

Buying Local at FBFCB

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Scoop

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Monthly Newsletter of the
French Broad Food Co-Op

Buying Local at FBFC:

As part of the Co-op's mission to support locally produced products, each month "The Scoop" highlights a local company.

Red Moon Herbs

I have heard people say that when they use medicine from Red Moon Herbs, they can tell it is of the highest quality. That is because medicine making at Red Moon Herbs, based at Earthaven Ecovillage in Black Mountain, is done conscientiously. The earth is honored and appreciated for her gifts of the plant

world and in return the spirits of the plants enrich these medicines. This is a small business that is more focused on quality than quantity, yet it has grown considerably since Corinna Wood and Jessica Godino started Red Moon in 1996. All the while, medicines continue to be hand made by the women at RMH, in small batches, using the freshest plant material available.

Red Moon Herbs vision is "to carry on and spread the ancient wise women tradition, to help bring about a world in which the cycles of birth, life and death are fully honored as healthy, and powerful women and men live in harmony with one another and the abundant plants and animals surrounding them."

Corinna Wood harvesting



herbal consultations and classes. Corinna, with the help of Earthaven members Kimchi Rylander and Michelle Dione, run the business along with a few interns at a time.

Corinna and her partner Otter John are the parents of their three-year-old boy, Dylan. Dylan is already aware of many medicinal and edible plants. Corinna is certified as an Herbalist, Fertility Awareness Teacher, and also in Permaculture Design. "I am now focusing primarily on offering educational programs. We have been having more classes at Earthaven, and it has been wonderful to see the response. We are currently designing a unique co-housing neighborhood at Earthaven, which will house RMH as well as several families," said Corinna.

The business will move into the new building in early 2004. RMH is currently located in a private community that neighbors Earthaven. Having the business actually at Earthaven Ecovillage will make classes easier; it will be more accessible for customers; and their will be regular open houses. The new

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In addition to their medicines, there are educational programs offered through RMH to help enliven this vision. Some of these classes include fertility awareness (natural birth control), wild plants for wild women, medicinal and edible weeds, and in the spring and early summer a foundations program called the Wise Woman Ways of Herbal Medicine. Corinna Wood teaches all of these programs. There are also internship possibilities at Red Moon.

success they had with these medicines inspired them to start their own business. They chose the name Red Moon Herbs because of the interconnectedness of the moon, the earth and women's cycles.

Since then, RMH has become the largest herbal medicine company in the Southeast that focuses on fresh, local plants. Some of their products include

