



# The Herbalist in the Field

## Discovering Plant Medicine in its Natural Habitat *with Maria Noël Groves, Clinical Herbalist* Saturday Mornings, 10 am – 1 pm

*This in-the-field series will devote a whole hour to a single common medicinal plant, including time spent identifying, harvesting, and processing it into remedies or food. This unique opportunity to really get to know common, useful medicinal plants takes advantage of the scenic gardens, fields, woodlands, and garden barn of the historic Canterbury Shaker Village. Be prepared to be outdoors. Classes will be held rain or shine with a combination of outdoor and indoor (when necessary) activities. The workshops include samples of each herb, remedies, and extensive notes. Participants are encouraged to create an herbarium and/or take photographs of the plants we meet.*

**Call 603-783-9077 or visit [www.shakers.org](http://www.shakers.org) to register.**

*Sign up early; the class size is limited to just 12 students!*

*You can take just one class or sign up for them all. Series students receive a certificate.*

### **June 9: Spring Eats**

We'll set out on our first class to find the first herbs that sprout in spring and offer us important nutritional and gentle cleansing properties: *stinging nettle, dandelion, and burdock*. We'll harvest these herbs to try for tea, cook as food, and make a tonic, nutritional vinegar.

### **July 21: Height of Summer**

Summer solstice brings the "sun plants" into full glory. We'll visit *St. John's wort, various rose species, and blue vervain* to make herbal oil, scented hydrosol, and flower essence.

### **August 18: Peak Flavor**

In August, many of our culinary and tea herbs achieve peak flavor and should be harvested before they flavor begins to weaken or get bitter. We'll delve into delicious herbs including *mint, bee balm, and tarragon* to dry them for tea and the spice cabinet. We'll also make culinary vinegar and a raw honey.

### **September 29: Autumn Barks & Berries**

As the season shifts to autumn, most flowers and leaves have long past their peak, and the medicinal energies now reside in berries and the bark of shrubs and trees. We'll venture out into the edges and forests of the Village to seek out *wild cherry, black birch, and elderberry* to make tea, cough syrup, and/or oxymel. (If elderberry is not available to harvest, we'll work with *rosehips*.)

### **October 20: Deep Roots**

Most of the plant world has now gone to sleep, and the impending frosts infuse the roots of several plants with medicinal and nourishing properties to hold us steady through winter. We'll seek out the coffee-like *chicory roots*, lung-supportive *elecampane*, and pungent *horseradish* to make roasted tea, tincture, and pickled roots.

**\$35 per class OR \$145 (discounted rate) for the whole series**  
**(includes \$5 materials fee per class for take-home goodies)**  
**Discounts available for CSV members!**

*Specific herbs and remedies covered are subject to change due to seasonal variability.*

*Students should bring: weather-appropriate clothing and footwear.*

*A notebook and camera are encouraged but not required.*