



Preble County Historical Society, Inc.
7693 Swartsel Rd. Eaton, Ohio 45320

Press Release

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May 1 Herb Faire

“Kickin It up with Horseradish, it ain’t shy!”

2011 Herb of the Year, Horseradish, will be featured at the May 1 Herb Faire, hosted by the *Herb Society of PCHS*.

When: Sunday May 1, 2011 from 12noon-5pm. **Where:** Preble County Historical Society, 7693 Swartsel Rd., Eaton, OH (accessible off St. 122, 6 miles SE of Eaton, 1 mile NW of Gratis). The Herb Faire will host educational programs, relaxing music, and good food! There will be something for everyone’s interest on Sunday May 1 Presentations and programs begin at 12:30pm with a guided *Medicinal Trail Hike* along the Aukerman Creek Trail.

At 1:30 begins an herbal cooking demonstration by *Andrea Seaborn*, “*Kickin’ It Up With Horseradish, It Ain’t Shy!*”, will feature recipes incorporating pungent horseradish, the 2011 Herb of the Year.

Following at 2:30, will be *Seth Schlotterbeck*, who will provide guidance on how to make your own herbal vinegars.

At 3:00 pm, *Herbalist Janell Foust* will present “*From Your Kitchen To Your Health-Spices That Heal!*”

How to use everyday and exotic spices to boost your health. Worldwide scientific research has linked spices to the prevention and treatment of more than 150 health problems, including heart disease, cancer, type 2 diabetes, and Alzheimer's. Spices are so powerful because they are super-rich sources of plant compounds that fight oxidation and inflammation, the two culprits underlying many chronic disease. *From Ancient Medicines to New Discoveries-----The proof is positive-spices can heal.* Janell Foust is a florist, herbalist, Therapeutic Touch™ and Reiki . Owner and founder of Lavender & Roses Herbary and Florals. Janell has studied at the Dominion Herbal College, British Colombia in 1998 & 1999. In 2000-2002, at Rosemary Gladstar’s the Art & Science of Herbalogy. Served an Internship with an Amish herbalist, Soloman, from Southern, Indiana. In 2003, studied at Rosemary Gladstar’s Advanced Herbal Training. In 2008, completed Reiki 1 & 2 with Sally Garrett, Earthlight Energies, Tarpley, Texas. In 2009, completed Therapeutic Touch level 1 & 2 Ottawa, Canada and interned with Trish Rolls, Touching Lives with Care, Montreal, Canada practicing the modalities of Therapeutic Touch™ and Aromatherapy in health care facilities for geriatric care, palliative care, Alzheimer’s & hospice care. And the exciting journey into the green continues ~~~~~

The Herb Plant Sale will be the highlight of the day! Herb Society members hope to entice garden enthusiasts to think beyond the ordinary Thyme and Basil plants. Cooks and gardeners alike will be interested in trying new

unique flavors and aromas to add a little spice and adventure to recipes and flower beds. In addition, aromatic scented geraniums and Everlastings will be available, which can be dried for beauty and pleasure long after the last frost. Herb Society members will be on-hand to assist customers in selecting the right herb plants for their gardens. Visitors can sample a variety of tasty herb dips and teas.

Just for Kids: children's hands-on fun and educational gardening program throughout the day, will involve kids of all ages in hands-on activities to acquaint them with the pleasures and benefits of gardening and being more environmentally responsible. A variety of easy to implement gardening and environmental tips will be offered throughout the event.

Vendors offering hand-crafted wares and herbal related merchandise are to be on site as well!

For your music enjoyment, *Sirenz* begins at 1:30, followed with *Knotwork Flute Trio* begins at 3pm.

For your dining pleasure, the lunch stand will be available on site offering scrumptious sandwiches, healthy side dishes, homemade pies and ice cream, and herb tea!

If you have any questions regarding the Herb Faire, please contact the Historical Society at 937-787-4256, or by email: preblecohistsoc@brecnet.com.