

Quest For Health/Donna Otte & Linda Marshall present:

Springtime Herb Walk

with Lanny Kaufer

March 28, 2010 Sunday

11 AM—3 PM

Ventura River Preserve



Directions to VRP from Ventura: Take Hwy 33 toward Ojai. Go approximately 11 miles from 101 to stoplight just past Wendy's burgers where Hwy 150 comes in on the left from Santa Barbara. Turn left and go a few hundred yards to the third street on the right, Rice Rd. Turn right on Rice and follow it for about a mile to the VRP trailhead/parking lot on the left, shortly after the stop sign at Lomita Ave.

Parking is limited so carpooling is recommended.

Fee \$20.00

Register: Donna Otte 136 Fillmore Ave., Oxnard CA 93035 (805) 985-3343

or coming soon: pay/sign up available with paypal online at: www.questforhealthonline.com

Please RSVP if you are attending -space limited + for questions contact Donna at herbalmud1@yahoo.com

What to bring: Hat and/or sunscreen, water, good walking shoes, a sack lunch, curiosity.

Optional: camera, notepad, scotch tape, towel (to soften the creekside boulder you will sit on for lunch).

Best to check the weather forecast. Cancelled if rain is certain. Otherwise, be prepared for possible drizzle, depending on forecast. Kids welcome...but sorry no dogs allowed on walk!



Lanny Kaufer has been leading native plant walks and hikes in Ventura County since 1976 for groups of all ages. He is widely regarded as a local expert on the edible and medicinal uses of local indigenous plants. Lanny acquired much of his knowledge in field study with well-known herbalists such as the late William LeSassier and Juanita Centeno, the late Chumash plant expert. He has co-led workshops and expeditions with Michael Tierra, Michael Moore, and Amanda McQuade Crawford. He recently appeared as a guest on Amanda's Veria TV series, "What A Relief!"

Lanny graduated from the University of California, Santa Cruz, in 1974 with a degree in Biology. While there, he did extensive studies in the field of naturopathic medicine and worked in the university's arboretum. He has taught science, health and natural history at Happy Valley School, Ojai Valley School, Mountain View High School and Renaissance Continuation High School in Santa Paula. He also served as Outdoor Education Director at Happy Valley School and Education Director for The C.R.E.W. (Concerned Resource and Environmental Workers) and was a co-founder of the Sunbow Ecology Center. Lanny recently retired from teaching science and special education at Santa Paula High School.

