

## National Herb Day 2026 Speaker Schedule

Location	Barn	Garden Tent	Maple Tree	Meet at Welcome Tent
<b>9:30-10:30</b>	<b>Spring Medicine: Herbs for Renewal and Vitality</b>	<b>Plant Medicine and the Sacred Bath,</b>	<b>Herbal Apothecary for Cats &amp; Dogs</b>	<b>Garden &amp; Greenhouse Tour</b>
	Kerry H. Adams, RH (AHG) As spring arrives, we turn to our herbs for cleansing, renewal and vitality. Our "Wellness" is supported by the remedies that grow around us for food & medicine	Jennifer O'Hagan, RH(AHG), LMT, ATC Harness the healing intelligence of botanicals to wash away stagnant energy and invite clarity, protection, and spiritual renewal.	Larry Wollan, CVT Larry will share his basic home use herbal apothecary for a wide range of issues cats & dogs experience during their lifetime	Patrick Mc Duffee of Well-Sweep Tour the Formal Herbal Garden and Greenhouse with Partrick, 3rd Generation of Well-Sweep
<b>10:45 AM</b>	<b>Raffle Drawing @ Raffle/Sponsor Tent</b>			
<b>11:00-12:00</b>	<b>Eat the Invaders!</b>	<b>Wildcrafting 101: Explore &amp; Engage with our Bioregion</b>	<b>Memory, Cognition, Mental Clarity Unlocking the power of Acetylcholine</b>	<b>Garden Herb Walk</b>
	Christa Reeves, Musconetcong Watershed Assoc. This workshop is on how to make use of invasive plant species, either through the culinary arts or as use as herbal medicine	Linda Shanahan, MSN, RN, Herbalist, Bluestem Botanicals Introduction to foundational ecological and herbal concepts, defining key terms and their historical context. Relationship among species with natural systems	Charis Lindrooth, owner Bontanicwise Step into the world of brain chemistry, and discover acetylcholine's crucial role in mental performance.	David Winston, RH (AHG) Explore the traditional and scientific uses of plants thriving at Well-Sweep Herb Farm and how they can be used to maintain and improve your life
<b>12:15 PM</b>	<b>Raffle Drawing @ Raffle/Sponsor Tent</b>			
<b>12:30-1:30</b>	<b>Seasonal Allergy Support</b>	<b>Demulcents: The Slimeaceous Herbs</b>	<b>Spring Native Plants</b>	<b>Field Herb Walk</b>
	Jim Furey, Clinical Herbalist, ND, CNC, CNHP In this lecture, we will cover seasonal allergy support, how to care for yourself and clients with herbs and lifestyle when allergy season hits	Betsy Bancroft, RH (AHG) The benefits of demulcent herbs and foods go well beyond relieving constipation. Learn how they can also help normalize our blood lipid and sugar levels, gastro intestinal function, soothe the nervous system and more.	David Hyde, owner Well-Sweep Perennial spring natives and nativars - keeping them happy. Select, transplant, grow and maintain. Supporting our indigenous bird, butterfly and insect population	Richard Mandelbaum, RH (AHG) We will explore the wilder fringes of Well-Sweep. Enjoy the botany, ecology and medicinal uses of the native and non-native plants found there
<b>1:45</b>	<b>Gathering of David Winston's students at Welcome Tent for Group picture</b>			
<b>2:00-3:00</b>	<b>Fearing the Future: Herbal/Nutritional Treatment of Anxiety Disorders</b>	<b>Exploring The "Bitter" Flavor of Herbs</b>	<b>Herbs for Kids</b>	<b>Qi Gong for Health &amp; Healing</b>
	David Winston, RH (AHG) There is much-needed support for reducing the grip of fear, anxiety & worry that has become a daily companion in our lives for the last 5 years. David will share support for improving our mental health	Cheryl Karcher, Clinical Herbalist Embrace bitter spring allies for your foundational health. Enjoy as food and medicine. Cheryl will share her favorite recipes	Amanda Crooke, Herbalist & Farmer Lets talk about herbs that are safe for kids and various ways for compliance. Support common childhood concerns, immune health, restfulness, digestive health.	Diane Hynes, LMT, CMLDT, ATC Experience "8 Pieces of Brocade". A guided flowing movement & directed breath
<b>3:15</b>	<b>Raffle Drawing @ Raffle/Sponsor Tent</b>			
	<b>David Winston book signing at his school booth</b>			
<b>3:30-4:30</b>	<b>A Good Night's Sleep</b>	<b>Understanding Anger</b>	<b>Botanical Tea Meditation</b>	<b>Garden &amp; Greenhouse Tour</b>
	David Harder, RH (AHG) Sleeping well doesn't come easily for many folks. This presentation will offer an understanding of your challenges, lifestyle, nutrients & herbs to attain quality sleep	Richard Mandelbaum, RH (AHG) Take Anger to Action, a discussion on the perspective and wisdom of traditional Chinese medicine. Guidance on herbs and other non-herbal practices to help us when anger is dysregulated	Michele Crosta, Herbalist, owner MotMot With the plants as our guides, a calming tea meditation that invites you to slow down and connect with the natural world	Patrick Mc Duffee of Well-Sweep Tour the Formal Herbal Garden and Greenhouse with Partrick, 3rd Generation of Well-Sweep
	<b>HerbDay AHGNJ.com</b>			