

*WOODS
SUMMER
WONDERS
CAMPS*



Woods Charter School
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Harrell Rentz, Principal

Herbal Immersion

Description: Have fun immersing yourself in the time-honored healing tradition of herbalism:

- meet local medicinal and edible plants on daily walks
- learn proper harvest and preparation methods
- make yummy healthy herbal teas and snacks
- create herbal home remedies for cuts, sore throats, blemishes, colds, coughs, and other common imbalances
- take home these remedies (salves, liniments, elixirs, and more) for your family medicine chest

Participants will:

- wake up to the presence of the wild food and medicine that grows all around us
- feel empowered by the knowledge of how to naturally treat simple ailments

There is potential for a field trip to the herbal gardens at AbunDance Healing Arts Sanctuary.

Lead Instructor: Community Herbalist Kim Calhoun (*You may contact the instructor for more information by calling (919) 967-1783*)

Minimum age: Grade: Rising 9
Maximum age: Grade: Rising 12

Gender: M ___ F ___ Both x

Maximum camp size (per session): 11

Included: wound heal salve, cough syrup, garlic elixir, blemish stick, ginger honey, and mineral-rich tea...

Dates: Week of July 5-9: ___
Week of July 12-16: ___
Week of July 19-23: ___
Week of July 26-30: XXX

Time: Morning Session (9-12)

Cost: \$125 + \$25 materials fee (fee paid directly to instructor on first day of camp)