

# HERB CLASSES 2014

## FOREST HOUSE WELLNESS CENTRE

717 Clearwater Village Road, Clearwater BC..... 250-674-2538 .....email: foresthousewellnesscentre@gmail.com

### BUILDING A MEDICINE GARDEN

May 03 10 am  
\$30.00



This one-day course will cover the basics of designing and planting a medicinal and culinary herb garden.

Included are:

- Sources for plants and information (Some plants will be available for sale)
- Site location
- Preparing the soil
- Choosing your plants
- Planting and maintenance



**Wildcrafting**  
June 14 .....\$30/10am

Come on a day hike with long time local herbalist and learn about the medicinal and useful local wild plants.

### HOMEMADE MEDICINE



July 19, -- \$30 10 am

How to make safe 'simples' to aid in minor illnesses.

Infusions, tinctures, decoctions

For flus, colds sprains and strains.

Includes materials

### Preparing Herbal Oils and Cremes - \$30

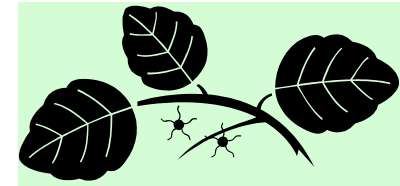
August 02



A day in the apothecary preparing and using oils and ointments from the herbs and flowers that we gather.

Includes materials

### CRAFTING WITH HERBS



Sept 13----\$30.00 10 am

This fun day will take us into the gardens to pick items to create gifts and goods.

- Herbal blends for cooking and teas
  - Herbal vinegars--Dream pillows--Soaps
- Materials included

### Harvesting and Storage August 23 ----\$30



Learn specific harvesting, drying and storage procedures for herbal roots leaves and flowers.

Sharon Neufeld a has been a herbalist since 1985, and a Registered Massage Therapist since 1990. These classes can be taken individually and gives basic useful and practical information. Good for general interest to aspiring herbalists and for increasing the professional herbalists knowledge base around garden techniques and proper gathering and care of wild plants. Classes will be at Mullein Stone Herb Farm or Forest House Gardens.

Jan 18/19 20<sup>th</sup> for all 3