

URBAN MEDICINE CABINET 2022



ALL WORKSHOPS WILL BE OUTSIDE at the UPPER MEADOW.
In the case of inclement weather, all workshops will be held indoors
in the Coach House
Bartram's Garden, 5400 Lindbergh Blvd, Philadelphia

Nutritive Heart Tonic

Saturday, April 30, 10:00AM-12:00PM

Learn to make a delicious and nutritious tincture for heart health. This tincture can be used safely and effectively with heart medication; it works through its nutritional components to strengthen the heart and circulatory system.

Cold Process Soap Making

Saturday, May 21, 10:00AM-12:00PM

Cold Process Soap 101 - There are so many benefits in making soap! You control the process from start to finish. Learn the basics of this profitable skill. Make soap from scratch!

Tooth Powder Paste

Saturday, May 28, 10:00AM-12:00PM

Did you know you can easily make effective, good tasting and inexpensive toothpaste yourself?

Herbal Deodorant

Saturday, June 18, 10:00AM-12:00PM

Conventional deodorant antiperspirants work great but contain aluminum and other additives that have been linked to breast cancer. Learn how to use natural ingredients to make a healthier effective alternative without the use of baking soda!

Body Butter Bars

Saturday, June 25, 10:00AM-12:00PM

Body Butter Bars are the answer to rough dry patches like knees, elbows and feet! Learn how to use shea butter and other exotic ingredients to create a supreme moisturizer!

Liver Health Tincture

Saturday, July 30, 10:00AM-12:00PM

This root tincture is useful in cases of poor or sluggish digestion, skin conditions such as acne and eczema, and any general health issue in which the liver might be of concern.

Holistic Womb Care

Saturday, August 20, 10:00AM-12:00PM

Cramp bark and other herbs have long been used by indigenous women to relieve painful menstrual cramps and balance the female reproductive system. Learn how to make this effective herbal remedy that has been used for centuries.

Holistic Prostate Care

Saturday, August 27, 10:00AM-12:00PM

Medicine men have traditionally used tonic herbs and foods to nourish and protect their delicate prostate gland. Learn to make this effective tonic to provide nutritional support for healthy prostate, male sexual function, soothe and promote urinary tract health.

TICKETS:

\$20 General Admission / \$15 Members

\$2 Southwest Neighbors & ACCESS
Cardholders



For more info or to RSVP:
215-729-5281
info@bartramsgarden.org

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First Aid Eye Wash

Saturday, September 17, 10:00AM-12:00PM

This effective herbal first aid remedy can be used to treat eye infections such as conjunctivitis.

Fungal Salve

Saturday, September 24, 10:00AM-12:00PM

This powerful disinfectant salve is excellent for treating skin infections and fungal infections like athlete's foot and ringworm.

Seasonal Affective Disorder

Saturday, October 29, 10:00AM-12:00PM

Seasonal Affective Disorder (SAD) is not uncommon in northern parts of the world when the lack of light during the long winter months can bring on depression and lethargy. This is also an effective remedy for deep-seated grief and feelings of loss. This tincture along with staying active and getting fresh air can help to keep you uplifted and fill your heart with sunshine.

ABOUT THE INSTRUCTOR

A Medicinal Herb Farmer and Herbalist for over 15 years, Ms. Nyambi Royster has taught Urban Health Courses and Agroecology Workshops at national institutes of learning including Drexel University, University of Pennsylvania and LaSalle University. She has lead national discussions of food sovereignty and social justice initiatives. Her career is characterized by her passion for reconnecting others to the earth as a sustainable source of health and healing.

She manages an acre organic fruit orchard and medicinal herb farm in North Philadelphia at the Lighthouse Field. There, she offers various levels of gardening classes, health & wellness workshops, and wild foraging.

She is also the Artisan of Nyambi Naturals LLC., an herbal inspired bath & body care company located in Philadelphia. Creams, soaps, butters and soaking tea blends are prepared in small handmade batches (non-animal tested) with a select variety of herbs and botanicals, including calendula, rosemary and mints grown organically at the farm.

Nyambi continues to teach Urban Health Courses, Agroecology Workshops and Cooperative Development Classes both local and nationally. She maintains affiliation with Penn State Extension, Soil Generation, and Philadelphia Area Cooperative Alliance.

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