

North Idaho Herb Class Information Sheet

Please write or print as clearly as possible, especially your email address. Thanks!

Dates of your class _____

Name _____

Phone _____ Email _____

Experience with herbal medicine _____

Any specific goals or concerns you would like to address in class? _____

- Can you do gentle hiking? We will be going out into the field and you need to be able to go off trail. _____
- Do you have allergies? We will be carefully tasting and testing plant materials and you need to take responsibility for yourself. _____
- Our textbook will be Edible and Medicinal Plants of the Rockies. You will need a copy by our first meeting, as we will go through the book in class. Hastings, Borders and Amazon are good sources. This book is delightful!
- You will receive a notebook for handouts and your own notes, as well as many samples of our handmade medicines and plant materials.
- Each student will choose a favorite wild or cultivated medicinal plant and do an in-depth study project about it. Be thinking of your favorite trees, flowers, bushes or vines. You will have two class sessions to make your decision.

Make 2 copies of this, keep one for yourself and mail one to me with a \$20 deposit. The balance of \$100 can be paid in two installments.

Barbara St. Dennis
PO Box 976
Hayden, ID 83835

Blessings and Thanks!

Class size is 12, a waiting list will be created if registration exceeds that.