



# Herbal

## Enlightenment

Lancaster Farmacy does spring detox from the ground up with the wisdom of medicinal plants. —*Jolene Hart*

We may not live in a region known for year-round vitamin D-giving sunshine, but the cycle of the seasons that serves as a backdrop for our daily lives and Instagram feeds has its own benefits for our health and balance. Nowhere is that seasonal cycle more evident than in nearby forests and farm fields—where Casey Spacht and Elisabeth Weaver, Lancaster natives and founders of **Lancaster Farmacy** ([lancasterfarmacy.com](http://lancasterfarmacy.com)), a unique community-supported herbal medicine (CSHM) share program, harvest medicinal herbs to handcraft a lineup of products that support wellness in each season.

Spacht and Weaver, along with their 5-year old son, see Pennsylvania springtime arrive in sprouting violets, nettle, dandelions and cleavers—just a few of the more than 150 medicinal herbs grown and foraged on their land throughout the year. These first shoots and roots of spring hold particular power to cleanse, detoxify and move lymphatic flow in support of springtime health, says Spacht, who has studied herbalism under sources as diverse as a Cherokee herbalist and the well-known integrative doctor Tieraona Low Dog, M.D. According to the pair, spring plants are often bitter—a

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—ELISABETH WEAVER,  
CO-FOUNDER OF  
LANCASTER FARMACY »

or health focuses that come with seasonal changes.”

Amid the wellness boom, you can now source many of these same medicinal plants with a few clicks and two-day shipping, but chances are they won't be nearly as fresh, or as potent, as those grown a few miles outside your door. And chances are you won't have the time or the knowledge to turn a fistful of chickweed into a skin-healing salve—the reason Lancaster Farmacy offers finished products only, along with fresh plants, roots and greens. Lancaster Farmacy's CSHM subscribers receive a quarterly delivery of items—an evolving mix of teas, tinctures and products for self-care and first aid, though the herb-curious can purchase single products from its online store. Spring staples include Cleanse tea, a nourishing yet gently diuretic herbal brew, and Roots and Shoots tonic, made with mineral-rich spring roots and apple cider vinegar.

While Lancaster Farmacy has seen its CSHM subscribers triple as interest in wellness and natural remedies surges, its mission remains unchanged: connecting people with nature, sharing its wisdom and healing power. “We wanted to go where food and medicine overlap, to promote people coming back to the land and using its resources in a sustainable way, and to also offer education,” says Weaver. Lancaster Farmacy also hosts workshops and partners with Philly-area nonprofit Unite for HER to distribute healing skin salves and medicinal teas to breast cancer patients every year—even more reason to feel good about checking out this farm-acy.



sensation that stimulates bile production, strengthens digestion and supports kidney and liver cleansing—while others are sweet and tender. “The herbs that grow in each season are there because of the benefits they have for our bodies,” Weaver explains. “We connect our customers to what's being grown and what's used for particular ailments

Clockwise from top left: Spacht and Weaver host a tour for Philly nonprofit Unite for HER; Cleanse tea and Roots and Shoots tonic are seasonal potions with health benefits galore.