

October 10, 2013

Sweet treat to beat the flu

Flu season is upon us, and what better way to boost your immunity and beat the aches and sniffles than with a sweet treat?

Join registered acupuncturist and herbalist Janette Cormier to learn how to prepare local herbal-infused honey medicines and take home some tasty home-made medicinals. *Lettuce Grow's* upcoming workshop Making Herbal Honeys takes place on October 16 from 6 to 8:30 p.m. at North Island College.

Cormier has been working with medicinal plants for more than a decade, and during this workshop she will teach how to make herbal honey – a safe, affordable, effective, delicious, and child-friendly method for taking medicinal herbs. Participants will make both an infused honey and honey pills to take home. All supplies are included.

The workshop is open to children, so parents can get them involved and thinking about their health.

Cormier believes that people who are interested in food security and sustainability may want to consider where their medicines come from and the model of health care they wish to see in their communities. Along with teaching how to make herbal honey blends, and will also touch on the connection of herbal medicine with healing.

“There are many situations that can be effectively and safely dealt with by a well trained herbalist; using plants that are available locally,” says Cormier, adding: *“Herbal medicine is the most widely and longest used form of medicine on the planet. It is sustainable when healthy relationships are maintained with the plants and ecosystems. It also serves to give us a sense of place and connection with our natural world.”*

For more information or to register for a *Lettuce Grow* workshop visit <http://www.nic.bc.ca/continuingeducation/> and search for GENI 7935 or visit your local campus.

Like this article? What to hear more? Is there a workshop you would like us to organize? Write us your questions and requests to growlocal@campbellriver.ca

The *Lettuce Grow* courses and article series support the implementation of the City's Agriculture Plan and the community sustainability goal of local food self-sufficiency and resiliency.

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