

Autumn Herbs Series

A pair of herbalism demonstrations
founded on the historic use of plants for
health and nutrition. For novices and
experts alike.

Saturday, October 25: Tinctures and Extracts
Saturday, November 15: Salves and Balms

Both programs run from 1:00 to 2:30pm
at Country Cupboard Natural Foods
586 Main Street East Aurora, NY
Fee: \$5.00

Presented in partnership by:



For registration and information
contact
Country Cupboard Natural Foods:
716-652-9115