

Suncoast Tropical Fruit and Vegetable Club

Meeting Notice

Next Meeting: May 8, 2013
Where: Big Room Nokomis Community Center
234 Nippino Trail East, Nokomis, FL 34275
Agenda: 6:30 pm Tasting Table and Chat
7:00 pm Quick Update of Events and Presentation
8:15 pm Questions and Clean-up

Speaker: **Cristina Babiak MD**

Topic: **Common Florida Garden Plants with a Purpose**

It is the nature of things that plants and humans are independent of each other. Plants provide us with basic requirements such as food and oxygen but plants also offer medicinal benefits. Cristina Babiak MD will discuss and demonstrate basic herbal medicine you can make from common Florida garden plants.

Dr. Babiak has been working as a Family Physician in Florida since 1980. She was Board Certified in 1982. With a passion for teaching self care and food as medicine, she integrated complementary medicine with full modern medical-surgical office patient care for whole families. In 2005 she gave away her office to a free clinic and moved her work to her home office overlooking her kitchen garden to consult with people who want to find the cause of their illness and heal without drugs or surgery. For 30 years Tina attended herbal medicine conferences with herbalists, MD's and naturopaths to learn plant medicine to improve nutrition and well being by optimizing digesting and immune function.

Dr. Babiak will bring samples of vegetables, herbs and flowers from her yard. She will demonstrate how to make medicine with infusions in water (tea), oil, alcohol, honey and vinegar with recipes for use at home.