

The Second Annual

Nurture by Nettles

Workshop

in the

Upper Squamish Valley

with

Sarah Orłowski

Master Herbalist



Sun. Mar. 14th 10:00 a.m. - 4:00 p.m.

*An outdoor experience of culinary delight, medicinal magic and sensory surprise
Preregistration required*

For more information, contact rowantree@telus.net

or 250-442-2829 before Mar. 8th

604-848-8070 after Mar. 8th

*\$60.00 includes handouts, nettle treats, most medicinal ingredients,
a day to remember & useful skills you won't forget.*