
New England Heritage Foods

Native peoples were joined by the colonists to become the first true "locavores". Their diets were prescribed by the foods and resources around them. Natives and colonists learned from each other and created the first food histories of the New World. Today we'll explore some of these foods through their history and into our modern cuisine.

Preserving the Herbal Bounty

As the growing season draws to a close, take advantage of your herb garden's bounty. The best way to enjoy them is to use them when fresh, but save some to preserve so that you can enjoy them when the snow flies. Herbs should be harvested when their essential oils are at their peak.

Spicing Up the Winter Kitchen

We'll talk about some warming herbs and spices and prepare some dishes which will leave you satisfied and winterized!

Cooking with Herbs, Julia Child's Way

Julia Child, where do we start? This amazing woman opened up the world of cooking to the American people. Join us as we explore some of her recipes.

Herbs in the Italian Country Kitchen

Flavor is the focal point in Italian cuisine. Herbs play a strong role in bringing flavors together. Basil, oregano, garlic and rosemary never tasted so good.

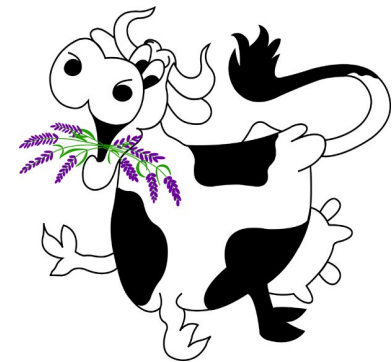
Maple Syrup? Mint? Dill? An herb of your choice? We'll design a program for you!

Please visit us at www.stockbridgeherbs.com for registration details for our events and to sign up for our monthly newsletter—filled with recipes, gardening tips and information about our events and workshops.

We are happy to create a program for you. Please inquire at info@stockbridgeherbs.com or call (413) 665-6918. Follow us on Facebook at Stockbridge Herbs.

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EDUCATIONAL
PRESENTATIONS



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Who are we?

Stockbridge Herbs is a farm-based herbal business operating through mail order and craft and specialty food fairs. For more than thirty years, we have been dedicated to exploring the flavors and wonders of herbs.

The culinary uses of herbs are our specialty. We have created more than two dozen culinary blends which call on the palate of more than forty different natural herbal flavors. Recently, our product development has focused on the many uses of lavender. We use this fragrant herb to make lavender wands, spritzers, dryer bags, dream pillows, stress balls and eye pillows. We have developed several recipes which use lavender and our own Herbes de Provence blend. We also grow basil and every August host **PESTOPALOOZA!** an event celebrating this flavorful herb.

As business owners, we are members of the International Herb Association and The Franklin County Chamber of Commerce. We are proud to be a CISA Local Hero Farm.

We are happy to design a program for your group or organization. Our programs usually include a gardening and culinary aspect. We provide informational handouts about the topic as well as the recipes for our cooking demonstrations. Our past audiences have been Massachusetts Agriculture

in the Classroom; Master Gardener and NOFA Conferences and numerous garden clubs, church groups, and others. We will travel to your event; or, if you prefer through prior arrangement, your group can make an in-season visit to Stockbridge Farm.

Below is a sampling of our educational programs:

Edible Flowers—A Kitchen Bouquet

Flower cookery has been traced back to the Roman times, and to the Chinese, Middle Eastern and Indian cultures. Today, many restaurant chefs and home cooks use flowers in their dishes. Join us as we explore this unique culinary addition to foods.

Celebrating the Spring Herb Garden

Our kitchen herb garden is the first place we turn in anticipation of flavorful rewards that have been hiding all winter. These herbal additions will make your dishes more flavorful.

No Gluten! No Problem!

It is not difficult to take control of your kitchen and prepare healthy, gluten-free meals at home. We'll show easy-to-prepare gluten-free dishes.

Garlic 101

We will give you a view of many aspects of this wonderful plant. We'll talk about garlic lore, cultivation, and culinary uses. You'll have the opportunity to taste garlic in several of the dishes you will sample.

Herbal Teas

Learn about creating your own herbal tea blends and enjoy an herbal tea party. Don't forget to wear your hat!

Lavender

Lavender has become a favored herb for upscale cuisine these days. It lends a subtle, floral, citrus note to foods, both sweet and savory. You'll learn some things to keep in mind when cooking with lavender.

The Herbs of the Mediterranean

Herbs are essential ingredients in Mediterranean cooking. The diet of this region is uncomplicated, built on vegetables, fruits, grains, fish and olive oil. The style of Mediterranean food is easy to replicate no matter where you live.

Creative Ways with Salads

You only have to read the labels of many of those bottled products to wonder what you are adding to your greens. We hope that today's workshop will help you learn about several types of easy salad dressings that you can make at home.

Basil—King of Herbs

For us, the use of basil in our culinary pursuits, opens worlds of flavor. You'll learn about growing the different varieties of basil (red, globe, lemon, Thai) and how to cook with them.
