

## Seasonal Food: Healthy Eating Workshops – 2008



### Summer's Splendid Show

**Saturday June 28<sup>th</sup> 10:30am – 3:30pm**

Foods at this time of year are ripe, fresh, plentiful and full of flavour and nutrients. This workshop will focus on: -

- the organs and systems that are particularly important at this time of year
- the health benefits of these seasonal foods
- the preparation methods that support these benefits
- how their use enhances our well-being and energy levels
- learn which **wild foods** are available and how to prepare them
- what to do for **hay fever** and how to **preserve and store** certain foods to get their benefits throughout the year, and more....

### Indulging in Autumn's Abundance

**Saturday September 20<sup>th</sup> 10:30am – 3:30pm**

Find out how we can enjoy the surplus of foods that arrive from the garden, as well as prepare them to support the conditions that arise at this time of year. In this workshop we'll address: -

- beneficial breakfasts
- foods to support digestion
- herbs and teas for the organs of the season
- why it is helpful to use certain foods and cooking methods to benefit us, as the weather turns cooler.



### Discover Winter's Nourishing Charms

**Saturday November 15<sup>th</sup> 10:30am - 3:30pm**

Many people come down with the flu or a cold just as they prepare to enjoy the Christmas holidays. This workshop will discuss the reasons this happens and what can be done to try to avoid this.

Learn to prepare some homemade flu and cold remedies, healthy holiday recipes and some delicious food gifts.

**Naturopath Sharyn Singer looks forward to welcoming you on these workshops**

**£65 per workshop - which includes lunch and refreshments throughout the day.**

**Book all 3 workshops and receive a £15 discount.**

Venue: The Hayloft, Bradgate Manor, Abbey Hill, Netley Abbey,  
Southampton SO31 5FB



Bookings and Inquiries:

**Lindsey Neve 02380 456 422 Email: [lindsey@bradgatemanor.net](mailto:lindsey@bradgatemanor.net)**  
**Sharyn Singer 01608 664 757 Email: [sharynsinger@btinternet.com](mailto:sharynsinger@btinternet.com)**  
**[www.bradgatemanor.org](http://www.bradgatemanor.org)**