



NCHG
meetings
are held the first
Wednesday of the
month from 7:00–9:00
All are welcome!

Join us at the historic
Eero Saarinen designed
Christ Church Lutheran
3244 34th Avenue S.
in Minneapolis

nchg.org



2016 Meeting Schedule

February 3

Learn How to Make Rosemary
Gladstar's Perfect Cream with
Calendula led by the NCHG Guild

March 2

Adapto–Powder, Osteo–Gomasio
& Other Herbal Powders with
Dina B. Goodwill

April 6

A Brief History of Western
Herbalism with Macey Flood

May 4

The Pharmacy in My Backyard
with LuAnne Raadt

June 1

Local Plant Identification Walk
with Angela Campbell

August 3

Learn About Herbs & Other
Natural Healing with Matthew Alfs

September 7

Bach Flower Essences & Chinese
Medicine with Loey Colebeck

October 5

Herbal Nervines with
Jane Hawley Stevens

November 2

Drying Herbs & Blend Teas
with Megan Thrasher Pierce

December 7

The Constitutional Body Types
in Relation to Herbs with
Francis Bonaldo

Plus Our Annual Silent Auction