

2023 Classes with Betsy Nelson

Walk and Wonder:

Saturday, April 15, 2023 1:00pm-3:00pm

Spring Greetings...The Unfurling

Go on a quest for 'signs of life' in early spring. We will notice the buds on the trees swelling and color on the small branches changing, small little baby plants...who is resilient and early? How do some of our favorite plants look when they are just emerging and how are they different from their mature states.

Please bring a water bottle for yourself, (and anything else you need to take care of yourself... sunscreen, insect repellent, etc.) . It may be icy (or even, dare I say it, snowy) so wear appropriate attire. Also bring a sketch pad and pencil, pen for note taking. Betsy will supply a resources list digitally.

\$25, materials included

Learning and Lunch:

Saturday, June 3rd, 2023 9am-1pm

Building connections and holding space: Lessons from Creeping Charlie

"This is the little plant that the English love so dearly and which blooms abundantly in the pasturage every springtime. We have hardly the same fondness for it here and rather resent the calm manner in which it has taken possession of the soil." -Alice Lounsberry 1899

If you are a gardener, you may have found yourself cursing 'creeping charlie', aka: ground ivy, Creeping Jenny, Gill-over-the-ground, Cat's Foot, Tunhoof and Alehoff. The botanical name is Glechoma hederacea, and it is part of the mint family and holds a host of medicinal and nutritional benefits. Here are some of it's gifts.....

High in vitamin C, rich in calcium, iron and potassium. It also contains iodine, chromium, copper, manganese, molybdenum and sulfur which most people are deficient in.

Herbal actions/uses:

- Chelation, removing heavy metals from the body
- Tinnitus
- Sinus, ear and lung congestion
- Diuretic
- Astringent
- Kidney tonic
- Carminative , dispels excess gas

In this class we will talk about our relationship, if we have one, with this plant and then take some time looking at it, sketch some pictures, and smell and taste it to see what comes up. Then we will harvest and learn about some ways to incorporate ground ivy into your tea blends, food and medicine.

We will make:

- Ground Ivy Vinegar (or oxymel' or 'shrub')
- Mint Family Tea
- Chimi-Charlie (chimichurri sauce with creeping charlie)
- Ground Ivy and wild greens salad
- Ground ivy spice blend

Please bring a water bottle for yourself, (and anything else you need to take care of yourself... sunscreen, insect repellent, etc.) a small jar for the vinegar, and a protein of your choice to serve the Chimi-Charlie on top of. Also bring a sketch pad and pencil, pen for note taking. Digital files of the recipes will be emailed. We may spend sometime sitting on the ground, and if this is not comfortable for you, I have a few chairs, and a kneeling pad may be helpful.

(Cost of class includes food ingredients for our lunch)

\$50/per person, includes lunch, open to all ages

Forage and Feast:

Saturday June 24th, 2023 9am-1:00pm

Wild greens foraged from your backyard and out in the world

Wild greens are abundant, tasty and right under your feet! Learn about some tasty wild greens that may be in your backyard and easy ways to prepare and store them. Chef Betsy will teach practical ways to gather and cook with wild greens and how to store them. We will prepare a feast of wild greens for lunch.

Please bring a water bottle for yourself, (and anything else you need to take care of yourself... sunscreen, insect repellent, etc.) and any bags to bring some foraged greens home with you.

Also bring a sketch pad and pencil, pen for note taking. Digital files of the recipes will be emailed. We may spend sometime sitting on the ground, and if this is not comfortable for you, I have a few chairs, and a kneeling pad may be helpful .

(Cost of class includes food ingredients for our lunch) Please let me know if you have any food sensitivities or allergies.

\$50/per person, includes lunch, open to all ages

Rooting and Resting:

September 16, 2023 1:00-4:00pm

It's time to get into your roots....and dig deep

We will celebrate the wisdom of root medicine and explore what lessons we can learn about the benefit of letting things go and getting a little deeper into our roots. We will work with some common roots that are available to us and how to harvest and process them, including dandelion, burdock, yellow dock, Solomon seal and elecampane.

We will make some 'witchy' brews and bitters and roasted dandelion tea.

Please bring a water bottle for yourself, (and anything else you need to take care of yourself... sunscreen, insect repellent, etc.) and any bags to bring some foraged root home with you. Also bring a sketch pad and pencil, pen for note taking. Digital files of the recipes will be emailed.

We may spend sometime sitting on the ground, and if this is not comfortable for you, I have a few chairs, and a kneeling pad may be helpful .

(Cost of class includes food ingredients for our lunch) Please let me know if you have any food sensitivities or allergies.

\$50/per person, includes lunch, open to all ages

Collect and Craft:

Saturday, December 9, 2023 1:00-3:00pm

Eat your Christmas Tree!...and other things....

Creating with Conifers: Explore coniferous trees and learn about how to make food and medicine with the needles, resin and bark of the trees. We will learn to make pine needle tea, tincture and oxymel and talk about uses for the pine resin, including how to harvest it with consideration and how to infuse oil and alcohol with the resin. We will make salve and beeswax wraps with the resin infused oil and salve with the pine bark infused oil.

\$50/per person, includes materials to make salve, and beeswax wraps and tea