



## Calling all Herb Enthusiasts

We are excited about our workshop space where we will be hosting this year's Herbal Series. All workshops will be held at 67 White Oak Drive, Sugar Loaf N.Y.

Please call (845)469-6460 or email [sugarloafmtnherbs@gmail.com](mailto:sugarloafmtnherbs@gmail.com) to register.

### **Nourishing Broths (Bone Broth & Vegetable Broth) & Super Infusions**

*Both allow for absorption of minerals for many, many health benefits including bone health. The importance of gut health will also be discussed, and there will be tasting!*

Date: Saturday, February 22<sup>nd</sup> (weather-permitting)

Time: 10:30AM - 12:00PM

Hosted by: Alicia Frosini & Jean Murphy

Cost per person: \$35

### **Elder**

*Elder, an important anti-viral continues to gain popularity in today's world. Basic syrups, simple teas as well as quick and easy recipes for busy moms will be presented along with making elderberry gummies. Herbs for cold and flu season will also be discussed. Bring home a sample of elderberry.*

Date: Saturday, March 21<sup>st</sup>

Time: 10:30AM-12:00PM

Hosted by: Alicia Frosini & Jean Murphy

Cost per person: \$35

### **Companion Gardening**

*Our gardens are well into the planning stage. In this workshop you will learn which herbs to use in companion planting to increase soil health and to deter disease and insects.*

Date: Saturday, April 25<sup>th</sup>

Time: 10:30AM-12:00PM

Hosted by: Alicia Frosini

Cost per person: TBD



**~Fresh Flowers & Herbs will be for Sale Saturdays in May (11AM - 5:30PM)~**

### **Other Upcoming Workshops include:**

- ❖ Fresh Cut Flowers – July & August (Exact dates to be decided)
- ❖ Medicinal Herbs, Drying & Compresses – September 26<sup>th</sup>
- ❖ Crafting with Herbs and flowers -- October 24<sup>th</sup>
- ❖ Spice up your Health -- November 21<sup>st</sup>
- ❖ Crafting with Evergreens in the Greenhouse -- December 5<sup>th</sup>