

Margaret Roberts Herbal Centre

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LECTURES FOR 2018 - 2019

Held at 12 noon on the first Saturday of every month at the Margaret Roberts Herbal Centre Lecture Hall. We appreciate bookings to help us with catering, as well as preparation of printed notes for every lecture. An sms will be gratefully received. Please note all 12 lectures are completely new lectures! Teas and lunches are ongoing at the Restaurant until 3 pm.

PLEASE: NO children, babies, pets, as these have proved to be distracting as the 1 ½ hour lecture is intense! Price R120.00. Lecture starts 12 noon.

We hope you enjoy our lectures and all the Herbal Centre offers, and thank you for your support.

2018

SAT. 3RD NOVEMBER – ANNUAL CHRISTMAS SHOPPING DAY

BUILDING HEALTH FOR PETS – Making natural remedies from your garden and using Tissue salts and herbs.

SAT. 1ST DECEMBER – HEALING OILS – The long anticipated healing oil class on how to use oils safely. With recipes

WEDNESDAY 19TH DECEMBER – LAST MINUTE CHRISTMAS SHOPPING DAY – Come and enjoy a lovely day with us for your last minute shopping before we close for the festive season and re-open on the 2nd of January 2019.

CHRISTMAS LUNCH AND GIN TASTING – Pair your own gin with fragrant botanicals and a delicious Christmas lunch (non-alcoholic option available). **R250 per person - This includes a Christmas buffet lunch and 1 gin served with tonic and botanicals or non-alcoholic drink. R100 for children under 12.**

2019

SAT. 5TH JANUARY – YOU ARE WHAT YOU EAT – Start 2019 with energy, vitality and positivity. New and quick recipes for the whole family including healthy school snacks.

SAT. 2ND FEBRUARY – THE HOME MEDICINE CHEST FROM YOUR GARDEN – Simple and effective recipes and remedies for common ailments-this fabulous class follows on the previous module with new information and tips

SAT. 2ND MARCH – SEEDS FOR HEALTH – Launching new seeds, building your own seed banks, sprouts and micro greens and making your own windowsill garden for health.

SAT. 6TH APRIL – BOOSTING THE IMMUNE SYSTEM – Boosting the immune system using healing foods, natural antibiotics and Tissue salts. Focusing on chronic and serious ailments like arthritis, gout, osteoporosis, depression, constipation and MUCH more.

SAT. 4TH MAY – SUPERFOODS - The 20 most valuable Superfoods to build energy, health and brainpower, and 10 that will sustain us through all stresses. New recipes and formulas and teas. Never done before! Completely new plants with new methods – utilizing the Superfoods.

SAT. 1ST JUNE – COOKERY CLASS 1 – STOCKING YOUR PANTRY NATURALLY – An exciting tasting class with easy recipes and tips on healthy eating. This class will be held in the restaurant and includes all snacks, teas and lunch. **R450 per person. BOOKINGS ESSENTIAL. From 9am – 2pm.**

SAT. 8TH JUNE – COOKERY CLASS 2 – HEALTH AND VITALITY – Foraging from the garden and using medicinal herbs in every day cooking using our favourite quick and easy recipes.

*** This is an extra class for sampling, tasting and experiencing healthy cooking at its best!**

R450 per person. BOOKINGS ESSENTIAL. From 9am – 2pm. Includes snacks, teas and lunch.

SAT. 6TH JULY – HEALTHY TEAS FOR HEALTHY LIVING – Tea tasting at its best! Due to popular demand more on the benefits of herbal teas for detox, arthritis, flu, ageing etc.

SAT. 3RD AUGUST – ANTI-AGEING COSMETICS – The benefits of Tissue salts in the skin, joints and hair used in cosmetics. This fantastic lecture is for you if you want to make your own natural cosmetics at home.

SAT. 7TH SEPTEMBER – 32ND ANNUAL LAVENDER FESTIVAL

BOTANICAL PAIRING – How to combine herbs and edible flowers and pair it with your food and beverages using a flavour wheel with the health benefits.

SAT. 5TH OCTOBER – FAIRY TREASURE HUNT

BRAINPOWER FOR THE WHOLE FAMILY – Simple eating habits combined with Tissue salts for better health and vitality.

SAT. 2ND NOVEMBER – ANNUAL CHRISTMAS SHOPPING DAY

BUILDING MORE HEALTH FOR PETS – Making natural remedies from your garden and using Tissue salts and herbs.

SAT. 7TH DECEMBER – MAKING GIFTS FROM YOUR HERB GARDEN FOR CHRISTMAS – The long anticipated class on making beautiful inexpensive gifts from your herb garden. a Fun filled class for the whole family with start up kit included @ **R300 per person attending.**

WEDNESDAY 18TH DECEMBER – LAST MINUTE CHRISTMAS SHOPPING DAY – Come and enjoy a lovely day with us for your last minute shopping before we close for the festive season and re-open on the 4th of January 2020.

CHRISTMAS LUNCH AND GIN TASTING – Pair your own gin with fragrant botanicals and a delicious Christmas lunch (non-alcoholic option available). **R250 per person - This includes a Christmas buffet lunch and 1 gin served with tonic and botanicals or non-alcoholic drink. R100 for children under 12.**
