

Lifetime Learning at Moonflower

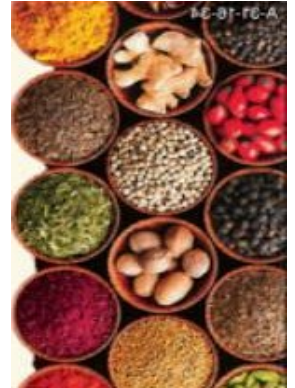


Pantry Power!

Bake With All You've Got

Zinzi Chamanifard | Wednesday, Aug 16 6-7:30 PM

Come learn how to satisfy your baked-good cravings at home, with everyday whole ingredients and the tools in your kitchen drawers. Professional chef Zinzi Chamanifard will guide us through the chemistry of baking and offer tips for resourcefully creating the flavors and textures of treats we all love with the stuff we all have.



Well-body Building Series

Using herbs for a healthy foundation

Emily Stock | Aug 22, 29 and Sept 5

Join herbalist Emily Stock of Sundial Medicinals for this informative class series through the lens of body systems. Emily is trained in herbalism through both Western and Eastern philosophies and brings a fresh perspective on holism to her classes. The full series will explore the digestive system, the cardiovascular system and the nervous system. Coming to each class will deepen your own understanding of how the systems interrelate, but full attendance is not otherwise requested. Come to any or all classes!



Healing, Healthy Home

DIY Natural Cleaning Product Workshop

Elana Davidson | Thursday, Aug 24 6-7:30 PM

How do you keep your home feeling fresh and welcoming without compromising your indoor air quality? Many of the ingredients for effective everyday cleaning are in your pantry and garden, and some key essential oils can help with more difficult jobs like killing funguses and removing hard water stains. Elana Davidson is an essential oils specialist and a wellness coach, and will share ways you can keep your home clean and aromatic at

