

# HERB CENTER

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## HERB DAY

PRESENTED BY  
Mockingbird Meadows Herbal Health Farm



SATURDAY, MAY 10, 2014  
9AM-4PM

CREEKSIDE PLAZA AND 110 MILL ST.

Come celebrate all things herbal. Listen to herbal experts on a variety of subjects and stroll through a multitude of local artists and vendors that offer unique and special hand-made items. Be sure to browse through over 100 varieties of fresh, organic herbs available for purchase for your home and garden!

### Learn

#### Gahanna Herb Group Open House

The Gahanna Herb Group is a 9-month program that focuses on herbs and their uses. Beginning in September, students will study in depth one herb as well as learn hands-on techniques from the culinary, wellness and craft areas. Herbs will be looked at from botanical, historical, folkloric, wellness and energetic points of view. This cooperative learning environment will also have membership to an online web group featuring reference sources, educational videos, informative guides, and access to Herb Center staff. This learning group is for individuals who would like to dedicate time to earn a deeper understanding of all things herbal. Come and join us at one of our open houses to learn more.

Benefits include: fresh or dried herbs for home practice; exclusive binder for organization and class materials, 10% off all gift shop items, discount on Herb Center classes and unlimited access to online web group.

Open House Dates: Tuesdays, July 8 and August 12  
Time: 6:30 to 7:30pm  
Cost: Open Houses are FREE



/OhioHerbEducationCenter

### Shop

Ohio Herb Education Center is open Tuesday-Friday 12:00p to 6:00p and Saturday 12:00p to 4:00p. Shop our array of herbal related educational books, bodycare, tea and accessories, culinary and our signature Herbal Surrender products.



### Rent

Looking for a unique space to hold your next event? Consider the Ohio Herb Education Center's parlor. Suitable for parties up to 25 people, this intimate, historic space offers the options of three round tables, two porches and a kitchen. We also offer additional services such as delicious herbal tea or 15-minute herbal ice breakers for your guests.

#### Ohio Herb Education Center 2014 Rental Fee Schedule:

Suggested parlor capacity is 25 people	Gahanna RDR	Standard Rate
3-Hour Rental Monday-Thursday	\$105	\$150
Additional Rental Time by the Hour (Mon-Thu)	\$35	\$50
3-Hour Rental Friday-Sunday	\$150	\$225
Additional Rental Time by the Hour (Fri-Sun)	\$50	\$75

#### 2014 Additional Services:

Additional Services	Up to 15 guests	16 to 25 guests
15 minute Herbal Program	\$20	\$30
Herbal Tea for 25	\$10	\$10

Interested in volunteering?  
The Herb Center and  
Gahanna Parks & Recreation has many  
opportunities for you to get involved!  
Call 614-342-4250 for details!

*The information provided by the Ohio Herb Education Center is primarily for reference and education. It is not intended to be a substitute for the advice of your personal physician. The Center does not advocate self-diagnosis or self medication; nor does the Ohio Herb Education Center endorse alternative medicine in lieu of traditional medicine; it urges anyone with continuing symptoms, however minor, to seek medical advice. Please be aware that any plant substance, whether used as food or medicine, externally or internally may cause an allergic reaction. Consult your primary care physician before making changes to your lifestyle.*

# HERBAL WORKSHOPS

All classes take place at the Ohio Herb Education Center, 110 Mill St.

**Rosemary Bundle:** Choose 4 workshops on this page for savings. Pre-registration for workshops is required. Passes are non-transferable and non-refundable. RDR \$54/SR\$72

## Natural Spring Cleaners for the Home

There are many benefits to switch to natural cleaners, reducing the number of products needed to clean with, creating your own scents and packaging as well as saving time and money. There are 6 key ingredients to making any type of household cleaner, including laundry detergent. Join us as we introduce these ingredients and teach the techniques used to clean your house naturally.

**Instructor:** Brooke Sackenheim

Class	Day	Date	Time	RDR/SR
152001A	Sat	Mar 15	1-2pm	\$15/\$20
152001B	Tues	Mar 25	6:30-7:30pm	\$15/\$20

## Spring Tonics for Better Health

When the shift of winter moves into springtime, our bodies want to move towards lighter fare. We will discuss what detoxification or spring cleansing means and how the principles can be applied to the diet. Participants will explore new recipes and teas featuring herbs such as burdock, dandelion, cleavers and nettles.

**Instructor:** Brooke Sackenheim

Class	Day	Date	Time	RDR/SR
151105A	Sat	Mar 29	1-2pm	\$15/\$20

## Tea Time for Fairies

Spring has arrived and the fairies are looking for new homes. Come learn and explore how to create a fairy wonderland out of teasups, as well as how to use natural materials to make fairy garden furniture and accessories. We will also enjoy fairy tea! Class is appropriate for ages 5 to 105! Cost includes one adult and one child; additional children are RDR\$5/SR\$7. Class size is limited.

**Instructor:** Shannon Barnette

Class	Day	Date	Time	RDR/SR
150305A	Sat	Apr 5	1-2pm	\$15/\$20

## Building an Herbal Wellness Kit

Every kitchen herbalist has a couple of simple remedies to turn to when minor aid is needed. Be prepared! Everyday herbs such as peppermint, ginger, calendula, chamomile and lavender can easily double as a fix for minor scrapes, bug bites and bruises. Learn how simple salves, essential oils, liniments, and tea bags can find a place next to your bandages in your first aid kit.

**Instructor:** Brooke Sackenheim

Class	Day	Date	Time	RDR/SR
152901B	Tues	Apr 22	6:30-7:30pm	\$15/\$20

## Herbs for Itchy Cats & Dogs

Our lives haven't been the same since Canines and Felines have been domesticated. Our beds are cozier, our lives richer, our pocketbook happily emptier. In this class we'll talk about possible reasons why animals may be developing hot spots and other skin problems, what foods and nutrition they may be lacking, allergies, and emotional stress. Learn how herbs can be used to help relieve dry skin and how to add herbs as a supplement to food.

Participants will get to make a hot spot spray for their four-legged friends.

**Instructor:** Ianna Kristiansen

Class	Day	Date	Time	RDR/SR
151002A	Sat	Apr 26	1-2pm	\$15/\$20

## Mother's Day Herb Craft

Celebrate mom with handmade herbal crafts. For four hours on Saturday, the parlor will be transformed into an open craft area for parents and children. For a small fee per craft, children and adults can create lavender soap, herbal bath soaks, or herbal drawer sachets for gifts or to enjoy as keepsakes. (Not eligible for Rosemary bundle).

Day	Date	Time	Cost
Sat	May 3	12-4pm	\$5 per craft or 3 for \$12

## Edible Landscaping: Permaculture for Beginners

Discover the bountiful harvest that your yard is capable of producing. Learn the basics on how it is possible to transform your yard space into an edible retreat. We will discuss what edible plants work best in Ohio's climate. We will also touch on the sustainable benefits rain barrels and composting. Leave this exciting class with ideas on how to design your own edible garden!

**Instructor:** Shannon Barnette

Class	Day	Date	Time	RDR/SR
352110A	Sat	May 31	1-2pm	\$15/\$20

## Herb Walks

Beneficial herbs and plants are all around us, and often overlooked as simply "weeds." Join us on a walk around Gahanna, to discover what herbs are growing in your backyard! Wear comfortable shoes and be prepared to venture around Gahanna and Creekside. We will also discuss proper wild-crafting etiquette. (Not eligible for Rosemary bundle).

**Instructor:** Shannon Barnette

Class	Day	Date	Time	RDR/SR
352305A	Fri	Jun 13	5:30-6:30pm	\$5/\$7 per person
352305B	Fri	July 11	5:30-6:30pm	\$5/\$7 per person
352305C	Fri	Aug 8	5:30-6:30pm	\$5/\$7 per person

## Kitchen Herbalism

Take advantage of your garden harvest and turn your kitchen into an apothecary. Learn how a simple technique, infusions, can be replicated into many variations that can preserve and transform your garden herbs into simple home remedies. Participants will get to sample several herbal infusions and take home infused vinegar.

**Instructor:** Brooke Sackenheim

Class	Day	Date	Time	RDR/SR
350626A	Sat	Jul 19	1-2pm	\$15/\$20

## Preserving the Harvest

What can you do when your basil plant continues to produce harvest after harvest? In the class we will explore different types of preservation methods, such as salting, drying, dehydrating, and freezing. Learn the basics of herb spreads, and the versatility they offer for flavoring foods.

**Instructor:** Brooke Sackenheim

Class	Day	Date	Time	RDR/SR
352103A	Sat	Aug 16	1-2pm	\$15/\$20

## Drying Days at the Herb Center

Join the Herb Center staff for a hands-on experience as herbs are harvested and prepared for drying in our drying shed. Proper harvesting and cleaning and drying techniques will be taught as herbs are harvested. Participants will get to harvest and process herbs for the drying shed.

**Instructor:** Shannon Barnette

Class	Day	Date	Time	RDR/SR
352111A	Thu	Jul 10	10am-1pm	Free
352111B	Tue	July 15	10am-1pm	Free
352111C	Sat	July 26	10am-1pm	Free
352111D	Tue	Aug 5	10am-1pm	Free
352111E	Thu	Aug 14	10am-1pm	Free
352111F	Sat	Aug 23	10am-1pm	Free

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Did you know you can register online?  
Call 614.342.4250 for details.