

# HERB WALK

## SCHEDULE 2021



HEARTWOOD BOTANIC, EMERSON COLLEGE  
Hartfield Road, Forest Row, RH18 5JX

Saturdays 10am / 2pm, and Sundays 10am / 2pm

with medical herbalist Kirsten Hartvig

A herbal treasure hunt to find 16 seasonal medicinal herbs and learn how to use them as food and medicine. The walk takes 2 good hours at a very slow pace.

Price: £20 pp

**JUNE** 12th & 13th

**JULY** 24th

**AUGUST** 21st & 22nd

**SEPTEMBER** 25th & 26th

**OCTOBER** 23rd & 24th

**NOVEMBER** 27th & 28th

Booking:

[info@bbgec.uk](mailto:info@bbgec.uk) or 07477 220 707

**Kirsten Hartvig** ND, MNIMH, DipPhyt is a medical herbalist, registered naturopath, nutritionist, writer, and author of 14 books on herbs and plant foods as medicine. She is also a keen botanist, cook and herb gardener.

Kirsten is curator of **the Biodynamic Botanic Garden at Emerson College**, and manager of **The Healing Garden**, which is the apothecary part of the botanic garden.

She also teaches materia medica at the **Heartwood Education** professional course in herbal medicine.