

**National Herb Day
Festival
Saturday, May 2, 2026
From 9am to 5 pm**

In partnership with the American Herbalists Guild of North NJ, enjoy a day of free informative lectures and presentations, tours of our spectacular gardens, and a Vendor Market featuring a wide selection of herbal products, nature-inspired crafts and food. Featured speakers include the founder of Herbalist & Alchemist, David Winston, RH (AHG) as well as his students and colleagues Kerry Adams, Richard Mandelbaum, Cheryl Karcher, Jim Furey, Jennifer O'Hagan and more. Check out the website or follow us on Facebook for the latest information. A large selection of our 1,898 varieties of plants will be available. Free admission & parking. Held rain or shine.
www.HerbDayAHGNJ.com

Speaker Schedule

- 9:30 -Spring Medicine: Herbs for Renewal and Vitality with Kerry H. Adams, RH (AHG)
 - Plant Medicine and the Sacred Bath with Jennifer O'Hagan, RH(AHG)
 - Eat the Invaders! With Christa Reeves, Musconetcong Watershed Association
 - Garden & Greenhouse Tour with Patrick Mc Duffee of Well-Sweep Farm
- 10:45 Raffle Drawing at Raffle/Sponsor Tent
- 11:00 -Stress & Anxiety Unlocked with Dr. Glenn Gero, ND, D. Sc., RH(AHG)
 - Wildcrafting 101: Explore * Engage with our Bioregion with Linda Shanahan
 - Memory, Cognition, Mental Clarity Unlocked with Charis Lindrooth
 - Garden Herb Walk with David Winston, RH (AHG)
- 12:15 Raffle Drawing at Raffle/Sponsor Tent
- 12:30 - Seasonal Allergy Support with Jim Furey, Herbalist, ND, CNC, CNHP
 - Demulcents: The Slimeaceous Herbs with Betzy Bancroft, RH (AHG)
 - Spring Native Plants with David Hyde, owner of Well-Sweep Herb Farm
 - Field Herb Walk with Richard Mandelbaum, RH (AHG)
- 1:45 Gathering of David Winston's students at the Welcome Tent for group picture
- 2:00 -Lifting the Shadows, Differential Treatment of Depression, David Winston, RH (AHG)
 - Exploring the "Bitter" Flavor with Cheryl Karcher, Clinical Herbalist
 - Herbs for Kids with Amanda Crooke, Herbalist
 - Qi Gong for Health & Healing with Diane Hyes, LMT, CMLDT, ATC
- 3:15 Raffle Drawing at Raffle/Sponsor Tent
 - Book Signing – David Winston's School Booth
- 3:30 - A Good Night's Sleep with David Harder, RH (AHG)
 - Understanding Anger with Richard Mandelbaum, RH (AHG)
 - Botanical Tea Meditation with Michele Crosta owner Mot Mot Collective
 - Garden & Greenhouse Tour with Patrick Mc Duffee of Well-Sweep Herb

9:30 – 10:30

Barn

Spring Medicine: Herbs for Renewal and Vitality

With Kerry H. Adams, RH (AHG), CFMP, ABT dip. NCCAOM

As nature awakens from winter's dormancy, traditional herbal medicine offers time-tested remedies for seasonal renewal. For centuries, cultures worldwide have turned to spring tonic herbs to support the body's natural cleansing processes and restore vitality after the darker, colder months. Kerry explores how spring herbs can support wellness during this transitional season. You'll discover her favorite spring botanicals, learn about their traditional uses, and gain practical knowledge about preparation methods—from simple teas to tinctures and beyond. Whether you're new to herbal medicine or deepening your practice, this workshop will help you harness the regenerative power of spring's botanical gifts.

Garden Tent

Plant Medicine and the Sacred Bath

With Jennifer O'Hagan, RH(AHG), LMT, ATC

Bathing practices charge the water with natural elements - herbs, flowers, crystals, incense, prayer and intention to wash away negative energy, release emotional blockages, and restore balance to mind, body, spirit. Come reconnect with the ancient wisdom of plant medicine through sacred bathing rituals that cleanse, restore, and realign your energetic body. This offering is appropriate for all individuals, regardless of faith or culture.

Maple Tree

Eat the Invaders!

With Christa Reeves, Musconetcong Watershed Association

"This workshop explores the intersection of invasive plant management and herbal use, using Japanese knotweed as one example. While knotweed is widely known as a nuisance species that forms dense monocultures along riverbanks and displaces native vegetation, it also has a long history of human use. Participants will learn how young knotweed shoots can be harvested and prepared as spring edible, and how the plant's roots are a rich source of resveratrol, a polyphenol also found in red wine and other foods that has been studied for its antitumor, anti-inflammatory, and heart-protective properties. The workshop will emphasize ethical harvesting, accurate identification, and the importance of balancing personal use with responsible land stewardship

Welcome Tent

Formal Garden and Greenhouse Tour

With Parick Mc Duffee, Well-Sweep

Take a walk with Patrick McDuffee, the 3rd generation of Well-Sweep, on a tour of our Formal Herb Garden in its Spring glory. Learn the history, lore, and uses of both exotic and familiar herbs.

11:00-12:00

Barn

Stress and Anxiety Unlocked: Why we struggle to "Stay Well" and "How to Beat the Odds"

With Dr. Glenn Gero, ND, D.SC., RH (AHG)

Why do so many people know what to do for their health but still can't seem to do it? In this dynamic presentation, Dr. Glenn Gero uncovers the surprising reasons we fall off track and shows how to rewire stress, anxiety, and self-sabotage to finally beat the odds and thrive.

Garden Tent

Wildcrafting 101: Explore & Engage with our Bioregion

With Linda Shanahan, MSN, RN, Herbalist owner Bluestem Botanicals

This workshop introduces foundational ecological and herbal concepts, defining key terms and placing them in historical context. We'll explore the intricate relationships among species—including humans—within natural systems, with a focus on bioregional plants of medicinal value. Emphasis will be placed on ethical wildcrafting practices rooted in advocacy, respect, and reverence for both the plants we gather and the ecosystems they inhabit.

Maple Tree

Unlocking Memory, Cognition, and Mental Clarity, the power of Acetylcholine

With Charis Lindrooth, owner of Botanicwise

Step into the world of brain chemistry and discover how acetylcholine, one of the brain's most important neurotransmitters, plays a crucial role in your mental performance. In this class, we'll explore the fascinating functions of acetylcholine, revealing how it enhances memory retention, sharpens cognition, and improves decision-making processes.

You'll learn how this vital neurochemical supports attention and learning and is essential for brain injury recovery, helping to restore function, open neuroplasticity, dispel brain fog, and boost mental acuity.

By understanding the science behind acetylcholine, we can apply specific herbal and natural protocols to unlock your brain's potential and improve focus and cognitive health in everyday life. Whether you're interested in peak mental performance or simply looking to clear the fog and think more clearly, this class will give you the insights you need to optimize your brainpower

Welcome Tent

Garden Herb Walk

With David Winston, RH (AHG)

Explore the traditional and scientific uses of plants thriving at Well-Sweep Herb Farm. How they can be used to maintain and improve your life

12:30-1:30

Barn

Seasonal Allergy Support

With Jim Furey, Clinical Herbalist, ND, CNC, CNHP

In his lecture Jim will cover seasonal allergy support and how to care for yourself and clients with herbs and lifestyle support when allergy season hits

Garden Tent

Demulcents: The Slimeaceous Herbs

With Betzy Bancroft, RH (AHG)

The benefits of demulcent herbs and foods go well beyond relieving constipation! Learn how they also help normalize our blood lipid and sugar levels, support optimal gastro-intestinal

function, soothe our nervous system and function as a key support of our gut ecology. We'll discuss demulcents' chemistry and how they work as well. Recipes, important considerations for administration and delicious slimy samples will be shared!

Maple Tree

Spring Natives

With David Hyde, Well-Sweep

Join David Hyde, owner of Well-Sweep, in a presentation on perennial natives and nativar selections that will become treasures in your garden. Learn about the benefits of these beauties and how to introduce them into the garden and keep them happy. David will cover selecting, transplanting, growing, and maintaining them – as well as some of his favorites. Discover how to support our indigenous bird, butterfly and insect populations.

Welcome Tent

Field Herb Walk

With Richard Mandelbaum, RH (AHG)

Explore the wilder fringes of Well-Sweep Herb Farm with Richard. Enjoy the botany, ecology and medicinal uses of native and non-native plants found there

2:00-3:00

Barn

Lifting the Shadows, the Differential Treatment of Depression with Botanical & Nutritional Medicine

With David Winston, RH (AHG)

It seems almost everyone in our country is depressed. We live in a very stress-filled time and society, and the mainstream solution is to take a pill or talk to a therapist. Both approaches can work, but what if you don't want to take an SSRI or SNRI or if orthodox therapies haven't worked for you? In some cases, there are other options to help restore our emotional foundations and improve our psychological state. From an herbalists perspective we understand that impaired mental health is more than an imbalance of neurochemicals and in this class we will discuss the more than 14 underlying causes of depression (inflammation-induced depression, GI -based depression, blood sugar dysregulation-induced depression, hormonal depression, etc) and how mild to moderate cases can often be effectively helped using the appropriate herbs. The common misconception that St. Johns wort or any one herb is "the depression herb" is untrue and we will look at the specific indications of emotional dysfunction and the specific remedies to treat them.

Garden Tent

Exploring the "Bitter" Flavor of Herbs

With Cheryl Karcher, Clinical Herbalist

Embrace bitter spring allies for your foundational health. Enjoy as food and medicine. Cheryl will share her favorite recipes

Maple Tree

Herbs for Kids

With Amanda Crooke, Herbalist

We'll talk about herbs that are safe for kids and the various ways to get herbs into their squirmy, fussy bodies. We'll discuss herbal glycerites, syrups, puddings, popsicles, truffles, and more! You'll learn herbs that can support common childhood concerns such as immune health, restfulness, and digestive health, as well as creative ways of getting kids to take herbs.

Welcome Tent

Qi Gong for Health & Healing

With Diane Hynes, LMT, CMLDT, ATC, owner Hope Wellness Center

Experience "The 8 Pieces of Brocade" flowing movement and directed breath with Diane. Practice will begin with warmup, directed breath and flowing movements.

3:30-4:30

Barn

A Good Night's Sleep

With David Harder, RH (AHG)

Sleeping well doesn't come easily for many folks. This presentation will offer an understanding of your challenges, lifestyle, nutrients and herbs to attain quality sleep.

Garden Tent

Understanding Anger

With Richard Mandelbaum, RH (AHG)

In this class we'll explore the Emotion of Anger, including the perspective and wisdom of traditional Chinese medicine. Within the discussion we will honor Anger as an important force in our lives if we know what to do with it and how to bring it back into balance when it becomes dysregulated. And we will discuss the medicine we can turn to - various herbs, how they can be of support, and how they differ from each other, as well as non-herbal practices to keep us even-keeled

Maple Tree

Botanical Tea Meditation

With Michele Crosta, Herbalist, owner of Mot Mot Collective

With the plants as our guides, a calming tea meditation that invites you to slow down and connect with the natural world

Welcome Tent

Garden & Greenhouse Tour

With Patrick Mc Duffee of Well-Sweep

Tour the formal Herb Gardens and Greenhouse with Patrick, 3rd generation of Well-Sweep