

Maria's Lecture & Workshop Topics for Kids!



Wintergreen Botanicals, LLC
Maria Noël Groves, Clinical Herbalist
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www.WintergreenBotanicals.com

Maria is available to speak on a wide variety of topics. She is happy to travel to classrooms and other settings throughout New Hampshire. Classes can easily be customized for a group. Most activities can be adapted for pre-school aged children through adults. Activities can be done in small groups or large, for 15 minutes each or up to 2 hours.

Older children and teens may also enjoy some of the more involved adult classes that Maria offers.

Maria can lead activities during weekdays, evenings, and weekends. Call or email her to see if she's available for the date and time that you'd like.

Basic Rate:

1- to 2-Hour Class: \$100-300 sliding scale plus materials (if applicable)

Her teaching rates are on a sliding scale to allow for a wide variety of budgets.

She also accepts barter arrangements.

Travel Fee:

There is no travel fee for travel 30 minutes or fewer from Allenstown. For travel one half to one hour from Allenstown, please add \$50. For travel one to two hours from Allenstown, please add \$100. Or calculate \$0.55 per mile round trip.

Maria's Bio: Maria Noël Groves, clinical herbalist, runs Wintergreen Botanicals, LLC. The herbal clinic and education center is nestled in the pine forests of Bear Brook State Park in Allenstown, NH. She is certified by Michael Moore's Southwest School of Botanical Medicine and has also completed beginner and advanced programs at Rosemary Gladstar's Sage Mountain. Please visit www.WintergreenBotanicals.com for more information about her and her business.

Herbal Remedies

These classes allow for hands-on creation on herbal products and generally only take 15 to 30 minutes per group to complete. They have been chosen for pleasure, use, and low cost of materials.

Create a Tea Blend

- All Ages
- Maria will bring in four to eight loose, dried herbs. We'll sniff them, look at them, feel them, and talk about some of their benefits and flavors. The children will then get to create two cup's worth of their own blend to bring home and share with a parent.
- Small groups for about 15-20 minutes each.
- Larger, older groups for 2 hours, also includes a tea tasting of each simple tea.
- Materials: \$1.50 per participant

Home-Made Lip Balm

- All Ages. Children ages 8 and up for hands-on activity due to double boiler.

- Lip balm is easy to make with oil, beeswax, and essential oils. In small groups, with a double boiler or microwave, we'll whip up a batch and let everyone choose their own scents.
- Small or medium-sized groups (3 to 15 people), 30 minutes; large groups, demonstration only
- Materials: \$0.50 per lip balm tube (1 to 5 tubes per participant)

Herbal Sachets

- All Ages
- Maria will bring ingredients to make herbal sachets that can help repel moths and keep clothes smelling fresh in bureaus, closets, and storage boxes.
- Small groups for about 15-20 minutes each.
- Materials: \$1.50 per participant

Herbal Bath Salts

- All Ages
- Maria will bring in Epsom salts and several dried herbs to create a blend that can be added to the bath to relax and rejuvenate.
- Small groups for about 15-20 minutes each.
- Materials: \$1.50 per participant

Aromatherapy Spray

- All Ages
- You can easily make natural sprays for calming, energizing, or as a natural antiseptic. In small groups, we'll make batches of natural bug spray using distilled water, vodka (natural preservative and stabilizer), and essential oils.
- Small groups for about 15-20 minutes each
- Materials: \$1 per participant for each to take home a mini spray (4 ml) (Other sizes/options/prices available.)

All-Natural Bug Spray

- All Ages
- No one likes it when mosquitoes, black flies, and ticks arrive for the spring and summer! Fend them off with all-natural bug spray that you can make from scratch. In small groups, we'll make batches of natural bug spray using distilled water, vodka (natural preservative and stabilizer), and essential oils.
- Small groups for about 15-20 minutes each
- Materials: \$1 per participant for each to take home a mini spray (4 ml) (Other sizes/options/prices available.)

Herbal Foods

Harvest Salad

- All Ages
- We'll need access to an herbal and food garden and/or ample wild weeds. We'll go out, taste, and talk about the different herbs, home-grown vegetables, and/or wild weeds we can add to a salad. Even flowers like nasturtiums and clovers! The children will all harvest some of their favorites for us to make into a salad to eat with herbal salad dressing (see below).
- Small or large groups, up to 30 people, 30 to 90 minutes
- Materials: No fee, but we'll need access to outdoor edibles. Let Maria know if you can provide the salad making and serving equipment.

Herbal Vinegar

- All Ages
- We'll make tasty and unique vinegars for salad dressing, skin sprays (itch fix), or medicine. We may want to harvest chives, garlic, onions, rosemary, tarragon, lemon thyme, lemons, etc. to chop up and

cover with distilled white vinegar. We'll make 8 oz of vinegar in small groups of 3 or 4 people each. Note: It takes about a month for this mixture to steep, so the group will have to strain it out later on their own. We'll sample some pre-made vinegars in class.

- Small or large groups, 15 to 60 minutes per group
- Materials: \$5 per 8 oz jar of vinegar made.

Sun Tea

- All Ages
- When warm summer days are here, you can make tea with the sun's energy and warmth. We'll choose herbs to brew up a tea from fresh or dried herbs.
- Small or large groups, 15 minutes to make the tea, at least 1 or 2 hours to let it steep before we can strain and drink
- Materials: \$0.50 per participant

Herbal Honey

- Older Children, ages 8 and up
- We can infuse honey with herbs to get some medicine in a sweet form! Herbal honeys can also be used in culinary recipes and to make herbal soda, too. Together we'll make a blend and taste how the herbs change the honey as it cooks on the stove.
- Small groups if it's interactive. Large groups if it's demonstration. At least 1 hour per honey.
- Materials: \$5 per participant if they go home with a 2 oz jar of honey; or \$1 per participant if we make a jar of honey for the center/school to use.

Herbal Soda

- All Ages
- Spicy sweet and lemony plants make delicious herbal sodas. We'll try one out of cinnamon, anise-hyssop, star-anise, mint, ginger, lemon herbs, and/or vanilla beans. This will be simmered on the stove, sweetener added, and then poured over ice with carbonated water.
- Small (more hands-on) or large (more demonstration) groups, 30 to 60 minutes
- Materials: \$0.50 per participant

Other Herbal Activities

Planting Herbal Seeds

- All Ages
- We'll each plant some seeds to grow our own medicinal herbs. Maria will bring in the seeds and supplies to plant a few different kinds of herbs. She'll discuss their uses and properties. Then each participant choose some seeds to plant. Maria will include an info-card on the plant's uses and growing needs.
- Small or large groups, 15-45 minutes
- Materials: \$1 per participant

Reading an Herbal Story

- Young Children
- Maria can come and read stories with herbal themes for groups of young children. We can discuss herbs a little before and after the story.
- Small or large groups for about 30 minutes
- Materials: None

Herbal Scavenger Hunt

- All Ages
- Maria will design an outdoor herbal scavenger hunt based on your group and the land available for the hunt. She'll provide a list to the children and show them examples of the items they'll need to find.

Items may include acorns, pine cones, pine needles, red clover flowers, peppermint leaves, plantain, and dandelions. We'll join together after the talk and discuss some of the properties and natural history of the items.

- Small or large groups, 30 to 60 minutes
- Materials: No fee, but we'll need access to the outdoors and a photocopier.

Sensory Sleuthing

- All Ages
- We'll sit in a circle and have everyone close their eyes. We'll pass around different herbs and ask the children to describe each one. How does the herb smell? Rub the leaves and smell it again. Take a nibble. How does it taste? Does it smell or taste like anything you know? How does it feel against your skin? Rough? Furry? Smooth?
- Small groups or larger groups up to 20 people, 15 to 45 minutes
- Materials: No fee. Maria can bring samples of plants or we can use those growing near the center/school.

Edible Forest Walk

- All Ages
- We'll walk into the woods and ask ourselves, what would we eat if we could only eat what grows wild? We'll look for edible greens like nettle, dandelion leaves, sheep sorrel, wood sorrel, and lambsquarters. We'll look for wild berries like blueberries, autumn olives, wintergreen berries, blackberries, raspberries, and strawberries. We'll talk about teas from pine needles, berry leaves, and flowers. We'll see if we can find nuts like hazelnuts. We'll also look at poisonous plants and discuss how important it is to be 100% sure what you're eating is safe.
- Up to 30 people (5 to 15 is ideal), 15 to 90 minutes
- Materials: No fee, but we'll need access to the outdoors. (Does not have to be a forest.)

Herb Walk

- All Ages
- Maria will take everyone on an herb walk in almost any natural setting—abandoned lot, field, forest, garden, etc.—and see what medicinal and edible herbs we can find.
- Up to 30 people (5 to 15 is ideal), 15 to 90 minutes
- Materials: No fee, but we'll need access to the outdoors.

Herbal Arts & Crafts

Nature Wreathes

- All Ages
- We'll make small wreathes with branches of evergreens and other plants, or larger wreathes around grape or other vines. We can attach materials like pine cones, flowers, fresh and dried herbs with wire or glue.
- Small or large groups, 60 to 120 minutes
- Materials: \$1 for small wreathes, materials mostly collected from the surrounding area; \$5 for larger wreathes where Maria brings the base wreath & decorations

Herbal Picture Window

- All Ages
- We'll choose our favorite leaves and flowers from the wild or garden, and then the children will arrange them on a piece of paper. Once they're finished, we'll cover it with another piece of paper and iron them together. We'll punch a hole on top and loop a string through so that we can hang it in the window.
- Small or large groups, 15 to 60 minutes
- Materials: \$0.50 per participant.

Build a Fairy House

- All Ages, though best for Young Children
- This activity is inspired by local fairy houses and the stories of a local artist. We'll read one of their stories, then we'll collect natural materials like corns, pine cones, twigs, berries, herbal garland, and stones to construct simple or elaborate houses for fairies or other forest creatures to live in.
- Small or large groups, 30 to 90 minutes
- Materials: No fee if items are collected on the grounds (ideal: this is the fun part!). \$2 per participant if Maria brings them.