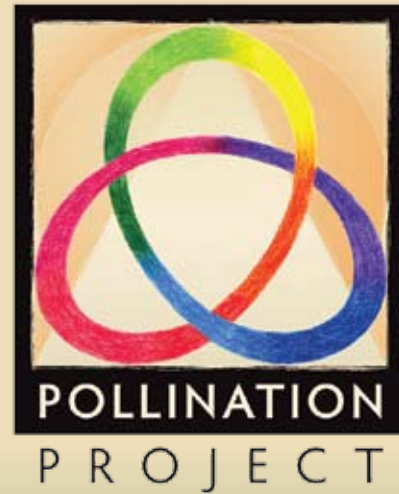


FROM SOIL TO SOCIETY: CELEBRATING THE ESSENTIAL CONNECTIONS BETWEEN ALL LIVING THINGS



THE PEACEFUL GARDENER

HANDS-ON HERBAL MEDICINE & FOOD WITH SUSUN WEEB

July 17, 18, 19th 2009

at Watershed Farm

768 Allen Frausell Road, Baker Settlement, NS

10 minutes from Bridgewater 90 minutes from Halifax or from the Robert Stanfield International Airport

THE WORKSHOP

HANDS-ON HERBAL MEDICINE & FOOD WITH SUSUN WEED

July 17, 18, 19th 2009



INSTRUCTOR

Susun S. Weed

The author of four highly-acclaimed books on herbs and women's health: *Wise Woman Herbal for the Childbearing Year*, *Healing Wise*, *New Menopausal Years the Wise Woman Way* and *Breast Cancer? Breast Health!* the Wise Woman Way. Ms. Weed lectures worldwide on women's health and herbal medicine. From her home in New York State's Catskill Mountains, she directs the activities of the Wise Woman Centre, acts as editor-in-chief of Ash Tree Publishing, personally oversees the work of 400 correspondence students, and trains herbal and shamanic apprentices. Susun has lived the simple life for nearly 40 years as an herbalist, goat-keeper, homesteader and feminist. She has been called "a true radical ... deeply rooted" "a modern pioneer" and "one of the founding mothers of herbal medicine in the United States."

Acclaimed herbalist, author, homesteader and organic gardener, Susun Weed will be making her first teaching visit to Nova Scotia to share her wisdom, knowledge and humour in a workshop that is guaranteed to change forever how you relate to plants. Over the course of the weekend you will come to appreciate the numerous gifts bestowed upon us in the form of the same weeds we would normally consider as useless and unwelcome companions in the garden.

The weekend opens with a meditation on Friday afternoon that will connect you deeply to the earth and plants. Our talking stick ceremony will help clarify goals and needs and attune us to the gifts of our "green allies" Over the next two days, we will learn to identify edible and medicinal plants, pick wild salads, make salves, tinctures and teas to heal and nourish, and learn how weeds serve to indicate soil conditions, heal gardens, and relate to other cultivated plants. With story, song and her encyclopedic knowledge of plant lore, Susun will delight us in the journey to becoming a Peaceful Gardener so that we may all count our green blessings.



WELCOME TO LIFE AT WATERSHED FARM



Pollination Project is opening its doors this year to workshops and retreats on Arts, Ecology, Health and Society on a stunning 250 acre property on the South Shore of Nova Scotia. As a civil society initiative, we are dedicated to nurturing the fundamental and necessary relationships that exist between ecologically sound land use and food production, physical health and spiritual well-being, creative self-expression and just and sustainable community.

Watershed Farm is an organic market garden that will offer the perfect setting for a workshop that delves into our relationship to both wild plants and cultivated plants as food and medicine. The site is graced with wind

generator, solar panels and two strawbale structures, rolling pasture and meadows and a pristine lake and rushing river. The Acadian woodlot, known as Chanterelle Forest offers over 200 acres with several distinct ecosystems and numerous walking trails and is certified by Forest Stewardship Council and Nagaya, an association of Atlantic woodlot owners dedicated to eco-forestry practices.

While you are here we warmly encourage you to participate in the daily life that sustains the people and the animals who are part of our working organic and biodynamic farm.

We ask that all participants, regardless of the nature of the workshop that they are attending, consider our invitation to become

involved in an activity related to the farm or woods, such as gardening, harvesting, food preparation and preservation, animal care, mushroom gathering, trail maintenance, etc.

A brief period of time is set aside each day for these activities which will always include instruction and, as necessary, guidance from those who are stewards of the garden, woods or kitchen.

We call this activity AVODAH a word that has roots in Hebrew and means “labour” in the sense of service or mission and usually refers to work done in a group.

REGISTRATION

Fee

\$300 CDN (plus HST)

Fee Includes

Lunch on Friday and Saturday consisting of organic, mostly farm grown food. It also includes all necessary materials for salve and tincture making.

To Register

send a deposit of \$150
(or \$300 for the workshop) to:

Pollination Project c/o Camelia Frieberg,
PO Box 628,
Mahone Bay, Nova Scotia, B0J 2E0

Paypal registration available soon at
www.pollinationproject.org

The balance is payable no later than the first day of workshop. On-site registration from 11:00am Friday July 17th, followed by lunch. The afternoon workshop begins at 2:00pm

Several work scholarships are available for information please contact :
clare@pollinationproject.org

SPECIAL EXTRAS

On-site massages available with **Dorothea Schmidt**, a trained Rhythmical Massage therapist. Rhythmical Massage strives to restore harmony in the individual bringing back balance that may be disturbed by stress or illness. It supports the process of healing and aids in the prevention of illness.

ACCOMMODATION

A variety of options are available on-site. All accommodation includes a full organic breakfast. Rates subject to HST are as follows:

Main House

Spring Peepers suite: 2 people @ \$90 each per night. Single occupancy (*if available*) \$125.
Peach, Blue Star, and Garden View rooms: 2 people @ \$75 each per night.

Dormitory

\$40 per person per night

Camping

Tent sites are available at \$25 per night.
(*composting toilets and solar showers*)

MEALS

Breakfast Saturday & Sunday
included in on-site accommodation
(or \$8)

Lunch Friday & Saturday (*included*)
Lunch Sunday (*after closing ceremonies*)
\$15 (optional)

Dinner Friday & Saturday
Advance registration required. (\$20)

Prepared by our chef using local and organic food, vegetarian, vegan and meat options.

Please indicate special food needs in advance.

