

## Introducing our new Medicinal Herbs series for 2012 . . .

Hello, I'm Karen Unruh and am writing a column on Medicinal Plants for our newsletter. Before becoming a Master Gardener, I took a 2 year course with Don Ollsin, Victoria Herbalist. In the first year I learned Herbal Identification and Uses, Medicinal properties, Materia medica, Medicine making and Shamanism. The second year was presented through Langara College in Vancouver and I learned the Body Systems and the Use of Herbs for Healing, gaining a Consultant Herbalist qualification. Those two years of study were absolutely wonderful and I plan to share some of that enthusiasm and wisdom with you. I will feature one herb plant a month and also share some ways you might use this herb, including food recipes, which I find a doable method of use. I do hope you enjoy the columns.