



Pickens County Museum Field School Announces Schedule for Herbalist Robin McGee's 2012 Herb Class Series

Registration now open for any or all of the ten classes to be held at the Hagood Mill

The Pickens County Museum is excited to announce that registration for our much-awaited 2012 series of Herb Classes with Instructor Robin McGee is now open. These classes, all to be held at the Hagood Mill Historic Site & Folklife Center, are designed for adults and are very hands-on. Browse the selection and reserve space in your favorites and join us ready to participate.

Robin will offer her first class of 2012 **FREE of charge** as her way of saying "thank you" to this amazing community for the popularity shown for the 2011 Herb series at the mill. Pre-registration is required for all classes and can be easily completed by calling (864) 898-5963. Space is limited so reserve your spots soon.

Robin McGee is a community herbalist, organic gardener, herbal medicine-maker, writer and herbal educator now living in Anderson, SC. She has been studying, using and creating herbal medicines and products for more than a decade. Along with producing her line of herbal products, *Wild Earth Botanicals*, Robin teaches herbal medicine classes and workshops, does private consultations, leads plant identification walks, and is a popular speaker and storyteller throughout the eastern United States. She has studied with internationally renowned herbalists, traditional healers and shamans including Rosemary Gladstar, Matthew Wood, Rocio Alarcon, and Dona Enriqueta Contreras.

Robin is a member of United Plant Savers, SC Native Plant Society, Upstate Master Naturalist Association, NC Herb Association, and is a contributing writer for the United Plant Savers Journal of Medicinal Plant Conservation, the American Herbataurus Society Newsletter, amarjah.com, and the Rutherford County Catalyst.

Robin lives with her husband, Mac, on a 500-acre chemical-free farm that is home to their business, *Carolina Grassfed Beef & Free-Range Eggs*. Her commitment to conservation and sustainability is inspiring; her teachings empowering, enlightening, humorous, and lively.

Robin McGee's 2012 Classes at Hagood Mill:

March 29: Medicine At Our Feet: Common Weeds For Common Needs. A plant identification walk with Herbalist, Robin McGee, 12-3pm, Tuition: **FREE** – Special to kick off this series of classes. Join us for this fun, informative, and experiential "plant crawl" (an herbalist never gets very far in a few hours) and learn how to use many of our local "weeds" for medicine. We will explore the immediate area around the Mill, stream, woods, and transition zones at a very gently, easy pace, and discuss how they are here to help give us ease! Must pre-register by calling 864.898.5963.

April 12: Tree Medicine: Honoring The Tall Standing Ones with Herbalist, Robin McGee, 12-3pm, Tuition: \$50 (\$40 museum members). Pine, White Oak, Wild Cherry, Tulip Poplar, Sassafras, Sweet Gum, Cedar, and Black Walnut are some of the most common trees found in the south. Traditionally, they have been used for cough, colds, parasites, poison ivy rash, and much, much more. Come and learn some of the magic and medicine that our Tall Standing Ones have to offer. This Tree Identification class will be held outside unless we have heavy rain. Must pre-register by calling (864) 898-5963.

April 26: Gathering Plants for Medicine: The Wonders of Wildcrafting with Herbalist, Robin McGee, 12-3pm, Tuition: \$50 (\$40 museum members). The fulfillment of gathering is a primal need inherent in all of us, and there is a proper, respectful, sustainable way to harvest plants for medicine. Even roots can be harvested sustainably! In this part lecture/part experiential class, students will learn how to prepare for harvesting, how to approach the plants, positive plant identification, and sustainable wildcrafting practices. Dress for the weather! Must pre-register by calling (864) 898-5963.

May 17: Making Your Own Healing Salves with Herbalist, Robin McGee, 12-3pm, Tuition: \$60 (\$50 museum members). Since antiquity salves have been used to heal cuts, scrapes, rashes, injuries, sore muscles, stuffy noses, etc. In this hands-on class you will learn some of the plants used in salves for their healing properties, how to make an infused oil, and create a healing herbal salve to take home! Must pre-register by calling (864) 898-5963.

May 31: Kitchen Cures: Medicine From The Pantry with Herbalist, Robin McGee, 12-3pm, Tuition: \$50 (\$40 museum members). Many of the spices and seasonings that we have in the cupboard and in the kitchen garden have medicinal properties as well as being delicious. Did you know that sprinkling powdered cinnamon or cayenne on a cut will stop bleeding? Join us to learn the diversity of remedies you probably already have and how to use them! Must pre-register by calling (864) 898-5963.

September 13: Making Your Own Herbal Extracts: Tincture-Making The Wise Woman Way with Herbalist, Robin McGee, 12-3pm, Tuition: \$ 60 (\$50 museum members). Learn how to make your own herbal extracts (tinctures)! It's much easier than you think! In this class you will learn to make potent medicinal tinctures from fresh and dried berries, roots, bark, leaves, and flowers, and the importance of proper labeling and storage. Price includes a detailed handout, recipes, materials, and instruction. Students will make a tincture to take home. Must pre-register by calling (864) 898-5963.

September 27: Barking Up The Right Tree: Making Medicine From Trees with Herbalist, Robin McGee, 12-3pm, Tuition: \$50 (\$40 museum members). Confused about making medicine from the Trees? Should you use inner bark, outer bark, roots or leaves? Tincture, syrup or tea? In this demonstration class you will learn how and when to harvest and how to prepare White Oak, Wild Cherry, Tulip Poplar, Black Walnut, and Sassafras for medicine. Gain the skills and confidence to go home and do it yourself! Must pre-register by calling (864) 898-5963.

October 11: Herbal Baby & Childcare with Herbalist, Robin McGee, 12-3pm, Tuition: \$50 (\$40 museum members). Teething, fever, colic, diaper rash, irritability, colds, flu, sore throat, coughing...the list goes on and on. As parents and grandparents we hate to see our little ones feeling miserable. Thankfully, nature has provided us with wonderful green allies to give ease! Learn to use simple, gentle healing herbs that are especially great for children! Must pre-register by calling (864) 898-5963.

October 25: Herbs for Winter Wellness with Herbalist, Robin McGee, 12-3pm, Tuition: \$50 (\$40 museum members). Did you know that common garden Thyme was used in hospitals as a disinfectant long before the invention of those aerosol spray? Or that many people successfully use Elderberry instead of over-the-counter and prescription drugs for influenza? Join us as we discuss herbs and herbal products you can make to use for prevention, at the first signs of sickness, and for full-blown illness. Learn how to make your own hand sanitizer and room spray that is safe for you and the environment! Must pre-register by calling (864) 898-5963.

November 8: Syrups: Easy Herbal Medicine with Herbalist, Robin McGee, 12-3pm, Tuition: \$60 (\$50 museum members). Herbal syrups are delicious and potent natural medicines that are easy to make, and one of the easiest methods of getting herbs into kids (and finicky adults). We will discuss some of the more common plants/plant parts used as syrups, taste several sample syrups, and students will make a medicinal syrup to take home. Price includes a detailed handout, recipes, and instruction. Must pre-register by calling (864) 898-5963.

Pre-registration is required and you may register in person or by calling the Pickens County Museum at (864) 898-5963. Tuition may be paid by **cash, check or charge**. Make **check payable to the Pickens County Museum** or call the Museum to use your **Visa, MasterCard, Discover or American Express**. All classes will be held at the Hagood Mill. **Full Tuition must be paid before first class**. Students will be notified if a class is cancelled or filled. If class is cancelled all tuition will be reimbursed to registered student. No tuition reimbursements after start of class.

The Hagood Mill Historic Site & Folklife Center is located just 3 miles north of Pickens or 5 ½ miles south of Cherokee Foothills Scenic Hwy 11 off SC Hwy 178 at **138 Hagood Mill Road, Pickens, SC**, and is open Wednesday through Saturday from 10:00 until 4:00, to tour the buildings and grounds and to visit the Mill Site Gift Shop.