



Events, Workshops, Classes at Innisfree Farm 2014

March 22	Holistic Gardening - Connie Kuramoto - Starting a Garden
March 24	Beginning with Herbs (series 1)
April 7	Beginning with Herbs (series 1)
April 12	Holistic Gardening - Connie Kuramoto - Building a Sheet Mulched Bed
April 16	Food as Medicine - Chanchal Cabrera & Joseph Forest - Spring Detoxification & Liver Cleanse
April 28	Beginning with Herbs (series 1)
April 30	Herb walk
May 8	Food for Thought Dinner Salon
May 10	Holistic Gardening - Connie Kuramoto - All about Tomatoes
May 22	Food for Thought Dinner Salon
June 12	Food for Thought Dinner Salon
June 14	Holistic Gardening - Connie Kuramoto - Winter Gardening Class
June 21	Solstice Fund Raiser for the Gardens
June 26	Food for Thought Dinner Salon
July 2	Herb walk
July 5	Weed Dating
July 9	Beginning with Herbs (series 2)
July 10	Food for Thought Dinner Salon
July 12	Holistic Gardening - Connie Kuramoto - Composting Class
July 23	Beginning with Herbs (series 2)
July 24	Food for Thought Dinner Salon
July 26	Weed Dating
August 2, 3	Goethean Contemplative Plant Study with Keith and Maureen Robertson
August 6	Beginning with Herbs (series 2)
August 9, 10	An Elemental Approach to Diagnosis and Herbal Prescribing with Keith and Maureen Robertson
August 13	Herb walk
August 14	Food for Thought Dinner Salon
August 16	Weed Dating
August 20	Beginning with Herbs (series 3)
August 22	Garlic Banquet and Ball (fund raiser for the gardens)
August 28	Food for Thought Dinner Salon
August 30	Weed Dating
September 3	Beginning with Herbs (series 3)
September 5	Food as Medicine - Chanchal Cabrera & Joseph Forest - The Cancer Fighting Kitchen
September 10	Herb Walk
September 11	Food for Thought Dinner Salon
September 13	Weed Dating
September 17	Beginning with Herbs (series 3)
September 25	Food for Thought Dinner Salon
October 25	Fibromyalgia - Clinical Tools and Healing Strategies with Chanchal Cabrera

Nov. 22, 23 Botanical Medicine for Mental Health with Sean Donohue

Times and costs

All rates quoted include GST

FOOD FOR THOUGHT DINNER SALON SERIES

2nd & 4th Thursday of the month, May – September. Topics and speakers TBA

Dinner served at 6.30 pm

Guests are invited to come earlier to walk in the gardens and labyrinth

Film / discussion usually starts around 7.45 pm

Cost is \$25 per evening

Must be pre-registered and paid on-line NO REFUNDS WITH LESS THAN 48 HOURS NOTICE

HOLISTIC GARDENING SERIES

March 22 - Starting a Garden

April 12 - Building a Sheet Mulched Bed.

May 10 - All about Tomatoes

June 14 - Winter Gardening Party

July 12 - Composting Party

10 am - 12 noon

Cost is \$25 / class or \$100 for the series of 5 if paid in advance

FOOD AS MEDICINE

April 16 Spring Detoxification & Liver Cleanse

September 5 The Cancer Fighting Kitchen

6.30 pm – 9 pm

Classes include a light meal prepared by the class

\$65 / person or \$55 / person for groups of 4 or more people

HERBAL MEDICINE SERIES

Beginning with Herbs - An Introduction to the Art and Science of Herbal Medicine with Chanchal Cabrera

3 different start dates this season:

March 24, April 7 and 28 6.30 pm – 8.30 pm
plus herb walk April 30 6.00 pm – 7.30 pm

July 9, and 23, August 6 6.30 pm – 8.30 pm
plus herb walk July 2 6.00 pm – 7.30 pm

August 20, September 3, 17 6.30 pm – 8.30 pm
plus herb walk September 10 6.00 pm – 7.30 pm

\$125.00 for three classes and a herb walk

Includes GST

Herb Walks with Chanchal Cabrera

A regular series of guided walks looking at botany, ecology, plant ID and medicinal uses of plants in the gardens and the woods.

6.00 pm – 7.30 pm \$15 per person includes GST

April 30, July 2, August 13, September 10

VISITING INSTRUCTORS

Keith and Maureen Robertson August 2, 3 and August 9, 10

6.30 pm – 8.30 pm on Friday, 9.30 am – 5.00 pm on Saturday, 9.30 am – 3 pm on Sunday

\$250 per weekend, 10% reduction if booking and paying for both by July 15th

Cost includes a simple lunch each day

Sean Donohue Nov. 22, 23

9.30 am – 5.30 pm on Saturday, 9.30 am – 4 pm on Sunday

\$250, 10% reduction if booked and paid in full by November 1st

Cost includes a simple lunch each day

Chanchal Cabrera October 25

9.30 am – 5.30 pm

\$125, 10% reduction if booked and paid in full by October 1st

WEED DATING

July 5, 26

August 16, 30

September 13

3 pm. – 5 pm

Admission to the Weed Date is a suggested \$10 donation that will go to the botanical garden, to be earmarked for improving facilities for visitors (paths, signage, bathrooms etc.).