

## New for 2011!

Cost per Class - All Classes - All Year!!

Resident Rate: \$20 per class

Standard Rate: \$25 per class

(Detailed descriptions on-line. Excludes special events & field trips.)

## Membership Benefits

- One class per month
- Inclusion in Herb Center activities and events
- Use of the OHEC lending library
- Foster friendships

## Club Memberships Available

(Memberships begin January 1, 2011 and end December 31, 2011)

Join one of these special interest groups for one low membership fee!

**Gahanna Herb Society \* The OHEC Tea Guild \* OHEC Wellness Alliance**

Resident Rate: \$60 per year/Standard Rate: \$70 per year



The Gahanna Herb Society meets the 2<sup>nd</sup> Tuesday of each month from 6:30-8pm. Herbal topics are different each month and include: culinary, medicinal, and aromatherapy use, home applications & herbal crafts. Join this fun informative group!

### Volunteer Discounted Rate:

(with 20 hours per year volunteer service)

\$25 R \$35 NR

### Upcoming Topics & Meeting Dates

Jan 11 – Gahanna Herb Society's Winter Tea & Social

Feb 8 – "Herb of Love", History of Herbs, Herbal Folklore & Ancient Cures

Mar 8 – Cooking with Lamb and Herbs

Apr 12 – Every Day Uses for Essential Oils



The OHEC Tea Guild meets one Saturday a month from 10-11:30am. Join us and learn about the art of tea: the different types of tea, tea blending and recipes, tea culture, and the health benefits of tea. Membership includes one social/tea quarterly.

### Upcoming Topics & Meeting Dates

Jan 29 – Types of Tea, Tea Sampling including: Pu-erh Tea & Yerba Mate

Feb 26 – Tea Processing, Grading, Packaging, and the "agony of the leaves"

Mar 26 – Chai Tea & Potluck Brunch

Apr 23 - Tea Tasting – Level II



The OHEC Wellness Alliance meets on the last Wednesday of each month (unless otherwise noted, excluding holiday weeks) from 6:30-8pm. Each meeting begins with a brief *Cooking With Herbs/Healthy Cooking* demo. Topics include: European Health Cures, Sugar Blues, Juicing, Seasonal Eating, Herbal Remedies, Aging Gracefully, Brain & Heart Health, Aromatherapy Basics, Health Benefits of Herbs, & more. Participants are encouraged to join with a friend and walk before or after each class.

### Upcoming Topics & Meeting Dates

Jan 26 – Winter Herbal Remedies Demonstration & Take the Wellness Test

Feb 23 – National **SNACK FOOD MONTH** - Sugar Blues & Sweet Treats Without Sugar Demonstration

Mar 23 – Aging Gracefully w/Brain & Heart Health Recipes

Apr 27 – Health Benefits of Herbs & How to Grow Them



# Gahanna—The Herb Capital of Ohio since 1972. An Herbal Destination!

## Private GROUP Information



## Experiential Workshops

(\$12 per person/1 hour)

- ◆ FAMILY GATHERINGS
- ◆ BRIDAL & BABY SHOWERS
  - ◆ BOOK CLUBS
- ◆ SPECIAL INTEREST GROUPS
- ◆ FAITH BASED PROGRAMMING AVAILABLE

### Herb Education 101

Learn the basics of herbs including the history, legend, folklore, growing and harvesting. Tips galore on herbs used in cooking, crafts, teas, aromatherapy and more.

### Thyme for Fun in the Kitchen w/ Herbal Infusions

Discover the fun facts about the most popular kitchen herbs. Learn to enhance everyday recipes and make your own culinary creations using herbs. Learn to make your own herbal-infused vinegars, oils, syrups and teas.

### Tea 101

Enjoy the history and art of tea! Discover the different types of tea and how to make the perfect brew! Receive tips on tea blending and make your own tea blend to take home. Sample several flavors of tea: black, green and herbal.

### Aromatherapy Basics

Discover the herbs used for calming, soothing, balancing & energizing. Learn about the most common essential oils, their properties and uses in everyday life.

### Herbal Bath & Beauty

Learn to replenish your body naturally, both inside and out. Enjoy sampling herbal tea and making your own bath blend to take home. Demo includes how to make your own: herbal salt scrub, bath tea blend, and lip balm.

### Cleaning – The Natural Way

Receive herbal “eco friendly” ideas for cleaning your home. Natural cleaning products made right in your own home provide better indoor air quality, greatly reduce the use of toxic products, and help save money. Tips include: home-made soft scrub, herbal laundry aids, window cleaner, drain cleaning “how to’s” and herbal air fresheners.

### Additional Group Options **Tour the Geroux Herb Gardens**

(Location: adjacent to City Hall at 200 S. Hamilton Road)  
\$3 per person

Herb Center staff will guide you on a private tour of the City of Gahanna’s beautiful herb gardens (approximately 1 acre). The Geroux Herb Garden features themed garden areas including Scented, Culinary, Biblical and Medicinal.



**Hours of Operation: Wednesday-Friday: Noon - 6pm, Saturday: Noon—4pm, Sunday—Tuesday: By Appointment**  
To register call: 614.342.4380

# SPECIAL EVENTS & FIELD TRIPS

## Field Trip to Mockingbird Meadows Herb Farm in Marysville

### **\*Herbs for Better Sleep and Lower Stress**

Good sleep is very important to our health. Taste, touch and learn to identify a class of herbs called the nervines that support and nourish our nervous system. In this workshop you will learn about nutritional choices as well as herbal supplements that can help us manage day to day stress and head off our chronic inability to rest. Each participant will make their own relaxing sleep pillow.

**DATE:** Saturday, March 26

**TIME:** 2:00-4:30pm

(Departure at 1pm from the Herb Center)

**R/NR:** \$55/\$65 (includes transportation)

### **\*Valentine's Day Celebration Dinner**

The Herb Center's Lavender Room is reserved for this special candlelight evening. Join OHEC friends and instructors Tom & Patty Miller as they inspire us once again with fantastic tips and an exceptional menu. This meal is sure to please! Menu: Goat Cheese Stuffed Mushroom, Chopped Salad, Polenta, Steak Oscar (Filet Mignon topped with Crab, Béarnaise Sauce

and Asparagus), Mint Lava Cake served with ice cream

**DATE:** Monday, February 14

**TIME:** 6:30-9:00pm

**R/NR:** \$30/\$40

**Couples:** \$55/\$75

TO REGISTER CALL:

614.342.4250

### **\*Spring Wildflower Walk at Gahanna Woods**

Join Nancy McGregor and members of the Gahanna Herb Society on a walk through one of Franklin County's premier wetlands looking for spring wildflowers, edible plants and herbs. Insect repellent is suggested. The walk is about a mile and a half and should take about an hour and a half. (No pets, please. They're not allowed in this area of the park.)

#### **LOCATION:**

Gahanna Woods (1.5 miles east of Gahanna on Havens Corners Rd, then .5 mile south of Taylor Station Rd.)

**MAXIMUM ENROLLMENT:** 20

**DATE:** Saturday, April 30<sup>th</sup> (Rain date: May 7<sup>th</sup>)

**TIME:** 10:00am

**RDR/SR:** Free -Please register.

*Bring your herb, wildflower & weed identification books!*

## Mark Your Calendar!!!

Jan 11 - Gahanna Herb Society's Winter Tea & Social

Jan 26 - WELLNESS WEDNESDAY! - Winter Herbal Remedies Demo & Take the Wellness Test!!!

Jan 29 - OHEC Tea Guild Meeting: Types of Tea & Tea Sampling including: Pu-erh Tea & Herba Mate

Feb 8 - The "Herb of Love", History of Herbs, Herbal Folklore & Ancient Cures - Gahanna Herb Society

**\*Feb 14 - Valentine's Day Celebration Dinner with the Millers**

Feb 23 - WELLNESS WEDNESDAY! & National SNACK FOOD MONTH - Sugar Blues & Sweet Treats without Sugar Demonstration

Feb 26 - OHEC Tea Guild Meeting: Tea Processing, Grading, Packaging, and the "agony of the leaves"

Mar 8 - Cooking with Lamb and Herbs - Gahanna Herb Society

Mar 19 - Chai Tea Demonstration & Brunch - Quarterly OHEC Tea Guild Social

Mar 23 - WELLNESS WEDNESDAY! Aging Gracefully w/Brain & Heart Health Recipes

**\*Mar 26 - Herbs for Better Sleep and Lower Stress - Mockingbird Meadows Farm Field Trip**

Apr 12 - Every Day Uses for Essential Oils - Gahanna Herb Society

Apr 23 - Tea Tasting - Level II - OHEC Tea Guild

Apr 27 - WELLNESS WEDNESDAY! The Health Benefits of Herbs & How to Grow Them

**\*Apr 30-Spring Wildflower Walk at Gahanna Woods**

**\*Special Events**



# May Herb Day 2011

In Gahanna, The Herb Capital of Ohio!

Saturday, May 21

10am-4pm

THEME:

## The Herbal Kitchen



Location:

Creekside Park & Plaza, 123 Mill Street  
&

The Ohio Herb Education Center, 110 Mill Street



- Hundreds of Fragrant Herb Plants for Sale!
  - Demos & Sampling All Day!
- Vendor registrations online: [www.ohioherbcenter.org](http://www.ohioherbcenter.org)

---

The Ohio Herb Education Center enthusiastically supports the many uses of herbs and the sharing of information about herbs. Through its mission of education, the Center offers informative classes, workshops, publications and products featuring the use of herbs for culinary, decorative, garden, medicinal and home applications.

### Gahanna Herb Society Mission Statement

*The purpose of the Gahanna Herb Society is to promote the knowledge of herbs, their culture, history and uses through personal research, group seminars, activities and participation in the care of the public herb gardens of the City of Gahanna and the Ohio Herb Education Center. This will be accomplished in an environment which fosters education, friendship and volunteerism.*

### Hours of Operation:

Wed–Fri: Noon - 6pm

Saturday: Noon - 4pm

Sunday - Tuesday: by appointment



CITY OF GAHANNA

DEPARTMENT OF PARKS & RECREATION

Ohio Herb Education Center 110 Mill Street Gahanna, Ohio 43230  
614.342.4380 [www.ohioherbcenter.org](http://www.ohioherbcenter.org)

---

*Become an OHEC Volunteer! The opportunities are endless!  
Call for more info: 614.342.4380*