

# Margaret Roberts Herbal Centre Est. 1982

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## The Margaret Roberts Herbal Centre

Invites you to enjoy the last of the 2020 year of events.

Please save these dates on your calendar as lectures and special open days are not repeated.

As we all lost half of the year to Covid our planned 2020 lectures will be re-scheduled for 2021

**WE ARE OPEN EVERY WEDNESDAY AND FIRST SATURDAY OF THE MONTH 8h30 – 4 pm EXCEPT ONLY FOR JANUARY 2021- WE WILL NOT BE OPEN ON SATURDAY 8<sup>th</sup> JANUARY**

Don't miss our exciting lectures held at 12 noon on the first Saturday of every month at the Margaret Roberts Herbal Centre Lecture Hall. Each lecture is listed below for 2020 AND 2021

Please note **all** lectures are completely **new** lectures! All are welcome to enjoy these open Saturdays.

Lectures are not compulsory but for those who would love to know more about Herbs and Tissue salts

We appreciate **bookings** to help us with catering, as well as preparation of printed notes for every lecture.

An sms will be gratefully received on 071 161 6441

**Teas and lunches are ongoing at the Restaurant from 9am until 3 pm.**

**PLEASE:** Lecture starts at 12 noon. **NO** children, babies, pets, as these have proved to be distracting as the 1 ½ hour lecture is intense! **Price R130 per person attending Lecture**

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

**FOR FREQUENT VISITORS: Please ask for your loyalty card in the shop for frequent lectures**

## SATURDAY OPEN DAYS AND LECTURES FOR 2020

- **SAT. 5<sup>TH</sup> SEPTEMBER – ANNUAL LAVENDER FESTIVAL FOR ALL TO ENJOY!**  
**Lecture at 12 NOON – ALL ABOUT LAVENDER.** From growing, to eating, cosmetics and the health benefits. Bookings essential for lecture, we can accommodate only 50 with good social distancing
- **SAT. 3<sup>RD</sup> OCTOBER – ANNUAL FAIRY TREASURE HUNT AND MINATURE GARDEN MAKING.**  
**9AM- 11:30 AM SLOTS AVAILABLE @ R120 per fairy.** Wear your fairy (wings), gnome, magician outfit. **BOOKING ESSENTIAL** via sms 071 161 6441  
**12 NOON Lecture - TEA FOR HEALTHY LIVING** using and exploring Edible and Medicinal flowers. An ideal tea tasting experience for the whole family to enjoy. Don't miss it!  
(We will help you mix your own dried herb teas should you want to purchase additional ingredients to take home)
- **SAT. 7<sup>TH</sup> NOVEMBER – OPEN DAY 12 NOON- LECTURE ON ELECTRO-MAGNETIC POLLUTION INCLUDING 5G** and building health and resistance against it with simple and effective ways of protecting your body and home with Herbs and Tissue salts
- **SAT. THE DECEMBER – CHRISTMAS FAIR.**  
**12 NOON Lecture on MAKING MONEY FROM YOUR GARDEN** with recipes and notes. This is an exciting opportunity for the whole family.
- **WEDNESDAY 16<sup>TH</sup> DECEMBER – PUBLIC HOLIDAY** Open from 8h30 – 4pm. **LUNCH BOOKINGS ESSENTIAL ON 071 161 6441**
- **WEDNESDAY 23<sup>RD</sup> DECEMBER – LAST MINUTE CHRISTMAS SHOPPING AND CHRISTMAS LUNCH** – R250 per person - This includes a Christmas buffet lunch with dessert. R120 for children under 12. **BOOKINGS ESSENTIAL** 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 6<sup>th</sup> of January 2021.

## SATURDAY OPEN DAYS AND 12 Noon LECTURES FOR 2021

- **SAT 2 JAN - CLOSED! WE RE-OPEN: Wednesday 6<sup>th</sup> January**
- **SAT. 6<sup>ST</sup> FEBRUARY – Using Herbs in our daily DIET- THE FOUNDATION** : Strengthening against dread disease and building the body with natural antibiotics.
- **SAT. 6<sup>TH</sup> MARCH – EMOTIONAL SYMPTOMS OF TISSUE SALT DEFICIENCIES including stress** :  
Tissue Salt combination for daily use eg. Cancer, radiation, obesity, acidity, arthritis, stress and memory
- **SAT. 3<sup>TH</sup> APRIL – EASTER EGG TREASURE HUNT AND PLATE PAINTING** @ 10h00 for the whole family to enjoy @ R130 per person **BOOKINGS ESSENTIAL. Sms to 071 161 6441**  
**Lecture at 12 NOON - HOLIDAY TIME QUICK HEALTH-** Quick natural fixes and Tissue Salt therapy to stop mood swings, build energy and the immune system before winter starts.
- **SAT. 1<sup>ST</sup> MAY – PREPARING VITAL WINTER ANNUALS:** Preparing your winter garden for easy to grow vital winter annuals to form the foundation of your health. This is also a must for windowsill gardeners who don't have space- sprouting included in this lecture!
- **SAT. 5<sup>TH</sup> JUNE – WINTER MEDICINE CHEST FROM YOUR GARDEN:** Simple and effective recipes for aches, pains, flu, arthritis, stiffness and circulation.
- **SAT. 3<sup>RD</sup> JULY – “DELICIOUS AND EASY HEALTH” COOKERY CLASS @ R350 per person:**  
Focusing on the pantry to boost health with warming herb drinks, seeds and spices... with lots of tasters!  
**NB!! This lecture includes tea and lunch**  
**LECTURE starts at 9 am sharp to 12 noon!** BOOKINGS ESSENTIAL ON 071 1616441
- **SAT. 7<sup>ST</sup> AUGUST – COSMETIC MAKING FOR THE WHOLE FAMILY** : The skin herbs- for all skin types and ages with anti-aging recipes and testers @ R200 per person.
- **SAT. 4<sup>TH</sup> SEPTEMBER – ANNUAL LAVENDER FESTIVAL, this is a shoppers dream!**  
**Lecture at 12 noon on Companion planting, a must for all planting organic gardens**
- **SAT. 2<sup>ND</sup> OCTOBER – ANNUAL FAIRY TREASURE HUNT**  
**BOOKING ESSENTIAL via sms 071 161 6441 for all fairies who love to make their own miniature gardens to take home with them,**  
**12 NOON – ANNUAL TEA TASTING FOR HEALTHY LIVING** using and exploring Edible and Medicinal flowers. An ideal tea tasting experience for the whole family to enjoy. Don't miss it!
- **SAT. 6<sup>TH</sup> NOVEMBER – SUSTAINABILITY & BUILDING YOUR PANTRY FROM YOUR GARDEN** INCLUDING growing exciting small gardens
- **SAT. 4<sup>TH</sup> DECEMBER – CHRISTMAS FAIR**  
**12 NOON USING ESSENTIAL OILS** easily with recipes notes and ailments chart.. This is an exciting fragrant healing class for the whole family. Essential oils available at the shop for sale.
- **WEDNESDAY 22<sup>RD</sup> DECEMBER – LAST MINUTE CHRISTMAS SHOPPING AND EARLY CHRISTMAS LUNCH** – R250 per person - This includes a Christmas buffet lunch with dessert. R120 for children under 12. **BOOKINGS ESSENTIAL** 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 6<sup>th</sup> of January 2021.

**WE WILL BE CLOSED FROM THURSDAY 23<sup>TH</sup> DECEMBER**  
**WE RE-OPEN WEDNESDAY 5<sup>TH</sup> JANUARY 2022.**

- **8 JANUARY 2022 – FIRST OPEN SATURDAY FOR 2021 – SUSTAINABILITY FROM THE GARDEN – looking at the year ahead on a budget. Including foraging and preserving using basic ingredients from the garden.**

The office is open every day from 8 am to 1 pm **for telephonic queries and orders only.**  
Visit our online shop now at [www.margaretroberts.co.za](http://www.margaretroberts.co.za) or SMS/ call us for more information on  
071 161 6441