

Indulging in Autumn's Abundance

Friday 26th September 10:30am – 3:30pm

Discover how we can enjoy surplus foods from the garden, as well as prepare them in order to support our health at this time of the year.

In this workshop we address:

- beneficial breakfasts
- foods to support digestion
- herbs and teas of the season to protect us
- appropriate foods and cooking methods for the cooler autumn



Discover Winter's Nourishing Charms

Thursday 13th November 10:30am-3:30pm

Colds and flu' can often spoil a Christmas holiday

In this workshop we address:

- reasons for illness at this time
- tactics to avoid maladies
- preparation of homemade remedies
- healthy holiday recipes
- delicious food gifts



Naturopath Sharyn Singer looks forward to welcoming you to these workshops

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

Venue: Haddon Acre, Sires Hill, North Moreton. OX11 9BG

Limited numbers: to reserve your places, contact:

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