

## Garden Event

1-16-21, 10am-12noon, Zoom Online, Common Herbs for Winter Wellness with Irena Stathis

Description = In this class presented by the Los Angeles County Arboretum, we will be discussing common herbs found in the kitchen that support immunity, helping us become more resilient through the winter season. Many culinary herbs not only add flavor and spice to our food, but are truly powerful healing herbs with rich cultural histories and diverse medicinal uses. These well-known plants often get overlooked perhaps because they seem too commonplace to be magical, but they are full of beautiful and complex chemistries, each offering their own unique gifts to heal the body from stimulating circulation and supporting metabolic pathways and detoxification to enhancing digestion, they are deep nourishers that can strengthen our vitality and even help us fight off infection.

Cost = \$20 memers, \$25 non-members

Pre-registration is required = <https://www.arboretum.org/events/common-herbs-for-winter-wellness-via-zoom/2021-01-16>

The Zoom link will be emailed to registered participants 24 hours before the class. Please prepare at least one fresh culinary herb listed below to work with during the webinar: rosemary, sage, thyme, oregano, turmeric, ginger.

For questions, email the Education Department at [education@arboretum.org](mailto:education@arboretum.org)

For more information = LA Arboretum, Education Department, 626.821.4623, [education@arboretum.org](mailto:education@arboretum.org) ; Denise Lu, Education Coordinator, 626.566.3706, [denise.lu@arboretum.org](mailto:denise.lu@arboretum.org)