

Local Organic Herbs for Health



An investment in your diet is an investment in your health and quality of life. Are herbs a part of your diet and/or your farm or garden food and medicine growing? They certainly can and should be.

Jim McDonald, one of the country's premier herbal practitioners and educators, will offer a detailed look at several ways herbs that you can grow, harvest or purchase locally can be used in your daily diet for health. Jim has been teaching practical herbalism for decades. His website (herbcraft.org) has long been a source of information and a starting point of exploration for budding and blooming herbalists. Focus topics will include 1) bitter herbs as an important dietary health component, 2) gut healing teas for daily nutrients, and 3) profiles of additional plants that can be grown or harvested locally to benefit your diet and health. In the last session of the day, Jim will get more specific and provide details and demonstration about some common methods of using, extracting (water, alcohol, oil) and preserving herbs. Details about methods and doses are important for minimizing risk and maximizing health benefits. Let Jim help you address your herbal health.

Time	Topics
9:00	Welcome & Introductions
9:15	Blessed Bitters: a missing component in our diet
10:45	Break
11:05	Gut Healing Teas The role of the gut in health
12:45	Lunch

Time	Topics
2:00	Profiles of specific herbs, with a focus on common plants; crops that can be grown or plants to harvest from the local area
3:15	Break
3:30	Herbal preparations—getting more specific about teas, infusions, decoctions, alcohol tinctures and oil extracts Considering the range of options, risks and benefits of making medicines
4:45	Wrap-up and Evaluation
5:00	Adjourn to Reception in Conservatory

Find more information about Organic Intensives, scholarships, and how to register at moffa.net/oi-2020.html.