

24th Annual Herbal Forum Program Schedule*

Friday, March 15, 2019

- 9:00am-5:00pm **Plant Sale** West Terrace, Festival Concert Hall
“Thyme Well Spent” Gift Shop School Building, Room 9
- 10:00am **Overview of the Plant Sale Plants** Plant Sale Area
- **Henry Flowers**, HSA Pioneer Unit member and plant orderer
- 12:00 noon **Optional Buffet Lunch** Menke House Dining Room
\$19.22 (reservation required and space is limited)
- 1:00pm-6:00pm **Early Check-In** Festival Concert Hall
Overnight guests may pick up room keys. After hours, key pickup will be in the office foyer at the back of the Concert Hall.
- 6:30pm **Optional Buffet Dinner** Menke House Dining Room
-honoring The Herbal Forum Guest Presenters
\$44.84 (reservation required and space is limited)
- 8:00pm **Movie -“Tea with Mussolini”** Edythe Bates Old Chapel

Saturday, March 16, 2019

- 7:00am **Yoga with Linda Franzo** Artist Residence 3 Common Room
Bring your yoga clothes and mat for an early morning stretch.
- 8:00am-9:00am **Breakfast for overnight guests** Menke House Dining Room
- 8:00am-10:00am **Check-In** Festival Concert Hall
- 8:00am-5:00pm **Plant Sale** West Terrace, Festival Concert Hall
“Thyme Well Spent” Gift Shop School Building, Room 9
- 8:45am **Welcome** Festival Concert Hall
- **Karen Cornwell**, Herb Society of America, Pioneer Unit Chair
- **Tony Scanapico**, Herb Society of America, Pioneer Unit
- 9:00am-10:00am **“Around the World in a Tea Daze”**
- **Amanda Vermillion** Festival Concert Hall
Hang onto your hats and grab your passports! Get ready for a whirlwind tour of global tea culture, including where tea originated, how it spread throughout the world, and how tea is enjoyed in various countries.
- 10:00am **Announcements, Door Prize Winners and Break**
- 10:15am-10:45am **“The Medicinal Uses of True Tea (Camellia sinensis)”**
- **Caroline Caswell** Festival Concert Hall
The tea plant is a well-known and well-loved plant, commonly drunk in the mornings and afternoons throughout the world, across cultures, and in almost every home, making it a widely accessible and relatively inexpensive medicinal plant. This presentation will explore the traditional and evidence-based uses of green tea, black tea, and white tea for acute, chronic, and preventative medicine.
- 10:45am **Announcements, Door Prize Winners and Break**

24th Annual Herbal Forum Program Schedule*

Saturday, March 16, 2019 (continued)

- 11:00am-noon **“An Introduction to Herbal Teas—Homegrown Herbal Support”**
 - **Autumn Schulze** Festival Concert Hall
 This presentation will include an introduction to using herbal teas as home remedies; brief medicinal herbal use from a historical perspective; introduction covering basic herbs, recipes and their support uses; recipes for everyday support herbs such as lemon balm for calming, peppermint for digestion and rose for grief; and hydrotherapy baths such as comfrey used for bruising and bone healing or nettles and lemon balm for bites. There will be an herbal tea tasting, plus “using herbal tea in gifts” demonstration as door prizes!
- 12:15pm **The Blessing of the Garden** Cloister Garden
- 12:30pm **Garden Buffet Lunch** Rear Lawn, Menke House
 (complimentary with registration)
- 2:00pm-3:00pm **“Who’s Picking Your Tea—A Tea Maker’s Perspective”**
 - **Saurabh Kajarja** Festival Concert Hall
 We can all appreciate a good cup of tea, but how many of us have wondered who are the people who deserve some of that appreciation for their hard work in bringing that tea to us? It should not be a surprise that the condition of labor is a closely guarded secret in China, and some countries in Africa just doesn’t want to talk about it. We are living in a conscious consumer world where people demand to know everything they can about the product they purchase. Tea is a complex product and we should take a minute to know some of the stories behind the cup that brings us so much joy - it will surely be inspiring.
- 3:00pm-3:30pm **“Yaupon—It’s Texan, for Tea”**
 - **Abianne Falla** Festival Concert Hall
 As the only naturally-caffeinated indigenous plant in North America, yaupon was brewed for centuries by Native Americans. And then...lost and forgotten. This enlightening session will explore the history, health properties, preparation and current state of yaupon; a vibrant American resource blossoming into a booming botanical industry. Always a large consumer of caffeine, America has only recently rediscovered its ability to produce a viable and delicious domestic source with yaupon. Join as we explore the growing interest in this fascinating, healthy and invigorating plant; an interesting journey of rediscovery of the largely forgotten beverage tradition of yaupon - or as we like to say, "It's Texan, for tea".
- 3:30pm **Closing Remarks**
- 3:30pm-4:15pm **Wonderful Ways with Herbs** Festival Concert Hall
 Demonstrations by many of our presenters and some of our fellow herb enthusiasts. With plenty of tastings and more to learn, this will certainly be a great way to end the day!
- 3:30pm-4:15pm **Refreshments from the Herb Garden** Festival Concert Hall
 Before leaving, stop for a final snack, courtesy of HSA Pioneer Unit.

*** Schedule subject to change**

For questions regarding the 24th Annual Herbal Forum, please contact
info@festivalhill.org
 or call / leave a message at (979) 249-3129.