

**LECTURES FOR THE HERB SHOW AT TOWER HILL**  
**August 12 -14, 2011**  
**“HERBS FOR USE AND FOR DELIGHT”**

FRIDAY, AUGUST 12 - 2:00 p.m. **JOHN FORTI** - *“The Herbalist’s Garden”*

An illustrated talk which brings to life living histories through heirloom herbs. By exploring our roots of herbalism, participants will come to understand traditional artisanal herbal crafts, and worldview which dusts off the old adage that “the cook is half a physician.” Historic garden design and new perspectives on growing and using herbs will inspire gardeners, cooks and herbalists of the 21st century to cultivate herbs to promote wellness, and to add beauty to the landscape.

John Forti is a nationally recognized garden historian, ethnobotanist and herbalist. He aspires to plant the seeds of history and encourages a more sustainable future to bloom. He is the Curator of Historic Gardens and Landscapes at [Strawbery Banke Museum](#) in Portsmouth, NH and previously as served as the Horticulturist at [Plimoth Plantation Museum](#). John is also co-founder of [Slow Food Seacoast](#) and the recent recipient of the 2010 Award for Civic Improvement by the Garden Club of America.

FRIDAY, AUGUST 12 - 3:30 p.m. **KAREN O'BRIEN** - *“Infusing Your Life with Herbs”*

Learn how to make simple culinary staples, such as butters, syrups, vinegars, cordials and more. We will transform the ordinary into something special with the addition of fresh herbs, infusing your pantry with the scents and colors of summer. Sample an array of herb-kissed food products which will enliven your meals throughout the year, and begin your own herbal adventure.

Karen O'Brien runs her herbal business “The Green Woman's Garden” in the central MA town of Mendon. She has herbs and ornamental flowers for sale, runs workshops on various herbal adventures, and occasionally participates at farmers markets and fairs. She is the Development Chair of The Herb Society of America, currently serves as Vice Chairman of the New England Unit of H.S.A., is Secretary of the International Herb Association, sits on the Board of the Greenleaf Garden Club of Milford, and serves as State Advocate for Leave No Trace. She is a contributing author to the latest Herb of the Year book on Horseradish, produced by the IHA.

SATURDAY, AUGUST 13 - 11:00 a.m. **BARRI THROOP** - *“Herbal Bouquets and Arrangements”*

Herbs can be striking in a floral arrangement, and Barri will show you the best herbs to use to the greatest advantage in your own displays. The textures, colors and scents of the herbs are a delight for the senses, and will add new life to your summer bouquets.

BARRI THROOP, Westport, Ma., Tel. 508-636-6138, is active in many horticultural pursuits, such as The Herb Society of America, New England Unit (1983), Garden Club of America, Buzzards Bay (1989), Westport River Gardeners, Past President. Her business activities include selling Jams and Jellies at Farmers Markets, creating floral arrangements for weddings, Gardening advice, Gardening programs, Craft Shows, Botanical Designs. She has won many awards for her endeavors from flower arrangements to Horticulture.

**SATURDAY, AUGUST 13 - 1:00 p.m. STOCKBRIDGE HERBS - “*BASIL: The King of Herbs*”**

Stockbridge Farm in South Deerfield, MA is home to more than fifty varieties of basil, carefully tended by John Warchol, resident herb and vegetable farmer. Join Denise Lemay and Mary Ellen Warchol, the Stockbridge Farm flavor experts, as they guide you in a culinary journey with basil. Participants will receive handouts which will include all recipes prepared during the workshop. Generous “tastes” of all recipes will be provided. Bring your appetite, and don’t have lunch before you come! There will be a materials fee for this workshop.

Menu items under consideration are:

- Mediterranean Bruschetta: Mint and Genovese Basil Pesto on Grilled Flatbread
- Insalata Basilico: Amethyst Basil Vinegar and extra-virgin olive oil tossed into fresh greens and Purple Ruffle, Lattuga and Mammoth basil
- Sicilian Market Pasta: A bold blend of Italian flavors tossed with pasta, olives, tomatoes and mozzarella cheese, liberally laced with Pistou, Summerlong and Boxwood basil.
- Basil Butter: Spicy Saber Serrata basil butter served with country bread
- Lemon Olive Oil Cake: A flavorful, moist cake served with Mrs. Burn’s Lemon Basil crème and accented with local berries

MARY ELLEN WARCHOL and DENISE LEMAY are sisters who have been cooking from scratch ever since they could reach the stove. Both have had careers in education while simultaneously creating and developing their interest in and knowledge of herbal flavors. They operate Stockbridge Farm Cooking School in South Deerfield, MA, and are instructors at Different Drummers Kitchen Cooking School in Northampton, MA. They, along with Mary Ellen’s husband and Stockbridge Farm’s gardener extraordinaire, are frequently called upon to present herbal programs to various clubs and organizations.

**SATURDAY, AUGUST 13 - 3:00 LUCY DEAN - “*The Teaching Herb Garden at Elm Bank*”**

The Teaching Herb Garden is one of the many horticultural delights at Elm Bank, Wellesley, home of the Massachusetts Horticultural Society. This garden is maintained by the New England Unit of The Herb Society of America, and is a focal point for their educational outreach. Lucy will speak about the origins of the garden, its thirteen beds, and some of the more unusual herbs that can be found there.

LUCY DEAN has been an Herb Society member for 24 years, and has held many positions, including Chair of the New England Unit (1996-1998). She is currently Captain of the Teaching Herb Garden, scheduling work days and organizing the volunteers.

**SUNDAY, AUGUST 14 - 11:00 a.m. LESLEY WOOLER - “*Growing Herbs for Health and Beauty*”**

Many of us these days are interested in learning how to try new methods of incorporating herbs into our daily lives. This class will teach you which herbs to grow, harvest and utilize for making your own natural health and beauty products. Recipes will be available for

immune tonics, relaxing herbal teas, healing salves and natural body oils.

Lesley A. Wooler, B.Sc., RA, CYT, earned her degree in Horticulture at the University of Rhode Island. She completed her herbal apprenticeship and advanced herbal studies in the 1990's and is the owner of The Herb Wyfe in Wickford, RI. She serves as President on the council of NEHA (North East Herbal Association). She is a Registered Aromatherapist through the Aromatherapy Registration Council and a Regional Director for NAHA (National Association of Holistic Aromatherapy) as well as a professional member of AIA (Alliance of International Aromatherapists. Lesley is a Flower Essence Practitioner, having completed her training with David Dalton of Delta Gardens in 2000. She is also a professional member of FES (Flower Essence Society). Lesley has maintained her own landscape/gardening business "Gardening with Finesse" for the past 10 years and is a RICH (Rhode Island Certified Horticulturist) through RINLA (Rhode Island Nursery and Landscape Association).

**SUNDAY, AUGUST 14 - 1:00 p.m. - IRIS WEAVER - *"Natural Plant Dyes: Nature's Rainbow of Colors"***

Getting colors from plants for our clothing is as old as humankind itself. Until recently, this was the only way to color your clothes! Learn about the process and the plants used to make an astonishing rainbow of colors, which you can still do today. The techniques are simple and environmentally friendly. There will be samples of colors and dye plants, and handouts are included.

Iris Weaver is a spiritual herbalist, educator, and inspirational speaker on the North Shore of Boston. She has worked with plants all her life and enjoys sharing her vast knowledge. She teaches classes, gives private consultations, gardens, and makes custom herbal products. Check her website at [www.irisweaver.com](http://www.irisweaver.com)