



WHAT SHOULD I GROW IN MY MEDICINAL HERB GARDEN?

APRIL 21, 2021 - 6:30PM - VIRTUAL PRESENTATION

The right herbal "superstars" can treat common ailments like colds and flu, inflammation, minor cuts, infections, pain, muscle spasms, anxiety, poor digestion and insomnia. Find out where to begin and what to grow with this presentation by the Grounded Goodwife, a mother/daughter duo who share their "recipe" for wholeness through holistic workshops and presentations.

Ehris Urban is an herbalist, holistic nutritionist, and flower essence practitioner. Velya Jancz-Urban is a vivacious teacher and history nut. Together they form the Grounded Goodwife. Place a hold on their new book: *Dare to be a Green Witch: Grounded Goodwife's Guide to Wellness & Holistic Healing*.

The Fairfield Public Library has been awarded a Resilient Communities grant from the American Library Association. As part of the grant, registered participants will receive a seed packet to help start their own medicinal herb garden!



Fairfield
Public
Library

You belong here!

All programs are free and open to the public.
For more information: fairfieldpubliclibrary.org or call 203-256-3155.

Main Library
1080 Old Post Road
Fairfield, CT 06824

Fairfield Woods Branch
1147 Fairfield Woods Road
Fairfield, CT 06825

