



Pat Collins

Total Health & Education Centre
Keeping the Upper Hunter Healthy

Weeds and their Uses

WORKSHOP



The day will start with a local weed walk and we'll collect weeds to make our products after lunch.

Return to Organic Feast to revise our plants and learn how to make our products.

We will make:

- Ointment from our local weeds
- Cream from our local weeds.
- Paddys Lucerne cough syrup
- Chlorophyll capsules
- Tonic tea

Pat's Weeds book will be available for sale on the day!

Book your ticket through at Organic Feast at the counter or over the phone - 49 347351 ext 1

Cost \$75pp

includes all ingredients and containers

BOOKINGS ESSENTIAL ~ 02 4934 7351 ~

Sunday 15th November 10am - 4pm



ORGANICFEAST
Wholefoods Market • Cafe

10-12 William St East Maitland