

Programs by Cathy Manus-Gray
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The following list includes presentations that I offer. They can be a one-hour talk (sometimes along with a demonstration) or a short talk followed by a hands-on workshop. I tend to tailor my presentations to meet your needs, so please contact me with questions.

For the Spring Months:

Kitchen Gardens—A combination of herbs, vegetables, edible flowers, and fruit creates a productive, three season garden that's also aesthetically pleasing. Learn how to get your garden off to a great start, harvesting tips, and culinary ideas. (Option for a power point presentation as well).

Fairy Garden Enchantment-- Want to delight the fairies and treat them to their very own garden? Learn which plants to include and how to put together a fairy garden that's sure to charm them.

Container Gardening— For people that don't have the time or space a container garden is the answer. Learn how to create a beautiful yet practical garden for use throughout the growing season.

Herb Gardening Basics—Learn about soil preparation, garden planning, harvesting and using herbs.

Fragrance Gardens and Healing Scents—Learn which plants to use in a fragrant and healing garden and how to create a retreat in your own yard. I also include ideas on how to preserve the fragrance once gardening season is over.

Herbal Theme Gardens/Creative Herb Gardening—Think outside of the “herbal box” with ideas for unique herb combinations. You'll look at herbs in a different way! (short slide presentation included—soon to be a powerpoint presentation)

For the Summer Months:

Edible Flowers—Learn which flowers can be used to enhance the flavor and appearance of foods and how to prepare and preserve them.

Herbal Bouquets Fresh from the Garden---Move beyond flowers and look at the possibility of creating beautiful and fragrant herb bouquets. Learn which herbs to use for lasting blooms and how to combine them in various containers to adorn your home during the summer months.

Summer Cooking with Herbs--Now is the time to find the freshest herbs either from your own garden or from a local farmer's market. Learn some easy ways to create cool, flavorful salads, beverages, and items from the grill using a variety of herbs and edible flowers.

Herbal Printmaking (also appropriate for late spring or early fall)—From paper, to fabric or even the walls take a look at the use of fresh herbs in printmaking. Learn how to make sun prints and leaf prints on a variety of surfaces. You'll make an herbal bookmark to take home and get ideas for using the prints in a variety of decorative, easy-to-do projects. (Small fee for materials)

Garden Crafts for the Spirit-- Watch your spirit soar as you use the bounty and inspiration of the garden to create a variety of items for your home or as gifts. Dream pillows, smudge sticks, and aromatic bath blends are just a few of the items that are sure to delight.

For the Fall Months:

The Herbal Pantry— Learn how to harvest and preserve herbs and create a variety of tasty items such as dried herb seasoning blends and rubs, herbal butters, herb infused honey, herbal jelly, vinegars, and oils to have on your pantry shelf for use through the fall and winter months.

Aromatic Gifts— Everyone delights in a handmade gift from the heart. Learn how to make aromatic items that will pamper everyone on your gift list during the holiday season.

Herbal Oils & Vinegars—(also appropriate for summer) Learn easy methods of making your own herb infused oils and vinegars to enhance your food.

Growing Great Garlic—Learn successful planting, growing, and harvesting techniques of garlic, its healthful properties, and how to use it in cooking.

For the Winter Months:

Beat the Winter Blahs with Aromatherapy—Essential oils can help lift our mood during the dull days of winter as well as cleanse our homes and keep colds and flu away. Learn which essential oils are most effective during the winter months and how to use them.

The Herbal Spa—Keep skin feeling its best by combining herbs and essential oils with other natural products. Learn how to make some simple products that are fragrant as well as being healing to the body.

Anytime of the Year:

Essences from Nature—Aromatherapy-- I have a special Summer Aromatherapy and a Beat the Winter Blues Aromatherapy program along with a general presentation appropriate for any time of year. Learn how to use essential oils for health and well-being.

A Cup of Tea-- Teas are full of healthful properties in addition to tasting good. Learn about the different types of teas and about which herbs to grow and harvest for creating your own blends.

Botanical Papermaking--Use recycled paper and flowers and herbs from your garden to create one of a kind paper. Learn the basic tools and methods of creating a handmade piece of paper. The possibilities are endless and up to your imagination.

NEW! Creativity Offerings:

NOTE: All of the following programs are suitable for a hands-on experiential. Please contact me for further details.

Rekindle Your Creativity—Believe it or not, we are all creative beings. Learn why allowing your creativity to be expressed can enhance both your personal and professional life. Join me as I lead you on a fun, insightful journey back to your creative self.

Going Deeper with Art Therapy—Learn about the power of art therapy as a means of self-expression as well as for healing, reducing stress and gaining greater self-awareness.

Introduction to Creative Mindfulness—This unique approach to combining mindfulness practices with creative ones offers a path to lowering stress and gaining more fulfillment in your life. Learn about approaches and activities such as how to create your own Zen garden, which will help you focus and be present in the moment.

Mandalas: The Sacred Circle—Created for centuries and found in nature, mandala is a Sanskrit word meaning ‘circle.’ Learn how this self-expressive process of creating circle images allows for introspection with the goal of greater self-awareness.

Altered Book Making—The ultimate “green” craft, learn how to transform an old book into a piece of art that expresses you. This fun activity takes no artistic skill and can incorporate collage, journaling, rubber stamping, and poetry writing—whatever means of self-expression you choose.

Five Minutes to Less Stress—Do you find your day filled with one demand after another or always giving to others leaving little time to fill your own well? Learn how to replenish in just 5 minutes each day with some simple mindful approaches.