

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



Wildcrafting:

Elderberry

Wildcrafting is the ancient practice of harvesting and processing medicinal plants. Elderberry has gained a reputation as an anti-viral herb that can help reduce both the duration and severity of the flu and may even prevent it.

We will spend the morning harvesting elderberries in their native habitat then head into the “lab” to process them into an immune-boosting, flu-busting elixir (which will include several other herbs) that each participant will take home. Be ready for Winter!

Morning in the field will be moderately strenuous. We will walk only a short distance but over unbroken terrain and some hills. This workshop will take place in the Carson Valley: in the field near Genoa; the lab in Gardnerville.

★ **Sunday - Aug. 21, 2022**

- ◆ **9:00 a.m. - 5:00 p.m.**
- ◆ **Half Day in the Field /
Half Day in the Lab**
- ◆ **\$110.00** - includes all materials
- ◆ **Instructor:** Evert Broderick
- ◆ **To Register:** Visit or Call:

Truckee Meadow Herbs
1170 S. Wells Ave. / 786-8814

- ◆ **For more information:**

evert@taking-root.com

read more about elderberry at www.taking-root.com

