

2024

WORKSHOP OFFERINGS



HEALTH & HEARTH

An herbal & wellness practice

www.healthandhearthis.com

HEALTHY COOKING PROGRAMS

PICKLING: THE TRADITIONAL, EASY, PROBIOTIC METHOD

Old-fashioned deli pickles can't be beat. They are easy to make, full of flavor and health-promoting probiotics. Ditch the heat and work of water bath canning. Learn to make fermented vegetables including dill pickles and other seasonal vegetables. In the fall sauerkraut can be the featured vegetable. There will be a short discussion on the benefits of fermented foods. Taste dill pickles and other ferments.

Includes take-home instructions on dry salt fermenting and brining.

Available all year. The vegetable pickled for the demonstration will depend on the season.



MAKING FIRE CIDER

Fire cider is a spicy remedy to warm you on a cold day. A shot of fire cider is a decongestant, anti-microbial, an immune stimulant and gets your blood moving. Apple cider vinegar and honey are ingredients traditional to New England. Add some garlic, onions, ginger and horseradish and you have something very tasty to boost health and add flavor to salads, stir fries and veggies.

During class we'll learn the interesting and controversial history of vinegar and honey remedies, then taste and make fire cider. In addition, we'll make onion syrup for sore throats, colds and coughs.

Includes take-home recipes and a sample of fire cider.



LOVE & CHOCOLATE

What can be better than enjoying a chocolate? Enjoy a homemade chocolate while knowing the health benefits of this guilty pleasure!

Learn about the history of chocolate while tasting recipes from different eras. Explore health benefits of chocolate as well as where to find ethically sourced chocolate. Then jump into the art of making herbal chocolates. Hot chocolate, truffles, an herbal chocolate bar are all on the menu.

Includes take-home recipes and an information pack.



PLANT HIKES & WILD EDIBLES

WILDFLOWER PLANT WALKS

Please join me during the warmer months for hikes exploring the plants of the woods and fields. Take time to appreciate the beauty of New England while learning to identify key plants. Learn medicinal uses, interesting facts and ways to prepare wild edibles.

OUR WILDFLOWERS: EXPLORE THE BEAUTY, ADAPTATIONS AND HABITATS OF THE FLOWERS OF NEW ENGLAND

The flowers we see in our backyards, woods and fields have some amazing properties! New Hampshire is home to a diverse flora ranging from showy asters to delicate orchids. In this presentation we will focus on a number of our flowers; enjoy their beauty, examine some of their interesting adaptations and discuss edible and medicinal properties where applicable.



Recipes will be shared. Places to view will be suggested. There will be a slide show along with plants brought in for display depending on season.



WILD EDIBLES

What wild edibles can we pick and enjoy on a beautiful day? Which weeds in your garden are tasty and have more vitamins, minerals and health benefits than the leafy greens you planted? What are the best methods and times to harvest herbs and how do we dry and preserve them? I'll answer these questions and more along with a wild harvest hike followed by preparing and eating foods we harvested.

WILD BEVERAGES: MAKE PROBIOTIC, BUBBLY BEVERAGES & WILD HERBAL TEAS

Learn to make probiotic, naturally carbonated drinks. They are quick, tasty and easy to prepare! I will demonstrate how to make old fashioned root beer actually from roots. We'll herbal teas from plants that grow wild in our area. All these drinks are full of good flavor and are loaded with probiotics. Learn about why probiotics are so beneficial to your health. Take home knowledge, recipes and samples.

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PLANT HIKES & WILD EDIBLES

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AT-HOME PLANT SURVEY

I will meet you at your home, walk you around your property and help you identify plants and surrounding growth. Learn interesting facts about your plants, their life cycles and any food or medicinal uses they might have. This service includes an information packet and recipes specific to what you have on your property.

Cost: \$120.00 for an average-size yard, \$175.00 for a bigger plot. Price will be determined after a quick consult

IN THE GARDEN

FUN WITH LAVENDER

Enjoy creating things with lavender. We'll bake lavender scones to enjoy with tea. We'll make lavender sachets to add scent to clothes in the dryer or drawers. Create a relaxing lavender oil and see a demonstration of an easy to make aromatherapy, rice bag.

Includes take-home recipes and an information pack.



EVERYTHING ROSES

Who doesn't love the beauty and scent of a bouquet of roses or a rose in the garden? There are so many ways to appreciate and enjoy roses. We'll make and sample a lovely rose petal tea and rose hip jam. Making a rose cordial will also be demonstrated. Moving away from culinary rose recipes I'll also show how to make a rose sugar scrub and how to make rose water. The health and beauty benefits of roses will also be explored.

Includes take-home recipes and an information pack.

HERBAL PROGRAMS FOR HEALTH

PROTECT YOUR BRAIN: IMPROVE FOCUS & MEMORY

Worried about forgetfulness or the ability to focus? Learn about herbs that can improve your memory and mental clarity. We will talk about the effects of lifestyle and diet and some of the simple steps you can take to improve brain function.

Includes sample herbal teas and learn how to make them at home.



FIND ENERGY & FIGHT FATIGUE

Feeling tired and overwhelmed? Discover gentle herbs that can lay a foundation for health and vitality. They tone and strengthen weak body systems and help your body deal with stress. These herbs can include nutritional powerhouses, herbs to balance the endocrine system and herbal tonics. Enjoy samples of herbal infusions and decoctions from the herbs we discuss.

Includes take-home recipes and an information packet.

STAYING HEALTHY THROUGH THE WINTER

With winter cold and flu season upon us, don't be at the mercy of whatever bug is going around. Explore ways to strengthen your immune system and learn how to make herbals with antiviral properties. These will include herbal teas and long lasting herbal tinctures/extracts. Discover ways to help keep yourself and children healthy through the winter.

Includes take-home recipes and an information pack.



CALMING STRESS: HERBS + LIFESTYLE

What herbs can help calm your nerves, strengthen resilience from stress or help you sleep? What can you do to help lower tension? Explore and taste herbs that work with our nervous system. Learn techniques to relieve stress and ways to promote sleep. I'll demonstrate how to make herbal infusions and decoctions.

Includes take-home recipes and an herb sample.

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HERBAL PROGRAMS FOR HEALTH

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HERBS FOR CHILDREN'S HEALTH

Herbal teas are a wonderful, simple way to take herbs. They are also the base for making many kid- and adult-friendly herbal preparations. We'll go over the basics of making herbal teas. Then we'll turn an elderberry herbal tea mixture into a syrup, jello, popsicles and herbal gummy bears.

Includes take-home instructions for making herbal preparations.



KITCHEN SPICES: HEALTH WITHIN YOUR REACH

What can you use to help fight a viral infection or decrease nausea? How can you decrease the inflammation that is at the heart of so many diseases? Look no further than your spice cabinet. Learn to use the herbs and spices you have in your kitchen to increase your health and promote healing. We'll go over some common herbs and spices, their actions and easily made recipes and preparations.

Includes take-home recipes and an information packet.

RELIEVING JOINT AND MUSCLE PAIN

So many of us suffer from achy joints and sore muscles, be it from sprains or strains to arthritis and inflammation. There are many ways to help alleviate pain and improve mobility. We'll look at this from a holistic perspective: key herbal remedies, diet, movement and more that can help keep us moving more. Making a massage oil and salve will be demonstrated as well as how to make a liniment. Take home information sheets and recipes.

Includes take-home recipes and an information pack.



NUTRITION & HERBS FOR BETTER HEALTH

We are not just what we eat, but what we absorb. Our digestion and diet are central to our overall health and vitality. After working with many clients with digestive troubles and discomfort, I have some strategies and herbal remedies that help. There are tools for finding the root causes of digestive problems, actions we can take and herbal remedies that we can work with specifically for conditions of our GI tract, be it indigestion, heartburn, IBS, constipation, leaky gut, etc.

This workshop will include a presentation & discussion, a demonstration of how to make some herbal teas and bitters, and a digestive health pamphlet with more specific information on herbs & recipes that can be made in the kitchen and herb sources.

MAKE & TAKE HERBAL BATH & BEAUTY PRODUCTS

MOISTURIZING LIP BALMS AND HEALING SALVES

Keep your lips moist year round. Learn to make a lip balm with an easy, all natural recipe. Explore the art of creating salves and learn about medicinal herbs and oils to help with sore joints and wounds.

Includes take-home recipes and a sample that we make in class.



MOISTURIZER AND FACE CREAM

Is your skin dry from the cold of winter or the summer sun? Learn to make herbal moisturizers and face creams and to custom blend your product with oils and scents of your choice. We'll go over herbs and oils with properties that help dry skin, wrinkles and redness, and demonstrate how to create a moisturizer or sunblock.

Includes take-home recipes, tips for successful moisturizer making, and a sample of the cream made in class.

HERBAL BATH & BODY POTIONS

Make a natural bath and body kit to pamper yourself and your family. This will include a sugar scrub, a fizzy bath bomb, your own scented foaming soap and an herbal bath salt. Learn to use essential oils as you create bath products you and your family can enjoy. We'll take a break with a relaxing cup of tea.

Includes take-home packet with recipes and information as well as a bath and body kit.

16 participant maximum. \$5 materials fee.





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MAKE & TAKE CLEANING PRODUCTS



Would you like to use cleaning products that are good for the environment, smell good, and are good for *you*, too? These are tried and tested, effective cleaners. We will make 4 non-toxic, green cleaning items: Super Duper all-purpose cleaning spray, eco glass cleaner, non-abrasive bathroom scrub, and foaming hand soap. All are scented with your favorite essential oil. Get the chemicals out of your home and replace with simple, known natural compounds.

Bonus: Using products that really clean and that smell nice makes cleaning a happier experience!

Includes take-home packet and 4 different cleaning products.

16 participant maximum. \$5 materials fee.

GENERAL INFORMATION

If you wish to learn an herbal or healthy cooking topic not listed above, please feel free to contact me and we can customize a program to suit your interests.

Most cooking and herbal classes are available throughout the year, except classes based on seasonal produce or bloom times. Programs last from 1.5-2 hours and include demonstrations, health information, and ways to incorporate foods and herbs in a healthy lifestyle. I will supply ingredients and any tools needed for preparation.

PRICING & BOOKING

1.5-hour presentation with samples: \$200 + travel

1-hour presentation, no samples: \$125 + travel

Classes must be booked at least 3 weeks in advance. Contact Rivka Schwartz (healthandhearths@gmail.com) to schedule.