

## Find us in beautiful Devon

Holt Wood is sited close to the River Torridge and Great Torrington in North Devon. There are numerous attractions nearby in North Devon. Holt Wood is near to RHS Rosemoor Gardens which is a 65-acre garden with vegetable, herb and fruit growing displays as well as woodland walks. Ask us for our accommodation list.



## Holt Wood Medicinal Tree and Shrub Project

The Holt Wood Medicinal Tree and Shrub project shows how an overgrown conifer plantation can be transformed into a sustainable source of medicinal and other plant supplies. We aim to develop expertise which can support others in establishing medicinal trees and shrubs.

[www.holtwoodherbs.com](http://www.holtwoodherbs.com)

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Devon 2019

# Day Courses

**Holt Wood**  
Medicinal Forest Garden

Book online at [www.holtwoodherbs.com](http://www.holtwoodherbs.com)



Each course group is limited in numbers to ensure that everyone can get involved and ask questions. Your guide is Anne Stobart, MCPP, PhD, medical herbalist, herb grower and historical researcher. Our courses run from 10.30 am to 4 pm and places must be booked in advance. Each day costs £68.00 and the cost is inclusive of all learning materials and refreshments. We will confirm your place and send details for travel and suggestions for accommodation. If you have queries then do email us at [info@holtwoodherbs.com](mailto:info@holtwoodherbs.com)

"Informative",  
"inspirational", "hands-on"



### **Medicinal Herbs in Historical Practice day course**

- Health and disease in historical perspective
- Folklore and recipes of the seventeenth century
- Making poultices and distilled waters
- Further sources on historical herbs

#### **DATES**

**Thur 6 June 2019  
or Sat 22 June 2019**

### **Designing the Medicinal Forest Garden day course**

- Key medicinal trees, shrubs and herbs
- Identifying medicinal plants
- Designing with permaculture principles
- Sourcing and establishing medicinal trees and shrubs

#### **DATES**

**Thur 23 May 2019  
or Fri 14 June 2019**

### **Harvesting from the Medicinal Forest Garden day course**

- Harvesting sustainably, keeping records
- Processing and drying medicinal herbs
- Making a range of herbal preparations
- Regulations on remedies

#### **DATES**

**Thur 30 May 2019  
or Sat 15 June 2019  
or Sun 23 June 2019**