

# *Get More from Your Garden & Backyard!*

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## A Hands-On Herbal Series begins June 5!

Saturday Mornings, 9:30 am – Noon  
At Canterbury Shaker Village

*Series is limited to 12 students - Sign up early to ensure your spot!*

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### **The Backyard Herbalist:** **A Remedy-Making Series Focused on Local Herbs** *Instructed by Maria Noël Groves, Clinical Herbalist*

Your garden – as well as the “wild” garden that nature maintains – is a rich source of healing remedies, luxurious bodycare, and delicious meals. These in-depth classes will show you the basics for almost every medicinal, culinary, and bodycare herbal product you could want to make! See the process from start-to-finish, and go home with a sample of some of the items we create. You’ll also learn the healing and culinary properties of many of the garden and wild plants. Take these workshops individually, or take the whole series for a discount! (See below for details.)

**Visit [www.shakers.org](http://www.shakers.org) or call 783-9511 to register**

#### **June 5 - The Tea Garden: Making Tea with Herbs You’ve Grown**

We taste simple teas that you can grow and use the base for a variety of blends, including holy basil, chamomile, nettle, mint, and rose. Then we’ll talk about how to blend them and give you a chance to create your own teas to bring home. This class is part “The Art of Tea” and part “Garden Herbs.”

#### **June 26 - Harvesting 101: Gathering & Processing Herbs at their Peak** ☼

If you’re new to herbal medicine and are daunted by the first task of harvesting your plants, come to this hands-on session in which we’ll go over the basics on how to harvest leaves, flowers, bark, and roots to turn them into medicine. We’ll discuss several common garden, weed, and wild plants and discuss harvesting techniques for them. You’ll also learn how to harvest plants at their peak time of day, season, and cycle. Safety and proper identification will also be discussed. Weather permitting, this class will be held “in the field.” You’ll go home with some of your own harvested herbs.

#### **July 31 - The Kitchen Apothecary: Making Herbal Medicine**

Making medicine at home is empowering, saves money, and is easier than you think. We’ll demonstrate fresh and dry tincture techniques. You’ll get to make your own tincture and capsules to bring home. We’ll also discuss drying and storing herbs, teas, vinegars, and other herbal remedy techniques.

*See back page for the rest of the series class descriptions!*

### **Aug 14 - Herbal Oils & Salves: Healing the Body Through the Skin**

We'll demonstrate an easy, effective, yet unusual method for making herbal oils from dried plant materials—start to finish in less than 24 hours! (Maria will bring some prepared material to start us off.) We'll make an oil and discuss the healing properties of a variety of oils. Then we'll take our herbal oil and use it to make a salve. We'll explore some of our most helpful topical herbs including plantain, oregano, comfrey, St. John's wort, and calendula.

### **Aug 28 - The Herbal Kitchen: Preserving Your Herbal Harvest**

What to do with all those herbs? Lots! We'll demonstrate how to make an herbal honey and cordial. Everyone will get to make their own herbal vinegar to bring home. We'll also discuss drying and storing, freezing, cordials, teas, herb and spice blends, and other enjoyable—and easy—herbal feats.

### **Sept 11 - Cooking with Fresh Herbs**

Herbs are a simple and prolific garden pleasure—but besides basil pesto, what can you make with these flavor-packed fresh herbs? We'll discuss and demonstrate simple ways to turn common garden herbs into delicious meals. From savory dishes like pasta tossed with fines herbes and roasted vegetables with rosemary and thyme to sweets like peppermint brownies and lemon balm pound cake.

### **Sept 18 - Putting it Together: Your Backyard Herbal ☼**

You've already learned many of the cultivated and wild herbs that you can harvest to make remedies and heal your body. This class will pull together information from our previous workshops and expand upon them to help you comprehend and understand how to use the apothecary that awaits beyond your backyard. You'll go home with extensive notes and some simple tools to get you started.

### **Oct 9 - DIY Natural Bodycare: Simple Recipes for Beauty & Health**

Why buy synthetic and expensive bodycare items when you can make them easily! We'll go “from soup to nuts” and make body lotion, lip balm, massage oil, aromatherapy spray, and body scrubs. Many of these recipes are easily adapted to soothe common summertime concerns including sunburns, bug bites, poison ivy, and foot fungus, as well as repelling mosquitoes and ticks.

**\$30 + \$5 materials fee per class OR**

**\$240 to register for the whole series (includes materials - \$40 savings)**

*Extra Discounts available to Canterbury Shaker Village Members*

☼ **Optional Herb Walks** \$10 per walk, separate registration

☼ Morning Summer Walk: June 5, 8:30 – 9:30 am

☼ Evening Harvest Time Walk: September 11, 4:00 – 5:00 pm

*Note: Though some of the topics and herbs covered in this series overlap with Maria's “Home Herbalist Series,” “The Backyard Herbalist” compliments the other series in that it is focused on making remedies and specifically using local plants. It's open to any level of experience, but it's particularly geared towards the beginner localvore herbalist. (The Home Herbalist is a more condition-specific course focused on understanding each body system and using herbs from all over the globe.)*