



**JENNY REY**

Herbal Apprentice

Jenny Rey, a native of Popayán, Colombia, currently resides in Milwaukee, WI where she has studied as an herbal apprentice under Venice Williams, Alice's Garden and Kyle Denton, Tippecanoe Herbs and Apothecary for over five years. She received a Biology Degree from UW-Milwaukee and has studied freshwater science, horticulture, cooking and has worked at CSA farms, cafes and restaurants.

Influenced by her childhood experiences on her family's farm, "La Fantasia," she has maintained a strong connection to the power of Mother Earth and a holistic approach to health. After her asthma got significantly better using plants, therapy and a change in nutrition, she decided to expand her learning about the healing powers of plant medicine. Recently, she launched her own seasoning line, Mi Casita- Sazón, an organic blend reminiscent of some of the many flavors of her childhood.



A proud mama, she credits herbal medicine and nutrition in supporting her journey pre and post pregnancy and through breastfeeding. When not tending to her own garden or going on herb walks to forage for plant allies, she loves being in the kitchen, spending time with her family while sharing stories and sharing the abundance of Mother Earth.