

Learn to make herbal food, medicine & bodycare!



**A Hands-On Herbal Series
begins February 9th!**
Tuesday Nights, 6:00 – 9:00 pm
At the Concord Community Education
Series is limited to 10 students - Sign up early to ensure your spot!

Making Herbal Medicines & Food Series
Instructed by Maria Noël Groves, Clinical Herbalist

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. Take them individually, 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

#1 Herbal Tea: Simples & Blends

Tuesday, February 9, 6-9 pm

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.

#2 In the Mood for Organic Love

Tuesday, February 16, 6-9 pm

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.

#3 The Herbal Kitchen: Preserving Your Herbal Harvest

Tuesday, February 23, 6-9 pm

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.

#4 The Kitchen Apothecary: Making Herbal Medicine

Tuesday, March 2, 6-9 pm

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.

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

#5 Making Herbal Oils & Salves

Tuesday, March 9, 6-9 pm

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.

#6 More Herbal Skin Remedies

Tuesday, March 16, 6-9 pm

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.

#7 DIY Natural Bodycare

Tuesday, March 23, 6-9 pm

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.

#8 Cooking with Fresh Herbs

Tuesday, March 30, 6-9 pm

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.

\$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

Fall 2009 Semester