



## Rosalee de la Forêt



**Rosalee de la Forêt** is a clinical herbalist and Structural Medicine Specialist who lives on the edge of the wilderness in the Northeastern Cascadian Mountains of Washington State. She contributes regularly to HerbMentor.com where she enjoys answering questions in the community forums and providing herbal education through ebooks, articles, videos and photography.

As part of her private practice Rosalee sees clients at her office in Twisp, WA for Structural Medicine sessions as well as Herbal Health Consultations. She also offers Herbal Health Consultations by phone. To learn more about Rosalee and the services she offers you can visit her website at [www.Rosalee.info](http://www.Rosalee.info).

**Recent articles**     [Juniper Smudge Video](#)   Sep 1, 2010



Ever been out camping and the bugs are driving you crazy? This recently happened to Xavier and Rosalee while traveling through the southwest. This video will show you how to use a smudge to deter those pests!

[Rendering Beeswax video, Part 2](#)   Aug 27, 2010



In part two of this series Xavier will show you how to finish the beeswax rendering process as well as how to further prepare your beeswax for making candles or salves... [Rendering Beeswax video, Part 1](#) Aug 24, 2010



Are you a beekeeper? Even if you aren't you can often buy unrendered beeswax for cheap from other local beekeepers. In this two part series Rosalee and Xavier will show you how to render beeswax step by step for making salves and candles. [Milkweed video](#) Aug 17, 2010



Learn all about milkweed, *Asclepias syrica*, in this video with Rosalee de la Foret. She'll cover edible and medicinal uses as well as highlights it's important role in the ecosystem... [Harvesting & Preparing Cattails: Part 6](#) Jul 25, 2010



In this last video in the series we head back to the cattail swamps to learn how cattails can be used in a variety of utilitarian ways. From baskets to insulation cattail has a lot to offer! [Harvesting & Preparing Cattails: Part 5](#) Jul 22, 2010



Heading back to the swamps in the height of summer, Xavier describes how to harvest both cattail pollen and the cattail cobs in part 5 of this cattail series. Besides being edible and nutritious cattail pollen is also used medicinally... [Harvesting Spring Beauties and Osha Root](#) Jul 21, 2010



Join Xavier de la Foret at a 5,000 foot elevation to learn how to harvest spring beauties and osha sustainably. You'll learn how to find the biggest bulbs of spring beauties and how to correctly ID osha root... [Harvesting & Preparing Cattails: Part 4](#) Jul 19, 2010



Join Rosalee and Xavier in the kitchen to learn how to use your cattail rhizomes. These can be prepared in a variety of ways and Xavier will show you several methods for processing the starch to make cattail flour.

[Harvesting & Preparing Cattails: Part 3](#) Jul 18, 2010



Continuing on our cattail adventures we head back to the cattail swamp. In this video Xavier will show you how to harvest the cattail rhizomes. These horizontal shallow roots contain a starchy flour-like substance.

[Harvesting & Preparing Cattails: Part 2](#) Jul 17, 2010



Back home again Rosalee and Xavier show you how to safely prepare cattail shoots for eating. They'll cover both how to eat it fresh as well as how to dry it for later use. Yum!

[Harvesting & Preparing Cattails: Part 1](#) Jul 16, 2010



This is the beginning of a several part series on cattail. Rosalee and Xavier take you to the marshes to discover the many ways you can use this plant throughout the seasons. In this first video Xavier shows you how to correctly identify cattail and how to harvest it safely...

[Peeling Root Bark](#) Jul 14, 2010



In this short demo video, Rosalee will show you how to prepare root bark for making oil and alcohol extractions. She uses Oregon Grape Root in this video, however this technique works great for any bark harvesting from smaller roots and branches.

[Label Template for Lip Balm Tubes](#) Jul 3, 2010



Rosalee shares the Word templates she uses for her own personal lip balm tube labels. You can use her generic label or customize with your own images, names, headings, heading, colors, etc. Give your creations some flare!

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