

# Tahoe Arnica uses in and out of the Garden

Arnica is often used for homeopathic purposes to reduce bruising, swelling, and joint pain. Arnica is also a beautiful native plant that can bring benefits to your Tahoe garden. Learn about the different Tahoe Arnicas and how to sustainably grow, harvest, and collect seeds. Discover how to create usable Arnica products in the form of salves, ointments, and tinctures. Bring jars or containers to take samples home to try yourself!

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LAKE OF THE SKY  
GARDEN CLUB



# August 6

**Doors Open: 10:00 a.m.**

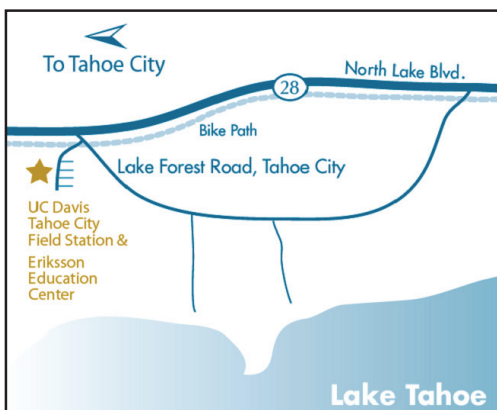
**Tahoe City Demonstration Garden  
2400 Lake Forest Road  
Tahoe City, California**

For more information visit:  
<http://terc.ucdavis.edu/events/>

or contact Bree Lewis  
[blewis@ucdavis.edu](mailto:blewis@ucdavis.edu)  
(775) 881-7560 ext. 7483

**Alternative Evening Session:**

**Where: Truckee Demonstration Garden  
located in the Truckee Regional Park  
When: August 10, 2016  
Time: 5:30 p.m.**



The Tahoe Environmental Research Center (TERC) is a global research leader providing the science for restoring and sustaining Lake Tahoe and other treasured lakes worldwide. TERC educates the next generation of leaders and inspires environmental stewardship.

The Tahoe City Demonstration Garden and historic hatchery building is open 7 days a week, 8am-6pm from Memorial Day through Labor Day for self-guided tours (Saturdays, 10am-2pm) for docent-led tours). This 3-acre garden focuses on encouraging native plant gardening and utilizing citizen science to monitor a plant's response to changes in climate.