



# Speaker Series 2020



**The Northumberland Land Trust & Lone Pine Land Trust ...**  
... welcome **Tamara Segal** on Thursday, March 12,  
at 7:00 p.m. for refreshments, to the Venture 13 Auditorium,  
739 D'Arcy Street, in Cobourg.  
At 7:15 p.m., Tamara will be presenting:

## The Food and Medicine Benefits of our Most Common Plants:

Harvesting and processing some of our common wild plants, their  
edibility, and their medicinal properties



Tamara Segal is a Registered Herbalist and wild foods enthusiast based in Prince Edward County. She runs an herbal clinic at her farm, working one on one with people to address various health issues with plant medicine and other natural approaches. Most of the medicines she works with come from her farm, where she harvests wild plants that grow in succession as she lets the land "re-wild" itself. Tamara also teaches classes and workshops on herbal medicine, and offers edible & medicinal plant foraging

walks to help others recognize and appreciate the value of wild lands, and to empower more self-sufficiency in health.

***Everyone is welcome to this free presentation which is delivered as  
part of a speaker series initiative by the Northumberland Land  
Trust and the Lone Pine Land Trust.***