

Springtime Herbal Events

O'TOOLE'S HERB FARM 2009

1ST & 3RD FRIDAY OF EVERY MONTH AT 9:00 A.M. \$10

Yoga at the Herb Farm

Mark your calendars, no advance registration necessary.

Dottie Price, Carol Herndon of Valdosta and Kathy Weiss of Tallahassee will share the guiding. All are certified yoga teachers with years of experience in this healing art. They can attest to the value of yoga in their own lives and are eager to share it with others.

Herbal refreshments will be served after class.

FEBRUARY 7TH, SATURDAY 9:00-3:00 \$55

Grow Your Intuition

OHF has hosted many workshops on how to grow plants, but in February we're offering a class in cultivating your Sixth Sense. Professional intuitive Lynn Willoughby will lead a day-long workshop that will open your channels of perception to help you see beyond the obvious, make wiser decisions, and live in alignment with your truest nature. Besides being a historian and writer, Lynn has been teaching classes in intuition & personal fulfillment since 1996. She has studied with some of the nation's best-known psychics and holds a certification in spiritual life coaching.

Lynn will also be available for a very limited number of private sessions, which she calls "soul readings." These readings are great for people who are at a crossroads in life and don't know which way to turn or for those who feel stuck. Fee: \$60 for a 45-minute session.

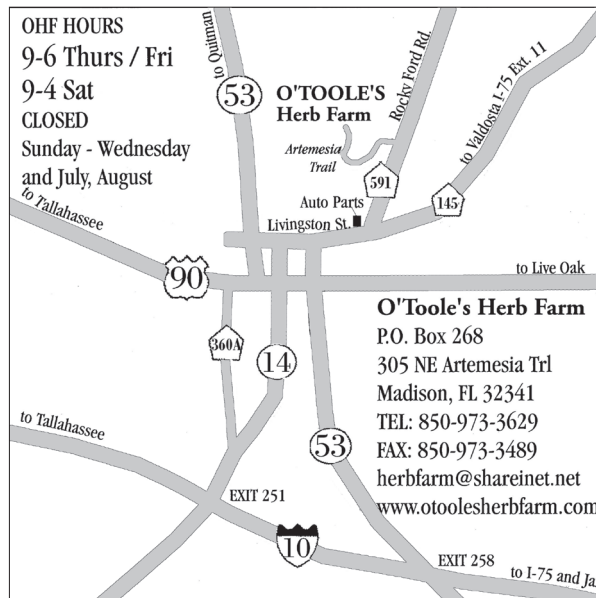
Be our guests for an Herbal Luncheon and come because you want to grow your intuition or come just because!

MARCH 29TH SUNDAY 2:00-5:00 \$35

The Art of Calligraphy

Aileen Winter Mostel has been practicing the art of calligraphy for over 30 years in New York, Maine and Florida. She still works with major New York organizations providing yearly calligraphic awards. She will guide a class through the basics of this humanistic art. The techniques of calligraphy will be demonstrated and visual examples from early herbals and manuscripts will be shown. Bring a lined notebook. Class size will be very limited. Some basic materials will be supplied.

Herbal Treats



CALENDAR

JAN. 2 Yoga 1st & 3rd Friday of every month at 9:00

JAN. 28 (Wed.) New Leaf Market "Plant a Salad" Workshop in Tallahassee, 7:00 p.m.

JAN. 31 (Sat.) The Fifth Saurday Farmers Market, at the Park in Madison, 8:00-3:00

FEB. 7: (Sat.) Grow your Intuition at OHF, 9:00-3:00

MAR. 21: (Sat.) Native Nurseries Springtime Herbal Event in Tallahassee, 10:00-12:00

MAR. 29: (Sun.) The Art of Calligraphy, at OHF, 2:00-5:00

MAY 30: (Sat.) The Fifth Saurday Farmers Market, at the Park in Madison, 8:00-3:00

JULY & AUGUST: OHF is closed for the summer

AUG. 1-2: Florida Small Farms Alternative Enterprises Conference, Kissimmee, Florida

The Yoga Class Room in the Bonner House has been expanded. We took down a wall and made a much larger room. It will be a great contribution to Yoga classes and special events. Take a look next time you visit the Farm.

A Special Thanks to Roosevelt Oliver, longtime employee and part timers Suzzi Beall, John Bath and Don Burkhart, for their loyalty and dedication to making the Herb Farm run.

OHF Recycles! Do you?

THIS NEWSLETTER PRINTED ON RECYCLED PAPER



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Most honored guest in the Herb Farm's winter gardens.

2008! Whew! *What a year, a reminder of our own social system breaking down, especially our current food supply system. Increasing food and fuel costs, the distance food travels from farm to plate and food safety concerns have us more aware of eco agriculture, organic production and locally grown foods. Did you know that twenty three countries reported instances of crop contamination by genetically modified crops? The report indicated that more than 50% of the contamination cases resulted from GM crops originating in the United States. "Agriculture and seeds provide the basis upon which our lives depend." (from The Safe Seed Pledge, www.gene-watch.org)*

What is the definition of Volunteer? *"Volunteer, a noun, a person who does something, especially helping other people, willingly and without being forced or paid to do it". Our experience at the Herb Farm this past year with volunteers exactly illuminates this definition. For months now Franny Davenport has shown up with her friendly smile and open heart on Monday mornings to do whatever necessary. She is now joined by Terri Morin, Judie Baldwin and Charles Tatch. What a fabulous dedicated crew, unconstrained with their spontaneous free will to help and be useful. The end of this past summer brought an unbelievable group from Native Nurseries of Tallahassee to give us a desperately needed face lift in the "Patch" and the "Secret Garden." Donna Legare, Jody Walthal, Norma Skaggs, Larry Teich, Ann Morrow, Timothy Roop, Mary McMullen and Brian Bryson were joined by M.E. McMillan and*

Bill Hyder of Quincy. What a day, so much was accomplished. M.E. continued to tend me with her good will until I became completely dependent and grateful for her weekly visits. Christmas Open House, in spite of economic blues, was magically filled with another wonderful crew consisting of Donna Fraleigh, M.E. McMillan, Terri Morin, Judie Baldwin, Pam Wyllie, Mary Ann Sanders, Louise Divine and New Leaf Market's Jean Crozier, Sadiqa Williams, Sue Cavallo-Lay and Bob Lay.

The Labyrinth. *Today, people all over the world are re-discovering the ancient practice of walking a labyrinth. This is not a maze that is set up to confuse, but a single course or path that can help bring balance in our lives. The labyrinth offers a proactive opportunity to walk in meditation not only to think through or to solve problems, but also to soothe our jangled nerves, calm our souls, mend our hearts and heal our bodies. It can help bring a centering, a sense of wholeness in this disconnected world that we live in. The circular path of the classical labyrinth has been a part of a tradition of symbols involving circular movement from before the beginning of recorded history. The symbolic meanings with circles include wholeness, unity, and the divine center which are used in cultures and religions around the world. Something about the turnings of the labyrinth releases us from the fear and anxiety of life.*

"Walking the labyrinth is another way of tapping into forces beyond our normal conscious mind. It takes us to some ancient part of ourselves, as old as the turning of the planets and stars, as old as the goddess and earth energies, back when night was dark, when people knew the sky and nature was a part of us and we of it. This is something lost in our modern world, the imbalance that it causes cries out for resolution. That's why the labyrinth touches so many people so forcefully." (Robert Ferre, Director of the St. Louis Labyrinth Project.)

In my readings about the labyrinth, one story likens the "walk" to the "dance" of the cranes. Since the sandhill cranes have become a mighty totem for me and the Herb Farm, I knew my dream of creating the labyrinth for Toolie was exactly what I was supposed to do.

The Labyrinth at O'Toole's Herb Farm will be located near the center of the main garden with the mouth beginning at the arbor facing due West. The heart center is at a spot very special to the memory of Jim. The turf path will be outlined with bricks laid end to end and dug in at ground level. The bricks are from the foundations of the old houses we moved onto the farm. Our proposed labyrinth honoring Jim O'Toole is scheduled to be finished in the Spring. A blessing ceremony will be announced before the first walk.



Proposed Labyrinth honoring Jim O'Toole, "It is solved by walking."