

Workshop: Backyard Foraging  
Sunday July 24, 2022  
1:00 - 2:30

Fee: \$15



What we frequently call "weeds" are often native plants packed with nutrition, great taste and medicinal uses. In this class, we will be profiling several incredible edible and medicinal plants commonly found in yards, gardens, along the roadside and at local parks.

You will learn the names of these common plants you have probably seen all your life, yet only know them by the name "weed". You will learn how to harvest and prepare them to be used as food, teas and for medicinal purposes.

A whole new adventure awaits you when you open your back door, step outside and realize the gifts Mother Nature has provided, to be used freely for your health and well being.

**Instructor:** Earthy By Design Artist, Susan Anderson will be presenting this information workshop. Susan has been working with plants and herbs for over 20 years, creating an extensive natural medicine cabinet for herself and her family from the materials that have been foraged, cultivated or organically purchased .