

Pender Classes by Don Ollsin (Master Herbalist, MA in Environmental Education & Communication, Culinary Graduate, Northwest Culinary Academy (see www.donollsin.com for more about this gifted teacher!)

***DATE & TIME CHANGE: Saturday, June 14, 2014 - Top 20 Herbs to Wildcraft/Gather or Grow for our Health (10:00 am to approximately noon, Pender Community Hall upstairs); pre-registration required at <http://www.donollsin.com/20-top-herbs/> or call (250) 592-7544, Cost: \$45+GST, some sliding scale/discounts. Adult teaching, but registrants may bring children for free if supervised.**

Master Herbalist Don Ollsin will share his wisdom of 45 years as an herbalist on the top 20 healthful herbs he suggests we get to know, which grow wild or can be grown in our area. Don will also consider medicine security as a possible future issue. While learning about the top 20 for present use, the community can also be securing their availability by protecting any wild plants and cultivating the others. See Don's blog about 100 Mile Medicine <http://www.donollsin.com/blog/2014/5/5/100-mile-medicine>, which is about sharing the wealth of our green world with our human community. Imagine having the practical skills to turn native and locally grown herbs and plants into remedies and supplements, to nurture general well-being and also treat many conditions. Imagine cultivating a new relationship to the trees and plants – the natural world – around you. Local, community-oriented herbal education is a key to reopening this forgotten relationship. Herbs are easy to share among neighbours and friends as seeds or plants, allowing community members to grow herbs for personal and neighbourhood/community benefit. Don has taught local, community-oriented herbalism, offering courses, workshops, dispensing, and writings in B.C. and beyond, since the early 1970s.

Saturday, June 14, 2014 - Creating a Fungi Garden (1:00 to 3:00/3:30 pm, upstairs Community Hall and a demo site, pre-registration required at <http://www.donollsin.com/fungigardens-workshop/> **Cost: \$20+GST to pre-order mushroom spawn (Sun-loving "Garden Giant" Stropharia), plus \$45+GST class fee or some sliding scale/discounts. Adult teaching, but registrants may bring their children for free if supervised.**

Master Herbalist Don Ollsin will teach how to create a fungi garden, which is a food garden consisting of woodchips, soil, edible fungi (in this case, sun-loving "Garden Giant" mushrooms), and vegetables or herbs. Imagine turning a deficient growing area into a thriving ecosystem complete with everything from microorganisms, plants, insects, birds, animals and people. Welcome to the Fungi Garden workshop! Using a carefully calculated organization of wood chips and fungi in a properly chosen location, we create the foundation of our future ecosystem. By the addition of some seeds, a bit of soil and whatever plants we want to plant (e.g. brassicas work well) we set the stage for the creation of life. As the spawn breaks down the carbon in the chips and releases oxygen, the seeds and plants begin to use these to grow. Once the spawn fruits and produces its fruits (mushrooms) the insects discover them, then the birds, who leave behind rich droppings of nitrogen adding to the primordial bed of fertility. Once there is food available in the form of mushrooms and plants, then people enter the system. Now we have a complete ecosystem. That is why we create Fungi Gardens. Come out and join us in this hands-on experience of soil creation and (sometimes) restoration when we re-invigorate damaged earth. It normally takes 100 to 500 years to form 1 inch of topsoil but we can greatly speed up the process while reaping rich rewards, if we introduce the right fungi.

Note: Assuming sufficient registrations, these classes will be offered by Don Ollsin of Victoria, with organizing help from Theresa Barker, and publicizing by Heartwood Folk School. Pre-registration to don@herbalhealingpathway.com is required. You can also see www.heartwoodfolkschool.ca for more!

Disclaimer: All information provided at www.donollsin.com or in relation to the above classes is for general informational or educational purposes only, and is not intended as a substitute for the advice provided by your healthcare professional or physician, and for your own responsibility to make sufficient inquiries from various sources before growing, gathering, or using natural or other substances, or other related techniques. Workshops participants will be required to sign a waiver of any claim for liability against the workshop presenter, organizer, or publicizers. Let's be thoughtful, healthy, and safe out there!