



Science Buzz Cafe # 567

Monday 6 PM • April 27th, 2026

The HopMonk 'Abbey'

Host, Daniel Osmer (daniel@economicbuzzcafe.com)

6 PM • Come Early for Food & Drink • RSVP \$7 • DOOR \$10

PLANTS ARE MEDICINE!

Alice Duvernell, Ethnobotanist MA

of Biophilia Botanicals, South Main St.

The Ethnobotany of Sonoma County

"Your Garden is a free clinic and plants are Medicine"

Discover how to turn your own backyard into a source of natural healing for your skin, body, and overall wellness. Alice will introduce the idea that we do have all that we need growing right at our feet ... common plants and the bounty from our gardens. They can work as powerful remedies providing a practical toolbox for treating everyday ailments — skin irritations, digestion or immune system support — all without expensive products or unnecessary doctor visits. It is medical care growing right outside your door!

Why does the FDA do what it is doing? How can we envision a world where modern medicine and ancient wisdom work together?

Ethnobotany is the study of how people have used native plants for healing, food, and spiritual care for thousands of years — wisdom and science passed down through generations. But here's the question I want to explore with you: why has the FDA created a system that stops us from calling nature what it truly is—an ally and a healer? **Alice believes we are living in a time of separation, where modern medicine has been positioned as the 'only' answer, while ancient plant wisdom has been pushed aside.** They were meant to work together. Imagine a world where you can see a doctor for a broken bone or a heart condition, while also reaching into your garden for a plant-based remedy to calm inflammation, soothe a burn, or ease anxiety. That world isn't fantasy — it's our heritage. Join me to reclaim that vision, learn what ethnobotany really means, and understand how we can honor both the laboratory and the land as true partners in health."

The Purpose of Capital is to Fund the Development and Application of the Talents and Skills of Youth of All Ages!

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