

# Herbs Good Health from Garden and Hedgerow



*We invite you to a talk by Sally Owen about the properties and value of many common “weeds” that you can find growing enthusiastically in gardens, hedgerows and wild places.*

*Sally's talk will cover the history of herbal medicines, give you a few ideas of ways you might use herbs in your home, and why you should welcome herbs into your garden.*



[www.TransitionLlandrindod.org.uk](http://www.TransitionLlandrindod.org.uk)

**7.00pm, Tuesday 28th June**  
**Herb Garden Café**  
**Free entry and refreshments**  
**All welcome**