

South Plainfield Public Library Presents:

Herbs 101: An Introduction to Herbs



This informative program looks at all aspects of herbs including how to grow them, cook with them, use them to ease headaches, colds, and other winter ailments. Gert will also discuss some of the historical, cultural and mythical lore surrounding herbs. If you would like to learn more about the many uses of herbs please join herbalist Gert Coleman for this hands on program.

Gert Coleman has recently retired as Associate Professor of English and Nature Writing at Middlesex County College in New Jersey. Currently Coleman is the Co-editor of the IHA (International Herb Association) newsletter and a contributor to nine IHA Herb of the Year books.



June 23 2pm

REGISTRATION REQUIRED

TO REGISTER, PLEASE CALL THE SOUTH PLAINFIELD LIBRARY AT 908-754-7885