

Essences of Healing

With Daphne Lambert of Greencuisine Trust
and her Soil Sister Miche Fabre Lewin

Saturday 25th October | 10am - 5pm

Timberyard Farmhouse, Great Glemham IP17 2DL

LOVE
LIFE
LIBERATION
2025

Experience plant alchemy with Daphne Lambert, eco-nutritionist, medicinal chef and author of *Living Foods: Feast for Soil and Soul*.

From fresh gatherings we will make three tinctures; hawthorn to support the heart and love; echinacea to enhance immunity and wellbeing; and ginkgo, bringer of wisdom and clarity.

We will wild gather, create and discover the benefits and uses of tinctures; deepen relationships with herbs and plants; and from the abundant autumn harvest we will prepare apple cider vinegar.

These concentrates of healing botanicals are part of an ancient system of healing.

You will return home with gifts of healing plant medicines.



We welcome a
contribution
of 120 pounds

Soil Sisters is the collaboration between Daphne and Miche. Together, they bring alive the connections between food, soil and the well-being of body, mind and our planet. Miche in her artful being will complement and respond to Daphne's Essences of Healing encounters in the kitchen as a Manifesting.

This happening forms part of the Love Life Liberation 2025 Almanac
dedicated to art, food and kinship