



Monday October 13, 2025
Sowing an Herbal Legacy
Symposium and Luncheon
Cost: \$75 per person

Join us for a day of delightful Herbal Enlightenment. Since 1982 the members of the Pennsylvania Heartland Unit have held a symposium to educate and enlighten the public about herbs. This year our speaker is William Woys Weaver, food ethnographer and author. He will give two talks, one on the Sauer Herbal and the other on the Pennsylvania Dutch Kitchen Garden.

There will be ample opportunity for herbal learning and tasting throughout the day. After registering, we welcome you to sample the herbal refreshments that are prepared by our members. Take time to browse through the variety of interesting items available from our vendors. This is a great opportunity to do some early holiday shopping. **Please be advised that some of the vendors only accept cash or check.**

Visit the education table to learn about PA Dutch Kitchens. Stop by our tasting table for a sample of an herbal beverage featuring Chamomile, the International Herb Association's Herb of the Year. Be sure to check out the beautiful baskets and interesting items on display at the raffle tables. The raffle proceeds benefit the PHHS scholarship program.

Enjoy a delicious luncheon provided by the DoubleTree by Hilton, Reading. We hope you have an enjoyable day with us as we explore all areas related to herbs and our Herbal Legacy.

Featured Speaker: William Woys Weaver

William Woys Weaver is an internationally known food ethnographer and author of 20 books dealing with culinary history and heritage seeds. He is the founder of The Roughwood Table, a non-profit organization devoted to heritage foods from heritage seeds. His grandfather, H. Ralph Weaver, established the Roughwood Seed Collection in 1932, the oldest private seed collection in the Eastern United States which houses the largest collection of Native American seeds in the country. William Woys Weaver received his PhD in ethnography from University College, Dublin. Dr. Weaver is also an accomplished food photographer and has illustrated two of his books. Having worked on fiction and folk tale for many years, he now looks forward to bringing that material into print. For his full biography visit www.williamwoysweaverepicurewithhoe.com

GPS-DIRECTIONS

DoubleTree by Hilton, Reading
701 Penn St.
Reading, PA 19601

Please check the DoubleTree by Hilton, Reading website for additional information.

PARKING INSTRUCTIONS:

1-Parking is complimentary for this event at the gateless parking garage attached to the DoubleTree. Entrances are via Penn Street or Court Street.

2-IMPORTANT: You need your **License Plate Number** (take a photo or have your vehicle registration card) to validate at one of the 3 Banquet-Only kiosks inside the hotel. There will be a PHHS member at each kiosk to help with this process. Guests have 1 hour before the event start time and 1 hour after the event's conclusion to validate the parking. You do not need to validate immediately upon entry.

3-For drivers with Handicapped Accessible tags: There will be a shuttle available to transport you to the DoubleTree before and after the event.

For more information:

Please contact Karen Moyer 610-763-8399.

Morning Session: Christopher Sauer: Medical Visionary and Advisor to the Working Poor

Germantown printer and apothecary Christopher Sauer, Jr. (1721-1784) published his herbal in annual installments in his Germantown almanac between 1762 and 1778. This is the first work printed in America devoted to botanical medicine as it was then understood in the 18 Century. Not only is the almanac chock full of herbal wisdom, but it also treats food as a form of wellness, thus the lines between diet and medicine are holistically blurred. Dr. Weaver has translated the herbal from the original Pennsylvania High German and edited it so that this rich historical document can now be used by herbalists, social historians, and plantsmen devoted to grassroots cures.

Afternoon Session: Foods of the Pennsylvania Dutch 1700-1900

The distinctive cuisine of the Pennsylvania Dutch region of Pennsylvania represents one of the most highly developed of all regional American cookeries. Starting as a cultural transplant from the Old World, the foodways of the Pennsylvania Dutch quickly evolved an identity of their own. Like the language spoken by these people, the foodways are now as thoroughly American as shoofly pie! This lecture will provide an overview of the culinary evolution ranging from the first settlement to WWI.



PHHS
38th Symposium and Luncheon

PROGRAM

9:00 Registration, Shopping, Demonstrations, Coffee, Tea and Herbal baked Treats.
10:30 Welcome and Introduction
10:40 William Woys Weaver: Morning Session
11:40 Break for Lunch Setup
12:00 Herbal Luncheon. Time for Shopping and Visiting Demonstration Tables
1:30 William Woys Weaver: Afternoon Session
2:30 – 4:00 Scholarship Raffle and Closing

Website: paheartlandhsa.org
Facebook: Pennsylvania Heartland Herb Society

Herbal Delights is sponsored by The Pennsylvania Heartland Herb Society, a Unit of the Herb Society of America.

PHHS is a non-profit organization whose purpose is to further the knowledge and use of herbs. For additional information about our unit, like us on Facebook or visit our website at www.paheartlandhsa.org

Pennsylvania Heartland Symposium Officers are:

- Maria DiCecco, Jodylynn MillCoordinators
- Barbara Flynn, Priscilla PlucinskyCenterpieces
- Barbara Flynn, Priscilla Plucinsky..... Favors
- Anita Bradley..... Vendors
- Karen Moyer..... Registration
- Lesley Noble..... Education Table
- Maureen Majka, Debra Schwenk..... Demonstration Table
- Elaine Shappell, Nola Gildin.....Program Booklets
- Jane Brubaker.....Refreshment Coordinator
- Diane SchusterTreasurer
- Dawn Fry.....Scholarship Raffle
- Jeannette Lanshe Scholarship
- Diane Schuster..... Publicity
- Pat Pitkin.....Membership
- Mary Benischeck.....Kids and Gardening

Medicinal Disclaimer: While many members of PHHS are interested in the ethnobotany, history and the use of medicinal plants, The Herb Society of America does not advise, recommend, or prescribe herbs for medicinal use.





A unit of The Herb Society of America

Registration Information: Full day registrations will be accepted by mail until September 22. Seating will be limited to the first 250 people. No phone registrations accepted. Your check for \$75 should be made payable to PHHS. ***NO REFUNDS WILL BE ISSUED AFTER SEPTEMBER 29.***

Please mail your registration form and check to:
Pennsylvania Heartland Herb Society
c/o Cathy Stewart
259 E Washington St.
Wernersville PA 19565
717-926-5990

Please be advised that some of the vendors only accept cash or check.

Registration Form

(May be duplicated) NO registration will be accepted after September 22, 2025

NO REFUNDS WILL BE ISSUED AFTER SEPTEMBER 29, 2025

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Please check here for email confirmation Herb Society of America Member? No ___ Yes ___

Unit Name _____ Member at Large _____

Luncheon Menu: please choose 1 entrée only

- _____ Grilled Flat Iron Steak, served medium, with red pepper chimichurri, mashed potatoes, and seasonal vegetables
_____ Plant Based Stir Fry with steamed rice, stir fry vegetables, and plant-based protein
_____ Grilled Salmon with herb butter sauce and vegetable pilaf

Lunch includes Roasted Apple and Arugula Salad with beets and apple cider vinaigrette, rolls and butter, water, iced tea, hot coffee or hot tea

Dessert: choose 1 only _____ regular or _____ sugar-free option

Please advise of any food allergies.