

Medicinal & Edible Plants of the Southern Appalachians 2024 Retreat

with Patricia Kyritsi Howell & Cara-Lee Langston

June 1 to 6, 2024

Our retreat location is Seven Winds Farm in Rabun County, Georgia.

The schedule for the week may vary a bit if the weather requires some flexibility.

You'll either pack lunch for picnics on the trail or, on some days, we may stop somewhere for take-out. Dinners are on your own.

<i>Sunday, June 1</i>	7 to 8:30 pm: Introductions, an overview of the week, with some herbal snack
<i>Monday, June 2</i>	Introduction to field botany. Afternoon – Overview of herbal therapeutics, regional traditions & common herbal preparations. Evening - Free
<i>Tuesday, June 3</i>	Field Trip to the Highlands Biological Station , Highlands, NC. Followed by a short hike to Sunset Rock for a spectacular view of the Blue Ridge Mountains and some botanizing along the way. Evening - Free
<i>Wednesday, June 4</i>	Herbs for everyday health care. Using herbs we're exploring this week, learn how to use home remedies for yourself and your family.

	<p>In the afternoon, you will have free time to explore or enjoy downtime in the mountains. There will also be an evening fire circle and herbal tea tastings.</p>
<p><i>Thursday, June 5</i></p>	<p>An introduction to sustainable wildcrafting. Harvest wild herbs and learn about sustainable harvesting methods, drying, and processing fresh herbs. Hands-on medicine-making workshop using the herbs we gathered on our morning walk. Evening: Free</p>
<p><i>Friday, June 6</i></p>	<p>We will review the herbs we've seen with time for questions and discussion. The retreat ends at noon.</p>
