

## Class Schedule 2018



As a general rule I suspend classes a few times a year to accommodate my other life: Spring (busy planting) December (busy preparing for the celebration of our Lord) and January (short days and too cold). Otherwise we always have something going on in the classroom (inside or out).

Classes at:

**Rocky Creek Valley Farm**

37009 W. 156<sup>th</sup> St. Rayville, MO

Summer/Fall 2018

10 am to noon, approx.

## Terms & Conditions:

**FEES:** Most classes are \$20 each or two classes for \$35 if registered at the same time.

**PRE-REGISTRATION APPRECIATED:** This helps me in preparing your handouts and assures you a place to sit!! Some classes have optional “Make and Takes” which vary in cost according the class—usually between \$5 and \$10. THE RESPIRATORY REMEDY CLASS IS \$115.00.

**NO REFUNDS:** Sorry, if you cancel you are given class credit to use on any other class of the same value.

**REPEATS:** As always, if you have taken a class before, you can take it again for free but you will not get another handout. And if you take 3 classes in one calendar year, the 4th class is half off.

**RAIN CHECKS:** No refunds, for inclement weather (for outside classes like weed walks. Classes will be re-scheduled.)

**KITS:** Classes with Make ‘n Take have additional fees.

**REGISTRATION / PAYMENT:** Pay Pal buttons on the right side of the page or by mail, email or phone.

**HANDOUTS:** Only those who register before the day of class will receive hard copies of the handouts. If you come to class and have not previously registered you will be emailed the class handouts. In other words, I make as many handouts as I have people registered. Also, only those who register before the day of class will be able to participate in the “Make & Take”. I prepare as many Make & Takes as I have people signed up for them.

**TIME:** Most classes are 2 hrs. long --add an additional 20-30 minutes if you sign up for “Make & Take” unless the Make & Take is a kit, then it will only be 10-15 minutes longer as you will assemble the kit at home. Kids classes are typically 90 minutes.

**Sat May 26<sup>th</sup> - FARM FAIR 10 am to 4 pm**

This is our semi-annual plant sale with free mini-classes, activities and the Farm Store.

**Sat June 9<sup>th</sup> - Spring Weed Walk I - \$20 10 am to noon**

This class covers 11 plants. This is a walk-about the farm. Dress appropriately! You will be taking plants home with you along with instructions on how to use them.

**Sat July 7<sup>th</sup> - Soap Class - \$20 10 am to noon**

Make a batch of soap to take home.

**Sat August 4<sup>th</sup> - Soap Class - \$20 10 am to noon**

Make a batch of soap to take home.

**Tues August 18<sup>th</sup> - Elderberry Solutions - \$20 10 am to noon**

Elderberries are loaded with antioxidants and anti-inflammatory properties which supports and strengthens the immune system and the respiratory system. Elderberry remedies are also excellent for use by children. You will spend time in the classroom (studying), in the field (harvesting) and in the lab (making remedies). Wear clothing suitable for walking in weeds. (Long sleeves, pants and boots preferable). \$5 materials fee to cover remedy ingredients & jar. Please register in advance to insure everyone will have class materials.

**Sat September 8<sup>th</sup> - FARM FAIR - 10 am to 4 pm - \$20 10 am to noon**

This is our semi-annual plant sale with free mini-classes, activities and Farm Store.

**Sat September 29<sup>th</sup> - Weed Workshop II - Roots - \$20 10 am to noon**

Mark your calendar; grab your gloves; find your pen & paper; it's time to get to the bottom of things during our annual autumn herb root class. We will go on an outdoor digging expedition—weather permitting—for dandelion, burdock, horseradish, poke and elecampane. We will explore how these herbs can have a positive effect on your health and also how to make them into remedies. Optional herb kits available—\$5 - \$10.

**Sat October 6<sup>th</sup> - Soap Class - \$20 10 am to noon**

Make a batch of soap to take home.

**Thur October 8<sup>th</sup> and Sat November 7<sup>th</sup> - Both classes at 2:30 pm - Respiratory Remedy Class**

This is a two-part class: October 8<sup>th</sup> and November 7<sup>th</sup>. Oct 8<sup>th</sup> is a compounding class, Nov 7<sup>th</sup> is a decanting class. On Oct 8 we will be compounding two separate tinctures (A SET) which are good for various ailments such as flue, colds, pneumonia and all manner of respiratory issues but which are specifically formulated to counteract the plague\*. These two tinctures—formula 1 and formula 2, are a "set" and must be used together.

The 2 tinctures are made with nine herbs in a menstruum of Everclear. The herbal actions are anti-bacterial, anti-fungal, anti-pyretic, anti-viral, anti-oxidant, anti-septic, anti-inflammatory, diaphoretic, alterative, vulnerary, antispasmodic, hypotensive, febrifuge, carminative, astringent, hemostat, diuretic, expectorant, anodyne, mucilaginous and cholagogue. The herbs are beneficial for the respiratory, immune, lymphatic, endocrine, circulatory, nervous, digestive and cardio-vascular systems. They support the liver, kidney, bladder and entire alimentary canal. They are high in mineral and nutrient content. I can't say enough about the healing properties of the combined herbs.

One set is for one person for 10 to 11 days. Each person will receive ELEVEN SETS.

This class is open to TEN PEOPLE. The cost of the class is \$115 per person. This covers all your herbs, the menstruum (Everclear) to make the tinctures and the jars.

After compounding the herbs on Oct 8<sup>th</sup> you will LEAVE THE TINCTURES AT THE FARM to macerate. It must remain in the quart jars for four weeks—from one new moon to the next. During this time I will tend them by monitoring the temperature & light control, shaking/stirring them daily and bringing them out of the dark and into the light at the proper time.

The second part of the class is on Oct 8<sup>th</sup> at which time we will decant the tinctures (straining out the herbs) and you will be taking them home in your quart jars. If you wish to put your tinctures in dropper bottles, they will be available for purchase or you may bring your own (make sure they are sterilized).

ENROLL NOW as the class is limited to only 10 people. Your money must be paid by Mon September 17<sup>th</sup>, if it is not, you will be dropped and I will go to the next person in line.

**Enroll now TO RESERVE YOUR SPOT.** \$115 due no later than September 17<sup>th</sup>.

Formulating Class Oct 8 2:30 pm --leave tinctures at farm.

Decanting Class Nov 7 2:30 pm--take home tinctures.

Call, email or private message me with questions. :)

\*Of course, we have no way of knowing how well the remedy will work for the plague as none of us has actually experienced it. But, the herbs used are very potent healers.

**Tue November 3<sup>rd</sup> - Herbal Antibiotics/Making Remedies - \$20** 10 am to noon

Germes can run through a generation in 20 minutes. Is it any wonder that they develop resistance to antibiotics so quickly? Learn about herbs natural antibiotic properties, which ones do what, how you can use them and how you can make them. Instruction on making herbal remedies: salves, tinctures, liniments. Optional make and take: \$5 - \$10.

**Tues December 1<sup>st</sup> - DIY – Home - \$20** 10 am to noon

Don't you just get tired of all those chemicals in your cleaning products? And the anti-bacterial products are just contributing to the world-wide issue of antibiotic resistant bacteria. Come learn many natural solutions for home care--makes great gifts!! Optional make and take: \$5 - \$10.

**Disclaimer:** The information and statements presented on this site have not been evaluated or approved by the Food and Drug Administration. The use of herbs for the prevention, treatment or cure of disease has not been approved by the FDA or USDA. We therefore make no claims to this effect. The information and products offered on this web site are not intended to diagnose, treat, cure or prevent any disease.