



Home Remedies and Recipes to Cure What Ails You

1. Lemon Balm Remedies 10:30 am - Noon

Lemon Balm Tea for Flu and Lemon Balm Poppy Seed Honey Cake

This segment will discuss the many different uses of lemon balm from help with depression and insomnia to fighting against the flu. We will also make a lemon balm poppy seed honey cake with fresh lemon balm. This cake will definitely lift your spirits!



2. Folk Home Remedies in the Ozarks (Discussion Segment) 1:00 pm – 2:00 pm



This segment will encourage discussion and storytelling of the folk remedies in the early history associated with the Ozarks. According to research there were very few physicians in the Ozarks but there were “granny-women” who could fix what ails you with their home remedies and concoctions. Pull up a chair as we discuss some of these remedies and bring one or two of your own to share.

3. 1918 Flu Pandemic: What Were Americans Eating? 3:00 pm – 5:30 pm



People around the globe were quarantining and also facing war. Many Americans were asking what do I make with all of these non-perishables in my pantry? Shrimp Wiggle, Salmon Loaf and Apple Sauce Cake. Stick around to try some of these “pandemic” recipes.



4. Dutch Oven Workshop



Chicken Noodle Soup is Good for the Soul 6:30 – 8:00 pm

Chicken noodle soup to cure what ails you and easy Dutch oven homemade bread!

In American history, the Dutch oven was first used by American colonists. Because of the durable cast iron that they were made from, Dutch ovens were the perfect vessel for conducting a more uniform heat; not only on the bottom of the pot, but on the sides as well. For the American colonists who began their new lives in a new country, Dutch ovens were indispensable for baking, boiling, frying, roasting, and stewing. As colonists ventured westward across the United States, so too did the Dutch oven go.

This segment will demonstrate the basics of Dutch oven cooking. We will discuss the history of Dutch ovens, Dutch oven equipment and how to cook in a Dutch oven. Demonstration and sampling.