

NEW & FEATURED

Make Your Own Tea Blend

Join us for a journey into the art and science of tea blending. Participants will explore a variety of herbs, spices, and teas, learning about their flavor profiles and health benefits. Attendees will then craft their own unique tea blend, mastering the balance of flavors and aromas. Whether you're a tea enthusiast or a curious beginner, this workshop provides the tools and knowledge to create your own soothing or invigorating blends. Take home your custom tea mixture and the confidence to continue experimenting on your own.

Famous Bay Staters Trivia

Test your knowledge of notable figures from Massachusetts. We present quotes from famous Bay Staters across various fields—think Bette Davis in film, Jay Leno in comedy, or John F. Kennedy in politics - and it's up to you to guess who said it. We keep giving quotes until you get it (or we run out of quotes). It's a fun and enlightening way to explore the history and rich cultural heritage of Massachusetts, one quote at a time. If you liked our Local Food Trivia program, you'll love this one.

Delicious Diabetic Desserts

Looking to satisfy your sweet tooth without spiking blood sugar levels? Participants will learn how to create delectable desserts using natural sweeteners, whole grains, and nutrient-rich ingredients. Our expert instructors guide you through recipes for sugar-free chocolate cake, almond-flour cookies, and more. Walk away with new skills and a collection of recipes that prove you don't have to sacrifice taste for health. Ideal for diabetics, their loved ones, and anyone interested in mindful eating.

Chocolate Tasting and Talk 101

Eating chocolate releases endorphins that make you happy. Come try samples of craft, small batch chocolate, totally unlike the industrial, mass-produced chocolate you've had before. Also learn about the ingredients, processing, and where cocoa pods are grown from our own resident chocolate expert. We will also review the latest nutritional and health information. A very popular introduction! Great for all you chocoholics out there!

FOOD & RECIPE WORKSHOPS

Our popular food workshops feature exclusive Therapy Gardens recipes, along with the latest nutrition and food research. Although we sometimes bring samples, a kitchen is not necessary.

Delicious Diabetic Cooking

Most diets focus on what you *can't* have instead of celebrating what you *can* have. Don't let diabetes or pre-diabetes ruin all your food fun. Come learn how to prepare delicious low sugar, low carb meals. From easy one-pot dinners to larger meals, we will review the foods, spices, and condiments that are both delicious and diabetic-friendly. Also great for people following a low carb or Keto diet, or for those who just want to eat healthy.

Delicious Diabetic Desserts

Looking to satisfy your sweet tooth without spiking blood sugar levels? Participants will learn how to create delectable desserts using natural sweeteners, whole grains, and nutrient-rich ingredients. Our expert instructors guide you through recipes for sugar-free chocolate cake, almond-flour cookies, and

more. Walk away with new skills and a collection of recipes that prove you don't have to sacrifice taste for health. Ideal for diabetics, their loved ones, and anyone interested in mindful eating.

Cooking Tips and Tools for Older Adults

Cooking can become a daunting task as we age, but it doesn't have to be. In this presentation, we'll explore practical tips and adaptive tools to make cooking easier and more enjoyable for older adults. Whether you're a seasoned cook or a beginner, you'll learn how to simplify the cooking process and save time in the kitchen. Senior-friendly product recommendations and where to find them will be provided.

Healthy Eating on a Budget

Discover practical tips and strategies to embrace healthy eating without breaking the bank! Join us as we uncover smart ways to save money while still enjoying nutritious and delicious meals, both when cooking at home and when ordering out. Learn actionable techniques to make healthy eating sustainable and affordable. Leave equipped with the knowledge to empower yourself and thrive on a budget, making your well-being a top priority. Specific tips for older adults and resources in their area will be provided.

Italian Family Recipes

In many families, food and memories are closely connected. Join us to learn recipes for a variety of red sauces that go with everything from pasta to eggplant in this gorgeous presentation. Family recipes for Braciola, Pasta e fagioli, Italian cookies, and more! Great for home cooks, gardeners, and anyone who appreciates Italian food and culture. Tons of recipes and some great old photos will be shared.

Copypat Recipes: Make Your Favorite Brands at Home (and make them healthier!)

Sick of stuff that's loaded with salt and sugar? Sick of the high prices? Not only is cooking at home nutritionally better for you, it's also good for your mental health. Learn how to make your own *Filet 'O Fish* sandwich, low sodium V-8 Juice, Panera's famous Broccoli and Cheese Soup, and more! This is a great presentation for people looking to control salt and sugar intake or for those who want to take charge of their eating.

Become a Soup Master!

Soup is one of the most nutritious and nourishing foods you can eat. But only when it's made with less sodium and real ingredients. Ditch the store-bought salt bombs and come learn a variety of soups you can make at home, including Creamy Spinach Bisque, Low Sodium Garden Vegetable, Lentil Vegetable, and tons more! We also review the latest soup supplies and other products to make life in the kitchen easier. Go home with tons of recipe ideas and try a sample of our soup (while supplies last).

Chowders, Bisques, Chilis, and Stews

Nothing says comfort food like homemade chili or stew. Lose the canned Dinty Moore and come learn how to make a variety of mild and medium-spiced chilis and stews from ground beef, pork, venison, chicken, and more. We will also review different stew and bisque recipes! Master recipes for meat-based and vegetarian dishes will be provided. We will also review select products to help make your cooking (and your life) easier.

Picklemania! How to Pickle Almost Anything

Did you know that fermented pickles are loaded with vitamins and minerals? They also help with digestion and can relieve muscle cramps. Learn how to make your own old-fashioned fermented pickles using water, salt, and spices. A variety of additional pickling techniques will also be presented, including vinegar pickles, bread-and-butter pickles, as well as lower-sodium options. Recipes will be shared.

Let's Make Pickles!

Did you know that fermented pickles are loaded with vitamins and minerals? They also help with digestion and can relieve muscle cramps. Come make your own old-fashioned fermented pickles using

water, salt, and spices. A variety of additional pickling techniques will also be presented, including vinegar pickles, bread-and-butter pickles, as well as lower-sodium options. Participants will make their own pickles at the session. *Additional fee for cucumbers, spice mix, and jars may apply.*

Make Your Own Seasonings

Looking to spice up your life? From savory to spicy, come make your own seasoning mix using our herbs and spices. Participants will learn about different seasonings, their health benefits, and how to store and use them. Then everyone will make their own mixes to take home. Make meat rubs, mixes for roasting vegetables, spicy mixes, savory mixes, and more! Great for people watching their sodium intake or following a special diet. Everyone gets their own mix to take home. Seasoning mix recipes will also be provided.

Chocolate Tasting and Talk 101

Eating chocolate releases endorphins that make you happy. Come try samples of craft, small batch chocolate, totally unlike the industrial, mass-produced chocolate you've had before. Also learn about the ingredients, processing, and where cocoa pods are grown from our own resident chocolate expert. We will also review the latest nutritional and health information. A very popular introduction! Great for all you chocoholics out there!

Coffee Talk

Half of Americans drink it every day, but there's more to coffee than Dunkin' and Starbucks. Join us for some serious coffee talk, from light to dark roast and everything in between. We will also review different brewing methods and equipment, local and national brands, the politics and history of coffee, and much more. If you're a coffee person, this one is not to be missed!

Tea Time

Do you love to drink tea? Then this presentation is for you! Learn about the history and the different types of tea, how they are made, and their caffeine content. We will also show you how to use ordinary garden herbs to make herbal teas, water infusions, and infused oils that are soothing, beneficial, and delicious! Recipes and information on where to find great tea and tea-related products will be provided. Great for tea lovers, home gardeners, and anyone who enjoys a hot beverage!

HEALTHY LIVING

Life moves fast and sometimes it's hard to keep up. That's why we cut through the noise to bring you up-to-date health and safety information. We also develop customized presentations for organizations or special populations.

Get Better Sleep!

Everyone knows getting enough sleep keeps you healthy and active. But many older adults have trouble sleeping. Learn how to improve your sleep by making slight adjustments to your routines and practicing specific mental tips to help you fall asleep faster. We will also review the foods you should (and should not) eat before bedtime, as well as nighttime safety tips for practicing "Safe Sleep", and much more! This is a great workshop for people with trouble sleeping or their unfortunate spouses! All done in an informative and humorous manner using the latest research.

Cannabis and You: THC, CBD, CBN – A Talk for Adults

Everything you ever wanted to know about Cannabis but were afraid to ask. All in one hour! Not only is cannabis legal, it also has medicinal properties that may help you. Stop stressing and come learn about CBD, THC, CBN, the different types of cannabis, their uses, and what is legal and what's not. We will also review medical vs. recreational marijuana and what's hype and what's real with CBD. This is a research-based, unbiased, nonaffiliated presentation. Bring your questions to this lighthearted but informative presentation. Sorry, no samples :)

Health Benefits of Bone Broth

Creaky joints? Upset stomach? Did you know that homemade bone broth may have tons of health benefits, including for joint pain and gut health? Ditch the store-bought stuff and come learn about the healthful benefits to making your own bone broth and vegetable stock. Participants will sample Therapy Gardens own Bone Broth (while it lasts) and learn how to make a variety of broths and stocks on their own. Recipes and tips provided.

How to Follow the Mediterranean Diet

Did you know that the Mediterranean Diet helps prevent cancer, heart disease, and diabetes? It's the one diet that is definitively proven to work and has become the bedrock of healthy eating. Not only that, but the food is delicious! If this sounds good, then come learn how to put it into practice. Topics covered include how to follow the Mediterranean Diet, healthy eating, and some fantastic recipes. Great for people looking to follow a healthy and flavorful diet.

GARDENING & NATURE

Designed for all levels of inside and outside gardeners, we feature the latest news and research, along with resources for finding more information and senior-friendly products. We also offer garden workshops customized for geographic location, indoor/outdoor settings, and therapeutic populations.

Indoor Gardening

Things have come a long way with indoor gardening! Now you can grow all kinds of flowers, herbs, and even vegetables inside in the comfort of your own home. Learn about the types of indoor gardens, what light sources and nutrients are needed, and more! Sample indoor gardens, including supernutritious microgreens, will be presented. Great for people with limited mobility or for people who live in smaller spaces and want to garden year-round.

Preventing, Managing, and Eliminating Garden Pests

Has your garden turned into an all-you-can-eat buffet for critters? If you've said 'yes' to any of these, it's time to reclaim your soil and your sanity! Join us for a workshop that's as entertaining as it is enlightening. Learn how to send pests packing, from the tiniest aphids to the most tenacious woodchucks. Discover the secret lives of garden villains and how to defeat them without turning your backyard into a chemical wasteland. Don't get pushed around by critters in your own garden any longer. It's time to fight back!

Totally Tomato

Nothing tastes like a garden tomato. But there's more to this edible berry than meets the eye. Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer. Learn about different varieties of tomatoes, how to grow them, and – most importantly – how to prepare and eat them! Growing resources and recipes will be provided. Great for home cooks, gardeners, and health conscious eaters.

What to Grow: Fresh & Unique Garden Ideas

Tired of the same old garden? Whether you enjoy growing indoors or outdoors, come check out these unique (and easy) garden ideas. We will review several common and uncommon vegetable, herb, and flower plants that you can grow, including what to plant and when, companion planting techniques to increase yield and deter pests, and more. Participants will leave with their own garden planning sheet, along with information on where to purchase hard-to-find seeds and other supplies. Great for indoor and outdoor gardeners in any season!

Herb Garden Starter Kit

Come learn about the properties of popular flowers herbs and then plant your own! Topics include growing small flowers and herbs indoors and outdoors, including different presentation ideas. We will also review what herbs are edible and ornamental. Participants leave with a small seed starter kit and their choice of a variety of seeds. *Please note – seed selections are limited by availability and season.*

Drought Resistant Gardens

It's no secret that our climate and environment are changing. Many communities now have water restrictions or outright bans on outside water use. Come learn about specific drought tolerant/resistant plants for your indoor or outdoor garden. Get tips on water conservation, along with tons of varieties of vegetable and flower plants that need less water and are either native to, or do well, in New England. Great for home gardeners, people interested in the environment, and anyone else interested in gardening. *Available customized to local city/town ordinances and restrictions. Please inquire for details.*

Specialty Gardens: Healing, Tea, and Edible Landscape Gardens

Studies have shown that exposure to nature, whether indoors or outdoors, lowers both blood pressure and stress. A garden is a peaceful space that helps reduce anxiety, relieve stress, and promote a sense of wellbeing. Come learn about the healing properties of plants and flowers so you can create your own healing, edible, or tea garden. We will review select products and where to find them, including seeds, adaptive equipment, and more. Great for indoor and outdoor gardeners of any skill level, people looking for new garden ideas, or folks who just like gardens.

GENERAL INTEREST

Local Food Trivia: Yesterday to Today!

Hermits. Johnnycakes. Moxie. We've compiled a list of some of your favorite regional foods, brands, and companies from yesteryear to today, including where they were created and sold. Join us as we present them Jeopardy-style and put your local knowledge to the test! This is a great way to enjoy a little nostalgia in a fun and creative way.

The First Three Women Senators and Their Stories

Dive into the untold stories of pioneering women in the U.S. Senate, starting with the fascinating tale of the first female Senator who served for just 24 hours. But don't be fooled—her legacy has echoed through the decades. Explore the early days of this hallowed institution and meet the first three women senators, each a trailblazer in her own right. Discover their groundbreaking contributions, their hard-won successes, and the obstacles they faced in a male-dominated arena. Guiding you through this riveting journey is Anne Bishop, a seasoned expert who previously served as a Visitor Experience Guide at the Edward M. Kennedy Institute for the U.S. Senate. Prepare to be captivated and inspired.