

A description from class instructor, and master herbalist, Carla Lynn Klimuk:

“I’ll be offering my herb classes at the Blooming Glen CSA farm in a very informal setting. We’ll be surrounded by the greening of the farm, the sowing, growing and harvesting in process, and among the blossoming children’s and medicinal herb gardens... the perfect place to sit a spell and learn about our botanical beauties!

Please bring something comfortable to sit on: a lawn chair, or old blanket is perfect. Wear comfortable clothing appropriate for the temperature as we will be outside. Be sure to bring along a hat or sunscreen if sunny, and a water bottle filled with your favorite beverage. I’ll bring along some goodies for you to enjoy as well! In the event of rain, I will contact registrants via phone to reschedule for a better day.

The classes will cover a broad spectrum of nutritional, herbal, and physical information, sources, and more, and will generally run from about an hour to two hours, depending on the amount of content. See the following herbal class description for information on class duration and class size limit.

If interested in registering for classes or for more information, feel free to contact me at carlalynne@fmgirl.com or call me at 267-816-0848. Be sure to sign up early to reserve your place!!!”

The Herbal Home and Body Series

THE HERBAL HOME: CLEANING THE HOME NATURALLY

Spring is here... as well as the yearly spring cleaning. Forget about all of those expensive cleaners and polishes...come learn about cleaning your home 'green'!

You'll learn about the harmful and toxic chemicals that are present in so many of today's cleaners, as well as their effects on your health and our environment (and pocketbook!). We'll discuss healthier, natural ways to clean, disinfect, polish, scrub, remove stains and more!

You'll learn how to make your own inexpensive dishwasher detergent, window cleaners, polishes, and more. You'll leave with a booklet of sources, natural recipes, and more to help you clean your home 'green'!

May 17, 2008 2:00-3:00 pm

\$15 per person

Class limit is 10 people

THE HERBAL HOME: CLEANING YOUR CLOTHES NATURALLY

You'll learn about some of the not so environmentally friendly chemicals in many laundry detergents and fabric softeners, and about healthy, natural alternatives to help clean your laundry.

We'll also discuss chlorine bleach, stain removal the 'green' way, and you'll learn how to make your own laundry detergent, herbal fabric softener, and you'll leave with a booklet of sources, recipes, and a free herbal laundry gift!

May 31, 2008 2:00-3:00 pm

\$15 per person

Class limit is 10 people

THE HERBAL HOME: NATURAL HAIR

Ever wondered what those long worded ingredients in your shampoo really are, or if they are hazardous to you or your family's health? Want to give your hair a boost this summer or searching for a natural way to bring out the highlights or help cover the grey?

This class will help you learn to use basic ingredients from the kitchen and garden to help improve the look and feel of your hair. We'll discuss great nutritious foods, tonics, and herbal medicines to restore health and vitality as well as help with common hair problems such as dandruff and cradle cap. You'll also learn about great herbal rinses, oils, and natural ways to color your hair. You'll leave with a handout of great sources, recipes, and more to help you care for you and your family's hair more naturally.

June 7, 2008 2:00-3:30 pm

\$15 per person

Class limit is 10 people

THE HERBAL HOME: NATURAL BODY CARE

Looking for a more natural way to clean your body and teeth? Concerned with many of the common ingredients in soaps and toothpastes but aren't ready to spend tons of money at the health food store? Learn about some of the harmful chemicals in many of the commercial soaps and toothpastes and leave with a booklet of sources, recipes for your own herbal toothpastes and mouthwashes and more!

June 14, 2008 2:00-3:00 pm

\$15 per person

Class limit is 10 people

