

Plant Science: Plant Medicine—Exploring Nature’s Healing Potential | The 2025 Kathy Dwyer Marble '63, MAT'65 Seminar

Faculty: Dr. Giulia Friso, Senior Lecturer and Senior Research Associate, School of Integrative Plant Science, Plant Biology Section

Week One: July 6 - 12, 2025

Schedule: Monday - Friday, 9-12 and 1:30-3:30, except Wednesday afternoon.

Location: On campus, classroom, some field work

Equipment List

General Equipment:

1. **Backpack/Daypack** – To carry personal items, water, and equipment.
2. **Water Bottle/Reusable Hydration Pack** – Stay hydrated throughout the day.
3. **Sunscreen** – SPF 30 or higher for sun protection.
4. **Insect Repellent** – To protect from outdoor pests like mosquitoes.
5. **Hat or Cap** – For sun protection.
6. **Sunglasses** – UV protection for the eyes.
7. **Notebook and Pen** – For taking notes during activities or fieldwork.
8. **First Aid Kit** – Basic supplies for minor injuries.
9. **Camera or Smartphone** – To document activities or for mapping, if needed.

Outdoor Activities (visit to the Cornell Botanic Garden and the Herbalist Farm):

1. **Appropriate Footwear** – Comfortable, durable shoes (hiking boots, sneakers, or outdoor sandals depending on the activity).
2. **Weather-Appropriate Clothing** – Lightweight, breathable fabrics for hot days, with layers for cooler evenings.
3. **Rain Gear** – A lightweight rain jacket or poncho/umbrella.
4. **Sun Protection Gear** – Light long-sleeve shirt, UV-blocking clothing.

Indoor Activities:

1. **Notebook/Handouts** – For any personal notetaking.
2. **Laptop/Tablet** – For any personal notetaking.

General Tips:

- **Dress Appropriately:** Wear comfortable clothing, especially if you’ll be walking outdoors or exploring the herbarium's garden areas.

Additional Tips:

- **Check Farm Policies:** Some herb farms may not allow visitors to harvest herbs unless it’s part of a workshop or educational program, so always check beforehand.
- **Be Prepared for Varied Terrain:** Farms can have uneven or muddy ground, so make sure your shoes and clothing are suitable for outdoor work.
- **Ask Questions:** Take this opportunity to learn from the farm’s experts about cultivation techniques, pest management, and sustainable farming practices.