

Adaptogen Herbs That Enhance Our Well-Being



Speaker Carrie Hennessy

Carrie is the Landscape Designer and Horticulturist for the Installation Department at Johnson's Nursery, Inc. in Menomonee Falls.

She is a prolific writer and frequent speaker on a variety of gardening topics. As always, we are delighted to have her back!

Carrie will share her knowledge of lavender, chamomile, and other adaptogen herbs that enhance our well-being.



Free Valet Parking and Coat Check

Courtesy of HSA-WI Unit

Tips Appreciated!

9:30 a.m. Social Hour

- Event and Door Prize Registration
- Herbal Continental Breakfast
- Raffle Ticket Sales and
- Vendor Marketplace (cash or check)

10:00 a.m. Tasting Room

Nibbles and Sips

11:00 a.m. Carrie Presents

“Stay Calm and Carry Herbs”

1:00 p.m. Gourmet Lunch

Delicious Herb Menu Choices:

- Stuffed Baked Chicken with brie cheese, artichokes, leeks, fresh herbs, and blackberry reduction; lemon grass jasmine rice, micro basil greens, and roasted asparagus (gf)
- OR
- Vegetarian Shepard's Pie with parsnip, rutabaga, turnips, leeks, peas, and carrots in herb cream, topped with mashed potatoes and smoked gouda, baked with truffle oil and butternut squash puree (gf)

Prepared by the Club's Executive Chef

The Woman's Club of Wisconsin is the oldest private club in the Milwaukee area and the oldest woman's club in the USA.

Directions to Valet Parking in Front of the Woman's Club

From North: I-43 take McKinley exit, turn left on McKinley, right at Broadway, left on Kilbourn.

From South: I-94/I-43 to I-794 east. Take Van Buren/Jackson exit, turn slight left onto Van Buren, then right on Kilbourn.

From West: I-94 east onto I-794 east. Take Van Buren/Jackson exit and continue as above.

Saturday, April 5, 2025

\$82.00 per person

Pre-Registration Required

Registration Due: March 28

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

(to confirm registration)

Select Entrée Choice:

_____ Stuffed Baked Chicken

_____ Vegetarian Shepard's Pie

Make check payable to: **HSA – WI Unit**

Mail this form with \$82 payment to:

Herb Society Spring Symposium

W72N904 London Ct.

Cedarburg, WI 53012

- Tickets will not be issued. Registration will be confirmed via email or phone.
- No refunds after March 28.

Questions: Contact Denise 262-376-0482

For more details, the complete menu, or to print additional registration forms, visit the website at:

www.herb-society-wisconsin.org

Click on “Events - Spring Symposium”

Feel free to print and share this invite.



Herb Society – WI Unit

Upcoming 2025 Events:

Saturday, May 17 – 9 a.m. to 3 p.m.

Herb & Artisan Fair
at Boerner Botanical Gardens

Artisan vendors, herbal and gardening vendors, some herb plants, Tea Room, and several speakers.

To Be Announced at the Symposium

Herb Day - Boerner Botanical Gardens

Tours of the herb garden by Herb Society members.

More information, visit our website:

www.herb-society-wisconsin.org



**Herb Society Symposium
Denise Nelson
W72N904 London Ct
Cedarburg, WI 53012**

Return Service Requested

**The Herb Society of America
Wisconsin Unit**

**29th Annual
Spring Symposium
Saturday
April 5, 2025**



**Adaptogen Herbs
That Enhance
Our Well-Being**

**Woman's Club of Wisconsin
813 E. Kilbourn Ave., Milwaukee**