



The Herbal Kitchen Fun Friday Workshops

with Maria Noël Groves, Clinical Herbalist
Friday Afternoons, Noon – 3 pm

Discover how easy and fun it is to make herbal remedies from your backyard! Each workshop will focus on a different way to transform herbs into healing remedies – as food, medicinal remedies, and recipes for the body. You'll leave each workshop with a several samples and recipes to try in your own kitchen.

Call 603-783-9077 or visit 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.

January 20 – Cooking with Herbs: Hearty, Healthy Winter Fare

Discover how easy and delicious it is to cook healthy, hearty meals with fresh and dried herbs in winter. We'll make hardy winter greens with herb-yogurt dressing, easy rosemary-encrusted squash, herbed chicken, herb-and-spice-mulled cider, and antioxidant apple crisp. Come hungry!

(Note: Let the presenter know in advance if you have any food sensitivities. Email office@wintergreenbotanials.com.)

February 17 – Super Herbal Immunity

Don't let the cold and flu get you during these cold months. We'll discuss key immune-boosting herbs from the garden and demonstrate techniques for making your own remedies to fend off and fight infections. Sample several teas and create your own blend to bring home, and learn how to make elderberry syrup, among other recipes.

March 16 – Healing the Body Through the Skin

Our skin takes a beating in winter. Learn how to make healing herb-infused oils for dry, itchy skin as well as other issues like varicose veins, aging skin, chronic pain, acne, and fungal infections. We'll turn the herbal oil into a salve and cream for you to bring home and also discuss simple yet profoundly effective topical remedies like poultices and herbal baths for everything from broken bones to achy joints.

April 20 – The Kitchen Apothecary: Making Herbal Medicine at Home

Spring is upon us, and the garden and forest will soon abound with medicinal herbs. Learn how to harvest them at their peak to dry for tea and capsules, make medicinal extracts (tinctures and vinegars), herbal honey, and more. You'll get to make your own tincture or vinegar and capsules to bring home.

**\$35 per class OR \$120 (discounted rate) for the whole series
(includes \$5 materials fee per class for take-home goodies)
Discounts available for CSV members!**