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**ROUND TOP FESTIVAL INSTITUTE**  
PO Box 89, Round Top, TX 78954 • (979) 249-3129 • festivalhill.org

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# THE 24TH ANNUAL HERBAL FORUM

AT ROUND TOP

“Tea: Herb of Comfort and Friendship”

Tea~ Our Herb for 2019

**Saturday, March 16, 2019**

With Plant and Gift Sales starting on Friday, March 15

Join us as we explore the world of herbs and grow in knowledge  
and understanding while learning exciting new ways to  
utilize these ancient plants.

Featured Presentations by:

Caroline Caswell  
Abianne Falla  
Saurabh Kajaria  
Autumn Schulze  
Amanda Vermillion

**Garden Buffet Luncheon**

Featuring tea &  
a variety of other  
flavorful herbs

**The Blessing of the Garden**  
with Words and Music

**Shopping Galore!**

- Plant Sale sponsored by  
The Herb Society of America, Pioneer Unit
- Thyme Well Spent Gift Shoppe



*Forum proceeds benefit the Gardens of the Round Top Festival Institute and The Herb Society of America - Pioneer Unit Educational Activities*

## Our 2019 Presenters

**Caroline Caswell** is an herbalist, artist, and educator living in Austin, Texas. Upon completing the Clinical Intensive path at the Wildflower School of Botanical Medicine, Caroline focuses her herbal practice on the folk medicine traditions of Western Europe from which she descends, and thoughtful interactions with bioregional ecology. She works as the Education Assistant at the American Botanical Council and now teaches for the Wildflower School of Botanical Medicine.



**Abianne Falla** is the co-founder of CatSpring Yaupon, one of the largest producers of yaupon in the world. Based in Cat Spring, Texas, where the majority of wild growth yaupon is sourced, CatSpring Yaupon has led the field in development of sustainable yaupon production, while also employing ethical labor practices by creating dignified employment opportunities.



**Saurabh Kajaria** is a co-founder and creative head of Trishnna Tea, a Houston based company specializing in specialty tea for mass consumers. Saurabh has over 10 years of product development and marketing experience backed by degrees from Texas A&M and UT Austin. He is an avid tea drinker who loves to promote Indian teas from North Eastern India- Assam, Meghalaya, Dooars, etc. He is passionate about supporting small scale industries in India that in turn support the under-privileged community.



**Autumn Schulze's** journey has taken her from a B.S. in Bio-Medical Science and a career in Pharmaceutical Research to an Herbal Medicine Practitioner and Certified Health Coach. In her private practice, Autumn's Harvest, she coaches clients with a whole foods plant-based approach utilizing lifestyle coaching and herbal support. Autumn's Harvest Apothecary Line provides supporting herbal products for clients and customers. She is an advocate for natural cancer support, animal welfare and plant-based nutrition.



## Our 2019 Presenters

**Amanda Vermillion**, a.k.a. The Tea Mistress, has had a lifelong interest in teas and herbs. Amanda's French mother introduced her to "tisanes" (herbal teas) as a child. While in college Amanda became interested in the healing properties of herbs. She earned her Tea Master Certification from the International Tea Masters Association in 2013 and her New World Tea Certification from I-TEI in 2014. Founded in 2013, The Tea Mistress, LLC combines Amanda's passion for, and knowledge of, teas and tisanes with her extensive event-planning experience. The Tea Mistress began with event planning, talks, classes and presentations. The focus of the business soon expanded to include retail sales of specialty teas, herbs, coffee, tea accessories and teaware. For almost 39 years, Amanda has led social groups, volunteered, and organized hundreds of events, meetings, convention and social activities. Amanda currently serves as Director of Lone Star Houston Tea Festival, Inc., a 501(c)3 non-profit organization. She has been the driving force behind the Lone Star Iced Tea Festival and the Houston Tea Festival.



# PROGRAM SCHEDULE\*

## Friday, March 15, 2019

\* **Schedule subject to change**

- 9:00am-5:00pm **Plant Sale**.....West Terrace, Festival Concert Hall  
**Thyme Well Spent Gift Shoppe** .....School Building, Room 9
- 10:00am **Overview of the Plant Sale Plants** .....Plant Sale Area  
 -Henry Flowers, HSA Pioneer Unit member and plant orderer
- 12:00 noon **Optional Buffet Lunch**.....Menke House Dining Room  
 \$19.22 (reservation required and space is limited)
- 1:00pm-6:00pm **Early Check-In** .....Festival Concert Hall  
 Overnight guests may pick up room keys. After hours key pickup will be in the office foyer at the back of the Concert Hall.
- 6:30pm **Optional Buffet Dinner** .....Menke House Dining Room  
 -honoring The Herbal Forum Guest Presenters  
 \$44.84 (reservation required and space is limited)
- 8:00pm **Movie -“Tea with Mussolini”** .....Edythe Bates Old Chapel

## Saturday, March 16, 2019

- 7:00am **Yoga with Linda Franzo**.....Artist Residence 3 Common Room  
 Bring your yoga clothes and mat for an early morning stretch.
- 8:00am-9:00am **Breakfast for overnight guests**.....Menke House Dining Room
- 8:00am-10:00am **Check-In** .....Festival Concert Hall
- 8:00am-5:00pm **Plant Sale**.....West Terrace, Festival Concert Hall  
**Thyme Well Spent Gift Shoppe** .....School Building, Room 9
- 8:45am** **Welcome**.....Festival Concert Hall  
 -**Karen Cornwell**, Herb Society of America, Pioneer Unit Chair and  
**Tony Scanapico**, Herb Society of America Pioneer Unit
- 9:00am-10:00am **“Around the World in a Tea Daze”**  
 - **Amanda Vermillion**.....Festival Concert Hall  
 Hang onto your hats and grab your passports! Get ready for a whirlwind tour of global tea culture, including where tea originated, how it spread throughout the world, and how tea is enjoyed in various countries.
- 10:00am **Announcements, Door Prize Winners and Break**
- 10:15-10:45am **“The Medicinal Uses of True Tea (*Camellia sinensis*)”**  
 - **Caroline Caswell**.....Festival Concert Hall  
 The tea plant is a well-known and well-loved plant, commonly drunk in the mornings and

# PROGRAM SCHEDULE\*

## **Saturday, March 16, 2019—continued**

- afternoons throughout the world, across cultures, and in almost every home, making it a widely accessible and relatively inexpensive medicinal plant. This presentation will explore the traditional and evidence-based uses of green tea, black tea, and white tea for acute, chronic, and preventative medicine.
- 10:45am **Announcements, Door Prize Winners and Break**
- 11:00am-noon **“An Introduction to Herbal Teas—Homegrown Herbal Support”**  
 - **Autumn Schulze**.....Festival Concert Hall  
 This presentation will include an introduction to using herbal teas as home remedies; brief medicinal herbal use from a historical perspective; introduction covering basic herbs, recipes and their support uses; recipes for everyday support herbs such as lemon balm for calming, peppermint for digestion and rose for grief; and hydrotherapy baths such as comfrey used for bruising and bone healing or nettles and lemon balm for bites. There will be an herbal tea tasting, plus “using herbal tea in gifts” demonstration as door prizes!
- 12:15pm **The Blessing of the Garden**.....Cloister Garden
- 12:30pm **Garden Buffet Lunch** .....Rear Lawn, Menke House  
 (complimentary with registration)
- 2:00pm-3:00pm **“Who’s Picking Your Tea—A Tea Maker’s Perspective”**  
 - **Saurabh Kajaria** .....Festival Concert Hall  
 We can all appreciate a good cup of tea, but how many of us have wondered who are the people who deserve some of that appreciation for their hard work in bringing that tea to us? It should not be a surprise that the condition of labor is a closely guarded secret in China, and some countries in Africa just don’t want to talk about it. We are living in a conscious consumer world where people demand to know everything they can about the product they purchase. Tea is a complex product and we should take a minute to know some of the stories behind the cup that brings us so much joy - it will surely be inspiring.
- 3:00pm-3:30pm **“Yaupon—It’s Texan, for Tea”**  
 - **Abianne Falla**.....Festival Concert Hall  
 As the only naturally-caffeinated indigenous plant in North America, yaupon was brewed for centuries by Native Americans. And then...lost and forgotten. This enlightening session will explore the history, health properties, preparation and current state of yaupon, a vibrant American resource blossoming into a booming botanical industry. Always a large consumer of caffeine, America has only recently rediscovered its ability to produce a viable and delicious domestic source with yaupon. Join as we explore the growing interest in this fascinating, healthy and invigorating plant; an interesting journey of rediscovery of the largely forgotten beverage tradition of yaupon - or as we like to say, “It’s Texan, for tea”.
- 3:30pm **Closing Remarks**
- 3:30pm-4:15pm **Wonderful Ways with Herbs**..... Festival Concert Hall  
 Demonstrations by many of our presenters and some of our fellow herb enthusiasts. With plenty of tastings and more to learn, this will certainly be a great way to end the day!
- 3:30pm-4:15pm **Refreshments from the Herb Garden**.....Festival Concert Hall  
 -Before leaving stop for a final snack, courtesy of HSA Pioneer Unit and Festival Hill.



## Accommodations at Festival Hill

Enhance your experience by staying overnight on the Festival Hill campus. Most rooms are within easy walking distance of Herbal Forum activities; all have private baths and air conditioning. Rates include all linens and a continental breakfast served in the Menke House Dining Room from 8am to 9am.

**For rates and reservations call (979) 249-3129, Monday-Friday 8am-5pm, or email [reservations@festivalhill.org](mailto:reservations@festivalhill.org).**

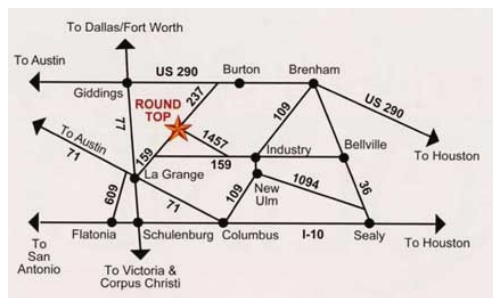
For further information on Festival Hill and a schedule of our musical performances and special events, please visit our website at [www.festivalhill.org](http://www.festivalhill.org). The website also offers wonderful pictures of our campus and facilities.

### Cancellation Policy:

A 20% fee will be deducted from all refunds requested on or before Friday, March 8, 2019. **No refunds will be given after March 8, 2019.**

### Directions to Festival Hill

Festival Hill is located near Round Top, TX, at the intersection of State Highway 237 and Jaster Road. For more detailed information please visit our website at [www.festivalhill.org](http://www.festivalhill.org), or call our office at (979) 249-3129.



For questions regarding the 24th Annual Herbal Forum, please contact  
[info@festivalhill.org](mailto:info@festivalhill.org)  
or call / leave a message at (979) 249-3129.

## A Note About Workshops

We know that many of you have looked forward to and participated in the Herbal Forum workshops over the past 20+ years. Unfortunately changes to the management of this event have made it unfeasible to offer workshops this year. We hope that we will be able to bring them back next year and appreciate your understanding. The rest of this year's event will be pretty much the same as it has been in the past. We look forward to seeing you this coming March!



## Registration

**Make reservations online at [www.festivalhill.org](http://www.festivalhill.org) or by phone at 979-249-3129**

*Online registration opens in early January!*

### Herbal Forum Registration Fee

**\$80.00**

(includes Saturday lunch)

### Friday Buffet Lunch

**\$19.22\***

(optional; reservation required and space is limited)

### Friday Presenters' Dinner

**\$44.84\***

-Full buffet dinner with salad, entrée, side dishes, dessert, wine, coffee, tea and water.  
(optional; reservation required and space is limited)

\*- prices include sales tax

**When you register please let us know if you have any dietary restrictions.**

-Reservations may be made online at [www.festivalhill.org](http://www.festivalhill.org) or by phone at 979-249-3129

## Going Native!

Book your calendar for 2020!

Next year's event will be held on **March 20th and 21st** and we'll be focusing on native herbs.

*Plan to join us then!*

