

# Hidden Healers In Your Spice Rack

A Presentation by: Jade Alicandro Mace

## Of Milk and Honey Herbs



Culinary herbs and spices have been used in cuisines throughout the world for thousands of years.

- Learn medicinal uses of many familiar cooking herbs such as Rosemary, Thyme, Sage, Basil, Fennel, Ginger, Cardamom, Turmeric, and more.
- Bring these plants onto your plate in delicious ways to enhance your health.
- Recipes will be demonstrated and handouts will be provided.

Join Us!

**Date:** Sunday 1/21/18 1:00 –3:00 pm

**Location:** Tower Hill Botanical Garden  
11 French Drive Boylston, MA 01505

**Members Price \$25      Nonmembers \$35**

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