

Wild and Weedy Medicinal Plants of Fall in North Texas!

Saturday 10/25 and/or Sunday 10/26

10 a.m. - 5 p.m.

Guest herbalist, Nicole Telkes of the Wildflower School of Botanical Medicine travels to North Texas for this very special weekend intensive at Eden's Organic Garden Center.

This class will cover local weedy medicinal plants of the season and include a plant walk. We will also learn some basic herbal first aid and how to create your own herbal medicine kit at home from what you have around you. There will be 2 demos and a take home remedy.

Topics covered include:

- Intro to Plant ID and medicinal/edible uses of wild plants
- Nutritive Herbs
- Medicinal properties of plants
- Basic Herbal First Aid
- Top First Aid Herbs for your Garden
- making a herbal vinegar: Fire Cider
- making a herbal powder: First Aid Powder

Nicole Telkes is a Certified Clinical Herbalist, Member of the American Herbalist Guild and United Plant Savers. Nicole's approach to herbalism comes from a background in conservation and botany and a love for Native wild plants and gardening. Nicole is founder and main teacher for the Wildflower School of Botanical Medicine in Austin, a 200+hour herbal apprenticeship program in Central Texas, and is Owner of Wild Spirit Botanicals and Bodywork. Nicole not only gathers her own herbs and sells remedies at local wellness centers, but practices and sees clients as both a bodyworker and holistic consultant. Some of her areas of focus include Identification and use of Native medicinals, setting up herbal first aid clinics, pregnancy and birthing resources, balancing hormones and the nervous system with herbs and even treating pets with herbs. Nicole has been practicing as an herbalist for almost a decade and teaching since 2001. Most recently she was a keynote speaker for Austin's Spring Herbfest and this Fall's HerbDay Event sponsored by the Austin Herb Society as well as having a weekly radio show on KOOP 91.7FM Austin.



Nicole Wildcrafting Arnica in the Colorado Mtns July 2008

To sign up for the class send your name and phone to marie@edenorganic.com or call 214-348-EDEN

A 50% deposit will hold your seat - limited to 6 students. \$115 / 6 hour class - includes a light organic lunch

Prepayment in full save \$5 (payment may be made by cash/check or credit card)