

# Margaret Roberts Herbal Centre Est. 1982

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The Margaret Roberts Herbal Centre invites you to an exciting 2023 year of events.  
Please save these dates on your calendar as lectures and special open days are not repeated.

We are open **EVERY** Wednesday and the **FIRST SATURDAY** of the month from **8h30 – 15h30 pm**  
Lectures are **only** on the first Saturdays @12 noon (except for Sat 4 June as this lecture starts at 9am)  
Please note **all** 12 lectures are completely **new** lectures!  
We appreciate **bookings** to help us with catering, as well as preparation of printed notes for every lecture.  
A SMS will be gratefully received on 071 161 6441 for all bookings.

Teas and lunches are ongoing at the Restaurant from 9am until 3 pm.  
**PLEASE: NO** children, babies, pets, as these have proved to be distracting as the 1 ½ hour lecture is intense!  
Lecture starts 12 noon.  
We hope you enjoy our lectures and all the Herbal Centre offers, and we thank you for your support.  
**Price R130.00 per person attending, unless specified as for Sat 4 June @ R250**  
**FOR FREQUENT VISITORS: Please ask for your loyalty card in the shop for monthly lectures.**

## LECTURES FOR 2023

- **SAT. 4<sup>th</sup> FEB @ 12Noon: MODULE 1: PLANTING AN INDIGENOUS GARDEN FOR EASY MAINTENANCE & MAXIMUM HEALTH BENEFITS @ R130 per/person**  
Bookings essential via SMS to 071161 6441
- **SAT. 4<sup>th</sup> MARCH @ 12Noon: THE FRAGRANT GARDEN, HEALING BENEFITS OF EDIBLE & FRAGRANT FLOWERS @ R130 per person. Bookings Essential via SMS to 071 161 6441**
- **SAT. 1<sup>st</sup> APRIL@ 12Noon : CANCER SUPPORT NATURALLY, USING ORGANIC HERBS GENTLY**  
Including Herbs for pain, fatigue, nausea, appetite loss... @ R130 p/p Bookings essential: SMS to 071 161 6441
- **SAT. 6<sup>TH</sup> MAY@ 12Noon : BUILDING UP A SEEDBANK FOR YOUR HOME MEDICINE CHEST**  
@ R130 p/p. Bookings essential: SMS to 0711616441
- **SAT. 3<sup>TH</sup> JUNE : NB: LECTURE STARTS @ 9 AM**  
**COOKERY CLASS: -(making your own)DELICIOUS, EASY SPICE & HERB BLENDS FOR HEALING**  
A healthy alternative with recipes @ R250 p/p INCL TEA & LUNCH  
Bookings essential: via SMS on 071 161 6441 DON'T miss this one!
- **SAT. 1<sup>st</sup> JULY -FORAGING FOR HEALTH, BUDGET AND SUSTAINABILITY (MODULE 2)**  
Recipes incl. @ R130 p/p Bookings essential: via SMS on 071 161 6441
- **SAT. 5<sup>th</sup> AUGUST -COMPANION PLANTING AND NATURAL INSECTICIDES: Tips for planting & easy organic insecticide recipes @ R130 per person. Booking essential: via SMS 071 161 6441**
- **SAT. 2<sup>nd</sup> SEPTEMBER –ANNUAL LAVENDER FESTIVAL & lecture at 12 noon on USING LAVENDER FOR SKIN REJUVINATION AND RADIO-ACTIVE PROTECTION.**  
The skin herbs, for all skin types with recipes and testers. Bookings essential: SMS 071 161 6441  
**@ R200 p/p Including skin spray with biochemic tissue salts and essential oils.**
- **SAT. 7<sup>th</sup> OCTOBER – ANNUAL FAIRY TREASURE HUNT & BUILDING YOUR OWN MINATURE GARDEN (to take home) @ R200 per person Bookings essential via SMS 071 161 6441.**  
Treasure hunt time slots will be allocated every hour, please don't forget to dress like a fairy, elf or magician!  
P.s If you would like a Fairy birthday party on this day please book your fairy party cake early, we love fairy parties!
- **DON'T MISS THE SPECIAL CLASS @ 12 NOON – ON MAKING CORDIALS, BEVERAGES AND NATURAL HEALTHY SWEETNERS & EXPANDING OUR ANNUAL TEA TASTING EVENT** blending Edible and Medicinal flower teas @ R130 p/p
- **SAT. 4<sup>TH</sup> NOVEMBER –USING BIOCHEMIC TISSUE SALT COMBINATIONS (MODULE 2)** Recognising symptoms of deficiency on the face. Notes & recipes incl. memory loss, obesity, arthritis, stress, insomnia and much more @ R130 p/p Bookings essential: via SMS 071 161 6441

- **SAT. 2<sup>nd</sup> DECEMBER – CHRISTMAS SHOPPING & STOCKING UP YOUR PANTRY**  
**12 NOON WEDNESDAY 20<sup>TH</sup> DECEMBER – LAST MINUTE CHRISTMAS SHOPPING AND CHRISTMAS LUNCH** – R250 per person - This includes a Christmas buffet lunch with dessert.  
**R100 for children under 12** Bookings essential: via SMS 0711616441  
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 4<sup>th</sup> of January 2024

**WE WILL BE CLOSED FROM THURSDAY 21<sup>ST</sup> DECEMBER AND RE-OPEN WEDNESDAY THE 10<sup>TH</sup> OF JANUARY 2024.**

- **13 JANUARY 2024 – FIRST OPEN SATURDAY FOR 2024 – FOR ALL TO ENJOY!**  
The office is open every day from 8 am to 1 pm for telephonic queries and orders.  
Visit our online shop now at [www.margaretroberts.co.za](http://www.margaretroberts.co.za) or call us for more information on  
071 161 6441