

Discover the bounty growing in your own back yard...

Wildcrafting: Chokecherry



Wildcrafting is . . . Skillful harvesting and processing of wild medicinal and edible plants; An ethical and ecologically-aware approach to using wild plants; A direct connection between our needs and what the Earth offers to fill them. **Chokecherry** bark is acknowledged as a mild yet effective remedy for easing a persistent, dry, hacking cough. **We** will spend the morning harvesting chokecherry bark in its native habitat then head into the “lab” (River School Farm) to blend it with several other herbs into a soothing cough syrup that each participant will take home. Steeping a cold infusion will be a highlight of the medicine-making process. Be ready for Winter! Morning in the field will be easy-going with a round-trip walk of about 1 mile on a paved path - No steep slopes or rough trails on this fieldtrip.

Group size is limited to 12



Depending on covid protocol at the time of the workshop, masks **may be** required

👉 Saturday - Oct. 23, 2021

- ♣ 9:00 a.m. - 5:00 p.m.
- ♣ Half Day in the Field / Half in the Lab
- ♣ \$100 if paid by Oct 4 / \$120 after
- ♣ **Instructor:** Evert Broderick
- ♣ **To Register:** Visit or Call:
Truckee Meadow Herbs
1170 S. Wells Ave. / 786-8814
- ♣ **For more information:**
evert@taking-root.com
or www.taking-root.com

Please Note: If minimum enrollment (8) is not met by Oct. 11, the workshop will be cancelled