



## ONLINE HERBAL TEA TASTING: SHARING TRADITIONAL KNOWLEDGE

Join local herbalist Vanessa Neville for an online pop up tea tasting in conjunction with Forge

Join local herbalist Vanessa Neville for an online pop up tea tasting in conjunction with Forge, on Saturday 6th February at 10.30 am.

Vanessa is an experienced practising herbalist working in clinics and online, and leads seasonal walks, herbal talks and herbal medicine events. On the day we will prepare our tea, drink, share and learn about the mystery of plants and herbs through our sense of smell, taste and where it effects our bodies.

We will learn:

- Good identification, drying and storage practice for harvested plants.

- How to grow our plants for medicine.

- What effects and medicine the mystery herb gives us.

When you signed up, we'll ask you to type in your address. This is so that we can send you on the post a herb to be used during the workshop.

(The herb Vanessa will send out is classed as a food medicine and has no known contra-indications or side effects. It is a safe traditional indigenous plant).

We will send you a Zoom link to join the workshop on the date to the email address provided when you sign up.

For more info and to sign up:

<https://www.eventbrite.co.uk/e/online-herbal-tea-tasting-sharing-traditional-knowledge-tickets-136838564831>