

Medicinal Use of Herbs  
 Quiet Creek's  
 Sustainability Intensive Seminar

October 7, 8 and 9  
 Weekend begins at 3:00 p.m. Friday and ends at 4:00 p.m. Sunday

Discover the key concepts of growing, harvesting, and preserving medicinal herbs, in addition, to using them to prepare soaps, infusions, tinctures, syrups, poultices, oils, capsules, salves, and essential oils. Since 1996, Quiet Creek Herb Farm & School of Country Living has been offering workshops on sustainable living – medicinal herbs and herbal preparations are an exciting part of our mission – living healthful, sustainable lives.

The theory of growing, harvesting, preserving, and making medicinal herb preparations will be applied in hands-on classes which will stimulate your intellect, fill your medicine chest, and empower your do-it-yourself know-how. Medicinal herbs have been used in making age-old remedies for indigestion, colds, inflammation, sore muscles, and many others. You will go home with your knowledge and an overflowing herbal first-aid kit.

Over the weekend, you will enjoy a unique immersion experience as you absorb all the beauty and knowledge that Quiet Creek has to offer. Six delicious, locally and sustainably raised meals will be provided throughout the three days, with food preferences honored. Rustic, smoke and alcohol-free lodging is accommodation will vary based on registration but include a yurt, straw bale house, renovated barn, and/or tents. In addition to formal classes, the following optional activities are available for those interested: mountain biking (bikes & helmets provided), hiking, journaling, Sunday worship, and a community music circle. All energy needed for the weekend will be produced on site with the solar array and wind turbine, and all waste produced on site will be composted!

Cost: \$400 Workshop is limited to 20 students.

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**Detailed Day by Day Itinerary (subject to change):**

Day 1	Time	Opportunity	Description	Participants	Location
Friday,	3:00-4:00 p.m.	Check-in Yurt, Barn, Tents, Straw bale House	Come set up your resting place at Quiet Creek	QC Stewards 20 Interested Participants	Barn Shop
	4:00-5:15 p.m.	Orientation to Sustainability	Come and learn the intricacies that make Quiet Creek revolve sustainably	Everyone with Rusty	Front of Barn

	5:15-7:15 p.m.	Dinner Prep & Cleanup	Experience whole-foods cooking	Claire & 5 Interested Participants (sign up in shop)	House Kitchen
	5:15-6:00 p.m.	Whole Foods Dinner		Rusty and Claire	Hillsgrove Pavilion
	6:00-7:15 p.m.	Dining	Enjoy whole foods dining with medicinal herbs	Everyone	Hillsgrove Pavilion
	7:30-9:15 p.m.	Pursuing your Passion in Medicinal Herbs	Claire/Rusty will offer a sensory tour of the medicinal herb garden (slide show, if needed) identifying 6 medicinal herbs and how they grow.	Everyone Claire/Rusty	Hillsgrove Pavilion or Herb Garden
	9:30-11:00 p.m.	Shower Time		Folks who like to shower at night (sign up in shop)	House Bathroom
	11:15 p.m.	Lights out		Everyone	Yurts, Tents, House, Barn
<b>Day 2</b>	<b>Time</b>	<b>Opportunity</b>	<b>Description</b>	<b>Participants</b>	<b>Location</b>
Saturday	6:00-7:45 a.m.	Shower Time		Folks who like to shower in morning (sign up in shop)	House Bathroom
	7:00-7:45 a.m.	Yoga bring your yoga mats from the yurt or from home	Come enjoy an early morning stretch (sign up in the shop)	Claire Any Interested Participants	Hillsgrove Pavilion
	8:00-9:00 a.m.  8:30-9:00	Whole Foods Breakfast	Enjoy whole foods dining with herbs	Everyone Rusty and 5 clean-up helpers (sign up in shop)	Earthen Oven Picnic Tables or

					Pavilion, if raining
	9:00-12:00 p.m.	Learning to harvest the herbs for medicine and how to make herbal preparations	Discover the specifics for making infusions, tinctures, syrups, poultices, oils, capsules, salves and essential oils	Everyone Claire	Hillsgrove Pavilion
	12:00-2:00 p.m.	Whole Foods Luncheon: European style	Discover the deliciousness of herbs	Everyone Rusty	Hillsgrove Pavilion
	2-4 p.m.	Learn how to make herbal preparations and to research the medicinal properties of these herbs	Discover the specifics for making infusions, tinctures, syrups, poultices, oils, capsules, salves and essential oils	Everyone Claire	Hillsgrove Pavilion
	4:00-6:00 p.m.	Rejuvenation Time	Relax Hike Mountain Bike Journal	Anyone on own or biking instruction with Ashton	Farm
	5:00-6:00 and 7:00-7:30 p.m.	Dinner Prep & Cleanup	Helping make the meal enjoyable to all	Claire with 5 Interested Participants (sign up in shop)	Barn Kitchen
	6:00-7:15 p.m.	Dinner	Enjoy whole foods dining with herbs	Everyone	Hillsgrove Pavilion
	7:30-9:15 p.m.	Learn how to make herbal preparations and to research the medicinal properties of these herbs	Discover the specifics for making infusions, tinctures, syrups, poultices, oils, capsules, salves and essential oils	Everyone Claire	Hillsgrove Pavilion
	9:15-10:15 p.m.	Shower Time		Folks who like to shower at night (sign up in shop)	House Bathroom

	10:15 p.m.	Lights out		Everyone	Yurts, Tents, Straw bale House, Barn

Day 3	Time	Opportunity	Description	Participants	Location
Sunday,	6:00-7:45 a.m.	Shower Time		Folks who like to shower in morning (sign up in shop)	House Bathroom
	7:00-7:45 a.m.	Hike	Come enjoy an early morning walk and identify wild-craft herbs (sign up in the shop)	Rusty and Ashton Any Interested Participants	Shop
	8:00-9:00 a.m. 8:30-9:00 a.m.	Whole Foods Breakfast	Enjoy whole foods dining with herbs	Everyone Claire and 5 helpers for clean-up (sign up in shop)	Earthen Oven Picnic Tables or Pavilion, if raining
	9:15-10:15 a.m.	Optional Activities:  Worship: Christ Centered  Biking  Journaling  Yoga	Corporate Gathering (Sign up in shop)  On own  On own  On own	Rusty & Claire  Friends  Friends  Friends	Hillsgrove Pavilion  Trails  Garden  Your choice
	10:15 a.m.-12:30 p.m.	Herbal Soap Making	Soft, smooth and natural—Rusty will show you how to make soap from scratch. Learn how to mold, cut, scent and color	Rusty Everyone	Hillsgrove Pavilion

			soap. Take home Ibar and his book: There are No Secrets at Quiet Creek: Herbal Soap Making		
	12:30-1:45 p.m.	Lunch	Enjoy whole foods dining with herbs	Everyone Claire	Hillsgrove Pavilion
	1:45-3:00 p.m.	Herbal Processing: Drying and Freezing	Mastering your Medicinal Herbal Passion for year- round uses	Everyone Rusty and Claire	2 <sup>nd</sup> Floor of Barn
	3:00-4:00 p.m.	Questions Pack Up Clean Up/Compost Good byes		Everyone Rusty and Claire	Hillsgrove Pavilion