

Maria's Lecture & Workshop Topics



Wintergreen Botanicals, LLC
Maria Noël Groves, Clinical Herbalist
Allenstown, NH (Near Bear Brook State Park)
603-340-5161, office@wintergreenbotanicals.com
www.WintergreenBotanicals.com

Maria is available to speak on a wide variety of topics. She is happy to host classes at Wintergreen Botanicals, LLC in Allenstown, NH, or to travel to other locations.

Basic Rate:

1- to 3-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.

Demonstration & Hands-on (Remedy, Cooking & Bodycare) Classes

These classes are generally demonstration classes. A few—The Art of Tea and Herbal Vinegars—allow for class participation. The materials fee is per student.

Participants often enjoy going home with a sample of the product made in class, hence the materials fee. However, **materials fees are optional.** I would demonstrate, but there would be no samples to take home.

The Herbal Kitchen: Preserving Your Herbal Harvest – 1 to 2 hours

- What to do with all those herbs? Lots! We'll demonstrate how to make an herbal honey and herbal vinegar. We'll also discuss drying and storing, freezing, cordials, teas, herb and spice blends, and other enjoyable—and easy—herbal feats.
- \$5 materials fee allows participants to go home with 2 oz herbal honey and 1/2 oz herbal vinegar.

Cooking with Fresh Herbs – 1 to 2 hours

- 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 old standbys like pasta tossed with fines herbes to more unique dishes like seafood stew with tarragon and sage-infused cream and pureed peppermint brownies.
- \$5 materials fee allows for some pre-made snacks and at least one demo

The Kitchen Apothecary: Making Herbal Medicine – 2 hours

- Making medicine at home is empowering, saves money, and is easier than you think. We'll demonstrate fresh and dry tincture techniques, herbal oil, and salve. We'll also discuss drying and storing herbs, teas, vinegars, and other herbal remedy techniques.
- \$5 materials fee allows participants to go home with 1/2 oz tincture OR 1 oz salve OR 1 oz oil.
- \$5 materials fee allows participants to go home with 2 oz honey AND 1/2 oz salve
- \$10 materials fee allows participants to go home with 1/2 oz tincture AND 1 oz salve
- \$10 materials fee allows participants to go home with 2 oz honey AND 1 oz salve

DIY Natural Bodycare (Can be Holiday-Themed) – 2.5 hours

- 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, bath salts, and body scrubs.
- Hands-on
- \$5 materials fee allows participants to go home with lip balm, mini aroma spray, dry bath salt in bag, 1/2 oz massage oil, 1/2 oz body lotion.

Do-It-Yourself Summer Skin Solutions – 2 hours

- Bug bites, sunburns, poison ivy, dry skin... our skin can take a beating during the summer. Why turn to drugstore solutions when you can make many wonderful products in your kitchen with little more than what you've already got in your pantry? We'll discuss how to make lip balm, bug spray, a light sunscreen, sunburn therapy, itchy skin salves, and more. We'll make bug spray, lip balm, and herb-infused oil in class so you can see how it's done (and you'll get to bring them home)!
- \$5 materials fee allows participants to go home with 2 lip balms, 1/2 oz herbal oil, 1/2 oz salve, and 1 mini bug spray.

Herbal Skin Care: Simple Recipes, Radiant Skin – 2 hours

- Learn how easy it is to have radiant skin with natural herbal skin care products made right in your kitchen. Toners, exfoliants, masks, and moisturizers can be made in minutes with just a few ingredients. We'll make some of them in class--including a moisturizing cream for you to bring home--and you'll also get a packet of recipes
- \$5 materials fee covers 1 oz moisturizing cream and 4 ml toner to bring home

Moms & Babies: Make Your Own Natural Body Care – 1 to 2 hours

- Conventional baby care products often contain concerning ingredients. Natural products are often expensive. But, it's super cheap and surprisingly easy to make your own baby balms, diaper salve, baby powder, massage oil, and other natural products. We'll demonstrate the basics to make massage oil (including sore nipple oil), salve, aromatherapy spray (calming, disinfecting), and baby powder.
- Longer classes are partly hands-on
- \$5 materials fee allows participants to go home with 1 oz massage/nipple oil, 1 oz salve, 2 oz baby powder OR 1 oz aromatherapy spray.
- \$5 materials fee allows participants to go home with 2 4 ml aroma sprays AND 1/2 oz salve
- \$10 materials fee allows participants to go home with 2 4 ml aroma sprays, 1 oz salve, AND 1/2 oz oil

The Art of Tea – 1 to 2.5 hours long

- Tea is our most basic, empowering, affordable, and useful remedy. We'll sample six herbal teas to discuss both their flavor and medicinal characteristics and explain how they can be used as "simples" or blended into more complex teas. Then, you'll get to create your own tea to take home!
- Hands-on
- \$5 materials fee allows participants to blend 10 cups worth of loose tea to take home (optional)

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."
- \$5 materials fee allows participants to blend 10 cups worth of loose tea to take home (optional)

Mmmm... Herbal Honeys – 1 to 2 hours

- We'll demonstrate how easy and delicious it is to make an herbal honey. While the honey is simmering we'll discuss the technique as well as the medicinal properties of some herbs that are particularly good to make honeys with: ginger, thyme, bee balm, licorice mint, cinnamon, evergreens.
- \$5 materials fee allows participants to go home with a 2 oz jar of herbal honey

Herbal Vinegars – 1/2 to 1 1/2 hours

- We'll demonstrate how insanely easy it is to make an herbal vinegar. These culinary and medicinal vinegars have no alcohol yet last at least a year on the shelf. They make great gifts. We'll make one or more vinegars, taste some finished products, and discuss some particularly good vinegar-ing herbs. (Note: Vinegars take at least one month to "macerate" before they're finished.)
- Hands-on
- \$5 materials fee allows participants to make their own 8-oz herbal vinegar to take home OR
- \$5 materials fee allows participants to go home with a 1 oz bottle of finished vinegar (pre-made)

Oils & Salves – 2 to 3 hours

- 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.
- \$5 materials fee allows participants to go home with 1/2 oz salve and 1/2 oz oil OR 1 oz of either
- Note, Creams can be included in a 2.5 to 3 hour class upon request.

Oils, Salves & Creams: Healing the Body Through the Skin – 2.5 to 3 hours

- 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 (same basic recipe as lip balm) and a cream/body lotion. We'll explore some of our most helpful topical herbs including plantain, oregano, comfrey, St. John's wort, cayenne, and calendula. We'll discuss how herbs can turn these simple products into remedies for dry or aging skin, fungus and warts, eczema and dermatitis, and pain.
- \$5 materials fee allows participants to go home with 1/2 oz oil, .15 oz salve in a lip balm tube, and a 1/2 oz cream

Fresh & Dry Tinctures – 15 minutes to 2 hours

- This quick demo shows participants how to make tinctures from fresh and dry plant material. The "simpler" method of dry tincture is used.
- Longer classes taught in two parts are hands-on. Otherwise, demonstration.
- \$5 materials fee allows participants to go home with a 1/2 oz of one tincture
- \$10 materials fee allows participants to go home with 1/2 oz of each tincture
- (Note: The tinctures will not be done at the time of class; they take at least a month to "macerate". Pre-made tinctures can be used or the participants can pick up finished tinctures one month after the class.)

Percolation Tincture – 1 hour active class, 3 hours “drip” time

- This class teaches the less common but highly effective percolation method of tinctures. The final product is often stronger than a “simpler” dry tincture and can be completed within 24 hours. Maria arrives with the prep work done so that the tincture is complete by the end of the class. Though this technique is slightly more involved and requires more materials than the “simpler” method, it is highly valuable and easy once understood.
- This class is not recommended to the beginner student but to people who are legitimately interested in using the percolation technique for tincture-making (herbalists and home herbalists).
- \$5 materials fee allows participants to go home with a 1/2 oz of one tincture

Condition-Specific Classes

These classes focus on a specific body system or health concern. They primarily discuss herbal remedies but may also include dietary supplements, foods, diet changes, and lifestyle suggestions. Time lengths are suggestions only. Most classes can be shorter or longer according to your group’s needs and interests.

New! Longevity & Vitality: Plants that Slow Aging & Promote Good Health – 1 to 3 hours

Even if you don’t have anything “wrong” with you, chances are you look at aging with apprehension. We’ll discuss some of our best tonic herbs and foods that help prevent disease, maintain good energy, and keep your body healthy at any age.

New! Brain-Boosting Herbs – 1 to 2 hours

Feeling foggy lately? Learn about some amazing, safe herbs that enhance brain circulation, reduce the effects of stress, energize, and have proven memory-enhancing effects. We’ll also discuss helpful foods and lifestyle techniques to keep your brain running top-notch whether you’re a student, a busy parent, or approaching old age and are concerned about mental decline.

New! Herbal Allies for Weight Loss – 1 to 2 hours

You know that a healthy diet and exercise are crucial to achieve a healthy weight, but perhaps you need a nudge to help you maintain your goals and accelerate the process? Many herbs safely boost metabolism, curb cravings, and give you the energy to keep up your exercise routine. Learn which plants to turn to for your weight loss challenges and which ones to avoid due to potentially dangerous side effects. We’ll also discuss herbal therapies for sneaky weight loss saboteurs including stress, blood sugar, and thyroid issues.

New! Healthy Skin with Herbs – 1 to 2 hours

Your skin is the manifestation of your body. Learn how herbs and dietary changes can significantly improve (and, in some cases, eliminate) common skin issues including eczema, acne, dermatitis, psoriasis, fungal infections, even aging! You’ll come to understand how closely linked your skin is with the health of your digestive system, liver, nervous system, and general lifestyle. We’ll discuss remedies that provide quick relief as well as healthy lifestyle tips to help your skin glow.

Herb Safely 101 – 1 to 2 hours

Herbs are generally quite safe—certainly they have a better track record than pharmaceuticals—but they still may have side effects and drug interactions. We’ll discuss the safety of some of our most popular herbs. You’ll also get the low down on some “controversial herbs.” Are kava, black cohosh, and comfrey safe for your liver? Why should you use caution with St. John’s wort? How can you safely use herbs while taking pharmaceutical medications? What’s the best way to transition from pharmaceuticals to natural therapies? What can I take if I’m pregnant or nursing? I’ll share my favorite resources for herb and drug safety and give you some helpful, easy-to-remember guidelines. Herbs are there to help bring us to better health, but it is our responsibility to use them wisely. *This class can be adapted for practitioners in a 30-60 minute luncheon talk. (Sorry, no lunch provided.)*

Natural Allergy Relief – 1 to 1 1/2 hours

Fend off allergies before the season begins. By tending to your potential allergies now, you can reduce or eliminate them this year. We'll discuss remedies such as nettles, horehound, goldenrod, quercetin, and the neti pot nasal wash, as well as potentially problematic food sensitivities and a weak immune system.

Managing Chronic Pain – 2 hours

Headaches, migraines, osteo and rheumatoid arthritis, chronic fatigue, fibromyalgia. These are not easy conditions to treat. However, it's worth sleuthing out the cause of your pain and looking at it as a task master rather than something to overcome and ignore. Through this, you can achieve better health and less pain. We'll discuss natural pain-relieving herbs as well as useful minerals, supplements, dietary changes, and lifestyle changes.

Not So Sweet: Managing Diabetes and Blood Sugar – 1 1/2 hours

Blood sugar balance has become an epidemic concern in America. Learn how diet and herbs like gymnema, cinnamon, and blueberries can help manage blood sugar—from basic sugar cravings to type 2 diabetes.

Hypertension & High Cholesterol: Herbs and Food for a Healthy Heart – 1 1/2 hours

Heart health is of utmost concern due to our diet, lifestyles, and aging. Learn how to use herbs, food, and dietary supplements to help manage these two common cardiovascular concerns. We'll also discuss heart tonics that can be helpful in a variety of situations.

Herbal Adaptogens for Stress & Energy – 1 to 2 hours

Find yourself running on empty? We'll learn about herbs like ginseng and ashwagandha that help your body withstand stress better to keep your mood and energy levels at top notch.

Zen Herbs: Relaxing and Mood-Boosting Remedies – 1 to 1 1/2 hours

Come learn about the herbs that help to relax your nervous system, relieve tension, help you sleep, and lift your spirits. We'll discuss uplifting herbs like St. John's wort and lemon balm as well as calming herbs like milky oat seed, valerian, and kava.

Digestive Wellness – 1 1/2 hours

Does your belly ache or your heart burn? We'll discuss our best herbal options for diarrhea, constipation, acid reflux & heartburn, indigestion, and gas.

Liver & Detoxification – 1 to 1 1/2 hours

Throughout history humans have used the seasons and holidays to cleanse their bodies on a regular basis. Learn how food and herbs help your body remove toxins more efficiently and how to decide which ones are best for you.

New Year's Cleanse – 1 1/2 hours

Think another eggnog and holiday cookie will put you over the edge? Begin the New Year with a simple, customized cleanse as you strive to achieve resolutions to be healthier and lose weight. Bitter greens, nourishing broths, medicinal herbs and roots can help to gently detoxify your body. We'll cover the detox basics and get you started with recipes so you don't feel hungry.

Spring Forward with a Spring Cleanse – 1 1/2 hours

Throughout history and most cultures, early spring is a time to step back, cleanse the body, and purify the mind. Seasonal foods, particularly leafy and bitter greens and spring-harvested roots, gently detoxify the body. However, there are so many ways to cleanse, and one plan won't fit everyone. We'll discuss detox basics and different types of cleansing so you can develop your own customized cleanse.

Women's Health: Balancing the Female Cycle with Herbs – 1 1/2 hours

We can call on our supporting women's herbs and other holistic therapies when our cycles go off-kilter. We'll discuss common complaints including menstrual cramps, mood swings, irregular periods, and fibroids. These remedies can be as helpful for the teenaged girl as the middle-aged woman.

Women's Health: Managing Menopause, Naturally – 1 to 1 1/2 hours

Hot flashes, mood swings, irregular periods, vaginal dryness, brain fog, and low libido. It's enough to drive some women to the pharmacy. However, most women can make it through menopause without drugs. We'll discuss black cohosh, the good and bad sides of soy, vitex, flaxseeds, fish oil, and other remedies that can help reduce or eliminate unpleasant effects from menopause.

Women's Health: Strong Bones – 1 to 1 1/2 hours

You know you need to take calcium, but what kind? Coral, citrate, carbonate, chelated, bone calcium... And then you've got magnesium, vitamin D, vitamin C, vitamin K, zinc, boron, sunshine, and weight-bearing exercise. We'll muddle through fact and myth, food and supplements, and a few fun activities to make your bones stronger.

Men's Health: Holistic Vitality – 1 to 1 1/2 hours

Learn which foods and herbs help keep men healthy and active well into old age. We'll discuss herbs and foods that protect the prostate and help manage BPH including tomatoes, pumpkin seeds and saw palmetto for BPH. We'll also discuss libido herbs and other tricks to enhance stamina.

In the Mood for Organic Love – 1/2 to 2 hours

A popular class for Valentine's—great for couples or ladies' night!

Come join us for a lesson in Botanica Erotica! Learn how to make your own edible body butter, organic chocolate body paint, and all-natural massage oils. Set the stage for a romantic evening with a scrumptious, healthy meal, organic wine, and decadent decorating touches. Learn the ins and outs on our natural lubricants, and get a primer on herbal aphrodisiacs.

Note: We can make chocolate body paint (1/2 hour) and/or edible body butter (1 1/2 to 2 hours). \$5 materials fee for 1 oz of either.

Eat Your Way Through a Healthy Winter – 1 1/2 to 2 hours

When the chill of New England winter returns to the air, all we want to do is snuggle in with a mug of tea and a bowl of warm comfort food. Lucky for us, many of the soothing foods we associate with cold weather will help keep our immune systems in top notch. Learn how to use herbs and foods to fend off colds and feed your soul. From sweet curried tea to caramelized onions. Ginger honey to fire cider. And elderberry syrup to miso soup. Go home with a slew of recipes.

Note: This class can include a demonstration of ginger honey, elderberry syrup and/or fire cider. \$5 materials fee allows participants to go home with 1/2 oz ginger honey, 1/2 oz elder syrup, and 4 oz fire cider.

General Herb Topics & Themed Herb Walks

Harvesting 101 – 1 1/2 to 2 hours (Lecture and/or Walk)

If you're new to herbal medicine and are daunted by the first task of harvesting your plants, come to this hands-on, outdoor 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 visit 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.

Great Garden Herbs – 1 1/2 hours (Lecture and/or Walk)

Come learn about the medicinal benefits of some common and uncommon herbs to include in your garden this year. We'll discuss my top 8 easy-to-grow garden herbs and their multifaceted healing properties. From bedtime teas to brain-boosters to wound healers, you can grow your medicine easily!

Putting it Together: Your Backyard Herbal – 1 to 2 hours (Lecture and/or Walk)

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

The Secret Lives of Garden Herbs: Their Medicinal Properties – 1 hour (Lecture and/or Walk)

Rosemary goes great with chicken, but did you know that it may also help stave off Alzheimer's disease? Or that sage can help with hot flashes? Come learn surprising ways that common culinary herbs and companion plants can also help your family stay healthy.

The Nutritives: Your Herbal Multivitamin – 1 1/2 hours (Lecture and/or Walk and/or Tea Tasting)

If popping a multivitamin doesn't make sense to you, consider nourishing herbal teas. Several of our best herbs are nutritional powerhouses that turn a tasty beverage into good health maintenance. Some of them also make delicious meals. We'll discuss nettles, alfalfa, dandelion & wild greens, calendula, rosehips, hibiscus, and others. You'll learn which herbs are particularly high in calcium, iron, magnesium, vitamin C, and carotenoids and go home with a slew of recipes

Evergreen Healers: Wild Winter Walk – 1 1/2 hours (Lecture and/or Walk)

Lecture: At a time when the earth seems asleep, there is still medicine outside our doors. Winter is the time to appreciate our evergreen healers: pine, spruce, fir, thuja (arborvitae), and juniper (red cedar). These herbs were an important source of vitamin C for native people and early explorers. Some of them make delicious teas. Learn how their volatile oils can help with colds and flues, pain and inflammation, fungal infections, and even clean your kitchen floors! Some of them also make lovely incense or garden mulch.

Walk: Venture out into the brisk, snowy woods this winter to see what medicines still lie within your reach. We'll focus on pine, hemlock, and other common evergreens, how to make teas, tinctures, and honeys for the cold season, as well as craft ideas to bring life to your home this winter. Depending on snow cover, we may also see some wintergreen, mayflower, goldthread and partridgeberry. If we're lucky, we may see some moose, deer, and coyote tracks in our path. Please wear appropriate clothing for walking outdoors.

The Medicinal Spice Cabinet – 1 to 1 1/2 hours (Lecture only)

Cinnamon, ginger, turmeric, oregano, thyme. Did you know that your culinary herbs are some of your most potent medicines? Some stop diarrhea quickly, others quell a sore throat, and yet a few more help relieve pain. Learn how common kitchen herbs can do double duty as herbal medicine in a pinch.

Eat the Weeds – 1 to 2 hours (Lecture and/or Walk)

Save a few of your weeds from your compost pile—many of them are nutritious and delicious! Sure, we all know about dandelion's bitter leaves, which can add bite to salads and sautés. But have you tasted sheep sorrel, wood sorrel, lamb's quarters, purslane? Or how about burdock and Queen Ann's lace roots? And then, of course, there are delicious wild berries: strawberries, blueberries, raspberries, blackberries, dewberries, mulberries, teaberries... A garden lies outside your door—whether you planted it or not.

General Herb Walk – 1/2 to 2 hours

Maria can find plants to talk about in almost any environment!

The Home Herbalist Series

The Home Herbalist Series

8 classes, 3 hours each

These eight classes will give you a solid background in herbs so that you are more educated and comfortable using herbs to help heal a variety of common health concerns. Each class will discuss a body system, food and herbs that can be helpful, as well as a remedy-making demonstration (with finished samples to bring home). Perfect for beginner and intermediate herbalists, and anyone who would like to better understand these lovely

healing plants.

Introduction to Herbalism & Herbal Nutrition

We'll start off with a brief exploration into the art of herbalism and some herb safety basics. We'll also discuss some of most nutritious, vita-mineral-rich herbs that provide the base for almost any herbal therapy. Then we'll spend the bulk of this class covering our most important herbal remedy: tea.

Remedy Making: The Art of Tea

Maria will demonstrate the basics of an infusion and decoction and discuss and taste some of our most popular simple herb teas. You'll get to taste at least 6 teas, then you'll learn how to blend them for medicinal and beverage teas. You'll get to create your own blends for home.

Energy & Relaxation: Herbs for the Nervous and Adrenal Systems

Find yourself running on empty? We'll learn about herbs that help your body withstand stress better to keep your mood and energy levels at top notch. We'll also discuss herbs that help to relax your nervous system, relieve tension, depression, anxiety, and insomnia.

Remedy Making: Capsules

Capsules can be a convenient way to take your herbs, particularly if you don't like to taste them. We'll demonstrate how easy it is to turn any loose herb into pills and you'll get to choose an herb to make your own in class.

Digestive Wellness: Herbs for the Upper & Lower GI

Does your belly ache or your heart burn? We'll discuss our best herbal options for indigestion, heartburn, gas, diarrhea and constipation.

Remedy Making: Tinctures

Tinctures, or alcohol extracts of herbs, are easy to make, potent, and have a long shelf life. Learn how to make these indispensable remedies.

Detoxification: Herbs for the Liver, Colon and Urinary Tract

Throughout history humans have used the seasons and holidays to cleanse their bodies on a regular basis. Learn how food and herbs help your body remove toxins more efficiently and how to decide which ones are best for you.

Remedy Making: Herbal Oils

Herbal oils may be used to help heal skin rashes, burns, bruises, fungus, sores, and some types of pain, depending on which herbs are used. Learn a simple technique to make herbal oils for use on their own or to make salves.

Insulin Resistance & Diabetes: Herbs to Support Blood Sugar Balance

Blood sugar balance has become an epidemic concern in America. Learn how diet and herbs like gymnema, cinnamon, and blueberries can help manage blood sugar—from basic sugar cravings to type 2 diabetes.

BONUS: Herbal First Aid – We'll also talk about how to create your own First Aid Kit and what kinds of products you might want to make or choose for your family's needs.

Remedy Making: Herbal Salves

Using herbal oils, or just olive oil, beeswax, and a few other ingredients, you can quickly make professional-looking and useful salves for all sorts of skin and body concerns.

Hypertension & Cholesterol: Herbs for the Cardiovascular System

Heart health is of utmost concern due to our diet, lifestyles, and aging. Learn how to use herbs, food, and dietary supplements to help manage these two common cardiovascular concerns. We'll also discuss heart tonics that can be helpful in a variety of situations.

Remedy Making: Herbal Honey

Delicious herbal honeys are a snap to make and keep for at least a year in the cupboard. Use them for medicine, flavor, and cooking.

Allergies, Colds, Flues & Respiratory Health: Herbs for the Immune System

Our herbal arsenal is better equipped to handle viruses like the common cold and the flu than modern medicine. We'll discuss foods and herbs to maintain a healthy immune system, as well as the ones we can call in when viral and bacterial infections strike. We'll also discuss remedies that can help reduce seasonal allergies, both in-the-moment and long-term.

Remedy Making: Herbal Vinegar

Vinegar makes a nice alcohol-free extract for culinary herbs, medicinal herbs, and nutritive herbs. We'll make a vinegar out of seasonal herbs for you to enjoy at home!

Women's & Men's Health: Herbs for the Reproductive System

Some herbs can subtly and overtly manage our hormone cycles. We'll discuss some of the common women's and men's health concerns including PMS, cramps, menopause, libido, and BPH.

Remedy Making: Lip Balms & Natural Bodycare

Once you realize how easy and inexpensive these all-natural bodycare items are to make, you'll never drop coin in a department store again! Learn how to make lip balm in a jiffy as well as other treats like aromatherapy spray, bath salts, body scrubs, and massage oil. Great for gifts, too!

The Herbal Body Series

The Herbal Body Series

8 classes, 3 hours each

Many of our common ailments and health concerns can easily be managed with medicinal herbs and healing foods. Learn how to safely use herbs to improve your health and enhance your life, even if you have complicated health issues or are taking pharmaceutical drugs. This series is set to complement the Home Herbalist Series with material not covered there. Classes can be taken individually or as a series. Note: This series does not include remedy-making.

Herb Safety 101

Herbs are generally quite safe—certainly they have a better track record than pharmaceuticals—but they still may have side effects and drug interactions. We'll discuss the safety of some of our most popular herbs. You'll also get the low down on some “controversial herbs.” Are kava, black cohosh, and comfrey safe for your liver? Why should you use caution with St. John's wort? How can you safely use herbs while taking pharmaceutical medications? What's the best way to transition from pharmaceuticals to natural therapies? What can I take if I'm pregnant or nursing? I'll share my favorite resources for herb and drug safety and give you some helpful, easy-to-remember guidelines. Herbs are there to help bring us to better health, but it is our responsibility to use them wisely.

Longevity & Vitality: Plants that Slow Aging & Promote Good Health

Even if you don't have anything “wrong” with you, chances are you look at aging with apprehension. We'll discuss some of our best tonic herbs and foods that help prevent disease, maintain good energy, and keep your body healthy at any age.

Brain-Boosting Herbs

Feeling foggy lately? Learn about some amazing, safe herbs that enhance brain circulation, reduce the effects of stress, energize, and have proven memory-enhancing effects. We'll also discuss helpful foods and lifestyle techniques to keep your brain running top-notch whether you're a student, a busy parent, or approaching old age and are concerned about mental decline.

Strong Bones for Life

You know you need to take calcium, but what kind? Coral, citrate, carbonate, chelated, bone calcium... And then you've got magnesium, vitamin D, vitamin C, vitamin K, zinc, boron, sunshine, and weight-bearing

exercise. We'll muddle through fact and myth, food and supplements, and a few fun activities to make your bones stronger.

Managing Chronic Pain

Headaches, migraines, osteo and rheumatoid arthritis, chronic fatigue, fibromyalgia. These are not easy conditions to treat. However, it's worth sleuthing out the cause of your pain and looking at it as a task master rather than something to overcome and ignore. Through this, you can achieve better health and less pain. We'll discuss natural pain-relieving herbs as well as useful minerals, supplements, dietary changes, and lifestyle changes.

Healthy Skin with Herbs

Your skin is the manifestation of your body. Learn how herbs and dietary changes can significantly improve (and, in some cases, eliminate) common skin issues including eczema, acne, dermatitis, psoriasis, fungal infections, even aging! You'll come to understand how closely linked your skin is with the health of your digestive system, liver, nervous system, and general lifestyle. We'll discuss remedies that provide quick relief as well as healthy lifestyle tips to help your skin glow.

Spring Forward with a Spring Cleanse

Throughout history and most cultures, early spring is a time to step back, cleanse the body, and purify the mind. Seasonal foods, particularly leafy and bitter greens and spring-harvested roots, gently detoxify the body. However, there are so many ways to cleanse, and one plan won't fit everyone. We'll discuss detox basics and different types of cleansing so you can develop your own customized cleanse.

Herbal Allies for Weight Loss

You know that a healthy diet and exercise are crucial to achieve a healthy weight, but perhaps you need a nudge to help you maintain your goals and accelerate the process? Many herbs safely boost metabolism, curb cravings, and give you the energy to keep up your exercise routine. Learn which plants to turn to for your weight loss challenges and which ones to avoid due to potentially dangerous side effects. We'll also discuss herbal therapies for sneaky weight loss saboteurs including stress, blood sugar, and thyroid issues.

Remedy-Making Series (& The Backyard Herbalist Series)

Making Herbal Medicines & Food Series 8 classes, 2.5 to 3 hours each

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.

Herbal Tea: Simples & Blends

We taste simple teas that form the base for a variety of blends, including cinnamon, ginger, hibiscus, 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.

In the Mood for Organic Love

A popular class for Valentine's—great for couples or ladies' night! Come join us for a lesson in Botanica Erotica! Learn how to make your own edible body butter, organic chocolate body paint, and all-natural massage oils. And get a primer on herbal aphrodisiacs.

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.

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.

Making Herbal Oils & Salves

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.

More Herbal Skin Remedies

We talked about our most common herbal skin remedies: herb-infused oils and salves. However, those are just a few of the ways you can use herbs topically. We'll make and discuss herbal poultices, washes, compresses, mists, and soaks. Topical uses of herb-infused vinegar and honey will also be discussed. We'll explore some of our most helpful topical herbs including plantain, oregano, comfrey, and calendula. These herbs can help ailments from topical infections to fungus, bee stings to poison ivy.

DIY Natural Bodycare

Why buy synthetic and expensive bodycare items when you can make them easily! We'll go “from soup to nuts” and make lip balm, massage oil, aromatherapy spray, and body scrubs.

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.

Variations to this Series: This series can be adapted to the venue.

“The Backyard Herbalist Series” focuses on locally grown or wildcrafted herbs with the following classes substituted. Additional plant walks before/after some classes is recommended, where possible.

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.”

Harvesting 101: Gathering & Processing Herbs at their Peak

Access to an Herbal Garden or Wild Herbs to Harvest is Necessary

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.

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.

The Herbal Body Series (no remedy-making)

The Herbal Body Series, 8 classes, 2.5 to 3 hours each

This series goes beyond the Home Herbalist Series for students wishing to learn more. See descriptions in earlier class lists.

- Herb Safety 101
- Longevity & Vitality: Plants that Slow Aging & Promote Good Health
- Brain-Boosting Herbs
- Strong Bones for Life
- Managing Chronic Pain
- Healthy Skin with Herbs
- Spring Forward with a Spring Cleanse
- Herbal Allies for Weight Loss

This series can be adapted to the venue to add/remove classes.