

HERBS FOR THE APOCALYPSE



BY SARAH RUSSO
ILLUSTRATED BY ROKAYA TAQI

Plants and punk rock collide in a tale of apocalyptic reckoning, explored in a graphic novel of resilience and resistance in trying times.



HERBS FOR THE APOCALYPSE

Synopsis

The graphic novel *Herbs for the Apocalypse* is a fusion of medical plant knowledge woven into a tale of resilience and resistance in trying times. The protagonist Sofia Spinoza, a misanthropic luddite with a love for punk rock, grapples with her frustration at the human race for destroying the planet.

Having become disenfranchised with her illicit indoor cannabis grow job at her squat in Robleville, she secures employment at a local herb shop. She doesn't tell her new colleagues about the strong line of communication she has directly to the plant's voices themselves, which only become louder. Between dealing with the shop's quirky clientele, and navigating uncertain global times, she explores what it means to find peace of mind and acceptance.

The story flashes through time, following the struggle of Sofia's ancestors and their fight in various resistance movements. Throughout the novel, the plants also chime in to give their perspective on how to survive the impending Armageddon.



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Character Bios



Sofia- The main protagonist of the tale, Sofia is a dreamer rooted by her love of plant life. Her muses return the favor with whispers of the Earth's wisdom.



Joni- Sofia's #1 pal and forest dilettante. Joni is holding the vision of self reliance by facilitating the medicinal botanical garden around the corner from the herb shop.



Lilith- Sofia's coworker, a longtime herbal enthusiast and a drummer in a women-driven punk rock band. She piques Sofia's interest on all levels.



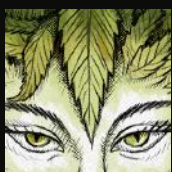
Tom- The owner of the apothecary, Kabul Antioch. A crotchety old man with quippy sense of humor, his sting challenges his clientele and employees.



Nathan- Sofia's buddy at the record shop across the street, and the editor of the zine *The Gutter*.



Monica- A positive and upbeat employee of Kabul Antioch. She tolerates Sofia's spiny ways, but is also challenged by her.



The Herbs of the Apocalypse- While many botanicals get mention in the graphic novel, there are 10 plants who get their own monologue.



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Artist Statement

Herbs for the Apocalypse (HFTA) started as a nagging idea that has since grown into a women created graphic novel and passion project. HFTA is an ode to plant medicine and a quest for justice during a challenging time for the Earth's inhabitants. Nature has provided us with ample resources to help us heal and bring us closer to our higher collective evolution. Not only do botanicals provide natural medicine to soothe what ails us, they allow creativity to blossom in trying times.

Herbs for the Apocalypse aims to be a source of empowerment during the intense shifts in our present reality. Despite a seemingly catastrophic title, Herbs for the Apocalypse is an invitation to align with our greatest ally, Mother Nature, and respectfully learn from the therapeutic wisdom of her bounty. The project also acts as a beacon to likeminded folks who can help hold this vision. HFTA is a collective of various people, with more coming into the fold all the time.

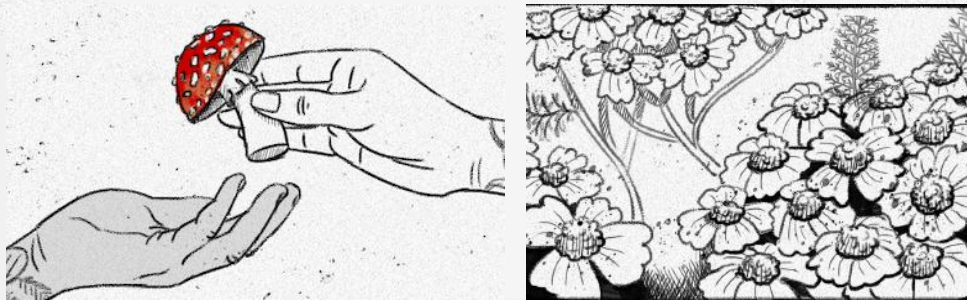
Plants and art help us connect deeper within ourselves and also within the vast expanse of the natural world around us. We must do all we can to protect and ensure the survival of our sacred earth. Especially since its gifts far surpass any debt that can be returned. We are an invaluable part of the inner and outer workings of the Universe, and the vision is to act like it.

A massive thanks to all the oxygen breathers who make this possible. And infinite gratitude for the transmissions from Mother Nature to bring this story into fruition. Without her, we would be **NOTHING**.



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Snippets



The Soundtrack

This comic has its own set list! Throughout the tale, the plants chime in to give their insight. In addition, each chapter comes with an accompanying song, inspired by proto-punk to post punk and everything in between. We also threw in some psych rock surprises because we like to go off the rails. Watch the unveiling of the tunes by scoping the digital comic or checking out the Spotify playlist below.





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Team Bios



Sarah Russo: Creator & Mischief Maven

Sarah is a longtime plant enthusiast, artist, and lover of the avant-garde. She got her degree in environmental studies and social justice, with a focus on botanical medicine from the Evergreen State College. She is a freelance writer, organizer, consultant, and content manager with over 13 years of experience in the cannabis and herbal medicine space. Herbs for the Apocalypse is her problem child.



Rokaya Taqi: Illustrator Extraordinaire

Rokaya is an illustrator and animator who is strongly inspired by horror and sci-fi. She got her degree from the Graphic Department in the Faculty of Fine Arts in Helwan University (in Cairo, Egypt). She has been a freelance artist since 2015. She is strongly influenced by Edward Hopper, Junji Ito, Zdzisław Beksiński, and Martin Lewis's etchings and it shows in her work.



Matthew Wainwright: Digital Creative

Matthew is a digital guru with multiple hats: arts administrator, DJ, MC and video content creator. Since directing an award winning documentary short, his work has since been focused throughout both education and creative industries. He currently provides digital content creation and strategies for various progressive ground-level revolutions he believes in.





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Press & Collaborations

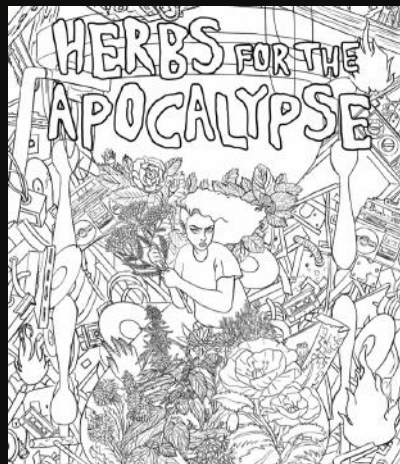


How To Launch An Industry

Sarah joins the HLI podcast crew for "Guess That Plant" 20 questions game with prizes. The podcast also featured a 30 second HFTA commercial.

Coloring Contest with Heylo Cannabis

A creative collaborative alliance where participants color the HFTA cover for a chance to win a Sunday Digital Comic Subscription.



Cannabis Voices

A full podcast episode features Sarah Russo. Sarah and Mary Biles discuss the graphic novel and how plants can be our allies to help us face whatever our future holds.



HERBS FOR THE APOCALYPSE

Crowdfunding the Graphic Novel

The momentum is forward, the question: what is the path? We think we've found a key to the answer: plant medicine. Botanicals can help us heal and bring us closer to our higher collective evolution.

So - as the ink spills on this women crafted, botanically-infused indie graphic novel, we request your support to help keep the pages going. Please consider donating to this grassroots creative effort from our gaggle of independent artists and plant inspired visions to collectively learn, and fight for the right to utilize the gifts of mother nature. To fuel this project, please consider donating as much as you'd like to our tea cup.

Fusing the throwback zine style with the modern era, the motto is "Digital is temporary, but print is forever". It's a melding of the weekly column newspaper of the days of old and the funny pages. And for you analog lovers, after the Sunday Comic has finished its run, there will be a print edition! The digital chapters will be available for one week only, so the archives are the print edition. You can generally support our work by giving a one time donation or by making monthly contributions. Any amount is massively appreciated (by the plants too!)

You may sign up for the digital Sunday Comic by donating ANY amount to our crowdfunding campaign. Donations are also appreciated to make the print edition a reality.

Donate to our crowdfunding campaign by visiting our Buy Me a Coffee page below:

[www.buymeacoffee.com/
herbsapocalypse](http://www.buymeacoffee.com/herbsapocalypse)

I came out of analog life to ask this of you

