



The St. Louis Herb Society Speakers Bureau

Is your garden club or organization interested in learning more about herbs and their many uses? The St. Louis Herb Society Speakers Bureau offers presentations on a variety of herb related subjects.

Some possible topics include:

- **Cooking with Herbs**

Fresh herbs can liven up your cooking! Both familiar herbs and some that may be new to you will be examined. We'll discuss recipes from our cookbook, *Herbal Cookery; From the Kitchens and Gardens of The St. Louis Herb Society*. We'll share cooking tips, and discuss how to grow and use these easy plants. A handout including recipes will be provided.

- **Decorating with Herbs**

Learn how to create lovely and easy (really!) table decorations using both fresh and dried herbs. See how to make herbal wreaths and potpourris and find out how to use herbs to garnish food and drinks. Learn about which herbs you might want to try to beautify your surroundings. A handout will be provided.

- **Get up and Grow!**

This is an introduction to growing and using herbs. We'll cover the basics – how to grow or purchase herbs and what they need to succeed in your garden. Both familiar plants and those that may be new to you will be introduced. We'll also talk a little about cooking, preserving, and using herbs from your garden. A handout will be provided.

- **Growing Herbs in Containers**

Many herbs thrive in containers. Find out how to plant, maintain, harvest and use a wide variety of herbs that are suitable for container gardening. Familiar and a few lesser-known herbs will be discussed. A handout will be provided.

- **Harvesting and Preserving Herbs**

You've planted lots of beautiful herbs in your garden, and now you want to know how to harvest and preserve them for later use. You will learn when and how to harvest your herbs. You can dry them, freeze them, or make herbal butters, simple syrups and herbal vinegars. A few herbal crafts will be shown. These are all ways to enjoy your herbs well past the summer. A handout will be provided.

- **Herbs around the Mediterranean**

Featuring herbs from the book of the same name, written by The St. Louis Herb Society in collaboration with the Missouri Botanical Garden Press and published by the Missouri Botanical Garden Press.

- **Herbs in the Civil War!**
Discover the role herbs played in the Civil War. A handout will be provided.
- **History and Use of Herbs**
Half the fun of using herbs is knowing and sharing stories about them. A member of The St. Louis Herb Society will discuss the legends and historical uses of several garden herbs with practical tips on using them today.
- **Lore & Legend of Herbs**
For thousands of years, herbs have been used in a variety of ways – for cooking, decoration, pest control, medicine and fragrance, to name just a few. Many herbs also have fascinating histories. A member of The St. Louis Herb Society will share some of the many stories and legends of a number of herbs.
- **Making the Connection: How Indigenous People Used Native Plants for Their Health and Well-being**
The speaker will provide a review of the use of herbs by the indigenous people as well as herbal significance in historical and current culture. A handout will be provided.
- **Pest Control with Herbs**
Herbs can be used for much more than just cooking and fragrance! They can also help repel several kinds of insect and other pests that might harm plant in your garden or bother you in your home. A handout will be provided.
- **We Love Lavender!**
Lavender has been in use for thousands of years, but it can sometimes be tricky to grow in our region. You will find out how to use lavender for cooking, fragrance, decorating and in crafts. You'll learn about various cultivars of lavender, and which ones have the best chance for success in St. Louis. You will learn how to plant, harvest and maintain your plants. A handout will be provided.

Please note that additional topics may be provided as requested and discussed.

A nominal speakers fee is charged, as a contribution to The St. Louis Herb Society. The speakers fee is as follows:

- **Not-for-Profit Clubs and Organizations - \$50**
- **Commercial Businesses - \$100**
- **Additional costs may apply for some presentations**

All programs are scheduled in advance. Please be aware that due to speakers' personal schedules not all topics are available at all times. The location of the presentation can be arranged to take place at your usual meeting site.

If your garden club or organization is interested in learning about herbs, please send a speaking request inquiry in a brief email to the following address, assuring NO ATTACHMENT as emails with attachments are considered suspicious/malicious and will be discarded:
speakers@stlouisherbsociety.org