



The Earth-Centered  
Dietitian

# WORKSHOPS OFFERINGS SUMMER 2024

## NUTRITION WORKSHOP\* \$500

This service is a 60 minute nutrition workshop, conducted with registered dietitian, Stacey Woodson. Also, includes supplies and a question & answer session following the workshop. Topics include:

- Quick Summer Meals & DIY Salad Dressing
- Produce Preservation and Storage
- Flavors of the Diaspora: A Journey of Ethnobotany
- Custom Workshop

## GARDEN OR PLANT MEDICINE WORKSHOP\* \$500

This service includes a 60-minute hands on workshop for up to 12 students and materials. More students are welcome for an additional fee. Topics include:

- Fermentation Fun: Pickled Produce
- Eat More Flowers: Floral Teas & Treats
- Soothing Summer Skin: DIY Healing Salve
- Bugs Be Gone: DIY Insect Repellent

## AUTHOR VISIT\* \$425

Let Stacey bring her book to life at your school or library! Each 60 minute presentation includes an captivating and energetic book reading, 'inside the book with the author' session, an autographed copy of the book and Q & A.

(PRE-K ONLY,  
30 MIN: \$275)

*\*Discount of 10% is available when 3 or more services are purchased.*

[Staceywoodson.com](http://Staceywoodson.com)



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# NUTRITION WORKSHOPS SUMMER 2024

## QUICK SUMMER MEALS + DIY SALAD DRESSING

This workshop will showcase how to create quick and balanced meals that are perfect for busy individuals. Additionally, participants will craft their own salad dressings with basic pantry staples, empowering them with the skills to elevate the flavor of their meals effortlessly.

## PRODUCE PRESERVATION AND STORAGE

This workshop will showcase will innovative preservation techniques to capture the freshness and flavors of seasonal herbs and produce, while also discovering the versatile uses enhance their culinary creations year-round, fostering a deeper connection to the seasons and their harvests.

## FLAVORS OF THE DIASPORA: A JOURNEY OF ETHNOBOTANY

This workshop will uncover the historical significance and ethnobotanical origins of watermelon, black-eyed peas and/or okra while learning creative recipes that celebrate their diverse flavors and nutritional benefits, offering a deeper understanding of these staples in global cuisine.

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# GARDEN WORKSHOPS SUMMER 2024

## **FERMENTATION FUN: PICKLED PRODUCE**

Unlock the art of fermentation in this hands-on workshop dedicated to pickling. Participants will explore the transformative process of preserving foods through fermentation, mastering techniques to create tangy, probiotic-rich delights while discovering the health benefits and diverse flavors of pickled produce.

## **EAT MORE FLOWERS: FLORAL TEAS + TREATS**

Delve into the world of edible flowers as participants learn to craft exquisite sauces, salts and beverages. Explore the delicate flavors and vibrant colors of edible blooms, mastering techniques to infuse them into a variety of culinary delights

## **SOOTHING SUMMER SKIN: DIY HEALING SALVE**

In this hands-on healing salve making workshop participants will learn to craft their own natural remedies which is perfect for cuts, scrapes, bruises and insect bites.

## **BUGS BE GONE: DIY INSECT REPELLENT**

Discover the secrets of crafting your own effective DIY bug spray. Learn to blend natural ingredients that repel insects while keeping your skin safe and refreshed, ensuring outdoor adventures are bug-free and enjoyable.

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