



## MADISON HERB SOCIETY 2019–2020 CALENDAR OF EVENTS

(All meetings are held at Olbrich Botanical Gardens from 9 a.m. to 11:30 a.m. unless otherwise noted.)

### Saturday, September 14, 2019

(Upstairs Meeting Room)

#### What I Did with Herbs This Summer

Five MHS members will share how they used a variety of common and unusual herbs this summer for cooking, beverages, body care, health, and more. Then we'll invite other members to share their own herbal ideas.

### Saturday, October 19, 2019 (Atrium)

#### A Packaging Party for the Herb Faire

Come join the fun of packaging MHS's signature herb and tea blends for our upcoming Herb Faire. The work goes quickly with many hands. After the packaging, enjoy herbal treats and conversation. Members are asked to bring herbal treats to share.

### Saturday, November 2, 2019 9 a.m.–3:00 p.m.

#### 37<sup>th</sup> Annual Herb Faire

##### THEME: WISCONSIN'S WILD AND NATIVE HERBS

Free event. Open to the public. Educational speakers, Herbal marketplace and bake sale, Herb questions answered

#### 9:30 a.m. Meet the Wild and Native Herbs of Wisconsin

Join forager and herbalist Linda Conroy of Moonwise Herbs for this inspiring overview of useful plants found in the fields and forests of Wisconsin. She will present medicinal, edible, and utilitarian applications, while sharing tips for sustainable foraging.

#### 11:30 a.m. Native Herbs in Ho Chunk Food Traditions

Chef Elena Terry of Wild Bearies Catering draws on Ho-Chunk food traditions and her culinary training to demonstrate uses of our native herbs, such as juniper berries, sage, wintergreen, and sumac.

#### 1:30 p.m. Medicinal Herbs and Lyme Disease

Herbalist Jean Schneider of Nativa Medica will speak about how to prevent and treat bites as well as how to use local herbs as tinctures and teas to recover from an infection. Most of these herbs can be used along with treatments prescribed by a doctor. Handout with medicinal herb information provided.

### Monday, December 2, 2019 5:30–7 p.m.

(Evjue Commons)

#### Holiday Potluck

For MHS members and their guests

What to bring:

- An herbal potluck dish to share, with serving utensil
- Your own plate(s), cup(s), and dining utensils
- A donation of full-size personal care items for a women's shelter
- Optional: friends and family (bring additional food, utensils, etc.)
- Holiday cheer!

### Saturday, January 18, 2020

(Upstairs Meeting Room)

#### All about Seeds!

Matthew Weaver, horticulturist and seed buyer for the Bruce Company, will discuss how he selects seed companies and varieties to offer each year, trends in herb seeds, and his own experiences growing herbs and other plants from seeds.

### Saturday, February 15, 2020

(Upstairs Meeting Room)

#### Making Herbal Paper

Demonstration by Sylvia Lieteau, MHS member and mixed media artist. See how common garden herbs and weeds can add fascinating pattern and texture to handmade paper.

### Saturday, March 21, 2020 (Upstairs Meeting Room)

#### Herbs and Honey

MHS members Suzanne and Mike Heideman of Heideman Gardens in New London will share their experiences as beekeepers and honey producers, including the role of herbs in their business.

### Saturday, April 18, 2020 (Atrium)

#### Spring Tea

for MHS members and their guests (speaker details to come)

What to bring:

- A plate of herbal tea dainties (sweet or savory) to share, with serving utensil
- Your own plate(s), cup(s), and dining utensils
- Optional: friends and family (bring additional food, utensils, etc.)
- Fancy hats and spring finery are encouraged!

### Saturday, May 16, 2020 (Upstairs Meeting Room)

#### Exploring Essential Oils

Presented by Teai Czajka, MHS member and a wellness advocate for doTERRA essential oils. Teai's goal is to empower you and your family with natural health and wellness. Learn about essential oils and ways to use them. Also, MHS elections and our seedling exchange will take place at the May meeting.

#### June and July: Excursions dates and destinations to be announced later

### Monday, August 17, 2020 5:30–7:00 p.m.

(Evjue Commons)

#### Summer Potluck

theme to be announced

What to bring:

- An herbal dish to share, with serving utensil
- Your own plate(s), cup(s), and dining utensils
- Optional: friends and family (bring additional food, utensils, etc.)