

December 2025

Course Program: Talmud of Plants Ancient Secrets from the Spice Cabinet

Background:

An enrichment course in the field of Jewish ethnobotany, originating from the world's first research of its kind, 'The Talmud of Plants Encyclopedia.' The course covers a wide variety of spices found at home, their advantages and health benefits as indicated

in the Jewish bookshelf and in ancient medical writings. We will be introduced to prescriptions and recipes hundreds and thousands of years old, capable of assisting with health and healing in our time.

The course provides rich knowledge about the enigma of the disappearance of Jewish

plant medicine in the biblical period and its renaissance within the Galenic-Arabic school in the medieval era. In the course, we will meet Jewish physicians in medical history. We will gain knowledge and practical tools for using spices and medicinal plants to strengthen and improve the health of body and soul.

Course Objectives:

- Understanding Jewish-Galenic-Arabic medicine in antiquity
- Utilizing spices and plants in daily health routines and for treating illness

Course Materials and Teaching Methods:

- Encyclopedia of the Talmud of Plants (written in Hebrew, recommended for Hebrew readers)
- Structured lesson plans delivered via presentations
- Online teaching via Zoom (including recordings)

Course Structure:

- Number of sessions: 10
- Duration of each session: 1.5+ hours

Target audience: Herbal enthusiasts, naturopaths, and physicians integrating complementary medicine

Course Start Date: 9.2.2026

Meeting Dates:

Mondays February: 9. 16. 23

March: 9. 16. 23. 30

April: 13. 20. 27

Course cost: 1150 NIS

Can be paid by credit card on the website: www.cth.co.il

or Paypal: Avraham7702@gmail.com



Lesson 1:

The Mystery of the Disappearance of Ancient Jewish Herbal Medicine.
History of Ancient Herbal Medicine in the Land of Israel and its Surroundings – Part I

Lesson 2:

The Mystery of the Disappearance of Ancient Jewish Herbal Medicine.
History of Ancient Herbal Medicine in the Land of Israel and its Surroundings – Part II

Lesson 3:

The Mystery of the Disappearance of Ancient Jewish Herbal Medicine.
History of Ancient Herbal Medicine in the Land of Israel and its Surroundings – Part III. Galenic-Arabic Medicine in the Middle Ages

Lesson 4:

Galenic-Arabic Nutrition in Preventive Medicine According to the Six Seasons.
Personalized Nutrition Based on: Temperament Analysis, Seasonal Changes, and the Effect of Food on ones' Temperament'

Lesson 5:

Sugarcane – The Most Important Medicinal Plant in Nature.
Agricultural History, Medical Uses, Prevention, and Dietary Treatment of Metabolic Disorders and Diabetes

Lesson 6:

Spices: Saffron, Cinnamon

Lesson 7:

Spices: Ginger, Black Cumin

Lesson 8:

Spices: Cardamom, Garlic

Lesson 9:

Spices: Roses, Turmeric

Lesson 10:

Spices: Licorice, Cumin



Lecturer: Avraham Dahan

Specialization:

- Ethnobotanist specializing in ancient nutrition
- Author of Encyclopedia of the Talmud of Plants
- Author of Talmud of the Bees
- Author of The Israeli Haggadah – Tu Bishvat Seder
- Founder of the Talmud of Plants Orchard at Mitzpe Hayamim Farm in the Upper Galilee
- Wild edible plant foraging guide

Course Hours: Minimum of 15 full hours

Contact Information:

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Looking forward to seeing you in the course,

Avraham Dahan

