

## Garden Event

6-25-22, 9-11am, In Person, Building a Medicinal Garden with Irena Stathis, Altadena

Description = Join us for a hands-on workshop exploring the joy and beauty of a medicinal herb garden. Having a garden filled with medicinal herbs and flowers is such a gift. The plants offer up their help to us so willingly, and in the garden we can practice giving and receiving with our plant allies. This workshop will look into different ways to approach designing the garden, how to start the plants from seeds and cuttings and which plants to choose to begin your garden. You will learn some practical skills and tips on how to get your own garden started as well as get to know some of the magic of the healing herbs. Fresh plant cuttings will be available for all. Irena Cora Stathis is an Herbalist and Educator specializing in women's health, natural beauty - skin and hair care, culinary herbalism and self-care practices for overall wellness. In 2019, she founded the Flowering Earth School of Herbalism, which offers immersive, hands-on programs in healing with plants from the more extensive Flowering Earth Apprenticeship and the Women's Herbalism Course to monthly webinars and plant walks. Her classes explore the many pathways of healing with plant medicines via one's own personal connection to the plants and the Earth. For more information on consultations, apothecary products and upcoming class offerings, check out her website, <https://floweringearthschool.com/>, or follow her on social media @abaloneherbals, [www.facebook.com/floweringearth](http://www.facebook.com/floweringearth).

Cost = Free

Location = Bob Lucas Branch Library, 2659 Lincoln Avenue, Altadena 91001

From the Garden series at the Bob Lucas Branch Library is a monthly program for community members to come work in our garden, learn about local culture and history, nutrition and gardening.

For more information = Diana Wong, [dwong@altadenalibrary.org](mailto:dwong@altadenalibrary.org), 626-798-0833, <https://www.altadenalibrary.org/programs/?trumbaEmbed=view%3Devent%26eventid%3D159709279>