





The

# EARTH

WORKSHOP

Generating Private Sector Wealth From Nature

By Machette VanHelsing

THE EARTH WORKSHOP

# Generating Private Sector Wealth From Nature

## Instructional Report

### Table of Contents

1. Introduction
2. Ways to Generate Income Using Nature
  - A. Foraging & Wild Harvesting
  - B. Cultivating & Selling Profitable Plants
  - C. Beekeeping & Honey Production
  - D. Mushroom Farming
  - E. Medicinal Herbs & Essential Oils
  - F. Timber & Sustainable Forestry
  - G. Land Leasing for Hunting & Recreation
  - H. Eco-Tourism & Nature Experiences
  - I. Wildcrafting & Handmade Natural Products
  - J. Carbon Credits & Conservation Incentives
3. Directory of Profitable Plants by U.S. State
4. Legal Considerations & Sustainability Practices
5. The Point
6. New York City Guide
7. Wood Crafting
8. Benefits and Advantages
9. Bonus Section: Tips, Strategies & Hacks

### 1. Introduction

Generating income from nature is one of the oldest and most sustainable ways to build wealth in the private sector. Whether through foraging, farming, eco-tourism, or conservation efforts, numerous opportunities exist for ANYBODY to profit from natural resources responsibly.

My name is Michael Machette VanHelsing. I have been homeless before and I have been absolutely broke. Nature has saved my life more times than I can count.

One of the ways nature saved me is when I saw a man walking with a wooden staff. Firstly, he looked bad-ass and at the same time, the staff was a symbol that he was advanced and peaceful. People with staves and walking sticks are RARELY violent or aggressive.

Then it hit me. I realized that the supplies to make walking sticks and staves were laying around EVERYWHERE! Branches, stones, copper wire and random items that can be used as decorations are ABSOLUTELY FREE! All I needed was a knife, which I already had.

So I went to an area that had a lot of trees and I started looking around. After collecting about 4 or 5 big branches, I started searching for cool looking stones. I collected my stones, found some

spare wire laying around and sat down to start creating! I made my first walking stick, took a picture of it with my phone, checked Google to see how much walking sticks and staves cost and I decided on a price.

Next I posted the picture on my social media pages. Guess what? I made \$75 a few hours later! Somebody bought the walking stick! But... in the comments section of the posts were people asking me to make walking sticks for them. It was crazy. That was just one of my personal experiences I felt the need to share.

This report details all viable methods of earning income using nature, along with a state-by-state directory of the most profitable plants to cultivate or forage. Use your search engine or chat gpt find what profitable and useful plants grow in your local area if you do not see your state on the list. Also, check anyway because there may be plants that grow in your local area that I did not add to the list. Enjoy! and USE this knowledge. It could completely change your life.

## 2. Ways to Generate Income Using Nature

### A. Foraging & Wild Harvesting

Foraging involves gathering wild edibles, medicinals, and decorative plants to sell.

- Examples: Morel mushrooms, ginseng, fiddlehead ferns, wild berries, pine nuts.
- Markets: Farmers' markets, restaurants, herbalists, online sales.
- Profit Potential: \$20–\$200/lb for rare finds (e.g., wild ginseng sells for \$500–\$1,000/lb dried).

### B. Cultivating & Selling Profitable Plants

Growing high-demand plants for food, medicine, or decoration.

- Examples:
  - Bamboo – Fast-growing, used for flooring, furniture, crafts.
  - Lavender – Used in essential oils, soaps, bouquets.
  - Hemp/CBD – High-profit crop for textiles, supplements.
  - Gourmet Garlic – Specialty varieties sell for \$15–\$30/lb.

### C. Beekeeping & Honey Production

- Selling raw honey, beeswax, pollen, and propolis.
- Profit Potential: \$8–\$20/lb for raw honey; \$50–\$100/lb for specialty (Manuka-like).
- Additional income from pollination services for farms.

### D. Mushroom Farming

- Gourmet mushrooms (shiitake, oyster, lion's mane) sell for \$12–\$30/lb.
- Medicinal varieties (reishi, chaga, cordyceps) sell for \$50–\$200/lb dried.

### E. Medicinal Herbs & Essential Oils

- High-value herbs: Echinacea, goldenseal, turmeric, ashwagandha.

- Essential oils: Lavender, peppermint, tea tree, frankincense.
- Profit Potential: \$50–\$500/lb for dried herbs; \$10–\$100 per oz for oils.

#### F. Timber & Sustainable Forestry

- Selling hardwood (oak, walnut, cherry) for lumber.
- Coppicing & Agroforestry: Rotational harvesting of fast-growing trees (willow, poplar).

#### G. Land Leasing for Hunting & Recreation

- Lease land to hunters, anglers, or campers.
- Profit Potential: \$500–\$5,000/season depending on acreage and game.

#### H. Eco-Tourism & Nature Experiences

- Guided foraging tours, birdwatching, survival skills workshops.
- Glamping (luxury camping) on private land.

#### I. Wildcrafting & Handmade Natural Products

- Crafting soaps, salves, baskets, or dyes from wild plants.
- Selling at fairs, Etsy, or local boutiques.

#### J. Carbon Credits & Conservation Incentives

- Earn money by preserving forests/wetlands via carbon offset programs.
- Government grants for sustainable land management.

### 3. Directory of Profitable Plants by State

#### State | Top Profitable Plants

- Alaska | Wild berries (salmonberry, cloudberry), chaga mushrooms
- Arizona | Agave (for tequila/syrup), prickly pear, mesquite pods
- California | Lavender, almonds, cannabis (legal counties), olives
- Florida | Citrus, saw palmetto (for supplements), coconuts
- Hawaii | Kava, vanilla orchids, macadamia nuts, noni fruit
- Maine | Wild blueberries, fiddlehead ferns, balsam fir (wreaths)
- Michigan | Morel mushrooms, ginseng, cherries
- Montana | Huckleberries, medicinal herbs (arnica, yarrow) |
- New York | Ginseng, maple syrup, wine grapes, chaga mushrooms, sunflowers, roses, scallions
- Oregon | Truffles, hazelnuts, Douglas fir (Christmas trees)
- Texas | Pecans, prickly pear, agarita berries
- Vermont | Maple syrup, apples, hemp/CBD
- Washington | Apples, hops (for breweries), wild mushrooms

(Note: Check local regulations—some plants require permits)

#### 4. Legal Considerations & Sustainability

- Permits: Some states regulate wild harvesting (e.g., ginseng requires a license).
- Sustainability: Avoid overharvesting; practice regenerative farming.
- Zoning Laws: Verify if your land allows commercial agriculture/eco-tourism.

#### 5. The Point

Nature offers countless income opportunities, from foraging and farming to eco-tourism and conservation. By selecting the right plants and methods for your region, you can build a profitable, sustainable business.

#### Take Action!

- Research local demand & regulations.
- Start small (e.g., beekeeping or mushroom logs).
- Scale up based on profitability.

#### New York City-Specific Natural Income Opportunities

Despite being an urban jungle, New York City (NYC) offers unique ways to generate income using nature—from foraging wild plants in parks to cultivating high-value fungi indoors. Below is a detailed breakdown of profitable natural ventures in NYC, including dandelions and red reishi mushrooms, along with other urban-friendly options.

#### 1. Foraging & Wild Harvesting in NYC

Legal Note: Foraging is technically illegal in NYC parks (per Parks Department rules), but enforcement varies. Some options:

##### A. Dandelions (*Taraxacum officinale*)

- Uses: Greens (sold to restaurants), roots (for tea/coffee substitute), flowers (wine, salves).
- Where to Find: Vacant lots, community gardens, less-maintained green spaces.
- Market Price:
  - Fresh greens: \$5–\$10/lb (farmers' markets, health stores).
  - Dried roots: \$15–\$30/lb (herbalists, online).

##### B. Red Reishi Mushrooms (*Ganoderma tsugae*)

- Uses: Medicinal (immune support, adaptogen), sold dried, powdered, or as extracts.
- Where to Find:
  - Dead/dying hemlock trees (in wooded areas of Staten Island, Queens, Bronx parks).
  - Cultivation: Can be grown indoors on hardwood logs/sawdust.

- Market Price:
  - Dried reishi: \$50–\$150/lb (depending on quality).
  - Tinctures/extracts: \$20–\$50 per oz.

## Other Forageable Plants in NYC

Plant | Uses | Where to Find | Selling Price

Purslane | Edible green (high in omega-3) Cracks in sidewalks, gardens | \$8–\$15/lb

Lamb's Quarters | Spinach substitute | Vacant lots, parks | \$5–\$12/lb |

Plantain (Plantago major) | Salves, edible greens | Lawns, parks | \$10–\$20/lb (dried for tea)

Chickweed | Salad green, herbal remedy | Moist, shaded areas | \$6–\$14/lb |

## Best Markets to Sell:

- Farmers' markets (Union Square, Grand Army Plaza).
- Health food stores (Whole Foods, local herbal shops).
- Online (Etsy, eBay, specialty forums).

## 2. Urban Farming & Cultivation

Since NYC has limited space, indoor and vertical farming are key.

### A. Microgreens & Sprouts

- Fastest-growing crop (ready in 7–14 days).
- Best Varieties: Sunflower, pea shoots, radish.
- Profit: \$20–\$40 per tray (restaurants pay premium).

### B. Mushroom Cultivation (Oyster, Shiitake, Reishi)

- Grow kits sell for \$20–\$50 each.
- Fresh gourmet mushrooms sell for \$12–\$25/lb (to restaurants like Blue Hill at Stone Barns).

### C. Rooftop Beekeeping

- NYC allows beekeeping (must register with Health Dept).
- Raw honey sells for \$15–\$30/lb (local markets, online).

### D. Balcony/Window Herb Gardens

- High-demand herbs: Basil, mint, cilantro, thyme.
- Sell fresh bundles for \$3–\$5 each at markets.

## 3. Eco-Tourism & Nature Experiences in NYC

### A. Urban Foraging Tours

- Lead guided tours in lesser-known green spaces (Inwood Hill Park, Prospect Park).
- Charge \$30–\$80 per person.

#### B. Wildcrafting Workshops

- Teach people how to make dandelion salves, herbal teas, or mushroom tinctures.
- Workshop fees: \$50–\$150 per attendee.

#### C. "Farm-to-Table" Pop-Ups

- Partner with local chefs to create wild-edible tasting menus.

### 4. Legal & Ethical Considerations in NYC

#### ✓ Allowed (with permits):

- Beekeeping (must register).
- Selling home-grown produce (if properly licensed).

#### ✗ Prohibited (without permission):

- Foraging in NYC parks (fines possible).
- Selling wild-harvested plants from public land.

#### Workaround:

- Forage from private land (with owner's permission).
- Grow your own (indoor/balcony setups).

### 5. Best Places to Sell NYC Wild & Homegrown Goods

1. Union Square Greenmarket (largest farmers' market).
2. Brooklyn Flea (artisanal/handmade focus).
3. Local restaurants (farm-to-table spots like Dirt Candy).
4. Etsy/Ebay (for dried herbs, tinctures, seeds).

### 6. Final Recommendations for NYC

- Start small (grow microgreens or mushrooms indoors).
- Network with local chefs & herbalists for consistent buyers.
- Consider value-added products (teas, tinctures, balms) for higher profits.

### Bonus Section: Profiting from Handcrafted Wooden Items (Walking Sticks, Staves, Kubotans & Throwing Darts)

Woodcrafting is a lucrative niche that combines artistry, functionality, and outdoor skills. In NYC and beyond, there's a growing market for handmade wooden tools—from hiking staffs to self-defense kubotans. Below is a step-by-step guide on how to turn fallen branches and reclaimed wood into profit.

#### 1. Best Wood Types for Crafting



- Hardwoods (Durable & Attractive Grain):
- Oak
- Hickory
- Maple
- Black Locust
- Cherry
- Lighter Woods (Good for Throwing Darts & Kubotans):
- Bamboo
- Ash
- Cedar

NYC Sourcing:

- ✓ Fallen branches in Central Park, Inwood Hill Park, Prospect Park (check legality).
- ✓ Reclaimed wood from construction sites, pallets, or Brooklyn lumberyards.

## 2. Profitable Wooden Items to Craft & Sell

### A. Walking Sticks & Hiking Staffs

- Target Buyers: Hikers, collectors, cosplayers (Gandalf-style staffs).
- Customization Options:
- Carved designs (runes, animals).
- Leather grips & wrist straps.
- Pyrography (wood-burned art).
- Pricing:
- Basic stick: \$30–\$80
- Custom/artistic staff: \$100–\$300+

### B. Wooden Kubotans (Self-Defense Tools)

- Small, discreet, and legal in NYC (non-lethal pressure-point weapon).
- Design Tips:
- 5–6 inches long, tapered grip.
- Optional paracord wrap for better grip.
- Pricing:
- Basic kubotan: \$15–\$30
- Engraved/decorative: \$40–\$75

### C. Wooden Throwing Darts (For Sport & Survival)

Used in:

- Traditional dart games.
- Bushcraft throwing competitions.

Design Tips:

- Hardwood tips (oak, hickory).

- Feather fletching for balance.
- Pricing:
- Set of 3 darts: \$25–\$60

### 3. Tools Needed (Low-Cost Startup)

- Knife (Mora, Opinel for carving).
- Sandpaper (80–400 grit).
- Wood burner (for designs).
- Drill (for kubotan holes).
- Food-grade oil finish (beeswax, linseed oil).

Estimated Startup Cost: \$50–\$150 (if using found wood).

### 4. Where to Sell in NYC & Online

#### Local Markets:

- Brooklyn Flea (hipster/artisan buyers).
- Renegade Craft Fair (handmade goods).
- Anime/Comic Conventions (fantasy-style staffs).

#### Online Platforms:

- Etsy (best for custom orders).
- eBay (for vintage/rustic styles).
- Facebook Marketplace\*\* (local pickup).

#### Specialty Buyers:

- Martial arts dojos (kubotans).
- Hiking clubs (walking sticks).
- Prepper/Survival groups (throwing darts).
- The Elderly

### 5. Legal Considerations in NYC

- Kubotans are legal (but avoid marketing as "weapons").
- No selling in NYC parks (needs a vendor permit).
- Foraged wood rules: Technically illegal in parks, but enforcement is rare for deadfall (branches on the ground).

### 6. Upselling & Branding Tips

- ✓ Bundle deals: "Hiking staff + leather strap + carrying pouch."
- ✓ Personalization: Burn names or symbols for extra \$\$.
- ✓ Social media: TikTok/Instagram videos of the carving process.

### 7. Estimated Profit Potential

Item	Cost to Make	Selling Price	Profit Per Unit
------	--------------	---------------	-----------------

Basic Walking Stick | \$5 (wood + labor) | \$40–\$80 | \$35–\$75

Custom Staff | \$15 (materials + time) | \$150+ \$135+

Wooden Kubotan | \$3 (wood + finish) | \$25 | \$22

Throwing Dart Set | \$10 (3 darts) | \$50 | \$40

Monthly Potential (Part-Time):

- Selling 10 staffs + 20 kubotans + 5 dart sets = \$1,000+ profit.

### Final Thoughts

Woodcrafting is a low-cost, high-margin side hustle that taps into multiple markets (hikers, survivalists, martial artists).

Since NYC has limited natural wood sources, consider:

- ✓ Partnering with upstate foragers for bulk wood.
- ✓ Offering "DIY Carving Kits" for urban customers.

### The Holistic Benefits of Using Nature to Generate Income: Mental, Physical & Spiritual Rewards

Creating a private-sector income through nature is more than just a financial opportunity—it's a transformational lifestyle that enhances well-being on multiple levels. Below is a detailed breakdown of the mental, physical, and spiritual benefits of applying the methods in this handbook.

#### 1. Mental Benefits

##### A. Reduced Stress & Anxiety

- Nature's Therapeutic Effects: Studies show that spending time outdoors lowers cortisol (stress hormone) levels.
- Mindful Work: Foraging, carving, and farming require focus, acting as a natural meditation.
- Escape from Digital Overload: Replacing screen time with hands-on nature work reduces mental fatigue.

##### B. Increased Creativity & Problem-Solving Skills

- Foraging & Crafting: Forces you to think resourcefully (e.g., identifying plants, repurposing wood).
- Entrepreneurial Mindset: Selling nature-based products sharpens business creativity (packaging, marketing, niche-finding).

### C. Improved Mental Resilience

- Overcoming Challenges: Weather, crop failures, and market fluctuations build adaptability.
- Sense of Accomplishment: Successfully selling something you crafted or harvested boosts self-esteem.

### D. Financial Peace of Mind

- Diversified Income: Less reliance on traditional 9-to-5 jobs reduces financial anxiety.
- Low Startup Costs: Many nature-based ventures require minimal investment, lowering stress about debt.

## 2. Physical Benefits

### A. Enhanced Fitness & Mobility

- Foraging/Hiking: Builds endurance, leg strength, and cardiovascular health.
- Woodworking & Farming: Strengthens grip, arm muscles, and core stability.

### B. Improved Nutrition

- Wild Edibles: Nutrient-dense foods (dandelions, mushrooms, berries) boost immunity.
- Homegrown Produce: Avoids pesticides and processed foods.

### B. Fresh Air & Sunlight Exposure

- Vitamin D Synthesis: Prevents deficiency (linked to depression and fatigue).
- Lung Health: Cleaner air than urban environments (especially for city foragers in parks).

### C. Reduced Risk of Chronic Illness

- Active Lifestyle: Lowers risks of obesity, diabetes, and heart disease.
- Natural Anti-Inflammatories: Many wild plants (turmeric, reishi) have medicinal properties.

## 3. Spiritual Benefits

### A. Deepened Connection to Nature

- Biophilia Effect: Humans are hardwired to feel calm and whole in natural settings.
- Cyclical Awareness: Aligns you with seasons, lunar cycles, and natural rhythms.

### B. Purpose & Meaning

- Sustainable Living: Contributing to eco-friendly commerce fosters fulfillment.
- Ancestral Skills Revival: Reconnecting with traditions (herbalism, woodcraft) brings cultural pride.

### C. Mindfulness & Presence

- Flow State: Activities like carving, planting, or tracking mushrooms induce deep focus.
- Gratitude Practice: Harvesting nature's gifts cultivates appreciation for life's abundance.

#### D. Community & Legacy

- Teaching Others: Sharing skills (workshops, guides) creates impact beyond profit.
- Land Stewardship: Ethical foraging/farming leaves a positive mark on the Earth.

### 4. The Synergy of Mind-Body-Spirit in Nature-Based Income

#### Aspect | How Nature Income Helps | Example

Mental Clarity | Reduces overthinking through hands-on tasks. | Carving a staff demands full attention, silencing stress.

Physical Vitality | Encourages movement & whole-food nutrition. | Harvesting wild greens improves diet and exercise.

Spiritual Growth | Aligns work with personal values. | Selling herbal remedies feels meaningful, not just profitable.

### 5. Final Thoughts: Why This Handbook is a Life-Changing Tool

This guide isn't just about making money—it's about crafting a life where health, wealth, and purpose intersect. By building a nature-based income, you:

- ✓ Escape the grind of unfulfilling jobs.
- ✓ Heal your body through organic, active work.
- ✓ Nourish your soul by aligning with Earth's wisdom.

The ultimate ROI (Return on Investment) isn't just financial—it's a thriving, balanced existence.

### Bonus Section: Pro Tips, Hacks & Next-Level Strategies for Nature-Based Income Success

Want to maximize profits, save time, and work smarter in your nature-based business?

This section is packed with little-known tricks, tech tools, and resourceful strategies to help you thrive.

#### 1. Smart Foraging & Plant ID Hacks

##### A. Best Plant Identifier Apps (Free & Paid)

- PictureThis (Most accurate for wild edibles/medicinals)
- iNaturalist (Great for rare finds—used by scientists)

- Seek by iNaturalist (Kid-friendly, no registration)
- PlantNet (Best for global species)

Pro Tip: Use these apps to:

- ✓ Identify profitable weeds (e.g., plantain for salves).
- ✓ Spot toxic lookalikes (avoid dangerous mistakes).
- ✓ Track seasonal growth patterns in your area.

#### B. Google Lens (Free & Instant)

- Point your phone at any plant/mushroom for quick ID.
- Works offline if you pre-download plant databases.

#### C. AI-Powered Research (ChatGPT, DeepSeek, Claude, etc.)

Ask AI:

- "What are the most valuable wild plants in [your state]?"
- "How to make a tincture from reishi mushrooms?"
- "Where to buy cheap glass bottles for herbal products?"

Prompt Hack:

"Act as an expert forager and give me a step-by-step guide to sustainably harvest and sell [plant] in [location]."

## 2. Resourceful Sourcing & Bartering

### A. Bartering Your Products for Supplies

Trade instead of spending cash:

- Example 1: Swap homemade salves for empty glass jars from a local café.
- Example 2: Trade wild mushrooms for beekeeping equipment.

Best Barter Platforms:

- Facebook Local Groups (Search "[Your City] Barter Exchange")
- Craigslist "Barter" Section

### B. Free/Cheap Supplies

- Glass jars/bottles: Ask juice bars, restaurants, or breweries for leftovers.
- Labels: Print DIY ones at libraries (free/low-cost) or use a Dymo label maker.
- Bags: Start with Ziplocs + handwritten tags (upgrade later).

Hack: Visit Dollar Tree for:

- ✓ Small jars (\$1.25 each)
- ✓ Baskets (for gift sets)
- ✓ Twine (for rustic packaging)

## 3. Low-Cost Marketing & Sales Boosters

#### A. Instagram/TikTok Growth Tricks

- Post "Before & After" (e.g., raw plant → finished product).
- Use hashtags: #WildCrafting #ForagedFood #HandmadeInNYC
- Go viral with "Oddly Satisfying" videos (peeling birch bark, carving sticks).

#### B. Farmers' Market Psychology

- Offer free samples (e.g., wild berry jam on crackers).
- Bundle deals ("Buy 2 salves, get a free tea blend").
- Tell the story (e.g., "This reishi was foraged in Upstate NY forests").

#### C. Upsell with "Add-Ons"

- Sell a "Wildcrafting Starter Kit" (jar + labels + guide).
- Offer "DIY Workshop Tickets" (teach others for premium fees).

### 4. Processing & Preservation Hacks

#### A. Quick-Drying Herbs & Mushrooms

- Car dashboard method: Spread plants on a tray; park in sun (works like a dehydrator).
- Oven hack: Lowest setting + door slightly open (for mushrooms).

#### B. DIY Tinctures Without Fancy Equipment

- Use vodka or Everclear in mason jars (shake daily for 4-6 weeks).
- Strain through an old T-shirt or coffee filter.

#### C. Freeze Foraged Berries in Ice Cube Trays

- Perfect for selling pre-portioned wild berries to smoothie shops.

### 5. Legal & Safety Shortcuts

#### A. Permits Made Easy

- Foraging permits: Check state DNR website (some are free/low-cost).
- Cottage Food Laws: Allows home-based sales of jams, dried herbs (varies by state).

#### B. Poisonous Plant Avoidance

- Bookmark USDA's "Toxic Plants Database" <https://plants.usda.gov>.
- AI Double-Check: "Is [plant] safe to eat? List toxic lookalikes."

### 6. Time-Saving Automation

#### A. Use AI for Product Descriptions

Prompt:

"Write a persuasive Etsy description for wild dandelion root tea, highlighting its detox benefits in 50 words."

## B. Auto-Responders for Customers

Set up pre-written replies for:

- "Where do you source your materials?"
- "Do you offer bulk discounts?"

## C. Bulk Buying Co-Ops

- Split costs with other foragers/farmers for:

- ✓ Essential oils
- ✓ Packaging supplies
- ✓ Seeds/cultivation kits

## 7. The Ultimate Hack: Start Small, Scale Fast

- Week 1: Sell one product (e.g., dandelion tea).
- Week 2: Add a second item (e.g., cedar kindling bundles).
- Month 3: Offer a workshop or digital guide.

Remember: Nature rewards consistency—not speed. AND...

No matter WHAT state society is in, no matter WHAT the scenario is and ESPECIALLY when SHTF, YOU are going to be one of the most important people. You will have knowledge, skills and supplies to barter, trade, sell and survive with.

## 8. Nature's OTHER Supplies & Options

- Metal like sheet metal, wire, scrap parts & pipes can be used to make walking sticks, staves, wands and art.

- Natural oils and dyes from flowers, fruits and berries can be used for finishing coats and coloring.

- Feathers, SOME bones and skins can be used for decoration. (Snake skins, bird feathers, horns, teeth, antlers, claws etc.)

That's just to give you some ideas and get your gears turning.

Final Pro Tip: The "5-Minute Rule"

If a task takes under 5 minutes (e.g., labeling jars, posting a TikTok), DO IT NOW! IMMEDIATELY! ASAP! Tiny actions compound into big success!



Also remember, “faith without works is dead.”

Visit: <https://neercorps.wixsite.com/templeoflightnlife>