

Lake Minnetonka Garden Club

Ways and Means Report 2019-20

This year the Ways and Means Committee was not given a specific goal as LMGC already had enough funds, but decided to hold a workshop to help educate our membership and raise extra money for the Scholarship fund. The planning and execution of the event was done by myself and the very helpful Holly Adams.

The Lake Minnetonka Garden Club held a Workshop with Kate Sammons at Heidi's Growhaus on October 2, 2019 from 1:00-3:00 p.m. Kate was one of LMGC scholarship recipients in 2019 and also won the Anne S Chatham Fellowship in Medicinal Botany from GCA, Kate spoke at our July meeting. She is in the process of receiving her PhD from the University of Minnesota, St. Paul. Kate's research aims to describe the chemical complexity of medicinal plants.

Even though it was a terribly cold rainy day, the participants made and enjoyed Kates warm tasty teas as we learned about growing and harvesting herbs and plant materials and the natural healing and medicinal effects of them. The attendees then participated in a hands on workshop making tinctures and more teas mixtures. All in attendance left with informative material and took home the wonderful remedies that they created. I can attest that the tummy tincture works for an upset stomach.

The space was donated by Heidi Heiland a Heidi's GrowHaus, 7555 County Road 116, Corcoran, MN. There were 17 participants, with a \$65 fee for the workshop. The profit from participant fees and donations was \$898.00

I look forward to leading the Ways and Means Committee again in 2021.

Respectfully submitted,

Melissa Johnson

Ways and Means Chairperson