

# 23rd Annual Herbal Forum Program Schedule\*

## Friday, March 16, 2018

9:00am-5:00pm	<b>Plant Sale</b> ..... West Terrace, Festival Concert Hall <b>“Thyme Well Spent” Gift Shop</b> ..... School Building, Room 9
10:00am	<b>Overview of the Plant Sale Plants</b> ..... Plant Sale Area - <b>Henry Flowers</b> , Herbal Forum Director
10:00am-6:00pm	<b>Early Check-In</b> ..... Festival Concert Hall (Overnight guests may pick up room keys)
12:00 noon	<b>Optional Buffet Lunch</b> ..... Menke House Dining Room available for Herbal Forum registrants only \$19.22 (reservation required)
1:00pm-5:30pm	<b>Optional Participation Workshops</b> ..... Locations to be announced \$40.00 (reservation required)
6:30pm	<b>Optional Buffet Dinner</b> ..... Menke House Dining Room honoring The Herbal Forum Guest Presenters \$44.84 (reservation required and space is limited)
8:00pm	<b>Movie -“If It’s Tuesday, It Must be Belgium”</b> ..... Edythe Bates Old Chapel

## Saturday, March 17, 2018

6:45am	<b>Yoga with Linda Franzo</b> ..... Artist Residence 3 Common Room Bring your yoga clothes and mat for an early morning stretch.
8:00am-9:00am	<b>Breakfast for overnight guests</b> ..... Menke House Dining Room
8:00am-10:00am	<b>Check-In</b> ..... Festival Concert Hall
8:00am-5:00pm	<b>Plant Sale</b> ..... West Terrace, Festival Concert Hall <b>“Thyme Well Spent” Gift Shop</b> ..... School Building, Room 9
9:00am	<b>Welcome</b> ..... Festival Concert Hall - <b>Henry Flowers</b> , Herbal Forum Director and - <b>Karen Cornwell</b> , Herb Society of America, Pioneer Unit Chair
9:15am-10:00am	<b><u>“Gingers—Venerable and Versatile ” - Dr. Lois Sutton</u></b> ..... Festival Concert Hall An overview of the wonderful array of plants belonging to the great ginger family. This family contains a vast wealth of culinary, medicinal and ornamental plants and thankfully many will grow in and add beauty to our Southern gardens.
10:00am	<b>Announcements, Door Prize Winners and Break</b>
10:15am-11:00am	<b><u>“The History and Mystery of the Zingiberaceae Family”</u></b> - <b>Gayle Engels</b> ..... Festival Concert Hall Ginger ( <i>Zingiber officinale</i> ) and its relatives have been used as food and medicine for millennia and, in fact, are some of the earliest examples of food as medicine. This presentation will explore safe and effective applications for both traditional and evidence-based medicinal uses of ginger and its close relatives.

# 23rd Annual Herbal Forum Program Schedule\*

## Saturday, March 17, 2018 (continued)

- 11:00am           **Announcements, Door Prize Winners and Break**
- 11:15am-noon     **“Variety is the Spice of Life– Diversifying Your Plant Palette”**  
- **Heidi Sheesley**  
..... Festival Concert Hall  
An overview of some wonderful plant treasures to add to your garden.
- 12:15pm           **The Blessing of the Garden** ..... Cloister Garden
- 12:30pm           **Garden Buffet Lunch** ..... Rear Lawn, Menke House  
(complimentary with registration)
- 1:45pm-2:15pm   **“When Good Gardens Go Bad” - Judy Barrett**  
..... Festival Concert Hall  
Gardens do not take care of themselves. Poor soil, pests, disease, fungus, and inclement weather can ruin plants and a gardener's zeal. This presentation will offer safe, practical, and inexpensive advice for handling common garden problems and challenges.
- 2:30pm-3:30pm   **“Making Ginger Snap” - Bill McKinley**  
**With special appearance by James Dick, Founder and Artistic Director of Festival Hill**  
..... Festival Concert Hall  
Creative flower arranging, incorporating the use of herbs, set to the accompaniment of classical music. Finale piece will be created along with a live piano piece performed by Mr. James Dick.
- 3:30pm           **Closing Remarks**
- 3:30pm-4:00pm   **Wonderful Ways with Herbs** ..... Festival Concert Hall  
Demonstrations by some of our fellow herb enthusiasts of the many ways in which herbs can be utilized—in foods, in crafts, in medicine, and more. Herbs are highly useful and delightful! (If you would like to be a demonstrator for this program please contact Henry at [henryf@festivalhill.org](mailto:henryf@festivalhill.org)).
- 3:30pm-4:00pm   **Refreshments from the Herb Garden** ..... Festival Concert Hall  
Before leaving stop for a final snack, courtesy of HSA Pioneer Unit and Festival Hill.

**\* Schedule subject to change**

For questions regarding the 23rd Annual Herbal Forum, please contact  
Henry Flowers at [henryf@festivalhill.org](mailto:henryf@festivalhill.org)  
or call / leave a message at (979) 249-3129.