



Sturbridge Herbfest

The Fourth Annual Sturbridge Herbfest is Saturday, September 30 on the Sturbridge Town Common. Join us for a day of herbal celebration including classes, a weed walk, yoga, crafts, food, vendors, drumming, and **raffles!** Buy your raffle tickets at the registration table.

Pre-registration is \$15. Registration on the day of the event is \$25. With you admission fee, you can choose from among fifteen (15), 50-minute herbal and other classes, attend the weed walk, participate in the yoga stretch, and the drumming.

Pre-paid and pre-ordered box lunches by Sturbridge Coffee House are available. (See the next brochure panel for lunch options.) Orders are due by Wednesday, September 27. Order lunches at www.sturbridgeherbfest.com.

We are now taking vendor applications. \$75 for a 10x10 space. For more information call Salli, at Alternatives for Health, 508-347-2111.

For detailed information, visit our website:
www.sturbridgeherbfest.com

FOOD

Pre-paid and pre-ordered box lunches by Sturbridge Coffee House are available. Salads include drink and cookie; wraps include drink, chips, and cookie. Order lunches at www.sturbridgeherbfest.com.

Cashew Salad

Green-leaf lettuce, dried cranberries, and feta cheese topped with cashews balsamic dressing. \$12.00

Caesar Salad

Green-leaf lettuce, homemade croutons, shaved parmesan, and Caesar dressing. \$12.00

Chicken Avocado Salad

Romaine, grilled chicken, avocado, black beans, corn, and feta. Balsamic dressing. \$16.00

Chicken Caesar Wrap

All white meat chicken, lettuce, homemade croutons, flaked parmesan cheese and Caesar dressing. \$13.00

Clemente's Southwest Salad

Lettuce, chicken, tomato, corn, black beans, cheese, lime ranch dressing. \$16.00

Fireside Turkey Wrap

Boars Head roasted turkey, tomato, avocado, and homemade chipotle mayo. \$16.00

Payton's Favorite Wrap

Avocado, 3 slices of Boar's Head thick-cut bacon, lettuce, tomato and mayo. \$16.00

Spinach Salad

Fresh spinach, boars head bacon bites, fresh sliced mushrooms, hardboiled egg, and toasted almonds. Balsamic dressing. \$15.00

Tasty Veggie Wrap

Homemade veggie cream cheese with cucumbers, red peppers, tomato & lettuce. \$14.00



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The Fourth Annual Sturbridge Herbfest

Saturday, September 30

9:30 A.M. – 4:30 P.M.

Sturbridge Town
Common (Rte. 131)
Sturbridge, MA

Classes • Vendors • Food

For more information
visit our website:

www.sturbridgeherbfest.com



Tent 1 Classes*

9:45 - 10:35: Alida Moncada -
Family Constellations

10:45 - 11:35: Dr. Jody Noe -
Virology for the Herbalist

1:00 - 1:50: Diana Byron –
Herbal Allies for Women’s
Health

2:00 - 2:50: Rita Schiano –
Living a Less Stressed, More
Flourishing Life

3:00 - 3:50: Green Meadows –
Cannabis

12:15 – 12:45
Herbal Recipe Share
Tent 1

Tent 2 Classes*

9:45 - 10:35: Risa Mateo – Herbs
For Children’s Health

10:45 - 11:35: Joyce LaFortune –
Flower Essences for the Chakras

12:00 Yoga Stretch

1:00 - 1:50: Dark Moon – Herbs for
Intuition & Awareness

2:00 - 2:50: Joyce Grenier – A
Migraine Protocol

3:00 - 3:50 Chris Morano – Lyme

12:00 P.M. Weed Walk

Library Lower Level Classes*

10:00 - 10:50: Maryann
Ritchotte – Nervines

11:00 - 11:50: Laura Sheppard –
Spring Cleansing Herbs

1:00 - 1:50: Linda Patterson –
Palmistry

2:00 - 2:50: Linda DiPasquale –
“Cautions” for Combining Herbs
with Medications

3:00 - 3:50 Rob Hastie – 10
Must Have Herbs

4:00 P.M. Drumming
Circle in the Bandstand

- Schedule subject to change.