

The Seasonal Herbal Twelve Month Herbalism Program

Throughout human history there has always been different needs for the success of the community. There needed to be protectors, farmers, hunters, community healers and the wise people the community sought after for the health and healing of the family. Among healers each household had its healing specialty.

The Seasonal Herbal Twelve Month Herbalism Course is designed to help those who love herbs and plants become more knowledgeable with using the timeless wisdom of herbs as part of their general health. My course is designed around the many different aspects of each Season throughout the growing and harvesting season. We meet one Saturday (or Sunday) every month. The course renews in March, but if you can't wait till March to begin your course you have options! You may start your year long journey in June, September, December or again in March.

I have room for 4 to 6 people around my table who are interested in forming a deeper relationship with these plants. The Seasonal Herbalism Course curriculum flows through current herbal wisdom, historical uses and different folk traditions.

It is my intention that our time together will give students hands on working knowledge of herbs and instill confidence as they go forward into using herbs for all of their specific needs. The teaching areas include my kitchen, out-door spaces, gardens and the fields and forest of southcentral Pennsylvania.

Students will receive a Large 3 Ring Binder to hold all the handouts of the specific herbs we will be covering, fun recipes, and many samples of herbal preparations we will be making together in class.

The Seasonal Herbal 12 Month Herbalism Course is a 72 hour program to help build your herbal confidence. Each student will be presented with a certificate at the completion of their course.

Curriculum

The Seasonal Herbalism Curriculum includes:

- Large 3 Ring Binder
- Materia Medica of Specific Plants
- Herbal Glossary, Book Recommendations
Herbal Resources & list of Advanced Study Programs
- Anatomy and Physiology (non-accredited)
- Identifying and utilizing indigenous wild plants
- Planting, Harvesting, Wildcrafting
- Proper Drying, Preservation and Storage Methods
- Using Herbs as Foods, Tonics and Medicines
- Tea Blending - Infusions & Decoctions
- Herbal Energetics
- Culinary Cold Remedies
- Nutritious Herbal Treats with Recipes
- Topical Applications: Poultices and Compresses
- Creating infused oils, salves, syrups, vinegars, honeys, elixirs, tinctures and more
- Preparing for the Cold and Flu Season
- Short Field trips, weed walks, garden tours and more...



NEXT SESSION DATES BEGAIN

March 28-29, 2020 April 25-26, May 16-17,

June 27-28, July 25-26, August 29-30,

September 26-27, October 24-25, November 21-22,

December 12-13, January 23-24, February 20-21,

2021

Choose one: SATURDAY or SUNDAY SESSION

Meeting 9:30-3:30

Admin/Tuition Info

Class size is limited to six people

Tuition and Payment Options:

PAYMENT OPTIONS:

Tuition

\$800.00 if Paid in Full by the 1st day of class

Payment plan

*\$100.00 a month for 8 months with a

\$200.00 non-refundable deposit

*Pre Payment plans in anticipation for your start date are available and always welcome!!

*All payments due on the day of class.

* To Register print the online form and submit to **theseasonalherbal@gmail.com** or mailing to the address listed.

*Payment by check or Credit Card

*Make Checks out to Lorie Middendorf

*Must be 21 years of age to participate unless accompanied by a parent

*You will receive a letter confirming your acceptance into the program along with a list of supplies will be sent a few weeks before the classes begin.

Please Register at

www.theseasonalherbal.com