



2018

Kitchen Medicine

with Natalija Kyle, Holistic Healthcare Practitioner and Clinical Herbalist

Did you know that the herbs and spices you use for cooking have a much deeper quality to them? Most of them have been used for hundreds of years, not only for added flavor but for their healing abilities.

In this class we will talk about 15 common herbs and spices you probably already have in your pantry. You will get a handout with details about the herbs and how to incorporate these little gems in your daily life.



February 24, 2018 9:00am to 10:30pm \$25.00 per person

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* Museum [Volunteers](#) and [Members](#) receive a 10% discount!

Superstition Mountain Museum

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