# Last Saturday Workshops

 $\sim$  Workshops for the Journey School Community and our friends and neighbors $\sim$ 



## Saturday, June 27th, 2015

### theoakandtheacorn.net



9:30 – 12:00 Felt Wee Folk Dolls ~ with Johanna (\$25)

Learn to make handmade "bendy" dolls perfect for small hands, doll houses, and nature tables. We will learn the embroidery and sewing basics of making two dolls – a little boy and girl or a little gnome man and woman. With these skills you will be able make whole families of seasonal dolls for play or decoration: a perfect summer craft for your family to do together. Children 10 years and older welcome to participate without an adult. Younger children need to be accompanied by a supervising adult. Extra doll-making supplies available for purchase in the store. All workshop materials included in the class fee. Class limit is 10 participants.

Visit Johanna's blog at homeandhandrecornings.com for photos of doll samples.

#### 10:00 – 12:00 Herb Harvesting and Medicine-making with Sarah Lipner Grover (\$30)

Our best source of medicine comes from our food. Herbs as spices and teas are a great way of incorporating the medicinal aspects into our diets without having to remember to take our medicine. This two hour interactive class teaches us through tasting of herbs about the value of flavor and medicinal potency of the herbal medicine that we use regularly to spice our world. Recipes and suggestions of ways to incorporate nutrition and medicine into your daily diet will be provided. We will also be covering proper harvesting techniques in the garden while we harvest fresh herbs and take them into the kitchen to make medicine! Each participant will leave with an herbal infusion they made and instructions how to use it!

Visit Sarah Lipner Grover's website at for more information: www.sagecountryherbs.com





#### Lunch Break from 12:00-12:30 - Zpizza sold by the slice!

Please register and pre-pay for workshops online
or visit our store during regular hours
Tuesday-Friday 8:30-1:30

Tuesday-Triday 0.50-1.50

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