



3 & Me

Seasonal Herbals

 **Build Your Own Seasonal Herbal
Oxymel, Elixir, or Tincture**

Participants will:
**Learn herbal medicine through the
lens of season/element
/constitution. Taste herbal vinegars,
tinctures and infusions.**

**Create a bottle of seasonal
medicinal oxymel, elixir or tincture
to take home.**

*1 person - \$95
2 people - \$140
3 people - \$165*