oil, boswellia carterii oil, pogostemon cablin, rose flower oil, dipropylene glycol styrax benzoin resin extract, citral, linalool, limonene, geraniol, citronellol, benzyl alcohol, benzyl benzoate, eugenol.

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## NATURAL SOAPS & SHAMPOO BARS



### 7. FOREST BATHING [50 Bars in Stock]

Forest Bathing Shampoo & Soap Bar : £6.00 / Bar

Birch infusion with pure essential oils of Lemongrass, Lavender & Thyme.

*'Dream of enchanted woodlands, pioneering endeavours and gentle herbal aromas, whether you're standing under a natural waterfall or dashing for a quick refresh at home. This bar stands for life's pure moments of joy.'*

**Natural ingredients:** sodium olivate, sodium cocoate(organic), sodium shea butterate(organic unrefined), aqua, glycerine, sodium castorate, sodium avocadoate(virgin), betula pendula leaf, cymbopogon schoenanthus oil, lavendula angustifolia flower oil, thymus vulgaris oil, eugenol, limanool, limonene, geraniol, citral.

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## NATURAL SOAPS & SHAMPOO BARS



### 8. AELD FLOWER [25 Bars in Stock]

Aeld Flower Shampoo Bar : £6.00 / Bar

Elderflower infusion with pure essential oils of Ylang Ylang & Vetiver.

*‘Anglo Saxon for Elderflower, ‘Aeld’ combines with more exotic essential oils to catch your breath and lift your heart. Containing an array of scents that sing together.’*

**Natural ingredients:** sodium olivate, sodium cocoate(organic), sodium shea butterate(organic unrefined), aqua, glycerine, sodium castorate, sodium avocadoate(virgin), sambucus flower, canaga odorata oil, vetiveria zizanioides root oil, citrus x sinensis peel oil, citral, limonene, cedrus atlantica bark oil, zingiber officinalis root oil, benzyl salicylate, farnesol, linalool, benzyl benzoate.

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## WORKSHOPS & TRAINING DAYS



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## **End of Catalogue & Price List**

**For all sales or for more information about any items**

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**Website : [www.aldevalleyspringfestival.co.uk](http://www.aldevalleyspringfestival.co.uk)**

**Instagram : [@aldevalleyfestival](https://www.instagram.com/aldevalleyfestival)**