

# 2019 Wintergreen Botanicals Schedule & Overview

Location: Wintergreen Botanicals Classroom, Allenstown, NH

Home Herbalist Series - Mid June - Late August

Beyond Series - Early Sep - Early/Mid November

Wednesday Nights, 6-9 pm

Advanced Series - Early May - Mid November

Wednesday DAYS, 9:30 am - 4 pm

			Advanced Series					
Wed Day			Apothecary & Clinical Skills	Gardening/Medicine Making	Plant Family	Chemistry	Taste	
			5/1/19	Advanced 1	Understanding Latin Names, Identification Basics	Planting Trees & Shrubs, Planting Seedlings	Introduction	Introduction
			5/8/19					
			5/15/19	Advanced 2	Energetics, Taste	Intro to Formulation, Organoleptics	Barberry & Buttercup	Alkaloids
			5/22/19					
Sat 5/18/19	Solo class	Art of Formulation Intensive	5/29/19	Advanced 3	History, Reseraching Herbs	Planting & Saving Seeds (Guest: Val White)	Aster	Sesquiterpenes
			6/5/19					Bitter
Wed Night	Home Herbalist Series		6/12/19	Advanced 4	Botany, Wildcrafting, Herbarium	Harvesting Weeds	Nettle	Minerals
6/19/19	HHS1	Intro/Tea/Nutritives	6/19/19					Salty
6/26/19	HHS2	Stress/Tinctures	6/26/19	Advanced 5	Tongue Diagnosis (Guest: Sara Kender)	Flower Essences, Flowers	Rose	Tannins
7/3/19	skip/4th of July week		7/3/19					
7/10/19	HHS3	Relax/FE	7/10/19	Advanced 6	Aromatherapy & Earthly Aromatics (Guest: Jessica LaBrie)	Harvesting Herbs, Hydrosol & other aroma remedies	Mint	Aromatics (Terpenes, Polyphenols)
7/17/19	HHS4*	Digest/Oil	7/17/19					Spicy/Carminative
7/24/19	HHS5	Detox/Caps/ID	7/24/19	Advanced 7	Advanced Gut Protocols	Powders	Malva & Grass	Mucilage & Starch
7/31/19	skip/vacation week		7/31/19					Bland/Slimy
8/7/19	HHS6	Sugar/FirstAid/Salve	8/7/19	Advanced 8	Apothecary, GMPs, Adulteration, Quality Control	Berries/Preservation	Heath	Anthocyanadins
8/14/19	HHS7*	Cardio/Honey/Vin	8/14/19					Sour
8/21/19	HHS8	Immune/Elder	8/21/19	Advanced 9	Endocrine System, Clinical Introduction: Anatomy of an Intake & Forms, Basic Laws	Percolation	Ginseng & Parsley	Steroidal Saponins
8/28/19	HHS9*	Repro/Bodycare	8/28/19					
	Beyond the Home Herbalist Series							
9/4/19	BHHS1	Intro/Tea/Backyard	9/4/19	Advanced 10	Autoimmune, Clinical: Setting Up a Practice, Ethics, Privacy	Adulteration & Quality Issues	Pea	Phytoestrogens (also Coumarins)
9/11/19	skip/travel week Great Lakes to PA		9/11/19					
9/18/19	BHHS2	Safety/Mushr/Broth	9/18/19	Advanced 11	Mushrooms (Guest: Nathan Searles)	Double-Extraction Tincture	Mushrooms	Polysaccharides
9/25/19	BHHS3*	Longevity/Cordial	9/25/19					Umami
10/2/19	BHHS4	Brain/Bonbon	10/2/19	Advanced 12	Thyroid, Case Study In Class	Roots & Barks	Nightshade & Mustard	Isothiocyanates & Carotenoids
10/9/19	BHHS5*	Bones/Infusion/Seaweed	10/9/19					
10/16/19	BHHS6	Pain/Raisins/Oil	10/16/19	Advanced 13	Lyme (Guest: Debbie Mercier)	Putting the Garden to Sleep	Garlic/Lily/Monocots	Sulfur
10/23/19	BHHS7*	Lungs/Syrup	10/23/19					Pungent
10/30/19	BHHS8	Skin/Ht/Hydrosol/Exf	10/30/19	Advanced 14	Let's Make a Tincture GMP-Style, In-Class Group Clinical	Project Presentations	Birch	Salicylates
11/6/19	BHHS9	Weight/Tuffles	11/6/19					
Last advanced class is on a TUESDAY and still TENTATIVE!!!			11/12/19	Advanced 15	Cancer Care (Guest: Dr. Jody Noe), Clinical: Experience/Mentors/Where Do I Go From Here?	Project Presentations	Evergreens/Pines	Oleoresin & Resins

\* These dates have an optional Herb Walk from 5:30-6 pm

Available to registered HHS & BHHS students only  
due to space and parking.

Exact Advanced Series weekly topics are tentative and subject to change.

Please note that the last class of the the advanced series is still tentative - I'm still awaiting confirmation from Dr. Noe.

Also, if Dr. Noe teaches our cancer class, that particular class will take place on Tuesday, not Wednesday due to her clinic schedule in Connecticut.

All classes and topics taught by Maria Noël Groves unless otherwise noted.