

2022 Lyceum Field Program

Tinctures Demystified

Location TBA

Thursday, July 7, 5:30 - 7:00 PM

PREREGISTRATION REQUIRED

Join Linda Nelson, Certified Herbalist, for this hands-on workshop, where you will discover just how simple it is to make powerful medicine from the plants growing in your own back yard. \$25 (\$20 for KLT members) plus a \$6 materials fee paid to the instructor.

Field Plant Identification

Camp Bearstow

Mount Vernon

Tuesday, June 28, 5:30 PM

PREREGISTRATION REQUIRED

Botanist and Josselyn Botanical Society President Eric Doucette will lead a field-based plant identification workshop. The focus will be on Maine medicinal plants, common lookalikes, and guidebook uses. Cost: \$5 registration fee.

More information about an additional Lyceum Field Program led by botany and foraging expert Arthur Haines will be available soon. Visit tklt.org/ lyceum for more details and future updates.



three-leaved goldthread - *Copis trifolia*

Photograph:
Arthur Haines, Nature Plant Trust

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 Williams Ladd.

This year's Lyceum is co-sponsored by the **Josselyn Botanical Society**. JBS is a 127-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 Winthrop Performing Arts Center In an effort to allow physical spacing between attendees, the 2022 Lyceum will be taking place at the Winthrop Performing Arts Center.

Directions: From Route 41 in Winthrop, turn onto Rambler Way to the Winthrop High School. Once inside, follow the signs for the performing arts center.

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.

For more information contact:
The Kennebec Land Trust

www.tklt.org

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Winthrop, ME 04364

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2022 Lyceum Maine Medicinal Plants: Cultural Uses, Ecology, & Botany



Photograph: Don Cameron

blue vervain - *Verbena hastata*

Co-sponsored by the
Josselyn Botanical Society

March 17, March 24, & March 31
7:00 - 8:30 PM
Winthrop Performing Arts Center

KENNEBEC LAND TRUST 2022 ANNUAL LYCEUM LECTURE SERIES

Covid-19 Policy: All attendees will need to show full proof of vaccination against Covid-19 (14 days past the second vaccination shot) or a negative covid test completed within 48 hours of the lecture.

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

MARCH 17

Thursdays 7:00 - 8:30 PM

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 24

Winthrop Performing Arts Center

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 31

Winthrop, Maine