



Community Education Spring 2024

Herbal Honeys

Instructor: Erin Harwood

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Course Description:

Gather in community to learn how to combine herbs and honey for tasty & supportive remedies you can use all year long!

We'll discuss:

- how to infuse fresh & dried herbs in honey
- different ways to use honey + herbs to create simple herbal remedies
- keeping your herbal honey from going "bad"
- lots of recipes & ideas for crafting your own herbal honeys year 'round!

You'll have the chance to create your own herbal infused honey, using local ingredients.

What you'll take home:

- jar of herbal infused honey
- recipe ideas & inspiration for crafting more herbal honeys on your own
- lots of basic medicinal herbal info focused on easy to grow & source herbs
- connection to herbs/plants & others who share your same interests

Class Evaluation:

Class evaluations are sent by email. Sometimes the email will be delivered to your "junk mail," but we can assure you it's from Clark College only. Your responses are completely anonymous. If you do not see your evaluation immediately after class, look in your junk mail and send it to

your email address. If you do not receive an evaluation, please email Continuingeducation@clark.edu or call 360.992.2939.

Inclement Weather:

If the College cancels due to icy conditions you can find this on the college website www.clark.edu ~ If Community Education concludes that the weather is too hazardous we may also decide to cancel this class. In that case you will receive both a phone call and email. Make certain that we have your correct contact information by viewing the class roster.

Looking for classes? Visit our Community Education webpage: www.clark.edu/cce/