



**Basic Herbology & Practical Potions**  
with Donda Hartsfield, Outdoor Classroom & GO teacher  
**Wednesdays, 3:45 – 5:00, November 18<sup>th</sup> – January 27<sup>th</sup>**

**(Elementary Only):** Students are introduced to the joy and the science of herbal awareness and application through sensorial and practical experiences. Students will encounter such herbs as Hawthorn, Dandelion, Yarrow, Calendula, Lavender, Elder, Marshmallow, Rosemary, Thyme, Ginger, Nettle, Rosehips, Mint and more. Students will be preparing and taking herbal remedies home throughout the course. Fees cover cost of supplies that go home, such as bottles, teas, glycerides, etc. Full attendance is strongly recommended!

**Register by Monday, November 16<sup>th</sup>!**

**Wednesday, November 18<sup>th</sup>**

Introduction to Herbs and Herbal Teas – gathering and drying techniques, tasting exploration of herbal varieties including their medicinal properties, preparing custom tea blends

**Wednesday, December 2<sup>nd</sup>**

Glycerides and Vinegars – Herbal extractions through the use of glycerin and vinegar

**Wednesday, December 9<sup>th</sup>**

Decoctions – root extractions through simmering and reducing

**Wednesday, December 16<sup>th</sup>**

Salves – Creating topical salves through gentle heating of herbs, oils, beeswax

**Wednesday, January 6<sup>th</sup>**

Syrups – Decocting herbs with water and adding honey to make delicious therapeutic syrups

**Wednesday, January 13<sup>th</sup>**

Plant Profiles and Dreaming Bundles – Making a plant profile containing important information about the plant of choice. Practicing the art of informed intention with plants by selecting certain plants for certain desired effects through dreaming bundles which can be placed beneath one's pillow.

**Wednesday, January 20<sup>th</sup>**

Finishing Vinegars & Glycerides – Straining herbal materials from the liquids of vinegars and glycerides as well as bottling and labeling

**Wednesday, January 27<sup>th</sup>**

Medicine Trade – Celebrate through sharing what we've learned as well as extra herbal potions with each other

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Contact Donda Hartsfield for more information at [dondahartsfield@mcsslc.com](mailto:dondahartsfield@mcsslc.com)

Or 801-604-3020

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Child's name: \_\_\_\_\_ Child's Class: \_\_\_\_\_

Parent's name: \_\_\_\_\_ Parent email: \_\_\_\_\_

Parent's phone number: \_\_\_\_\_ Cost of course: \$70.00 per student

Form of payment: **Check** or **Cash** Will your child be in Extended Day on these days? **Yes** or **No**

Please make checks payable to Donda Hartsfield and give payment and registration forms to the MCS Office and **Register by Monday, November 16<sup>th</sup>!**