

# Herbs For Health, From The Garden To The Kitchen

**When:** Saturday, July 20, 10am - noon

**Where:** Freeway Estate Community Orchard  
6th Ave NE, just north of NE 60th St, Seattle

Cultures have long known that some of our greatest allies in health are the scrappy herbs in our backyards. Besides adding flavor to our food, they are fantastic warriors against viruses, bacteria, and fungi, among many other benefits. The more we understand their medicinal properties, the better we can harness their individual strengths to fit our personal needs. In this class, learn how easy-to-grow herbs can support health, and leave with new ideas of how to incorporate your herbal bounty in the kitchen. Growing tips included to keep your herbs going strong.

RSVP appreciated but walk-ins also welcome. **\$15 Suggested Donation**

**Sue Hartman** retired a few years ago from Tilth Alliance (formerly Seattle Tilth) where she managed the adult learning garden in Wallingford, worked on the Garden Hotline and taught adult education classes. She now spends her time growing food for the University Food bank at Freeway Estates and assisting the gardener/groundskeeper at the Good Shepherd Center.



**Maya DiTraglia** earned her MS in Nutrition from Bastyr University where she also gained a foundation in herbal medicine making and wildcrafting. Before her graduate program, Maya was on the faculty and staff at a health-supportive, plant-based culinary school in Austin, TX before serving as the culinary coordinator at Ballard Market in Seattle. She is especially interested in digestive health, therapeutic cooking, and coming up with ways to incorporate herbs and spices in daily delicious ways.

RSVP to [freewayestatescommunityorchard@gmail.com](mailto:freewayestatescommunityorchard@gmail.com)

Freewayestates.org