

Medicinal Use of Herbs
Quiet Creek's Sustainability Intensive Workshop

July 26, 27, and 28

Weekend begins at 3:00 p.m. Friday and ends at 3:00 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. For seventeen years, 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, 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: \$275 (\$20 Discount for PASA members). Workshop is limited to 20 students.

Weekend begins at 3:00 p.m. Friday and ends at 3:00 p.m. Sunday

Detailed Day by Day Itinerary (subject to change):

Day 1	Time	Opportunity	Description	Participants	Location
Friday, July 26	3:00-4:00 p.m.	Check-in Yurt, Barn, Tents	Come set up your resting place at Quiet Creek	QC Stewards 20 Interested Participants	Barn Shop
	4:00-5:00 p.m.	Orientation to Sustainability	Come and learn the intricacies that make Quiet Creek revolve sustainably	Everyone	Front of Barn

	5:00-7:15 p.m.	Dinner Prep & Cleanup	Experience whole-foods cooking	5 Interested Participants (sign up in shop)	House Kitchen
	5:00-6:00 p.m.	Hiking and Biking	Enjoy the nature trails on foot or mountain bike	15 Interested Participants QC Stewards	Hillsgrove Pavilion
	6:00-7:15 p.m.	Dining	Enjoy whole foods dining with medicinal herbs (recipes included)	Everyone	Hillsgrove Pavilion
	7:30-9:15 p.m.	Pursuing your Passion in Medicinal Herbs	Claire will offer a sensory tour of the medicinal herb garden (slide show, if needed) identifying 12 medicinal herbs and how they grow.	Everyone Claire	Hillsgrove Pavilion or Barn Classroom
	9:30-11:00 p.m.	Shower Time		5 Folks who like to shower at night (sign up in shop)	House Bathroom
	11:15 p.m.	Lights out		Everyone	Yurts, Tents, House, Barn
Day 2	Time	Opportunity	Description	Participants	Location
Saturday, July 27	6:00-7:45 a.m.	Shower Time		8 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 stroll (sign up in the shop)	Claire Any Interested Participants	Hillsgrove Pavilion or 2 nd Floor of Barn
	8:00-9:00 a.m.	Whole Foods Breakfast	Enjoy whole foods dining with herbs (recipes included)	Everyone Rusty	Hillsgrove Pavilion or 2 nd Floor of Barn
	9:00-12:00 p.m.	Learning how	Discover the	Everyone	2 nd Floor of

		to make herbal preparations and to harvest the herbs for medicine	specifics for making infusions, tinctures, syrups, poultices, oils, capsules, salves and essential oils	Rusty	Barn or Hillsgrove Pavilion
	12:00-2:00 p.m.	Whole Foods Luncheon: European style	Discover the deliciousness of herbs (recipes included)	Everyone	Hillsgrove Pavilion or 2 nd Floor of Barn
	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 Rusty	Front of Barn
	4:00-5:00 p.m.	Rejuvenation Time	Relax Hike Mountain Bike Journal	Anyone	Farm
	5:00-6:00 and 7:00-7:15 p.m.	Dinner Prep & Cleanup	Helping make the meal enjoyable to all	5 Interested Participants (sign up in shop)	House Kitchen
	6:00-7:15 p.m.	Dinner	Enjoy whole foods dining with herbs (recipes included)	Everyone	Hillsgrove Pavilion or 2 nd Floor of Barn
	7:30-9:15 p.m.	Community Circle	Relaxing, singing, and/or playing instruments	Everyone bring your musical instruments	Harmons Fire Circle or Barn
	9:30-11:00 p.m.	Shower Time		6 Folks who like to shower at night (sign up in shop)	House Bathroom
	11:15 p.m.	Lights out		Everyone	Yurts, Tents, House, Barn

Day 3	Time	Opportunity	Description	Participants	Location
Sunday, July 28	6:00-7:45 a.m.	Shower Time		6 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 (sign up in the shop)	Claire Any Interested Participants	Hillsgrove Pavilion
	8:00-9:00 a.m.	Whole Foods Breakfast	Enjoy whole foods dining with herbs (recipes included)	Everyone Rusty	Hillsgrove Pavilion or 2 nd Floor of Barn
	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 or Barn Trails Garden Your choice
	10:15 a.m.-12:00 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 soap. Take home 1bar and his book: There are No Secrets at Quiet Creek: Herbal Soap Making	Rusty	2 nd Floor of the Barn

	12:00-2:00 p.m.	Lunch Prep & Cleanup	Helping make the meal enjoyable to all	5 Interested Participants (sign up in shop)	House Kitchen
	12:00-2:00 p.m.	Lunch	Enjoy whole foods dining with herbs (recipes included)	Everyone Rusty	Hillsgrove Pavilion or 2 nd Floor of Barn
	2:00-3:00 p.m.	Herbal Processing: Drying and Freezing	Mastering your Medicinal Herbal Passion for year-round uses	Everyone	Hillsgrove Pavilion or 2 nd Floor of Barn
	3:00-4:00 p.m.	Questions Pack Up Clean Up/Compost Good byes		Everyone	