

# Bringing Home the Dough: Making a Wood-fired Cob Oven

## A Weekend Workshop at Avena Botanicals

### August 1–3

Fri. 4pm – Sun. 3pm

**\$165**

Includes 6 organic meals  
and hands-on instruction



Come together to  
**build,**  
**create, experience**  
**and**  
**enjoy the wonders of**  
*earth, air, fire and solar*  
**energy.**

Permaculturists **Julia** and **Charles Yelton** will lead you through the creative process of building a **wood-fired cob oven** and a **solar cooker**. While herbalist **Deb Soule** will present classes on herbal support for seasonal transitions, herbs for supporting good digestion and therapeutic uses of clay (including **mud facials** and **herbal foot baths**). This hands-on workshop will include a Saturday night celebration of the summer harvest with a **fire circle**, so be sure to bring instruments, drums, rattles and songs as well as gloves, work clothes and a towel. Six organic meals will be provided. Off-site camping at the Camden Hills campground is available.



**Julia** and **Charles Yelton** co-direct the Permaculture Education Center at the Newforest Institute in Brooks, ME. Originally from Australia, Julia and Charles, have international experience as gardeners, landscape designers, and permaculture teachers from their work on projects in Thailand, Wales, Hawaii, Bali and beyond.

**Deb Soule**, the founder of Avena Botanicals, is an accomplished herbalist, teacher, medicine-maker and author; recognized by the magazine *People, Places and Plants* as one of the 50 most influential gardeners in the Northeast.



**To Register for Bringing Home the Dough, or for  
info on our upcoming classes and events, please  
contact:**

Avena Botanicals, 219 Mill St., Rockport, ME 04856

207-594-0694 or [ienn@avenabotanicals.com](mailto:ienn@avenabotanicals.com)