

Learn to make wonderful remedies & treats with herbs!



A Hands-On Herbal Series

With Herbalist Maria Noël Groves

Tuesday Nights, 6:00 – 9:00 pm

At Concord Community Education

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

The Herbal Life:

From the Garden & Kitchen to Your Health

These in-depth, hands-on classes will explore the various ways that herbs can infuse your life – from the kitchen to the garden. During the “Cooking with Herbs” nights, come hungry! (Email office@wintergreenbotanicals.com to let Maria know if you have any food allergies.) During the other nights, you will get to customize your own medicinal formula to bring home. Take one workshop, or get discounts when you sign up for several at a time! (See below for details.)

**Visit www.classesforlife.com
or call 225-0804 to register**

January 24:

Delicious Herbal Tonics to Enhance Your Health

We'll explore key herbs that enhance your overall health to protect against common diseases and illnesses while feeling great every day. You'll get to create your own customized tea and tincture blends to bring home.

January 31:

Cooking with Herbs: Herbal Breakfast

Maria will show you how to start your day right with herbs. We'll whip up a superfood skillet of potatoes and eggs with rosemary, calendula and turmeric; squash; apple cinnamon pancakes; cardamom-maple bacon; washed down with homemade chai and orange-carrot-parsley juice. We'll discuss more delicious ways to include herbs with other breakfast dishes like crepes, fruit salad, and quickbreads.

February 7:

Herbally Happy: Plants for Mood & Energy

In spite of life's stresses, many herbs can help boost your energy levels, improve your mood, and relieve anxiety. You'll learn about some amazing herbs, then blend them into your own customized tea and tincture to bring home. Energy chai, anyone?

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

February 14:

Cooking with Herbs: Asian Cuisine

Look no further than your garden and spice cabinet to create exotic, delicious cuisine. We'll make chicken lemongrass soup, curried squash, and Thai basil fried rice with ginger ice cream for dessert. You'll want to add some of these herbs to your garden this spring!

February 28:

A Balanced Cycle: Herbs & Diet for Women's Health

Herbs can play a vital role in bringing the female body back into balance, whether it's PMS or menopause seemingly tearing you apart. Everyone will get to make a women's tonic tea and hormone balancing tincture to bring home.

March 6:

Cooking with Herbs: Baking Bread & Desserts

These herb-infused baked goods will wow your guests at dinner or brunch. We'll make oregano-tomato biscuits, rosemary no-knead bread, and peppermint brownies. We'll also discuss bay-infused pudding and creme brulee, as well as rose- and lemon verbena-infused cakes.

March 13:

Growing & Using Herbal Tea from the Garden

Look no further than your yard for your morning cuppa. We'll taste and explore easy-to-grow garden herbs that can easily be transformed into delicious teas, including bee balm, holy basil, lemon verbena, lemon balm, mint, Korean licorice mint, and rose petals. You'll want to add them to your garden this spring! Maria will explain how to harvest, dry, and brew the herbs. You'll get to create your own tea to bring home.

March 20:

Cooking with Herbs: The Herbal Luncheon

Spring is nearly upon us - celebrate with an herb-infused luncheon with friends! Maria will whip up salad, a few appetizers, and tasty sandwiches featuring fresh and dried herbs, discussing the infinite variations you can create in your own kitchen. We'll sip homemade tea and herb-infused seltzer with our "lunch." You'll see how easy it is to use herbs creatively to enhance both party and regular fare.

\$24 + \$5 materials fee per class

Extra Discounts if You Sign Up for Multiple Classes or Register with a Friend!

Concord Community Education

Adult Enrichment Course

Located within Concord High School, 170 Warren Street, Concord, NH