



WINTER MEDICINAL HERB WORKSHOP

MAKING ROOT CIDER FOR HEALTH

with Indigenous Permaculture



Sunday, February 3, 2019

Time: 1:30pm to 4:00pm

At: Tsewenaldin Inn Conference Room, Hoopa

Learn to make a Winter tonic to keep you healthy during the winter months. The cider is an effective and simple preparation, helping us remember that food is our first medicine. It's a medicinal food/herbal apple cider vinegar infusion. We use the vinegar to extract some of the properties of the herbs, roots, and bulbs used. This infusion is great for winter months. It helps warm the body and stimulates the immune system. The benefits are to prevent a cold or flu.

Please bring a potluck dish to share. if you have a favorite knife, large canning jar or grater bring it along.

Contact: 530-625-4222 or jiis.indigenous.permaculture@gmail.com, indigenouspermaculture.org

Local Sponsors:

Native Women's Health and Wellness, Inc./CRIHB ACORN II Project

Northern California Cultural Communications

Hoopa Community Association