

Herbal Remedy Workshops



at
The Ecology Centre



Craigencalt Farm, Kinghorn, KY3 9YG

Saturday 14th August 10:00 - 15:30

Saturday 4th September 10:00 - 15:30

The workshop involves exploring herbs in their various habitats, advice on growing herbs at home, and collecting - where appropriate. We will make a variety of simple home remedies, and discuss the ingredients, their properties and uses.



**The workshops will be lead by Elspeth Killin
- local herbalist and wildlife gardener.**

Participants should wear comfortable shoes and appropriate clothing.

Please book in advance. Contact admin@theecologycentre.org or phone Elspeth on 07947 066149 for further information.

Cost - £35.00 per day - includes all materials and tea/coffee. Please bring lunch.