

an invitation from Sabbath House and The Gardens at Plumsted

The Tea Garden

*Intro to Herbs—easily grown plants
for tasty teas that can support our health*

**Saturday, May 13 at 1 p.m. at Sabbath House
8 Front Street, New Egypt, NJ**



Topics include how to use herbs—basic herbal safety—benefits of growing your own—sourcing plants—cultivation and harvest—blending your own teas for common complaints—and a chance to brew a cup of your own original creation!

We will cover 6-8 plants in depth plus a few items from our spice cabinets.

Our guide, Laura Jacobs is a herbalist, gardener and medicine maker. She studied at the Herbal Academy of New England, the St. Mark's Women's School of Herbology and Rutgers University. Laura is a member of American Herbalists Guild. Laura is the loving steward of a United Plant Savers Botanical Sanctuary, home to over 120 medicinal plant species, located in New Egypt, NJ.

Donation \$30.

To register, email phylliszoon@gmail.com or phone 201-910-7047