

Suggested Schedule for Pre-Recorded Content		
Course Lesson	Date	Approx. Time (min)
<i>Pre-Course Homework: Foraging Fundamentals - 25min</i>		
Welcome	By June 7	5:30
Steps 1-8	By June 7	20:00
<b>Week 1: Wild Food Health Boosters - 100 min + Live Q&amp;A</b>		
Welcome	June 9	3:30
Introduction: Field Garlic	June 9	5:00
Meet & Greet: Field Garlic	June 9	13:00
Master Recipe: Field Garlic Sea Salt	June 9	12:00
Master Recipe: Herbed Butter	June 9	5:20
Bonus: Field Garlic	June 9	10:00
Introduction: Righteous Dandelion	June 11	3:45
Meet & Greet: Dandelion	June 11	43:00
Master Recipe: Wilted Salad	June 11	15:00
LIVE Q&A: 10:30-12PM EST	June 13	90:00
<b>Week 2: Herbal Remedies &amp; Healing Herbal Craft - 125 min + Live Q&amp;A</b>		
Welcome to Tincture Land	June 16	2:30
Introduction: Tincture Medicine Making	June 16	9:00
Master Recipe: Dandelion Bitters Health Booster	June 16	17:00
Master Recipe: Marshmallow Throat & Lung Soother	June 16	14:00
Master Recipe: Calendula Healing Cleanser	June 16	10:30
Master Recipe: Echinacea Immune Enhancer	June 16	18:00
Welcome to Healing Herbal Craft	June 18	4:30
Introduction: Meet Calendula	June 18	3:30
Calendula: Identify	June 18	4:30
Calendula: Harvest & Medicine Making	June 18	3:30
Calendula: Drying	June 18	6:45
Introduction: Comfrey the Comforting Restorer	June 18	7:30
Comfrey: Habitat & Cultivation	June 18	3:30
Comfrey: Identify	June 18	4:00
Comfrey: Harvesting Comfrey Leaf & Root, Propagation, Root ID	June 18	10:00
Comfrey: Prep & Drying	June 18	9:00
LIVE Q&A: 10:30-12PM EST	June 20	90:00
<b>Week 3: Healing Herbal Crafts - Poultices &amp; Infused Oil - 75 min + Live Q&amp;A</b>		
Welcome	June 23	1:30
Potent Poultices: Fresh Plants	June 23	16:30
Potent Poultices: Dried Herbs	June 23	12:15
Master Recipe: Calendula Infused Oil	June 23	19:00
Master Recipe: Comfrey Leaf Oil	June 23	6:30
Master Recipe: Comfrey Root Infused Oil	June 25	6:00
Master Recipe: St. John's Wort Infused Oil	June 25	16:30
Live Q&A: 10:30-12PM EST	June 27	90:00
<b>Week 4: All About Skin! Facial Oil, Herbal Salves &amp; Balms - 85 min + Live Q&amp;A</b>		
Pressing: Removing Water from Oil Infusions	August 4	35:00
Master Recipe: Rejuvenating Facial Oil	August 4	13:15
Herbal Salves & Balms	August 4	35:00
LIVE Q&A: 10:30-12PM EST	August 8	90:00