

Some of the wild fruit she collects she will usually make into jams. "I use hardly any sugar," she said, "so it's safe for diabetics." With the larger plants, she will make sweet grass ties and herbal wreaths.

On a normal basis, Ms. Longboat doesn't charge a set fee for her services or her products. "People usually just make a small donation of their choice creating a balance of giving and receiving." But now she finds that it's getting harder to do that, because people want to buy in bulk.

"There is even a lady who travels from Europe twice a year just to pick up herbs," she said.

She said she really enjoys her work and her long-range plan is to end up having a health farm. "I could take people who are actually not well, take them in and nurse them back to health.

"I call it my dream, it gives me energy to go forward and encourage people to make connection with themselves in order to create harmony, balance and peace within."