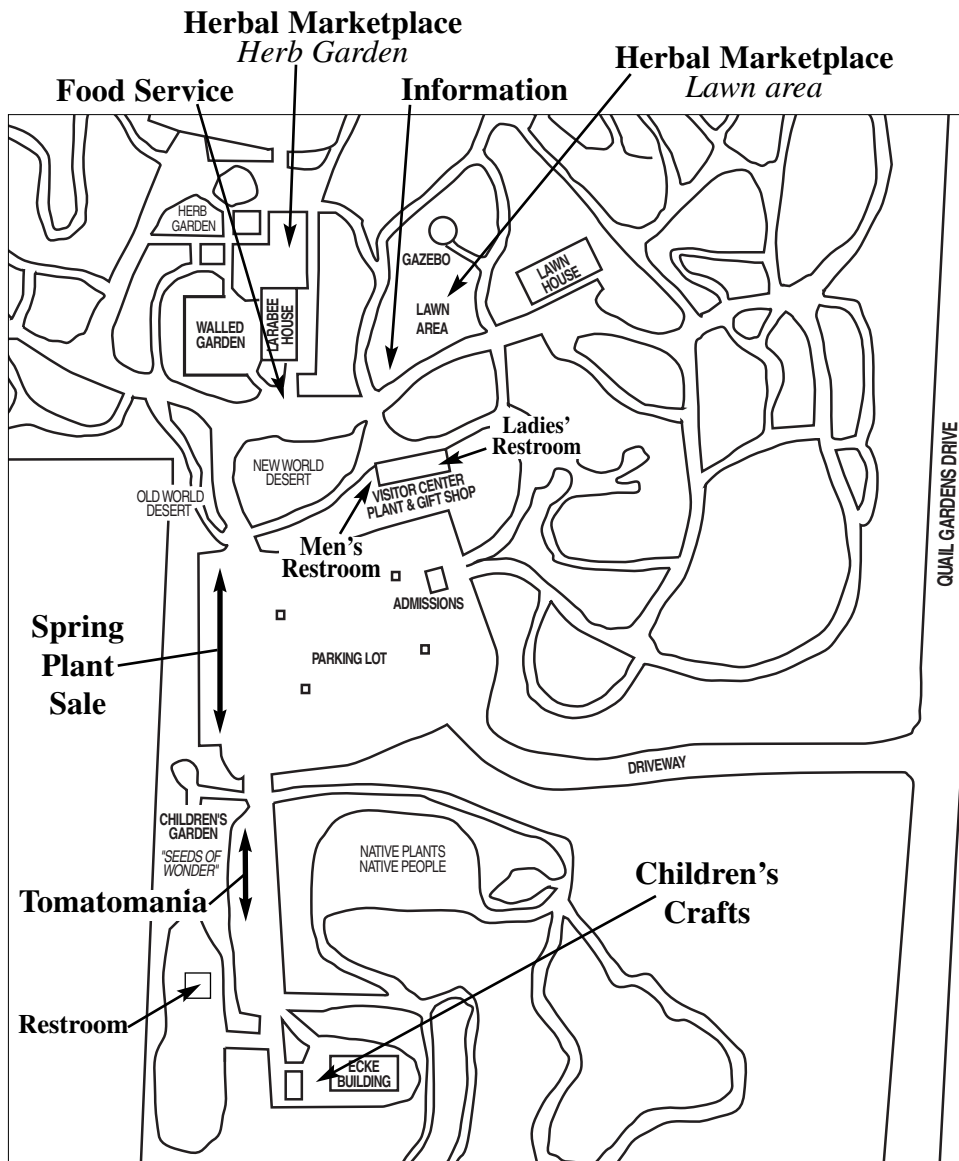




230 Quail Gardens Drive
Encinitas, CA 92024
(760) 436-3036 ext 206
www.qbgardens.org
info@qbgardens.com

Membership Information

The Gardens are supported by memberships and donations. Membership benefits include unlimited free admissions, guest passes, discounts on classes and gift shop purchases, the quarterly *Quail Tracks* newsletter and calendar of events, and more.



Quail Botanical Gardens

Herb Festival Spring Plant Sale & Tomatomania

March 11 & 12, 2006
9am-4pm





TOMATOMANIA!

**Have a
Great Season!**

Online Sales start
March 15th at
tomatomania.com

Self-Heal School of Herbal Studies and Healing

Jane Richmond ♦ John Finch ♦ Since 1985
Classes ♦ Workshops ♦ Certificate Program
beginning-advanced herbal medicine
nutrition ♦ aromatherapy ♦ energy healing
San Diego, CA 619.224.1268 selfhealschool.com

FLOWER GIRLS

**SPECIAL EVENTS
WEDDINGS • PARTIES**



Bette Childs
(760) 753-2552
cell: (760) 525-2554

Joanie Espy
(760) 753-9500
Cell: (769) 207-6476



Herb Festival Marketplace

Located on the lawn

HerbPharm
American Herbalist Guild, Southern
California Chapter
Shakti Rising
Edgehill Herb Farm
Self-Heal School of Natural Healing
Icelandic Nature Essences
Green Guide Publications
Following Seasons
Fabry Originals
Earth Song Books
Natural Healing Institute
Garden Art of San Diego
Impeccable Taste
The Green Goddess Herbs
C. Kumlin Designs
Diane's Herbs
Candles by Connie
Rusty Acres Herb Farm
Brown's Herbs, Etc.
In Harmony Herbs & Spices
Botany for Kids
Coastal Sage Gardening
The Raw Way
Practical Homeopathy
Spiritea
Marcie Sweets
Hinchliff Farms / Herbal Wreaths

Spring Plant Sale Vendors

Located in the parking lot

Air and Sea Creations
Davis Farms
Flower Girls
Garden Glories
Mary's Good Snails
Noel Enterprises
PM Plants
Quail Botanical Gardens
Rancho Jojoba Nursery
Solana Succulents
Vermipro

Coming Events at QBG

Brubeck Brothers Quartet Concert

Sunday, March 26 • 5:00 p.m.

"Flowers by the Sea"

flower show
Friday, April 28 • 1 - 4
Saturday, April 29 • 9 - 5.

Family Chocolate Festival

Saturday, May 13 • 10 - 4.

Liberating the body's miracles.

Carole Laver

#1091224

760-930-9710

oasislifesciences.net/LaverC1

Independent associate



SPEAKER TIMES

Saturday, March 11, 2006

9:15	Charlotte Tenney	<i>Opening Ceremony</i>	LAWN VENDOR AREA
9:30	Charlotte Tenney	<i>Herb Walk</i>	NATIVE PLANT AREA*
10:00	Chef Elizabeth Podziallo	<i>Cooking With Herbs</i>	ECKE BUILDING
10:00	Phil Groff	<i>Four Sides of the Immune System: Physical, Mental, Emotional and Spiritual</i>	LAWN HOUSE
10:00	John Noble	<i>Landscaping with Herbs</i>	LARABEE HOUSE
11:00	John Finch	<i>Holistic Sports Medicine:</i>	ECKE BUILDING
11:00	Edith Jonsson	<i>Herbs That Go To Your Head</i>	LAWN HOUSE
11:00	Phil Groff	<i>Herb Walk</i>	NATIVE PLANT AREA*
11:00	Scott Daigre	<i>Growing Tomatoes Successfully in Southern California</i>	TOMATOMANIA AREA
12:00	Steve Schechter	<i>Locally Growing Herbs for: Energy, Immunity, Mental Clarity, Reproductive Health, and Digestion</i>	ECKE BUILDING
12:00	Ian Moore	<i>Herbs for the Liver and Detoxification</i>	LAWN HOUSE
12:00	Jack Schoultz	<i>Gardening Organically—Especially Roses</i>	LARABEE HOUSE
12:00	Karen England	<i>All about Scented Geraniums- 2006 Herb of the Year</i>	LAWN VENDOR AREA
1:00	Luna Rose	<i>Myth, Legend and Magic</i>	ECKE BUILDING
1:00	Sheila Panda	<i>Herbal Teas for Health</i>	LAWN HOUSE
1:00	Alexandra Sternin	<i>How to use Homeopathy with Herbs</i>	LARABEE HOUSE
1:00	John Finch	<i>Herb Walk</i>	NATIVE AREA*
2:00	Dawn Huffman	<i>Herbs to Calm Your Nerves</i>	ECKE BUILDING
2:00	Kristbjörg Elín Kristmundsdóttir	<i>Icelandic Nature Essences</i>	LAWN HOUSE
2:00	Dennis Sharmahd	<i>Herb Walk</i>	HERB GARDEN*
2:00	Scott Daigre	<i>Growing Tomatoes Successfully in Southern California</i>	TOMATOMANIA AREA

Sunday March 12, 2006

10:00	Aenne Carver	<i>Getting Started With Herbs</i>	ECKE BUILDING
10:00	Susan Thoen	<i>Slow Food In A Fast Food Culture. The inspiration of the origin of the Slow Food movement, its goals and manifesto, and the timely relevance</i>	LAWN HOUSE
10:00	Dawn Huffman	<i>Herb Walk</i>	HERB GARDEN*
11:00	Judi Brady	<i>French Herbs: Growing, Propagating, Cooking and Using Them</i>	ECKE BUILDING
11:00	Tony Kienitz	<i>No Better Year for Edible Gardens</i>	LAWN HOUSE
11:00	John Noble	<i>Botany for Kids Herb Walk</i>	HERB GARDEN*
11:00	Scott Daigre	<i>Growing Tomatoes Successfully in Southern California</i>	TOMATOMANIA AREA
12:00	Steve Schechter	<i>Herb Walk</i>	HERB GARDEN*
12:00	Pat Pawlowski	<i>Animating Your Garden with Butterflies</i>	LAWN HOUSE
12:00	Bill Tall	<i>Growing Organic Herbs Hydroponically</i>	LARABEE HOUSE
1:00	Felder Rushing	<i>Tough Plants for California Gardens Lecture and Book Signing</i>	ECKE BUILDING
1:00	Julie Plunkett	<i>Botanical Adaptogens~ plants that neutralize the effects of stress PLUS a virtual tour of Herb Pharm's Farm</i>	LAWN HOUSE
2:00	Charlotte Tenney	<i>Aphrodisiac Plant Medicine</i>	ECKE BUILDING
2:00	Nan Sterman	<i>Using Herbs in the Landscape</i>	LAWN HOUSE
2:00	Scott Daigre	<i>Growing Tomatoes Successfully in Southern California</i>	TOMATOMANIA AREA
3:30	Charlotte Tenney	<i>Closing Ceremony</i>	LAWN VENDOR AREA

* FOR ALL HERB WALKS—MEET AT HERB TEA TASTING IN LAWN VENDOR AREA

Speaker Biographies

Aenne K. Carver

Aenne is a weekly garden columnist for *Today's Local News*, San Diego Natural History Museum instructor, docent at Carlsbad Flower Fields, garden expert on TV and Radio, UCCE Master Gardener, garden topic author, reformed paralegal, garden lecturer, floral designer and craft instructor.

Alexandra Sternin

Alexandra received her training and license in homeopathy in London where she lived and worked prior to moving to San Diego last year. She currently has a private practice and provides informational material on health.

Bill Tall

Bill's City Farmers Nursery is located at 4832 Home Ave. for the past 34 years it is truly a bit of the country in the heart of the city. The nursery is a complete garden center specializing in organics, pond supplies and fish, hydroponics.

Bob Ballentine

Bob is a folk acoustic musician, playing native flute and acoustic. He performs at spiritual events and is music minister at his church. Bob is a Holistic Health Practitioner in North County.

Edith Jonsson-Devillers

Edith Jonsson, Ph.D., is a certified herbalist, aromatherapist and nutritionist, who delights in the many uses of herbs for health and well-being. She is a consultant for herbs and a holistic lifestyle.

Chef Elizabeth Podsiadlo

Elizabeth has been a personal chef and cooking instructor in San Diego for eleven years. She is currently teaching a cooking series out of the Natural History Museum and the Robinsons May Sponsored Senior Enrichment Program called, OASIS.

Felder Rushing

Felder Rushing's 14 gardening books include the award-winning *Passalong*

Plants, *Taylor's Guide to Landscaping in the South*, *Rodale Press Great Garden Shortcuts*, *Scarecrows*, the *Better Homes and Gardens Junior Gardening Book*, *Can't Miss Container Gardening*, and a *Tough Plants* series.

Ian Moore, N.D.

Dr. Moore is a licensed naturopathic doctor. His interests focus on chronic disease and detoxification. He also has experience in acute medicine working at Outside In, a clinic in, Oregon dedicated to serving homeless youth and under-served adults.

Jack Shoultz

Jack is an organic rose grower, consulting rosarian, past president of East County Rose Society, past VP and board of Directors for San Diego Rose Society, winning exhibitor of roses and rose arrangements.

John Noble

John is a garden designer with over 20 years of experience in maintaining gardens in San Diego. His service, Coastal Sage Gardening, specializes in native plants and herbs. He co-founded In Harmony Herbs & Spices in 1986. John's newest adventure is teaching plant science through Botany For Kids.

John Finch

John is an athlete/herbalist who remains active at age sixty after treating himself for arthritis when he was thirty eight. Director and teacher at Self-Heal School of Herbal Studies and Healing in San Diego, John makes several natural remedies for connective tissue injuries.

Judi Brady

Judy is the co-owner of Rusty Acres Herb Farm featuring 140 different varieties of Lavender and several hundred culinary, medicinal and ornamental herbs. Their Annual Lavender Festival will be June 24 & 25.

Julie Plunkett C.N., M.H.

Julie is a board certified clinical nutritionist and medical herbalist. She is the chief

herbal consultant and an educator for Herb Pharm. Julie has been in private practice and teaching therapeutic herbalism in San Diego for many years. One of her specialties is women's health.

Karen England

Karen owns "Edgehill Herb Farm". She teaches "Cooking with Herbs & Edible Flowers" workshops. She is the author of herbal cook booklets. She is a member of The Herb Society of America and the Vista Garden Club and is on the Board of the International Herb Association.

Kristbjorg Kristmundsdottir

Kristbjorg makes Icelandic Flower Essences. She is a Natural Physician, educated as a master herbalist, iridologist and naturopath at The School of Natural Medicine. In Iceland, she is a well-known educator on flower essences and practitioner in spiritual counseling and life coaching.

Nan Sterman

Nan is a garden writer, gardening expert and the host of a new television show called *A Growing Passion*. Nan's education includes training in organic gardening, Permaculture at the Farallones Institute; a Bachelor's degree in botany; and a Master's in biology. Nan is a Certified Master Gardener.

Philip Groff

Philip is a Certified Clinical Herbalist, having studied at the Self-Heal School of Herbal Studies. He is a poet, musician, philosopher, and technologist, bringing a broad background into his studies. He owns and operates Herbaleveryman's Red Raven Herbs.

Sheila Panda, N.D.

Dr. Panda received her doctorate from the National College of Naturopathic Medicine. She has worked with acupuncturists, osteopaths and MD's. She addresses many issues including menopause, infertility, breast diseases, PMS, pediatrics and diet plans focused towards preventing and treating specific diseases.

Dennis Sharmahd

Dennis studied botany in College and is a mostly self taught Botanist, Herbalist, Mycologist. Has been teaching and leading herb walks for over 25 years. Also works in the field doing edible landscaping.

Pat Pawlowski

Pat is a wildlife garden writer, designer and speaker. She has a series articles appearing in *California Garden Magazine*. Pat owns Animated Gardens, is a garden design business with services including garden design focusing on plants that attract butterflies, hummingbirds and other wildlife to the client's property.

Scott Daigre

Scott owns Powerplant Garden Design, writes a monthly garden column, teaches a wide range of garden classes all over California and is the owner of TOMATO-MANIA!. His work has been seen on HGTV and in various garden publications. *How to Grow Tomatoes Successfully in Southern California* premiered in spring 2005.

Steve Schechter, H.H.P.

Steve is an naturopath, holistic health practitioner, consultant and instructor. He directs the Natural Healing Institute, Inc. providing license and certification Programs. He is the author of a book on clinical nutrition and clinical herbology.

Charlotte Tenney

Charlotte is a graduate of Self Heal School of Herbs, a member of American Herbalist Guild, a participant in the San Diego Herb Club and The Scripps Center for Integrative Medicine annual conference. She teaches health, nutrition and herbal medicine classes at Mira Costa College.

Tony Kienitz

Author of *The Year I Ate My Yard* and frequent contributor to the LA Times Home Section, Tony will stuff you with all of the info and inspiration you need to get your garden cookin'.