

Your Kitchen Apothecary Tuesday, May 3 from 6:00 to 8:00pm

There is medicine in your kitchen! Herbs and spices have great medicinal value and can help you live a healthier, happier life. This class will help you understand the practical use of herbs you find in your kitchen for promoting health and wellness. We will teach how to develop your own herbal kitchen apothecary/medicine cabinet. Learn about the healing qualities of select herbs and their home use preparations. Students will be provided medicinal herbal teas blends and basic home use medicinal herbs handouts.

Class Location: ECO's Office - 6010 Taylor Rd. Riverdale, MD 20737

Growing, Harvesting & Preserving Herbs for Home Saturday, June 11 from 1:30 to 3:30pm

During this workshop we will introduce you to basic gardening techniques and the tools to create and care for your herbal garden. Topics include: what herbs to use, how to grow healthy productive plants, natural techniques for watering and fertilizing; when to harvest and how to preserve optimal flavor. Additionally, we will discuss key equipment and supplies, and basic medicinal uses. All students will be provided with select herb seed packets and two starter herbs/seedlings. **Class Location:** ECO Bladensburg 6100 Emerson St. Bladensburg, MD 20710

Price: Each class cost \$ 25 (includes \$5 for materials, healthy drinks and snacks)

Discounts: Students will receive a 10% OFF on your next purchase of Marble Arch Gardens Products.

To register, please call: Viviana A. Lindo. 443-447-0313 or lindo@ecocityfarms.org. Pre-registration is required and non-refundable but transferable at equal price.



About the Instructor: Maribel Rodriguez is the community nutritionist for ECO City Farms; she is a Board Certified Holistic Nutritionist and an herbalist. Her goal is to empower families to live vibrant, healthy lives by using local wholesome foods. She is our advocate for advancing the community's knowledge about the health benefits of herbs. Maribel grew up in Hyattsville close to both of our farms. She has worked

with ECO to develop and teach our 'Let's Talk Food' nutrition workshops in English and Spanish to over 1,000 residents. She is involved in the creation of the Sensory & Herb Gardens at both of our farms. These gardens will allow us to teach the parents and students from all local schools how to grow, harvest, use, and cook with a variety of culinary and medicinal herbs and spices.