



Workshop 2005 Leading the Way

The Importance of Maintaining Native Species
and some of their Medicinal Uses

Master Herbalist, Sarah Orlowski, will take you on a tour, first in the class room and then around the North Vancouver Outdoor School grounds, explaining the importance of maintaining indigenous species of plants in our communities. Sarah will also speak about the healing properties of many of the plants that grow around us and the methods of growing and harvesting herbal medicine.