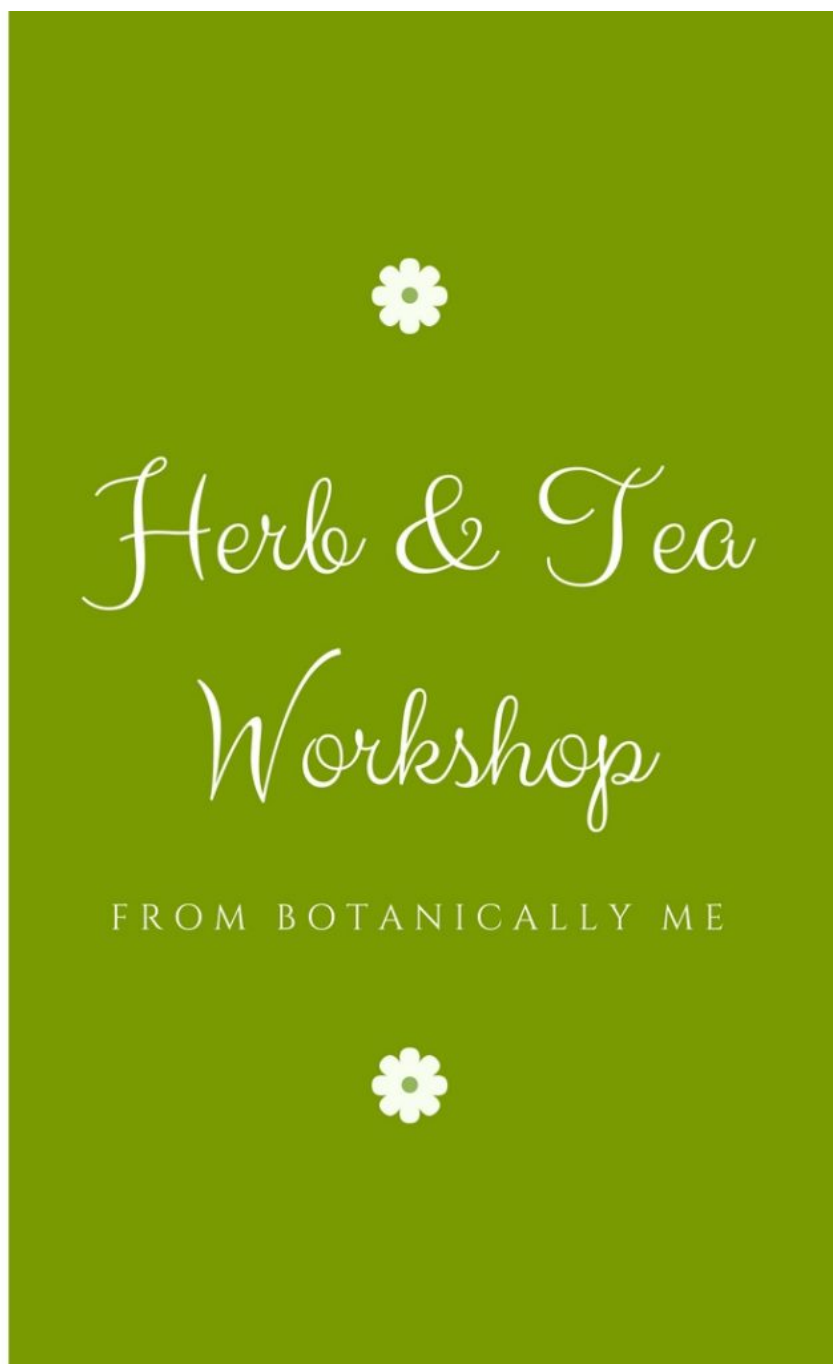


# Herbal Workshops for Indoor Herbs



Wouldn't you love to be able to enjoy the healing plants of summer

## in winter too?

I know I would! There's nothing better than fresh herbs. That's why I've created a workshop to help us enjoy indoor herbs for wintertime use.

### Schedule Workshop Now

During the Herb & Tea Workshop, you'll make a cutting from your choice of herbs from my aromatherapy garden to take home with you. You can select from the following herbs: scented geranium, lemon verbena, lemon balm, peppermint, lavender, or Rosemary.



Once the plant has taken root, you can transplant it in a small pot to watch it grow through the winter and then harvest from your own mini indoor herb garden. I'll be sure to send home directions so you know exactly what to do.

### Here's what the hour-long herb workshop includes:

- Taking a cutting from an established herb plant from my garden (includes the pot and soil).
- Teaching time on how to care for your herb, along with some of the benefits of the type of herb you choose.
- Printed directions on how to care for your herb.
- A cup of herb tea. You get to choose the base of your tea (red rooibos, green rooibos, green tea) plus additional herbs, many of which are fresh from my garden: chamomile, sage, lavender, peppermint, lemon

balm, lemon verbena, and thyme, depending on what is available. Besides the fresh tea, you'll enjoy the lovely aromatherapy experience as you pick the fresh herbs from the garden.

I offer the herb workshop in Westfield, Indiana, and the cost is \$30 per person. Schedule the herb workshop now or call **317-513-4270 with questions. When scheduling, be sure to give me your contact information.**

Botanically me,

