

Schedule of Events (Subject to change)

Participants select one class per session; participants may switch sessions if desired.

Workshop Locations

Farmhouse: This is the large, old house near the table where you checked in this morning. Workshops may take place in the kitchen or the main room

Harvest House: Leaving the farmhouse driveway, turn right. It's a 2-3 minute walk to the Harvest House. Workshops may take place in the main room or the kitchen.

Granary: From the Farmhouse area, face the fields and follow the signs to the Granary. It's a lovely 5 minute walk to this 3-season porch on the prairie.

Outside: All plant walks will meet outside in the gathering area near the Farmhouse. Many workshops besides plant walks are also taught outside. Simply find your instructor, likely in the shade, in the front yard of the farmhouse or in the backyard near the farmhouse, barn or vending area.

8:30-9:00 Welcome Circle

9:00-10:30 Session One

1. Botany for Herbalists with Elizabeth Heck (outside)
2. Herbs for the Cardiovascular System with Erin Piorier (granary)
3. Cooking Foraged Foods within Reach with Betsy Nelson (farmhouse kitchen)
4. Flower Essences for Universal Experiences with Laura Sanden (Harvest House)

10:30-11:00 break

11:00-12:30 Session two

1. Minnesota Herbs for the Musculoskeletal System with Lise Wolff (Harvest House)
2. Easily Learn Plants by Family with Elizabeth Heck (outside)
3. Chaga: A Remarkable Medicinal Mushroom with Connie Karstens (location to be determined)
4. Promoting Breast Health on a Daily Basis with Katherine Krumwiede (granary)

1. 12:30-2:00 Lunch and Dessert Buffet and Plant Walks

1. Lunch Hour Plant Walk 12:30 to 1:15 with Heather Allen (outside)
2. Lunch Hour Plant Walk 1:15-2:00 with Gerri Boyd (outside)

2:00-3:30 Session Three

1. Herbal Matchmaking with Lise Wolff (granary)
2. Toxic Bile: the Role of the Liver in Chronic Disease with Paul Ratte (Harvest House)
3. Herb it up in the Kitchen: Cooking with Culinary Herbs and Spices for Better Health with Betsy Nelson (farmhouse kitchen)
4. Herbal Basics: Tinctures and Plant Identification with Marina Powlitzki (outside)

3:30-4:00 Break

4:00-5:30 Session Four

1. The Magical Use of Herbs with Laura Sanden (Harvest House)
2. Tongue Assessment for Western Herbalists with Erin Piorier (granary)
3. Herbs for Aging Gracefully with Connie Karstens (location to be determined)
4. Make it Topical: Herbal Infused Oils +Salves with Marina Povlitski (outside and Farmhouse Kitchen)