

HerbDay 2007 Schedule of Events

Saturday, October 13th, 2007

Ongoing Activities from 10:00am – 4:00pm

Herbal and Medicinal Food Demonstrations: From garlic to rosemary, experience new ways of cooking with herbs with Susan Belsinger and Pat Kenney.

Herbal Craft Demonstrations: Try your hand at making an herbal crafts with the Herb Society of America.

The Tea Table: Sample tasty herbal teas!

The Medicine Making Table: Watch and learn how to make herbal medicines, from tinctures, to teas, salves, and lip balms, find out how to make your own at home.

Children's Garden: Come and plant a herb plant to take home, and explore the many sources of herbal medicines in the gardens.

Garden Tours: Join USBG docents and Tai Sophia Herbal Medicine students for tours of the medicinal plants scattered throughout the garden.

Check back on our website for more information as HerbDay approaches.

HerbDay Lectures and Talks in the Classroom and Garden Tent

(Space is limited so plan to arrive early to secure your space!)

- 10:00-10:30 **Thelema Martin:** Bitter melon for sweet
(Bastyr student in the tent)
- 10:30-11:00 **Mindy Green:** Aromatherapy First Aid with Mindy Green of AVEDA
Mary Burns: Medicinal Plant Working Group (T)
- 11:00-11:30 **Rebecca Aldag:** St. John's Wort- Doctrine of signatures and traditional uses
Robin DiPasquale: Seasonal Detoxification with Herbal Medicines (T)
- 11:30-12:00 **Elyse Williams:** Echinacea: beyond the cold remedy
Raven Wild: Herbs for Beautiful Hair (T)
- 12:00-12:30 **Belinda Knight:** Medicinal Baths and soaks (T)
Alexis Durham: Phytoremediation: How Plants Can Purify the Planet
- 12:30-1:00 **Susan Belsinger:** Lemon Balm: Herb of Year
Anna Davis: Herbs of Love (T)
- 1:00-1:30 **Charlotte Skiles:** Eating your medicine
Andrea Martin: Herbs That Support Liver Function (T)

- 1:30-2:00 **Lissa Butler:** Herbs for the kitchen
Randy Old: Herbs and healthy digestion (T)
- 2:00-2:30 **Tokunboh Obasi:** The Value of Herbal Medicines in African Traditions
Claudia Joy Wingo : The Medicines of Flowers (T)
- 2:30-3:00 **Jody Old:** Preparing for winter: Herbs and the immune system
Bevin Clare: The role of an herbalist in healthcare: Questions and answers (T)
- 3:00-3:30 **Jane Morse:** Animals, their owners, and stress
Robin DiPasquale: Rebalancing the nervous system (T)
- 3:30-4:00 **Ashley Litecky:** Ayurveda and herbal medicine
Holli Richey: Herbal medicine: The people's medicine (T)

**Oct. 13, 2007 Herb Day at the Botanical Garden, Herb Society Events:
(Locations will be available at the event)**

Location 1

- 10-12 Tasting of Herbal Cheeses-Billi Parus (Tidewater Unit HSA)
12-2 Creating with Herbs-Lorriane Kiefer (South Jersey Unit HSA)
2-4 Herbal Dyes on Fabric & Yarn - Ginny Barnes (Potomac Unit HSA)

Location 2

- 10-12 Making Potpourris - Elizabeth Kennel (Philadelphia Unit HSA)
12-2 Botanical Bead Demonstration - Mary Lou Winder (Potomac Unit HSA)
2-4 Tussie Mussie Demonstration - Jackie Dunlavey (Potomac Unit HSA)