



WELCOME TO OUR

# Spring Newsletter



## Update! From Apothecary-to-Farm



Welcome to the Grain & Pestle newsletter! We know its been a while since you heard from us and we have some exciting news and updates to share with you!

This past winter was restful and provided the opportunity for much introspection, medicine making, and planning our next iteration. We have a few new herbal products to support your aches and pains available in the online store.

[BOOK HERB  
CONSULTATIONS & VISIT  
APOTHECARY ONLINE](#)



In this newsletter you will find:

Latest projects, workshops, and more. Keep Reading!



## GRAIN & PESTLE

### Welcome to Grain & Pestle, Season 3

OUR NEXT EVOLUTION IS OUR ORIGIN!

We enjoyed being on the Historic Ave of Fashion on Detroit's west side. We are so thankful for the community built with healers, farmers, artists, chefs and activists. From its inception, Grain & Pestle has always been rooted in the practice of farm-to-apothecary and sourcing herbs from our local farm community. We have now moved and are excited to announce we are breaking ground on our regenerative herb farm and art studio this spring in Highland Park, MI! Not only will we be growing herbs, we will be your go-to for outdoor art experiences, pottery, and more! Keep reading to learn about the new location for acupuncture services with Kimochi Detroit.

[FOLLOW THE JOURNEY](#)



### Coming Late March

GRAIN & PESTLE HERB STUDY 2024

We're excited to kick off our herb study program later this month. This offering is an 8 class series covering TCM basics, energetics, art processes, medicine making and more.

[REGISTER TO STUDY](#)



### Pottery Studio & Shop

WANT TO MAKE YOUR OWN BOWLS, POTS, & VASES?

Starting this later spring you can take pottery classes right at the farm! Stay tuned for class dates & locations.

[VISIT POTTERY SHOP](#)

# Meet Our Wellness Partners

WE HAVE AN AMAZING SCHEDULE OF OFFERINGS ACTIVATING THIS SPRING

Ever since our apothecary opened 2 years ago on Livernois Ave, we have continued to collaborate and connect with farmers and healers here in Detroit. Introducing a few of the amazing spaces and sites for services upcoming programming this year.

## Green Boots Veteran Community Horticulture Marketplace

Opening Day May 25, 2024! Basic training to healthy living with horticulture, art therapy, and auricular acupuncture. Last year we had to opportunity to collaborate on several projects and events and the synergy continued to develop. Learn more here [Green Boots Veteran Community Horticulture Marketplace](#).



May-Oct 2024

**GREEN BOOTS**

**VETERAN**  
Community Horticulture Marketplace

- Urban Agriculture Basic Training
- Horticulture Ceramic Arts
- Community Compost Exchange
- EBT, SNAP, WIC Senior WIC Farmers' Market
- 501(c)(3)
- National Acupuncture Detoxification Association Protocol

13500 Southfield Rd 48223

Featuring [GrainandPestle](#)



## SUNDAY RESET!

### Acupuncture Coming to KIMOCHI DETROIT

Coming May 2024! Sunday Reset with Geo. Acupuncture, cupping and guasha to start your week off right with a new body, new perspective! Visit the next open house and learn more [www.kimochidetroit.com](http://www.kimochidetroit.com)



Healing Arts Retreat Center  
Sound Therapy  
Acupressure  
Reflexology  
Meditation  
Massage  
Shiatsu  
Yoga  
Reiki



We want to hear from you! Scan this code to take our survey



Relax, Rest, Repeat

Opening Spring 2024  
Eastern Market

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