

## Maria's Speaking Topics

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Maria can speak about a wide variety of topics, most of which are covered in her *Body into Balance* book. See below for...

- **Introductory topics** – great for herbal newbies, general audience
- **Specific health concerns** – for beginner/intermediate level, especially those that already have some of the basics down (though this isn't absolutely necessary)
- **Advanced topics** – better for students who already have experience with herbs, and for a longer class time frame
- **Remedy-Making topics** – these highly popular talks involve a demonstration and potentially hands-on activities and take-home remedies for students

### Speaker Rates

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Your group's rate will have **three components: stipend + travel + (optional) materials fee**. These rates are negotiable and should be determined in advance as we schedule to the talk. My rates depend partly on the type of class it would be since some are much more labor- and time-intense than others. I appreciate the opportunity to sell my book before or after class if appropriate.

#### Stipend

- **Simple Talk** (with or without Power Point): No demonstrations or remedy-making component. Includes handout for attendees (generally short handout for short talks, lenthier notes generally emailed to students for longer talks).
  - \$175 (\$200 for group sizes of 50+ people) for a 1- to 1.5-hour talk.
  - \$300 (\$500 for group sizes of 50+ people) for a 2- to 3-hour talk.
  - \$600 (\$1000 for group sizes of 50+ people) for longer and full-day talks.
- **Demonstration or Remedy-Making Class**. In these classes I show and teach people how to make one or more remedies as part of the class and there may also be a make-it, take-it component.
  - Add \$200 to the Simple Talk rates (see above).
  - Note that there will also be a materials fee for classes where students make and bring home remedies.
- **ADD \$100 to do this on a weekend** vs a weekday/night

#### Materials Fee

- Materials fees *only* apply to classes where students bring home a remedy (or multiple remedies).
- For these classes, the materials fee is per person and can range to \$1-10 depending on what you choose for take-home remedies. We will confirm the number of attendees prior to the talk for planning purposes. In most cases, materials fees will still be due even if the student no-shows.
- Remedy-making classes and remedy options and rates are listed further down in the class descriptions.

#### Travel

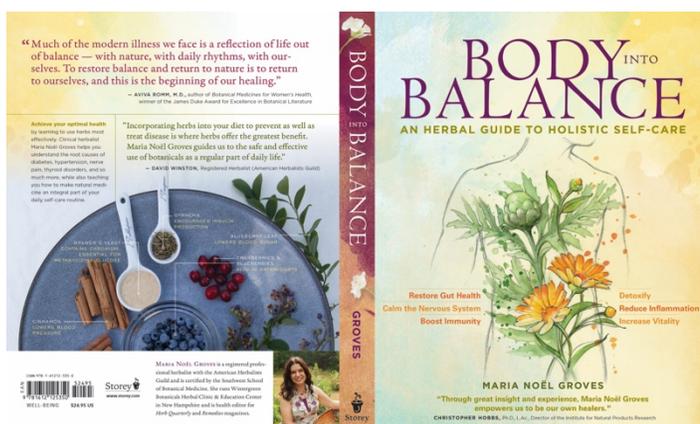
- **At Wintergreen Botanicals**: I can host adult classes of up to 12 students in my home classroom and for garden or woods walks with no travel fee.
- **Local Travel**: Add 55 cents per mile round trip for all trips within easy driving distance (up to ~2 hours) of Allenstown, NH.
- **Long-Distance Travel**: For classes that require long-distance travel, overnight stays, etc., travel costs will need to be covered. Contact me to discuss.

## Maria's Bio & Promo Pics



**Maria's Bio:** Maria Noël Groves, RH (AHG), registered clinical herbalist, runs Wintergreen Botanicals Herbal Clinic and Education Center, nestled in the pine forests of New Hampshire. She has been working with herbs for more than 20 years, is certified by Michael Moore's Southwest School of Botanical Medicine, completed studies at Sage Mountain, Heartsong Farm, and Lichenwood Herbals, and is a registered professional herbalist with the American Herbalists Guild. Maria devotes her business to education and empowerment via classes, health consultations, and writing with the foundational belief that good health grows in nature. She is the author of the award-winning, bestselling 2016 *Body into Balance: An Herbal Guide to Holistic Self Care* and the 2019 *Grow Your Own Herbal Remedies: How to Create A Customized Herb Garden*. She is also a regular contributor to *Herb Quarterly* and other holistic publications and a guest instructor for the Herbal Academy, Maryland University of Integrative Health, and Massachusetts College of Pharmacy and Health Sciences. She's the founder and past president of the New Hampshire Herbal Network. Learn more about Maria and herbs at [www.WintergreenBotanicals.com](http://www.WintergreenBotanicals.com).

**Short:** Maria Noël Groves, RH (AHG), clinical herbalist, runs Wintergreen Botanicals, nestled in the pine forests of New Hampshire. Her business is devoted to education and empowerment via classes, health consultations, and writing with the foundational belief that good health grows in nature. She is the author of the bestselling, award-winning *Body into Balance: An Herbal Guide to Holistic Self Care* and *Grow Your Own Herbal Remedies*. Learn more about Maria and herbs at [www.WintergreenBotanicals.com](http://www.WintergreenBotanicals.com).



*Please let Maria know if it's important that all herbs covered in a talk are able to be cultivated or harvested in a particular ecosystem. Unless the topic is Great Garden Herbs or a specified Grow Your Own Herbal Remedies talk, it may include some herbs only available in commerce (not garden-friendly).*

**Pictures:** See my Wintergreen Botanicals Facebook Page or ask me for photos you can use for promotion.

~ I've got a LOT of potential topics below. But if you don't see what you're looking for, just ask. If it's in my wheelhouse, I'm happy to create or customize a talk just for you! ~

## Class Topics

### Below you'll find

- |  |                             |            |
|--|-----------------------------|------------|
| • Grow Your Own Herbal Remedies Topics       | (45 minutes to 1 hour each) | page 3     |
| • Intro Herbal Topics                        | (1-2 hours long)            | pages 3-4  |
| • General Interest, Specific Health Concerns | (1-2 hours long)            | pages 5-6  |
| • More Advanced Topics                       | (~ 2+ hours long)           | pages 7-8  |
| • Demonstration & Remedy-Making Classes      | (~ 2 hours long)            | pages 9-12 |

^ **Garden Specific/Book Connection:** Topics marked with this symbol are or can be adapted to focus on plants you can grow or wildcraft in most ecosystems. (*Please clarify* if you want ONLY local/cultivate-able plants discussed.) These topics also have a nice tie-in with Maria's two books.

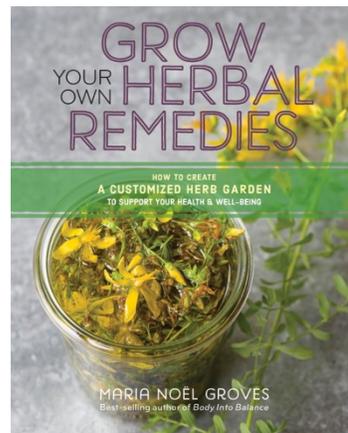
\* **These are some of Maria's most popular crowd-pleaser topics.**

^ \* **Highlights from *Grow Your Own Herbal Remedies* (45-60 minutes per topic/garden theme)**

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#### **Generic Description:**

Join Maria for this fun and educational exploration into the healing plants you can grow in your garden and/or forage from the wild edges of your property from her latest book, *Grow Your Own Herbal Remedies: How to Create A Customized Herb Garden!* You'll learn about the key herbs that offer healing properties on this topic, how to grow them, specific indications for using each one, and some easy DIY healing recipes. Signed copies of Maria's book will be available for preview and sale after the talk for \$24.95 each (cash, checks, and credit cards accepted).



#### **Choose One to Three of the Following *Grow Your Own Herbal Remedies* Topics:**

- The Nutritive Garden: Vitamins and Minerals You Can Grow
- The Nutritive Forager: Your Wild Multivitamin Herbs
- The Flavor Garden: Grow Joyfully Delicious and Beautiful Medicinal Herbs
- The Stress Relief Garden: Cultivating Zen
- The Brain-Boosting Garden: Grow Herbs for Memory, Focus, and Cognition
- The Uplifting Garden: Growing Mood-Enhancing, Antidepressant Herbs
- Relax and Restore: Garden Herbs for Peace and Calm
- The Sleepytime Garden: Cultivating Herbal Sedatives
- The Bitter Digestif Garden: Grow Herbs that Enhance Digestion
- The Carminative Garden: Growing Antispasmodic Herbs for Digestion and More
- Tummy Soothers: Growing Herbs that Heal and Ease Inflammation in the Gut
- Immune SOS from the Garden: Prevent and Fight the Cold and Flu Herbally
- The Lung Tonic Garden: Herbs to Support the Respiratory System
- Allergy and Sinus Care: Cultivated and Wild Herbal Remedies
- Super Skin Herbs: Skin Care from the Garden
- The First Aid Garden
- Aches and Pains: Pain Relief Herbs from the Garden (can easily extend this to 2 hours)

#### **Intro Herbal Topics (1-2 hours)**

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^ \* **Backyard Medicine: Herbs to Grow & Use**

**This can also be called...**

**Plants with Benefits**

**Great Garden Herbs**

**Growing Health**

**Medicinal Herbs for the Home & Garden**

Come learn about the medicinal benefits of some common and uncommon herbs to include in your garden this year. We'll discuss my top 10 easy-to-grow garden herbs and their multifaceted healing properties. From bedtime teas to brain-boosters to wound healers, you can grow your medicine easily!

## **The Healing Power of Tea**

We'll explore the healing properties of several delicious herbal and true teas including holy basil/tulsi, hibiscus, rooibos, dandelion root, chamomile, cinnamon/chai, peppermint, and green tea. Learn which ones can be brewed to reduce stress, boost immunity, improve cognition, stimulate good digestion, and more!

## **^ \* Growing & Using Peaceful Herbs**

Learn how to grow wonderful and beautiful herbs in your garden that promote peace ~ aiding sleep, boosting mood, quelling anxiety, and encouraging calm energy. We'll discuss some of Maria's favorite peaceful herbs for the New Hampshire garden, including several appropriate for container gardening. We'll focus on favorites including holy basil, gotu kola, roses, lemon balm, blue vervain, skullcap, lavender, California poppy, valerian, and motherwort and touch on the many other great herbs that you can grow locally.

## **^ \* The Secret Lives of Garden Herbs: Their Medicinal Properties**

Rosemary goes great with chicken, but did you know that it may also help stave off Alzheimer's disease? Or that sage can help with hot flashes? Come learn surprising ways that common culinary herbs and companion plants can also help your family stay healthy.

## **^ \* The Nutritives: Your Herbal Multivitamin**

If popping a multivitamin doesn't make sense to you, consider nourishing herbal teas. Several of our best herbs are nutritional powerhouses that turn a tasty beverage into good health maintenance. Some of them also make delicious meals. We'll discuss nettles, alfalfa, dandelion & wild greens, calendula, rosehips, hibiscus, and others. You'll learn which herbs are particularly high in calcium, iron, magnesium, vitamin C, and carotenoids and go home with recipes

## **Evergreen Healers: Wild Winter Medicine**

At a time when the earth seems asleep, there is still medicine outside our doors. Winter is the time to appreciate our evergreen healers: pine, spruce, fir, thuja (arborvitae), and juniper (red cedar). These herbs were an important source of vitamin C for native people and early explorers. Some of them make delicious teas. Learn how their volatile oils can help with colds and flues, pain and inflammation, fungal infections, and even clean your kitchen floors! Some of them also make lovely incense or garden mulch.

## **^ Using Medicinal Herbs at Home**

Local author and clinical herbalist Maria Noel Groves will share tips from her new book, *Body into Balance: An Herbal Guide to Holistic Self Care*. Learn how to safely and effectively use herbs to manage everyday health concerns. She will share suggestions for finding good quality herbs, buying remedies, and how to make simple teas and extracts at home.

## **Growing Global Flavor Workshop**

Cultivate exotic, enticing herbs easily in your garden and infuse new flavor into your meals. Taste, see, and get to know lemongrass, Korean licorice mint, tulsi, Thai basil, lemon verbena, garlic chives, and stevia. Maria will share growing tips, recipe ideas, and ways to preserve them for year-round use. For those short on space, you can also grow these herbs in containers!

## **General Interest, Specific Health Concerns (talks 1-2 hours long)**

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### **^ \* Herbs to Lift the Spirit & Regulate Mood**

Learn how to create a customized herbal protocols to address depression, seasonal affective disorder, and anxiety. Coming from a western herbal perspective, Maria will share practical differentials and energetic tendencies on a range of herbs. These herbs help positively shift the psyche alongside appropriate diet and lifestyle changes. We will discuss the pros and cons of St. John's wort as well as other favorite mood herbs including mimosa/albizia, lemon balm, motherwort, magnolia, turmeric, holy basil, damiana, rhodiola, ashwagandha, and schizandra.

### **Longevity & Vitality: Plants that Slow Aging & Promote Good Health**

Even if you don't have anything "wrong" with you, chances are you look at aging with apprehension. We'll discuss some of our best tonic herbs and foods that help prevent disease, maintain good energy, and keep your body healthy at any age.

### **^ \* Brain-Boosting Herbs**

Feeling foggy lately? Learn about some amazing, safe herbs that enhance brain circulation, reduce the effects of stress, energize, and have proven memory-enhancing effects. We'll also discuss helpful foods and lifestyle techniques to keep your brain running top-notch whether you're a student, a busy parent, or approaching old age and are concerned about mental decline.

### **^ Natural Allergy Relief**

Fend off allergies before the season begins. By tending to your potential allergies now, you can reduce or eliminate them this year. We'll discuss remedies such as nettles, horehound, goldenrod, quercetin, and the neti pot nasal wash, as well as potentially problematic food sensitivities and a weak immune system.

### **Not So Sweet: Managing Diabetes and Blood Sugar**

Blood sugar balance has become an epidemic concern in America. Learn how diet and herbs like gymnema, cinnamon, and blueberries can help manage blood sugar—from basic sugar cravings to type 2 diabetes.

### **^ Herbal Tonics for Heart Health**

Heart health and blood sugar are inextricably linked, and their diseases run rampant in our country. In this class, Maria will provide a holistic overview of these connected body systems and introduce you to herbal tonics, healing foods, and lifestyle that can safely prevent disease and help bring a diseased body back into balance alongside or in lieu of conventional treatments. We'll discuss remedies that target overall cardiovascular health as well as promising herbals for hypertension, cholesterol, and gladdening the heart.

### **Hypertension & High Cholesterol: Herbs and Food for a Healthy Heart**

Heart health is of utmost concern due to our diet, lifestyles, and aging. Learn how to use herbs, food, and dietary supplements to help manage these two common cardiovascular concerns. We'll also discuss heart tonics that can be helpful in a variety of situations.

### **^ \* Herbal Adaptogens for Stress & Energy**

Find yourself running on empty? We'll learn about herbs like ginseng and ashwagandha that help your body withstand stress better to keep your mood and energy levels at top notch.

### **^ \* Zen Herbs: Relaxing and Mood-Boosting Remedies**

Come learn about the herbs that help to relax your nervous system, relieve tension, help you sleep, and lift your spirits. We'll discuss uplifting herbs like St. John's wort and lemon balm as well as calming herbs like milky oat seed, valerian, and kava.

### **^ \* Digestive Wellness Basics**

We are a nation in digestive distress, yet the gastrointestinal system responds so nicely to herbal therapies! We'll address common upper GI issues like reflux, heartburn, and indigestion. Then we'll dive deeper into the donut

hole to cover gas, pain, bloating, diarrhea, and constipation. Though the focus will be on herbal medicine, we'll also cover useful diet and lifestyle changes.

#### **^ \* Soothing Herbs & Gut Repair**

Heartburn, leaky gut, ulcers, gastritis, SIBO, dysbiosis, IBD, and IBS are diverse digestive disorders that plague many Americans. In spite of their range, they share a common approach in herbs and dietary to soothe and bring the body back into balance. We'll explore underlying themes of these conditions as well as the potential benefits of licorice/DGL, marshmallow root, rose petals, cinnamon, ginger, digestive bitters, fermented foods, and probiotics. Learn how to create your own digestive wellness tea based on your individual needs.

#### **^ Liver & Detoxification**

Throughout history humans have used the seasons and holidays to cleanse their bodies on a regular basis. Learn how food and herbs help your body remove toxins more efficiently and how to decide which ones are best for you.

#### **Spring Forward with Spring Detoxification**

Throughout history and most cultures, early spring is a time to step back, cleanse the body, and purify the mind. Seasonal foods and medicinal herbs like bitter greens and fresh-dug roots gently detoxify the body. However, there are so many ways to cleanse, and one plan won't fit everyone. We'll discuss detox basics and different types of cleansing so you can develop your own customized plan.

#### **^ Women's Health: Managing Menopause, Naturally**

Hot flashes, mood swings, irregular periods, vaginal dryness, brain fog, and low libido. It's enough to drive some women to the pharmacy. However, most women can make it through menopause without drugs. We'll discuss black cohosh, the good and bad sides of soy, vitex, flaxseeds, fish oil, and other remedies that can help reduce or eliminate unpleasant effects from menopause.

#### **^ \* Women's Health: Strong Bones**

We'll explore the facts and confusion surrounding bone health, calcium, vitamin D, vitamin K, and magnesium, acid-alkaline balance, and weight-bearing exercise. Maria will take you on a photo journey through the garden to explore mineral-rich herbs and weeds that can have a profound effect on estrogen balance, bone loss, and bone formation. Learn how to make strong teas, broths, and yummy recipes with these herbs to encourage bone strength at any age. We'll muddle through fact and myth, food and supplements, look at the traditions of cultures with the strongest bones, and do a few fun activities to make your bones stronger.

#### **Men's Health: Holistic Vitality**

Learn which foods and herbs help keep men healthy and active well into old age. We'll discuss herbs and foods that protect the prostate and help manage BPH including tomatoes, pumpkin seeds and saw palmetto for BPH. We'll also discuss libido herbs and other tricks to enhance stamina.

#### **^ \* Eat Your Way Through a Healthy Winter**

When the chill of New England winter returns to the air, all we want to do is snuggle in with a mug of tea and a bowl of warm comfort food. Lucky for us, many of the soothing foods we associate with cold weather will help keep our immune systems in top notch. Learn how to use herbs and foods to fend off colds and feed your soul. From sweet curried tea to caramelized onions. Ginger honey to fire cider. And elderberry syrup to miso soup. Go home with a slew of recipes.

#### **Introduction to Medicinal Mushrooms**

Mushrooms and other fungal remedies provide phenomenal and unique medicine for a range of health benefits including important nutrition, immune function, cardiovascular health, respiratory strength, blood sugar balance, longevity and vitality, cognition, nerve repair, and more. Learn about some of the most common medicinal mushrooms including reishi, chaga, shiitake, turkey tails, and lion's mane and how to make effective remedies with them.

## **More Advanced Topics Talks (~ 2+ hours long, some can be abbreviated for less time)**

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### **Herbal Support for Thyroid Health**

Thyroid conditions, particularly Hashimoto's hypothyroid disease, are on the rise. A holistic and herbal approach can help support us to prevent and manage common thyroid conditions better alongside conventional care by looking at a the whole picture. Learn the basics of hypothyroid, hyperthyroid, Hashimoto's, and Graves' diseases including dietary, supplement, lifestyle, and herbal approaches.

### **Introduction to Western Herbal Energetics (best in 3 hours)**

In herbal medicine, we use "energetics" to assess someone's patterns of health and disease and help us choose the *best* herbs for the individual situation. Energetics can apply to a person's constitution, a disease state, and individual herbs. In this class, we'll explore common concepts of western herbal energetics including hot, dry, cold, damp, tense, and lax, as well as the tastes of herbs and how that fits into plant energetics. Learn how to identify these energetic patterns and balance the body with the applications of energetically appropriate herbs, formulas, and protocol points.

### **Herbs to Balance the Endocrine System: Turning a Cacophony into a Symphony**

So much of our health and wellbeing lies at the mercy of our endocrine system. Maria will discuss the interconnection between seemingly unrelated imbalances in mood and brain function, stress, reproductive health, metabolism/weight, and blood sugar balance. Get a better understanding of your endocrine glands - including the pituitary, adrenals, ovaries/testicles, thyroid, and pancreas - and how they work together to keep you healthy... or make you feel like crap... depending on how well you tend to them.

### **Herbs for Gut Repair**

#### **How to Heal the Gut and Restore Optimal Digestion & Elimination**

Digestive imbalances proliferate in our American culture. Some of the worst damage the lining of the gastrointestinal tract, causing considerable pain as well as increased risk of cancer and issues related to malabsorption, allergies, and inflammation. Yet, herbs have a profound ability to heal the gut, restore normal digestive function, and foster a healthy microbiome. We'll will discuss the use common demulcent, vulnerary, antimicrobial, antispasmodic, aromatic, astringent, and digestion-enhancing herbs – as well as healing foods and pre/probiotics – and their ability to correct reflux, ulcers, gastritis, inflammatory bowel disorders, irritable bowel syndrome, dysbiosis, SIBO, and chronic diarrhea. She will share favorite recipes, formulation tips, and clinical stories.

### **Managing Chronic Pain & Inflammation (best in 2-3 hours)**

Pain affects more Americans than diabetes, heart disease, and cancer combined and is the most common cause for long-term disability. Herbs, diet, and lifestyle therapies can manage and sometimes eliminate chronic pain with numerous side \*benefits.\* Learn different approaches for overall inflammation, muscle pain, nerve pain, joint pain, as well as autoimmune- and detoxification-related components so you can develop targeted yet multifaceted plans for the individual.

### **Beyond Stress: Adaptogen Support for the Herbal Formula**

Although adaptogens have profound benefits for stress and energy, they really shine as supportive herbs in formulas for a range of health concerns. Learn which work best for depression, anxiety, pain and inflammation, weak immune systems and autoimmune disease, respiratory health, digestion and liver function, thyroid vitality, gut wellbeing, cardiovascular health, circulation, memory and cognition, longevity, wound healing, etc.

### **Relief from Hormone Hell**

#### **Regaining Endocrine Balance in Menopause & PMS (2-3 hours)**

Cycle irregularities can turn a woman's life upside down. Get up close and personal with the female reproductive cycle and learn how to use herbs to manage imbalances including hormone balance, mood, PMS, perimenopause symptoms, cramps, infertility, and period irregularities. Maria will go into detail on the reproductive cycle, including hormones, body temperature, changes in the uterine lining, and ovarian happenings. She'll share how and why things go wrong, which can put women at risk of common reproductive

issues. Learn assessment tools including energetics, patterns, and basal body temperature to gain insight into the client's hormone imbalance. Learn how to use herbs and other holistic therapies to bring the body back into balance. Maria will share formulation tips, clinical stories, and a quick reference chart to hormone balancing herbs.

### **Safely Combining Herbs and Pharmaceuticals**

With more Americans combining herbs and pharmaceutical use, herbal practitioners are challenged to choose herbs for their clients that pose the least risk for interaction and to aid clients who wish to transition from drugs to herbs. Herbalists can perform an important role in guiding clients to good health safely with herbs while promoting good herbalist-client-doctor relations. Maria will share the common potential herb-drug interactions and alternate herbs to consider, as well as free and low-cost tools to research and assess the risk of interactions. We'll explore common types of interactions such as synergy, opposing actions, and the ability to alter drug absorption or clearance. Learn how to think critically about potential herb-drug interactions even when data does not exist. We'll also discuss safety, ethics, and suggestions for how to help a client transition from pharmaceuticals to herbs. Even when we err on the side of caution, there are plenty of safe herbal approaches we can take.

### **Demystifying the Science of Herbs: An Introduction to Herbal Research and Evidence-Based Herbalism**

So many beautiful aspects of herbalism thrive outside the pages of scientific literature, yet hundreds of thousands of studies have been conducted on medicinal herbs, which adds to our understanding and relationship with them. In this class, students will learn how to find, read, and assess the research on herbs. You'll learn the pros and cons of various study types (lab, human, animal, epidemiological, meta-analysis, review...) and of the evidence-based approach to herbs in general. Learn tips to access research summaries (from places like the American Botanical Council, NIH, and ADAM) as well as individual studies (via free sites like PubMed, GoogleScholar, and Sci-Hub) and how to read through a scientific paper so it doesn't sound like gobbledygook. With the power of science in your very own hands, you can sleuth out the truth from media B.S. and use it as a tool to more successfully use herbs for your own health, as a practitioner, and as an educator.

*Access to internet and a projector/screen is essential to this class so that Maria can show students useful websites and how to best use different types of search engines.*

## **Demonstration & Remedy-Making Classes (talks ~ 2 hours long)**

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These classes are a LOT of fun for attendees and a great learning experience, but they're also a *tremendous* amount of me to prepare and teach. **Therefore, there is an *additional* \$200 fee** (on top of the standard stipend) **plus a materials fee (if students take home remedies) for these classes.**

\* Classes are among the most popular.

### **^ \* The Herbal Kitchen: Preserving Your Herbal Harvest – 1 to 2 hours**

- What to do with all those herbs? Lots! We'll demonstrate how to make an herbal honey and herbal vinegar. We'll also discuss drying and storing, freezing, cordials, teas, herb and spice blends, and other enjoyable—and easy—herbal feats.
- \$5 materials fee allows participants to go home with 2 oz herbal honey and 1/2 oz herbal vinegar.

### **^ Cooking with Fresh Herbs – 1 to 2 hours**

- 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 old standbys like pasta tossed with fines herbes to more unique dishes like seafood stew with tarragon and sage-infused cream and pureed peppermint brownies.
- \$5 materials fee allows for some pre-made snacks and at least one demo

### **^ \* The Kitchen Apothecary: Making Herbal Medicine – 2 hours**

- Making medicine at home is empowering, saves money, and is easier than you think. We'll demonstrate fresh and dry tincture techniques, herbal oil, salve and/or capsules. We'll also discuss drying and storing herbs, teas, vinegars, and other herbal remedy techniques.
- Materials per take-home remedy – feel free to mix and match to meet your budget and tastes:
  - Tea: \$1 for 1 cloth teabag (1 pot of tea), \$5 for 8 spoonfuls (no teabags), \$5 for one ounce in a seal-able bag,
  - Tincture or Vinegar: \$5 for 2 oz jar, \$8 for 4 oz jar (made by student)
  - Oil: \$5 for 1/2 oz, \$8 for 1 oz (made by teacher)
  - Salve: \$1 for tube, \$5 for 1/2 oz, \$8 for 1 oz (made by teacher)
  - Capsules in Jar: \$5 for 24 count (made by student – extra time needed)
  - Cooked Honey: \$5 for 1/2 oz, \$5 for 1 oz (made by teacher – extra time needed)
  - Raw Honey: \$5 for 2 oz jar (made by student)

### **^ \*Shaken, Not Stirred: Herb & Fruit Cordials**

- Festive cordials featuring seasonal produce like apples, pears, and cranberries are a delicious way to celebrate the holidays, both to serve at gatherings and give as gifts. Fruit and herbs combine beautifully in simple, delicious recipes with limitless possibilities. Maria will demonstrate the basics of cordial-making, and you'll get enough ingredients to customize your own eight-ounce jar of cordial. Some, like sweet anise liquor and spiced pear cordial with maple syrup, will be ready in just a few days. Others will reach flavor perfection in time for holiday gift-giving, such as vanilla cordial syrup, cranberry-rosemary cordial, and spiced cider cordial.
- \$5 materials fee covers 2x4 oz or 1x8 oz jar of herbs/fruit and sweetener to make your own cordial (alcohol must be added at home to be compliant for liquor laws)

### **\* DIY Natural Bodycare (Can be Holiday-Themed) – 2.5 hours**

- Why buy synthetic and expensive bodycare items when you can make them easily! We'll go “from soup to nuts” and make body lotion, lip balm, massage oil, aromatherapy spray, bath salts, and body scrubs.
- Hands-on
- \$8 materials fee allows participants to go home with lip balm, mini aroma spray, dry bath salt in bag, 1/2 oz massage oil, 1/2 oz body cream.

- \$8 materials fee allows participants to go home with 1 oz body cream, 1 lip balm, 1 mini aromatherapy spray.

^ \* **Do-It-Yourself Summer Skin Solutions – 2 hours**

- Bug bites, sunburns, poison ivy, dry skin... our skin can take a beating during the summer. Why turn to drugstore solutions when you can make many wonderful products in your kitchen with little more than what you've already got in your pantry? We'll discuss how to make lip balm, bug spray, a light sunscreen, sunburn therapy, itchy skin salves, and more. We'll make bug spray, lip balm, and herb-infused oil in class so you can see how it's done (and you'll get to bring them home)!
- \$2 materials fee allows participants to go home with 1 mini summer spray (bug repellent/soothes sunburns/disinfects) & 1 healing salve mini
- \$8 materials fee allows participants to go home with the above remedies PLUS a lip balm AND (1/2 oz herbal oil OR 1/2 oz salve)
- \$10 materials fee allows participants to go home with a TWO of the following choices: 1 oz summer spray, 1/2 oz salve, and/or 1/2 oz oil

**Herbal Skin Care: Simple Recipes, Radiant Skin – 2 hours**

- Learn how easy it is to have radiant skin with natural herbal skin care products made right in your kitchen. Toners, exfoliants, masks, and moisturizers can be made in minutes with just a few ingredients. We'll make some of them in class--including a moisturizing cream for you to bring home--and you'll also get a packet of recipes
- \$5 materials fee covers 1/2 oz moisturizing cream and mini toner spray to bring home

**Moms & Babies: Make Your Own Natural Body Care – 1 to 2 hours**

- Conventional baby care products often contain concerning ingredients. Natural products are often expensive. But, it's super cheap and surprisingly easy to make your own baby balms, diaper salve, baby powder, massage oil, and other natural products. We'll demonstrate the basics to make massage oil (including sore nipple oil), salve, aromatherapy spray (calming, disinfecting), and baby powder.
- Longer classes are partly hands-on
- \$1 materials fee allows participants to go home with healing/diaper salve mini
- \$5 materials fee allows participants to go home with ONE of the following choices: 1/2 oz healing/diaper salve, 1/2 oz herbal oil, 1/2 oz baby cream, 1 ounce mini aroma spray
- \$8 materials fee allows participants to go home with a 1/2 oz healing/diaper salve, 1/2 oz herbal oil & a mini healing diaper salve (or mini aroma spray)
- \$10 materials fee allows participants to go home with 1/2 oz healing/diaper salve, 1/2 oz herbal oil, 1/2 oz baby cream & mini aroma spray

\* **The Art of Tea – 1 to 2.5 hours long**

- Tea is our most basic, empowering, affordable, and useful remedy. We'll sample six herbal teas to discuss both their flavor and medicinal characteristics and explain how they can be used as "simples" or blended into more complex teas. Then, you'll get to create your own tea to take home!
- Hands-on
- \$1 materials fee allows participants to go home with one cloth teabag with their choice of herbs (to brew 1 pot of tea)
- \$8 materials fee allows participants to blend 10 cups (1 heaping teaspoon each) worth of loose tea to take home OR 1 full ounce custom-blended tea in a seal-able bag (optional)

^ \* **The Tea Garden: Making Tea with Herbs You Can Grow in Your Backyard – 1.5 to 2 hours**

- We taste simple teas that you can grow and use the base for a variety of blends, including holy basil, chamomile, 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. This class is part "The Art of Tea" and part "Garden Herbs."
- \$1 materials fee allows participants to go home with one cloth teabag with their choice of herbs (to brew 1 pot of tea)

- \$8 materials fee allows participants to blend 10 cups (1 heaping teaspoon each) worth of loose tea to take home OR 1 full ounce custom-blended tea in a seal-able bag (optional)

^ **Healing Broth: Nourishing Decoctions with Herbs, Mushrooms, Seaweed & Bones – 1 to 2 hours**

- Health gurus have brought on a resurgence of interest in bone broth and traditional from-scratch stock. Maria will show you how to make this simple recipe, discuss the benefits, and take in one step further with tips on how to add herbs, medicinal mushrooms, and seaweeds to your broth for added and targeted health benefits. She'll share recipe tips for tasty broths targeted for wound-healing, bone density, immune strength, thyroid health, energy, decreased inflammation, and general wellbeing. We'll also explore the differences between various types of commonly available mushrooms and seaweed. You'll learn how to make convenient condensed broths as well as vegan alternatives to animal bones.
- \$5 materials fee to bring home a 1-ounce dry mix of herbs/seaweed/mushrooms to add to a homemade batch of broth.

^ \* **Mmmmm... Herbal Honeys – 1 to 2 hours**

- We'll demonstrate how easy and delicious it is to make an herbal honey. While the honey is simmering we'll discuss the technique as well as the medicinal properties of some herbs that are particularly good to make honeys with: ginger, thyme, bee balm, licorice mint, cinnamon, evergreens.
- \$5 materials fee allows participants to go home with a 1/2 oz jar of herbal honey (teacher made)
- \$5 materials fee allows participants to go home with a 2 oz jar of herbal honey (student made)
- \$8 materials fee allows participants to go home with a 4 oz jar of herbal honey (student made)

^ **Herbal Vinegars – 1/2 to 1 1/2 hours**

- We'll demonstrate how insanely easy it is to make an herbal vinegar. These culinary and medicinal vinegars have no alcohol yet last at least a year on the shelf. They make great gifts. We'll make one or more vinegars, taste some finished products, and discuss some particularly good vinegar-ing herbs. (Note: Vinegars take at least one month to "macerate" before they're finished.)
- Hands-on
- \$5 materials fee allows participants to make their own 2 oz herbal vinegar to take home
- \$8 materials fee allows participants to make their own 4 oz herbal vinegar to take home

**Done In a Day ~ Advanced Medicine Making for the Time-Crunched Herbalist:**

**Percolation, Alcohol-Intermediary Oil & Cooked Herbal Honey (~3 hours)**

- Sometimes you need a new batch of medicine in a jiffy, and even if you don't, you'll love these unique remedy-making techniques that borrow from Michael Moore and old herbal pharmacy. Maria will demonstrate and provide detailed directions for percolation tincture, alcohol-intermediary oil, and cooked herbal honey. Not only are these remedies ready for use within 24 hours, but they also offer extraction advantages over traditional techniques. Whether you're looking to adopt a new style of medicine making or simply want a new technique in your toolkit, you'll be amazed how quickly and easily you can make potent medicine using affordable, easily available equipment.
- Note that we could *just* cover percolation in about 1-2 hours (depends on whether you want me to talk *really* fast or give more detail).
- \$5 per 1/2 oz or \$8 per 1 oz finished remedy (be it tincture, honey, and/or oil)

^ \* **Oils, Salves & Creams – 2 to 3 hours**

- 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 (and cream, for longer classes/higher materials fee). We'll explore some of our most helpful topical herbs including plantain, comfrey, St. John's wort, and calendula.
- Materials fees can be mixed/matched:
  - Salve: \$1 mini, \$5 1/2 oz, \$8 1 oz
  - Herb-Infused Oil: \$5 1/2 oz, \$8 1 oz

- Cream: \$5 1/2 oz, \$8 1 oz – 2.5- to 3-hour class time needed to make cream

**Fresh & Dry Tinctures – 15 minutes to 2 hours**

- This quick demo shows participants how to make tinctures from fresh and dry plant material. The “simpler” method of dry tincture is used.
- \$5 materials fee allows participants to go home with a 2 oz macerating tincture jar
- \$10 materials fee allows participants to go home with a 4 oz macerating tincture jar

**Percolation Tincture – 1 hour active class, 3 hours “drip” time**

- This class teaches the less common but highly effective percolation method of tinctures. The final product is often stronger than a “simpler” dry tincture and can be completed within 24 hours. Maria arrives with the prep work done so that the tincture is complete by the end of the class. Though this technique is slightly more involved and requires more materials than the “simpler” method, it is highly valuable and easy once understood.
- This class is not recommended to the beginner student but to people who are legitimately interested in using the percolation technique for tincture-making (herbalists and home herbalists).
- \$5 materials fee allows participants to go home with a 1/2 oz of the tincture percolated