

## 2020 Lyceum Field Program

### Tinctures Demystified

Thursday, July 9, 2020 5:30-7:00 p.m.  
Packard Center, United Methodist Church  
Monmouth

Join Linda Nelson, Certified Herbalist, for this hands-on workshop, where you will discover just how simple it is to make powerful medicines from the plants growing in your own backyard. Tinctures are not only a good way to preserve your herbs, they are also convenient to take. You will learn a few different methods using alcohol as a means of extraction, and each student will make a tincture to take home. \$25 (\$20 for KLT members) plus a \$6 materials fee paid to the instructor. Please pre-register by July 1.



Photograph: Don Cameron

blue vervain - *Verbena hastata*

For more information contact:

**The Kennebec Land Trust**

[www.tkltr.org](http://www.tkltr.org)

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## About the Lyceum and KLT

KLT's winter lectures are modeled on the early New England lyceums that began in 1826 in Massachusetts. For many years New England lyceums hosted lectures, debates, and concerts for public audiences. KLT's March Lyceum and the associated field programs are supported by Gloria and Lincoln Ladd, with additional gifts made in memory of Robert Ladd.

This year's Lyceum is co-sponsored by the **Josselyn Botanical Society**. JSB is a 125-year-old non-profit organization dedicated to advancing knowledge about Maine plants, principally through the study of local flora. The Society joins with state agencies, colleges and universities, herbaria, land trusts, and others interested in preserving our natural flora through education and example.



**The Ladd Recreation Center** is located in the beautiful village of Wayne, Maine. It is open year-round and offers programs for children and adults, including a quilting group, a bridge club, and yoga. The Center also offers free after-school programs for Wayne children and a full summer recreation program.

**Directions to the Ladd Center:** Take Route 133 to Wayne village. Turn south on the Old Winthrop Road; after 0.25 miles turn right on Gott Road. The Ladd Center is on the left. **Phone: (207) 685-4616**

**The Kennebec Land Trust** works cooperatively with landowners and communities to conserve the forests, shorelands, fields, and wildlife that define central Maine. KLT protects land permanently, offers opportunities for people to learn about and enjoy the natural world, and works with partners to support sustainable forestry and farming.



## 2020 Lyceum Maine Medicinal Plants: Cultural Uses, Ecology, & Botany



Photograph: Native Plant Trust

mad dog skullcap - *Scutellaria lateriflora*

Co-sponsored by the  
**Josselyn Botanical Society**

*Celebrating 18 years of community and learning at the  
Kennebec Land Trust*

**March 19, March 26, & April 2, 2020**

**7:00 - 8:30 p.m.**

**Ladd Recreation Center ~ Gott Road  
Wayne, Maine**

# KENNEBEC LAND TRUST 18TH ANNUAL LYCEUM LECTURE SERIES

Lyceum introductory comments: Robert Kimber, Maine author

**Bob Kimber** of Temple, Maine, will introduce each lecture by reading a brief passage from a literary luminary who has written with particular insight or humor, or both, about the topic of the evening's presentation.

## JENNIFER NEPTUNE

*Artist, anthropologist, educator, and member of the Penobscot Nation*



Photograph: Jennifer Neptune

sweetgrass - *Anthoxanthum nitens*

### Past, Present, and Future: Cultural Uses of Native Plants in Maine

- ◆ Relationship, respect, and reciprocity with plants and the natural world
- ◆ Food and medicine, beyond corn and tobacco
- ◆ Benevolence and beauty of the trees: ash, birch, cedar, maple

**MARCH 19**

**Thursdays 7:00-8:30 p.m.**

## DEB SOULE

*Herbalist and founder of Avena Botanicals*



Photograph: Eric Doucette

blue cohosh - *Caulophyllum thalictroides*

### Growing, Gathering, Preparing, and Using Medicinal Plants

- ◆ Ten important medicinal plants
- ◆ Introduction to using medicinal plants
- ◆ Common preparations

**MARCH 26**

**Ladd Recreation Center**

## ERIC DOUCETTE, PHD

*Massachusetts College of Liberal Arts  
Assistant Professor of Biology*



Photograph: Eric Doucette

boneset - *Eupatorium perfoliatum*

### Botany of Medicinal Plants

- ◆ Correct identification of medicinal plants
- ◆ Non-toxic or non-medicinal look-alikes
- ◆ Conserving rare species while collecting medicinals

**APRIL 2**

**Wayne, Maine**