



**Local Author
Ellen Evert Hopman Book Signing**

“Kitchen Medicinals”

Saturday, January 30th

2:00 p.m. – 3:30 p.m.

(snow date is February 6th)

Spend a cozy winter afternoon learning the medicinal uses of foods found in the kitchen. Herbs such as Anise, Allspice, or simple remedies from apples, bananas, beans, bread, butter, beets, and celery can be used for colds, stomach issues, nervous conditions, wound healing, and many other life situations. These remedies are cheap and effective. The class will offer basic knowledge that everyone should have!

Ellen Evert Hopman, M.Ed, Master Herbalists is the author of several books, “Priestess of the Forest: A Druid Journey”, “A Druid’s Herbal for Sacred Tree Medicine”, “Druid’s Herbal for the Sacred Earth Year”, “Being A Pagan: Druids, Wicans, and Witches Today”, “People of the Earth: The New Pagans Speak Out”, “Walking The World in Wonder-A Children’s Herbal”, “A Druid’s Herbal for the Sacred Earth Year”, and “Tree Medicine-Tree Magic”.

Please call, e-mail, or visit the store to register for this free event.

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