

Herbal Parenting Hangout Week Six

with Kristine Brown, RH (AHG)

You can email me questions for upcoming hangouts at:

info@herbalrootszine.com



Don't forget to [sign up for our free weekly newsletter](#) that will send out tips for working with kids, recipes, crafts and other fun activities, as well as the Chocolate issue!

Herbal Roots zine links:

Shop for past issues: <https://www.herbalrootszine.com/product-category/shop/>

Online Classroom: <https://www.herbalrootszine.com/classroom/>

Herbal Recipes:

[Herbal Butters](#)

[Passionfruit butter recipe](#)

[Making glycerine from scratch](#)

Books discussed this week:

[Family Foraging](#) by David Hamilton

[Edible Flower Garden](#) by Rosalyn Creasy

[The Encyclopedia of Bach Flower Therapy](#) by Mechthild Scheffer

Misc. Links:

Liziqi's Youtube channel: https://www.youtube.com/channel/UCoC47do520os_4DBMEFGg4A

Her paint/brush/paper out of mulberry video: https://www.youtube.com/watch?v=aUw1_2xbYWM

[Antique Rose Emporium - Abraham Darby Rose](#)

[7song's headache handout](#)

Ashley Litecky Elenbaas plant walks on AHG [April](#) and [May](#)

Star of Bethlehem (*Ornithogalum umbellatum*) information:

<https://www.botanical.com/botanical/mgmh/s/starbe89.html>

Video explaining poison, edible, and medicinal aspects of it:

<https://www.youtube.com/watch?v=I0JX3VAJAG8>

Star of Bethlehem is one of Bach's essential flower remedies - I've linked a book resource for more information on flower essences. Here is a link online to a source for the flower essence along with more information on it:

<https://onewillowapothecaries.com/product/star-of-bethlehem/>

A HUGE thanks to everyone who participated in the past 6 weeks of weekly hangouts! It was a pleasure to meet and get to know everyone.



Weekly hangouts are hosted by The American Herbalists Guild

<https://www.americanherbalistsguild.com/webinar/virtual-hangout-parents>

Join us each week:

April 8, 15, 22, 29 May 6, 13