

Horticulture for Wellness Event at the Cook County Farm Bureau

10:30 to 11:30 a.m. Herbs and Healing: Ancestral Plant Medicine

Plants have been used as medicine for thousands of years by cultures around the world. Many of these plants have been studied scientifically for their actions, and 20-40% of modern medications are derived from plants. This workshop offers a window into ancestral relationships with healing plants. Participants will learn about specific herbs and traditional uses, while reflecting on healing as a cultural, spiritual, and community-based process.

Presenter: Dr. Leilah Siegel
Community Health Educator, University
of Illinois Extension

12:30 to 1:30 pm From Patio to Plate: Edible Gardens for Small Spaces

Discover how to grow fresh, flavorful food—even when space is limited. This workshop introduces smart space-saving strategies such as vertical gardening, succession planting, and square-foot gardening. You'll also learn the basics of growing vegetables and herbs, along with practical tips for productive container and raised-bed gardening.

**Presenter: Nancy Kreith, Horticulture
Educator, University of Illinois Extension**

Tuesday, April 21, 2026

- ✓ **Cook County Farm Bureau**
6438 Joliet Rd Countryside IL
60525 - free event
- ✓ **Registration for select sessions
encouraged (space limited).**
Call the Farm Bureau at
708-354-3276 or
email ccfb@cookcfb.org with
session name, and contact
information.

Additional Programming



Ask a Master Gardener Help Desk
10:00 am to 2:00 p.m.
Tuesday, April 21, 2026

Have gardening, plant, tree, or lawn questions? Visit the Ask a Master Gardener Help Desk at the Farm Bureau for expert advice from University of Illinois Extension Master Gardeners—no appointment needed. Bring photos or plant samples for hands-on help



**Soil Testing Program -
Concierge Service Available**

The Farm Bureau offers soil testing services for the public and members. Learn how soil testing supports healthier plants through improved soil management and fertilizer recommendations. Soil test kits are available for purchase (members receive a discount—ask how to join). No appointment required. Concierge service is also available: bring a small bag of soil, and we'll assist with kit completion and mailing.

