



a culinary arts & plant sciences collective

“Eco Edu-tainment”

Programs include a custom instruction, supplies, handouts and items beautifully packaged for “eco-to-go”.

Adventures in Aromatherapy

This rejuvenating introduction to the world of pure aromatherapy is our most popular workshop. We invite you to be introduced to a Gallery of garden flora. In this class you will learn how essential oils are created, the therapeutic and restorative properties of each oil; and a bit of herbal folklore. You will touch the featured living plant and smell the essence of each plant's flowers, leaves, roots and berries captured in the essential oil. The adventure begins as we custom-blend the essential oils. In this gallery of herbs we will feature Geranium, R., Lavender, P., Orange, S., Peppermint, Rose, A. and Rosemary.

Tier 1) aroma mist

Tier 2) aroma mist, salt snifter or soak, and a 1ml vial of essential oil. (This is our special!)

Tier 3) aroma mist, salt snifter or soak, a 1ml vial of essential oil, & an organic olive oil body lotion

Aromatic Art of Perfumes

From Cleopatra to Coco Chanel, perfume has been a woman's secret weapon since the ancients crafted it thousands of years ago to attract the goodwill of the gods. We unlock the inner goddess of each guest by customizing the perfect scent to create a desired mood. We explore the art and craft of making perfumes, and then introduce single-note or synergy blends, like the French perfumer's of late. Each guest will create and take a pure perfume or cologne mist. We provide a sumptuous soft “eco-ista” pouch for safekeeping.

Tier 2) 2 oz, eau de cologne select from our signature citrus, floral, herbal or wood synergy blends
Tier 4) a customized personal pure-fume, 2ml, including but not limited to our most exquisite essential oils: Cognac, W. Jasmine, S., Lavender A., Neroli, Rose, O., and Vanilla, A.

Posie Farm

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Botanica the Beautiful

Say it with flowers and herbs! Explore the myth, language and & lore of these enticing plants. The Herb Society of America defines “herbs” as plants valued for their “flavor, fragrance, medicinal and healthful qualities, economic and industrial uses, pest management properties and coloring materials.” We’ll share stories of flower and herbal heritage from antiquity originating from the Mediterranean, Asia, India, Middle East, and North America. We’ll discuss the invigorating partnerships of botanicals, herbs, water, and bees as nature’s beauty unfolds right before your eyes. This class if at the DBG is accompanied by a 1 hour “pathway to pollination” tour of the Desert Botanical Garden that emphasizes wildflowers, pollination (how flower’s market themselves!), bees, and our herb garden. You’ll gain understanding about the amazing benefits of edible flowers, botanicals, and herbs by creating sips, soaks and scents. All classes will take home recipes.

Tier 1) custom blend a “T is for Tisane” and taste from dried botanicals and herbs

Tier 2) custom blend a “T is for Tisane”, taste from dried botanicals & herbs, and blend scented honey Tier 3) custom blend a “T is for Tisane”, taste from dried botanicals & herbs, custom blend scented honey, and custom blend a botanical bath from dried botanicals and herbs

Tier 4) custom blend a “T is for Tisane”, taste from dried botanicals & herbs, custom blend scented honey, custom blend a botanical bath from dried botanicals and herbs, and experience Le Language des Fleurs tasting of Purple Haze artisanal cheese with fennel pollen & lavender blooms on an olive oil whole grain crostini

Clean Green Home

Are you confused by all the messages about going green? Let us guide you to awaken your “Eco-Chic” self. We will teach you how to go green and be chemically dependent no more! This twelve step program is designed to teach you how to detoxify your home and work environment. Essential oils have 3 things in common; they are anti-viral, anti-bacterial and anti-fungal. We will introduce aromatherapy scents using our line of pure essential oils, and then create custom blends for each clean green item. In this gallery of plants we will feature Bergamot, Lavender, A., and Spearmint.

Tier 1) va-va-vinegar all purpose cleanser with our signature go-green scent

Tier 2) va-va-vinegar all purpose cleanser with our signature go-green scent and scented-soda-scrub, an herbal and essential oil infused, baking soda scrub

Tier 3) va-va-vinegar all purpose cleanser with our signature go-green scent, scented-soda-scrub, an herbal and essential oil infused, baking soda scrub, and pure-room-fume synergy-blended aroma mist

Tier 4) va-va-vinegar all purpose cleanser with our signature go-green scent, scented-soda-scrub, an herbal and essential oil infused, baking soda scrub, pure-room-fume synergy-blended aroma mist, lovely-laundry infused liquid laundry soap, and an “ayate” agave scrub-cloth

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Fragrant “Farmacy”

Create your very own “essential” kit featuring natural remedies for first aid. Learn the economical, effective, and efficient way to use essential oils for therapeutic purposes. Did you know that a few drops of peppermint oil in your water can calm your digestion? Did you know that lavender oil helps to heal your skin or that essential oils, can be used to keep the “bugs at bay”? The skin readily absorbs these oils and we’ll tell you how. A naturally sourced ‘farmacy’ can healthfully enhance your daily ritual. In this gallery of plants we will feature Eucalyptus, Grapefruit, P., Lavender, P., Rosemary, and Peppermint.

Tier 1) travel toner, 2oz, with organic cotton balls

Tier 2) travel toner, 2oz, with organic cotton balls and a sneeze proof snifter/soak

Tier 3) travel toner, 2oz, with organic cotton balls, sneeze proof snifter/soak, and olive oil salve Tier 4) travel toner, 2oz, with organic cotton balls, sneeze proof snifter/soak, olive oil salve, and organic keep the “bugs at bay” spray (pun intended)

The “Herban” Gardener

Harvest from the “herban” garden. We’ll dig in to topics such as current sustainable food trends including community and rooftop gardens, seasonal food a la “the slow food movement”, and what it means to be a “locavore”. We’ll plant the seed to enlighten you how to eat economically, healthfully, organically and seasonally all while supporting your community. Grow the confidence to throw your own “Herb-A-Queue” with the resources necessary to become a part of the nation-wide food movement. You’ll take with you flavors-for-food recipe cards, tips and techniques to create meals at home for your very own savory occasions. In this Gallery of Herbs we will feature Basil, Lavender, Rosemary, Savory and Tarragon.

Tier 1) signature “Potager” herb blend, 1.5oz

Tier 2) signature “Potager” herb blend, 1.5oz, & Garlic Rosemary & Lemon sea salt, 1.5oz

Tier 3) signature “Potager” herb blend, 1.5oz, Garlic Rosemary & Lemon sea salt, 1.5oz, and Piment d’ville chile, 1.5oz

Tier 4) signature “Potager” herb blend, 1.5oz, Garlic Rosemary & Lemon sea salt, 1.5oz, Piment d’ville red chile, 1.5, oz and culinary herb “colander pot” you’ll plant with 3 of our featured cut & grow herbs to use at home

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“Eco Edu-tainment”

Market Fresh “Mixology”

Forage for flavor that will make your palate pop! Learn how to use culinary essential oils and herbs to infuse your salts, sauces, sips, sugars, and syrups. Honey and olive oil are the perfect ingredients for health made simple. Learn to prepare and layer flavors in these sips and nips using simple e-scentual techniques as ancient as time. Scent-sational sugars can sweeten teas and cocktails, add them to cakes, fruit desserts, sorbets or brush them on right out of the oven. You may already know how to muddle your mint...yet in this class we'll teach you new ways how to become a kitchen alchemist, from **A**ppetizers to **Z**ests that will pack a punch! In this gallery of plants we will feature Basil, Grapefruit, P., Lavender, Mint, Meyer Lemon, and Orange, S. Attendees will make and take recipe cards away.

Tier 1) aromatic finishing sugar, 3oz

Tier 2) aromatic finishing sugar, 3oz, and a botanically infused salt, 1.5oz

Tier 3) aromatic finishing sugar, 3oz, and a botanically infused salt, 1.5oz and infused local honey, 2oz

Tier 4) aromatic finishing sugar, 3oz, and a botanically infused salt, 1.5oz and infused local honey, 2oz & an infused local olive oil, 2oz

O’ Live the OLIVE

Love the skin you are in by treating your body both in and on. The health and therapeutic benefits of olive oil were first mentioned by Hippocrates, the father of medicine. For centuries, the nutritional, cosmetic and medicinal benefits of olive oil have been recognized by the people of the Mediterranean. Did you know that the skin is the body’s largest organ? We will share ancient secrets and explain the molecular structures of plant oils, “Essential Fatty Acids” (EFA’S) and offer simple solutions to care for the body. You’ll create and take a custom EFA oil for on-the-body. We’ll taste a custom EFA oil for in-the-body and incorporate it into a vinaigrette to taste with micro-greens. Participate in the latest trend of olive oil tastings which you can pair with our delicious cured olives. Attendees will make and take recipe cards away.

Tier 1) EFA oil for on-the-body, 2oz

Tier 2) EFA oil for on-the-body, 2oz, and EFA Oil for in-the-body, 2 oz,

Tier 3) EFA oil for on-the-body, 2oz, EFA Oil for in-the-body, 2 oz, and tasting of infused olive oils of vanilla, blood orange or Meyer lemon and garlic olive oils

Tier 4) EFA oil for on-the-body, 2oz, EFA Oil for in-the-body, 2 oz, tasting of infused olive oils of vanilla, blood orange or Meyer lemon and garlic olive oils, and make and taste aromatic cured olives

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Sustainable Spa

The word “cosmetic” comes from the Greek word “kosmos” meaning “order in the universe.” You’ll learn Simple-Organic-Skincare creations you can make at home. We’ll step into the complexion garden and illuminate “Why Natural?” and “How to Read between the Labels”. Healthy skin is a result of seasonal nutrition, proper cleansing, moisturizing, exercise and water. Your skin mirrors the health of your body. Faced with pollution and stress, we feel challenged to keep our skin clean and healthy. Natural ingredients, when properly chosen and carefully applied are profoundly effective, better for the environment, and are most beneficial to your overall well-being. You will depart ready to read and understand a personal care ingredients label, and with recipe cards so you can locally source and create “order” in your own everyday ritual! This class includes hands on blending and is great for team-building.

Tier 1) facial exfoliating grains, 4oz

Tier 2) facial exfoliating grains, 4oz, and desert dew of the sea scrub, 4 oz

Tier 3) facial exfoliating grains, 4oz, desert dew of the sea scrub, 4 oz, and custom blended indigenous organic olive oil lotion, 2oz

Sweet Dreams

“If you walk barefoot upon the morning dew, you will become beautiful” – American Folklore. As you’re flying about your day, learn how to get grounded and cast the anxiety away. In this class you will learn balance for a better life. Quiet your breath and calm your body and “soul” as you rest your two “soles” in our “healing” garden. Make a relaxing sleeping salt snifter or soak and a soothing eye pillow with a blend of organic lavender and chamomile from our botanical blending bar. We’ve selected a French-inspired fabric, softened with a silk backing, to send you on a relaxing rest, a good night’s sleep and a more enjoyable journey. You will learn about the benefits of chamomile and lavender, plus touch and smell the living plants.

Tier 1) sleeping snifter-soak, 4oz,

Tier 2) sleeping snifter-soak, 4oz, and soothing custom eye pillow

Tier 3) sleeping snifter-soak, 4oz, soothing custom eye pillow, and environmental mist, 2 oz

Tier 4) sleeping snifter-soak, 4oz, soothing custom eye pillow, environmental mist, 2 oz, and a 2ml vial of lavender & chamomile essential oil

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Taste-CEO

Flavor is the combination of the taste you experience on your tongue and the aroma you experience through your nose. Join us as we **Explore Culinary Essential Oils**, and set out on an aromatic adventure tracing the ancient spice route where exotic plants were once cultivated. Learn how these treasures of taste and their cultural impact changed our world forever. We'll experience how to use highly concentrated - delicately distilled plant droplets made for your sense of good taste. We'll feature the health benefits of using *citrus, floral, herbal & piquant* notes for eating and drinking. An aromatic experience awaits, it includes your take away tier, craft recipe cards & an anti-inflammatory food pyramid guide; packaged in eco-to-go. In this gallery of plants we will feature Bay Laurel, Meyer Lemon, Parsley Seed, and Turmeric.

Tier 1) botanical beverage a 2ml. dram vial of culinary essential oil

Tier 2) botanical beverage a 2ml. dram vial of culinary essential oil, St. Anthony's organic olive oil 2oz

Tier 3) botanical beverage a 2ml. dram vial of culinary essential oil, St. Anthony's organic olive oil, 2oz infused raw honey 2oz

Tea & Tisane Tasting

According to legend tea was discovered over 5000 years ago, when the evil Emperor Shen Nung was banished to a remote corner in Southern China, and only allowed hot water - well as chance would have it, a gust of wind blew some leaves from a nearby tree into his pot of boiling water. This accidental infusion was so delicious and relaxing that, he sat under the tree for the next 7 years drinking only tea and naming it "Tai' for (peace) and the rest is history. This beneficial botanical beverage is regarded for its good health, happiness, and wisdom!

We'll discover the different types of teas and tisanes & learn tasty tidbits why tea is a **good choice** for **good health** and relax while sipping on a cup of the terrific *Camellia sinensis* and share our tall tales... This includes your take away tier, steeping guide, recipes; packaged in "eco-to-go". In this gallery of plants we will feature Mandarin, Jasmine and Rose.

Tier 1) Special-t {TEA} Dragon Well Green Tea, 2oz

Tier 2) Special-t {TEA} Dragon Well Green Tea, 2oz, Special-t {TEA} Oolong Jade Osmanthus Tea, 2oz

Tier 3) Special-t {TEA} Dragon Well Green Tea, 2oz, Special-t {TEA} Oolong Jade Osmanthus Tea, 2oz, Special-TEA Darjeeling 2nd flush Black Tea, 2oz

Tier 4) Special-t {TEA} Dragon Well Green Tea, 2oz, Special-t {TEA} Oolong Jade Osmanthus Tea, 2oz, Special-t {TEA} Darjeeling 2nd flush Black Tea, 2oz, {Sips & Nips Tea Party} with Heirloom Grain French Shortbread Cookies (punitions) & Terre Botanicals Aromatic Finishing Sugars for the Tea Connoisseur extraordinaire...

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Are you ready for something new and different to offer your clients or employees?

Terri Nacke offers a “Botany for the Body” “eco-education” & “ag-venture” experience inspired by the garden. We’ve offered group workshops since 2000, hosting groups of all types and sizes. Destination management companies and resorts contact us when they need a program for groups, conference attendees or spouses. Corporations and small businesses contact us when they want to create team- building programs, or provide a special event for their employees or clients. We specialize in customizing programs to meet the needs of each client. We take pride in making every workshop guest feel relaxed, inspired and welcomed.

Our class room is located at The Desert Botanical Garden or Posie Farm. They are each eco-chic & unique places to introduce your guests to Phoenix, home to edible flowers, fragrant roses, aromatic herbs and native plants, guests will experience being surrounded by beauty and the sounds of serenity, arriving at the garden classroom to begin their experience of the five senses.

Hands-on workshops designed to entertain, enlighten & educate.

Hosted by the vibrant and fun eco-ista Terri Nacke, and her team of eco-istas, each student is greeted with a hug and a scentual-spritz of pure aromatherapy mist, as they begin an adventure to remember.

We are happy to help you get the business!

We host on-site tours for prospective clients and can present mini-demonstrations of our most popular workshops. *Professional Fees, Per Diem, Travel Stipend or Mileage Rates & Samples are TBD.*

TARIFF: Priced Per Person (10 person minimum)

We focus on healing and healthful native plants and their traditional uses that grow vibrantly in the Sonoran Desert, thematically planned to captivate your five senses!

Tiers:

Tier 1	\$48.00
Tier 2	\$78.00
Tier 3	\$108.00
Tier 4	\$138.00
Tier 5 CUSTOMIZED - Fees may apply	\$168.00

ASK ABOUT OUR SEASONAL ORGANIC “Taste-ED” COOKING PROGRAMS

CONTRACT {1 of 2}

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Eco Education Contract Booking & Cancellation Policy:

- 1.** The minimum for a group booking is 10 people.
- 2.** To secure and confirm your desired date, **a \$150.00 holding fee is required at the time of booking.** We are very happy to hold your date and time with a credit card number. The holding fee is fully refundable for cancellations received 30 days prior to the workshop date.
- 3.** Program fees are based on your selected tier, per person pricing. We will issue an invoice with a **50% deposit DUE NO LATER than 30 days** prior to the scheduled date. ***This is the only way to guarantee the selected JIT class supplies will be ordered in a timely manner, as supplies are tailored specifically to your group's event.*** If it **less than 21 M-F working days** from the scheduled event, we will be required to **add a \$150.00 surcharge** to your invoice.
- 4.** A final guarantee of attendees is due **14 days** prior to the program and becomes fully non-refundable. If there are confirmed attendees that are not able to attend the program, we will arrange to have the remaining packages available for pickup by the event coordinator.
- 5.** A final head count is due **48 hours** prior to the workshop. If there is a request for additional guests, the invoice will be adjusted to reflect the final guarantee.
- 6.** The remaining balance is then due & payable upon completion of services on the day of the event. *FOP is company check – or if using a credit card, square fees will apply.*

CONTRACT {2 of 2}

THANK YOU FOR YOUR CONSIDERATION & PATRONAGE!

BOOK YOUR GROUP TODAY!

PLEASE CONTACT:

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