

# Herbal Immersion Program

## Module 17 Experiential Projects Checklist

### Here's How To Use This Checklist

**First, make sure you have a PDF reader on your computer or device.** We recommend Adobe Reader, Sumatra PDF, Foxit Reader, or Nitro PDF Reader. Once you have your PDF reader installed, go ahead and download this file and open it with your PDF reader (instead of viewing this file online). Already have a PDF reader? Make sure you have the latest version of your reader installed (to check: *google the name of your reader and latest version*).

**Filling out this form digitally:** Complete the following experiential projects and record 1-2 sentences describing each project. Record your descriptions into this fillable PDF. Do not record more than 2 sentences about each project, unless otherwise noted in the instructions (you can do this elsewhere for your own records).

This checklist is editable, which means you can type your work right into the document and save your changes. How cool is that? Be sure to make a folder on your computer with all your saved experiential projects checklists.

**Prefer to work on paper?** That's fine! Print out the form, record your responses, and when it's complete, you can scan it, and send it back to us digitally. It's an extra step, but you can scan a bunch of modules at once.

**IMPORTANT NOTE:** Be sure that you've opened your Experiential Projects Checklist in your PDF Reader (and not online) before you begin typing. We recommend doing a quick test that your technology is functioning before filling out the entire checklist. Type a few sentences into the form and save. Then close the PDF and reopen it, checking that your work has been saved.

**You can send us your Experiential Project Checklists as soon as you complete them.**

When you've finished one of the checklists, you can send it to Sara at [sara@chestnutherbs.com](mailto:sara@chestnutherbs.com) or review. Please only submit your checklist once all projects are complete for a module. We ask that you send us no more than six checklists at once, so that we can give ample attention to each one.

Some of these projects have seasonal components, so don't try to complete all of them before beginning the next module. Just make a note to yourself to come back and finish up during the appropriate season. We'll send you reminders along the way!

You're welcome to contact us through the [Q&A Form](#) if you have any questions about these projects.

If this checklist has you wanting to check into a technology haters institution, then write us! We can help make it easier. Send your woes to [kathryn@chestnutherbs.com](mailto:kathryn@chestnutherbs.com) and she'll get you straightened out. Alternately, rope a youngster from your neighborhood or family into helping you!

*The following is an outline of the experiential projects that can be found in the fillable PDF form on the course home page. Please refer to the Experiential Project Checklist PDF for the complete projects. These projects are only required if you are pursuing a course certificate, but they'll really help you integrate the material!*

Now that you've reached the end of this course, you've been truly immersed in the art of growing medicinal herbs. No one knows better than you all the nuances and niches of your personal paradise garden, which can only be understood by a gardener's patient hand. It's helpful to learn from other gardeners—such as the writers of the Regional Profiles in this module—to see how their trials and triumphs match your own. This is a good time to reflect back on your own experience as well, to honor the time you've so lovingly devoted to this program, and to make a plan for the future.

While the rest of your checklists may be submitted at any point during the program, this one will be completed last, after you've finished all the coursework from Modules 1 through 16—this includes your review worksheets, quizzes, and checklists. You can submit this assignment along with your *Core Garden Project Journal* and *Certificate Submission Checklist*.

Read through the Regional Profiles and choose the one that best describes your region. It's very likely that none of these bioregions will be a perfect fit, so choose the one that's closest.

**Which profile do you think is most similar to your region?**

- Cold Temperate Climate
- Arid Lowland Climate
- Arid Mountainous Climate
- Rocky Soils in Mid-Continental Climate
- Subtropical Climate
- Mediterranean Climate
- Woodland Climate

Take a look at the plants highlighted in the regional profile you've chosen, and review the Habitat Lists that could be applicable to your garden or homestead (*Wetland and Water-loving Herbs*, *Shade-Loving and Shade Tolerant Herbs*, *Arid Climate Herbs*, and *Hot and Humid Climate Herbs*).

**Which of these plants have you already grown?** (It's okay if you haven't grown any yet!) **Which of these plants are you excited to grow next year?**

Look back at your Experiential Project Checklist from Module 2, and reread what you wrote for the "Planning Your Dream Garden" project. It may be helpful to reread the accompanying lesson as well.

**When you started this journey, why did you want to grow medicinal herbs? How has that changed?**

**Did you create any new niches in your garden to expand your range of habitats? If not, what niche might you like to create now that you've completed the course?** For example, start a woodland where you could plant shade-loving herbs or create a pond to grow wetland herbs...

**Did you meet the goals you laid out for yourself?** How has your vision of your garden changed now that you've completed this program?

**What aspect of your garden are you most excited about?** How would you like your garden to continue to evolve now that you've completed this program?

**Is there an aspect of herbalism that has caught your attention?** Foraging, medicine making, botany, nutrition, or...?

Since embarking on this program, you've completed an impressive amount of work, from medicine making to gardening. **Of all the things you've learned and created, what have you done that makes you most proud?**