

Come to a Herbalism Workshop on Willow



When Saturday 20th September 10 am - 12.30

Where At the Glenorchy Hall Supper Room

Tickets Humanitix - search for "Workshop on Willow: Spring foraging and Herbalism" Queenstown region.

Learn about the magical willow and the herbal lore associated with this wonderful plant.

WANT TO MAKE SOME HOME REMEDIES TO ENHANCE YOUR FAMILY'S HEALTH AND WELLBEING?

Fiona and Fabiola will be conducting another Glenorchy Herbs and Healing workshop at the Supper room this Spring on the 20th September - the weekend before the Flower Show.

We will start with a walk to the willows on the GY Lagoon path and cut some willow wands to use in making herbal medicine. We will make willow bark tinctures and teas and you will learn about the amazing anti-inflammatory benefits of this herb and how it is closely related to aspirin (but without many of the side effects).

We will also talk about Willow's other benefits including how it can be used to make a natural rooting hormone (great for gardeners) and even for water divining!

We will finish the workshop with a shared lunch featuring herbal goodies. Be in early to avoid disappointment - numbers are limited.

Looking forward to seeing you!

Fiona

Fiona McQueen

Medical Herbalist

Glenorchy Herbs and Healing

glenorchyherbshealing.co.nz

PS. If you are a local and not already on the Glenorchy Herbs email list - but would like to be - please contact fionamfmqueen@gmail.com This gives you advance notice of workshops and specials.