



Paradise Permaculture Institute

Fire Cider Making Workshop

With Herbalists

Angela Segraves & Rachelle Sinnard



Saturday, February 23rd, 2019

10-1pm • \$25 + materials (\$5)

Warming. Immune Building. Energizing.

Fire Cider is a spicy vinegar remedy designed to "light your fires". It has been revered for generations as a simple and effective solution to relieve sinus congestion, ward off colds and flus, aid digestion and increase circulation. Fire cider can be sipped on its own, mixed with other beverages, or used in cooking.

*In this class, we will make 2 varieties of fire cider...one that can be consumed immediately and another that needs to sit and incubate for 4 weeks. We will be grating fresh horseradish and onion, so come prepared for your sinuses to open and your eyes to water. **You will take home 1 jar of each variety of cider.***

Angela Segraves and Rachelle Sinnard are local herbalists who love helping others learn about the magic and beauty of the plants around us. Both ladies are trained herbalists and aromatherapists and spend as much time outdoors with healing plants as possible! ***Their goal is to encourage others to learn how the plants around them can provide support for moving towards vibrant health.***

Directions to Livingston workshop location provided upon registration.

Register online www.paradisepermaculture.org or call 222-9999

Paradise Permaculture Institute • PO Box 1056 • Livingston, MT 59047

We demonstrate how to work with nature to co-create abundant foodscapes and sacred spaces.