

Kitchen Herbcraft

with Melanie Cardwell, *Master Herbalist*

2nd March 2014 : 10am — 4pm

Ickleton Village Hall
Ickleton, Cambs
CB10 1SL



'Working with Nature through the Seasons'

Subjects covered include:

- Creating a Herbal Kitchen Pharmacy
 - Plant Identification Walk
 - Herbal First Aid at home
- Making Herbal Preparations focused on kitchen ingredients

Join us and discover the medicinal properties of herbs, spices and foods in your kitchen that you can use to keep you and your family healthy.

We will create a 'kitchen pharmacy' for first aid and well being, learn the importance of good nutrition and cleansing, discuss simple recipes and make a herbal 'potion' to take home, and discover many medicinal plants to relieve common seasonal problems.

Price includes your 'potion' and a delicious vegetarian lunch to tickle your taste-buds!

Spaces limited ... Book early to avoid disappointment

Book for the day **£55.00**

Book both Hedgerow & Kitchen Herbcraft

Days together for **£100**

Book this workshop with a friend

Only £50 each



www.herbcraft.info



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