

3rd Annual
Cape Cod
Herb Day™



Saturday, May 30, 2015

9:30am - 4:00pm Rain or Shine!

Location: Cedar Spring Herb Farm
159 Long Pond Dr, Harwich, Ma 02645

Join us as we celebrate our herbal traditions!
With classes, demonstrations, plant walks, vendors, music,
food and more, there is something for everyone.

Open Classes and Demonstrations

- *Native Plant Walk
- *Flower Essences
- *Moxibustion
- *Medicine Making
- *Herbal Demonstrations ALL DAY
- *Take the "Bitter" Challenge
- *Cooking with Immune Herbs
- *Herbal Actions- How Herbs Work
- *Digestive System Herbs
- *Natural Beauty
- *Herbs for Kids
- *Making Dream Pillows
- *Using Herbal Tonics
- *Kids' Song Circle
- *Fairy House Building
- *Herbal Energetics- Choosing the Right Herb
- *Making Herbal Vinegars

\$10 Admission
12 & under free



Savory
2015 Herb of
the Year

for more information email
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