

Community Herbal Wellness

The science and art of using plants and foods for building and maintaining good health and for healing reaches back to the very beginning of recorded history. The practice of growing, harvesting, and making of herbal products to achieve wellness connects us to Traditional Chinese, Ayurveda, Native American and Western medicinal practices. ECO has recently significantly increased the variety and amounts of herbs and spices grown at our farms to better serve the needs and palates of our community.

We invite you to join one of our classes to learn more about the ancient and contemporary art and science of herbalism.

Cost: \$50 each class, materials fee included. (\$130 for the 3 classes series prepaid). Pre-registration is required. Registration is non-refundable but is transferable. Please note: No one will be turned away for lack of funds. We offer a sliding fee scale discount, if needed. **Please contact lindo@ecocityfarms.org to register or with any questions.**

Community Herbalism Series - Part 1

Gastrointestinal System Support

Date: Tuesday, January 5 ----- Time: 6:30 to 8:00pm

We begin our Community Herbal Wellness Series by discussing the digestive system. We will explore the relationship of nutrition, herbs and lifestyle and how those impact your level of wellness. We support the premise that "we are what we eat" and herbs remain fundamental to optimizing digestive health. We will discuss key herbs and their actions, how to select, prepare and use them to enhance the various digestive functions and help support vitality and wellbeing. Attendees will prepare and take home various digestive support teas.

How to Use Herbs to Support Healthy Weight Management

Date: Tuesday, January 19 ----- Time: 6:30 to 8:00pm

During this workshop we will explore the foundational relationship of organ systems, metabolism, functions, nutrition and key herbs that support a healthy weight management program. Hands on will include essential kitchen herbal preparation of snacks, salads, smoothies, and nourishing broths.

Discussion About Diabetes and Latest Research on Herbs

Date: Tuesday, February 2 ---- Time: 6:30 to 8:00pm

Current statistical data indicates that there are 29 Million Americans with diabetes, 86 Million with pre-diabetes, and over 8 million undiagnosed. The incidence of diabetes is greater among minority populations. What can we do to address this epidemic? In this workshop we will explore basic herbal and nutritional approaches to support the body as part of an overall preventive wellness program. Healthy snacks, recipes and teas will be provided





The Spices of Life

Date: Tuesday, February 23 ----- Time: 6:30 to 8:00pm

In this interactive workshop we will explore and taste the flavors of 30 healing spices and learn about their traditional medicinal and health-boosting properties. Attendees will create favorite spice blends, savory vinegars, oils, and healthy dishes to support their overall wellness goals.

Your Kitchen Apothecary

Date: Tuesday, March 8 ----- Time: 6:30 to 8:00pm

During this interactive workshop we will discuss traditional uses of herbs for the promotion of health and how to develop a practical kitchen apothecary. Attendees will explore healing herbs from around the world, their medicinal actions and how to prepare culinary herbs, spices and healing for their home apothecary.

Healthy Flavors and Seasonings

Date: Tuesday, March 22 ---- Time: 6:30 to 8:00pm

During this workshop attendees will participate in a hands-on demonstration of uses of delightful culinary herbs and condiments and how these can be incorporated into homemade recipes for everyone's enjoyment and wellness. We will make and sample herbal beverages, appetizers, deserts, yogurts, and a main savory dish.



Herbs for the Seasons: Spring and Summer

Date: Tuesday, April 5 --- time: 6:30 to 8:00pm

During this workshop we will explore the traditional use of herbs for nourishment of mind, body and spirit throughout the changing cycles of the seasons. We will address best herbs used for spring cleansing and gentle detoxification and how to prepare and protect your body and skin during the summer season. Attendees will prepare herbal aerosols, oils, salves, and teas and will receive a basic introduction to aromatherapy.

Planning your Herb Garden at Home

Date: Tuesday, April 19 ----- Time: 6:30 to 8:00pm

Learning how to select and grow your own herbs is not a difficult task and cultivating your garden provides great satisfaction and a healthy form of exercise. Whether you have an apartment, a small or large garden space, you can grow herbs in many different ways to suit your lifestyle. We will discuss how to plan for a successful garden experience. The use of seeds vs. starter plants, essential herbs to grow, best options for selection of soil, watering, container selection and garden placement. Attendees will be offered a take home assortment of herb and spice seeds. We will also make this an opportunity for a seed exchange.

Growing, Harvesting & Preserving Herbs for Home Use

Date: Tuesday, May 3 ----- Time: 6:30 to 8:00pm

During this workshop we will explore best gardening techniques and tools for caring for your herbal garden. Topics include: how to encourage the growth of healthy productive plants, watering and fertilizing naturally, how to preserve optimal flavor. Additionally, we will discuss basic equipment and supplies; when to harvest and what parts of the plant to harvest; drying, storing and preserving to protect the medicinal properties of the herbs you grow. Attendees will harvest, process, and take home two sample herbs from ECO City Farms.

